



Foothills Flairs News



MARCH 2019

NOTES ABOUT COMPETITIONS:

1. If your child cannot attend a meet, please email me and let me know. Often times gymnasts will tell a coach they won't be there, but then show up at the meet. Please email courtenaya@fhprd.org, if they won't be in attendance.
2. Please have your child there at the arrival time or a few minutes early as they have a limited time to warm up. The competition time might start early, but the arrival time will never change.
3. Make sure that they are ready with their hair tightly pulled back, be in team leotards.
4. Girls must stay with the team during the length of the competition.
5. No flash photography please.
6. Have fun!

2019 PARTIAL MEET SCHEDULE

We do not know the full meet schedule as of yet. We will not get our final meet schedule until late March/beginning of April. Following are dates that I do know of.

Following is a portion of the 2019 meet schedule. Meet information including directions and specific arrival times will be available online at www.caragymnastics.org in early April. I will also email out specific times and locations one week prior to the meet. Please make sure you click on the correct date and location. Please let me know if your child cannot attend any of the following meets.

April 6	Practice Meet at Lilley Gulch – all levels
June 1	Foothills (home meet)
July 12/13 OR 19/20	Regionals, Optionals on Friday, Compulsories on Saturday*
July 26/27	State, Optionals on Friday, Compulsories on Saturday**

* To qualify for Regional's each gymnast must achieve the score designated for that level which will be posted on the bulletin board in the back of the gymnastics center.

** To qualify for State, each gymnast must place 1-6 at the Regional meet.

REGISTRATION

Registration for Session 3 is due the week of February 25. You may either pay online at www.ifoohills.org or at the Front Desk. Please pay the first week of the session. If you have not registered/paid for your child by the beginning of the 4th week of the session, we will be placing a balance on your account.

SPRING BREAK TEAM DROP-INS

There will be no practice during the week of spring break: March 25 – 29. However, we will be offering drop-ins strictly for team members. All levels are encouraged to attend, especially because their first meet is April 6. Cost is \$8/day both District and Non-District.

Spring break Schedule:

March 25 Monday:	1 – 3pm
March 26 Tuesday:	1 – 3pm
March 27 Wednesday:	9 – 11am
March 28 Thursday:	9 – 11am

PRACTICE MEET

We will hold our practice meet on Saturday, April 6, 2019 from approximately 12:30 – 4:30pm, at Lilley Gulch. This is a practice meet for our gymnasts, judged by our regular season judges. This is a wonderful opportunity for the gymnasts to practice their routines and get feedback on what they need to work on before we begin the regular season. Please make sure your child attends this meet. This is a practice meet so we ask that parents please do not attend. More detailed information will be sent out as the date gets closer.

CARA LEAGUE WAIVERS

CARA waivers will be sent home with your child soon. This waiver allows your child to compete in the league. Please fill out your waiver and return it to Courtenay. If you misplace your waiver, please ask your child's coach for another one.

ROUTINES

Compulsories – due to limited time in the gym, please work on your routines at home. Show them to your family or write them down on a piece of paper to help you remember them.

NO SHORTS/UNIFORM ARRIVAL

As a reminder, in preparation for our competition season, we will be practicing in leotards only beginning April 1. We are expecting to receive our uniforms, leotards, shorts, jackets, by late March/early April.

AGE DIVISIONS IN COMPETITION

As a reminder, your child will be placed in an age division after all the league has submitted rosters. The coaches will let your child know which division they will be in in mid-April. They will still compete with gymnasts that are in their same level.

PARENT T-SHIRTS ORDER DUE BY MARCH 1

Help support the Foothills Flairs gymnastics team during their competitions by purchasing a parent t-shirt. Shirts are \$10 Adult Small –Large and \$1 extra for each X. Mens and Women's sizes available, please specify which. All orders including payment must be submitted by March 1st. No late orders can be accepted. Cash or check payable to Foothills Flairs Booster Club.

If you want to submit an order, please email Courtenay at courtenaya@fhprd.org, no later than March 1 by 5pm. Please include the following information with your order:

Name (first and last)
Size
Mens/Womens

Please bring cash or check to a coach. Orders without payment will not be processed.