



Foothills Flairs News



APRIL 2019

NOTES ABOUT COMPETITIONS:

1. Please email courtenaya@fhprd.org, if your child cannot attend any of the meets..
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. Jackets and shorts are needed for march ins at competitions.
5. Girls must stay with the team during the length of the competition.
6. No flash photography please.
7. Have fun!

2019 MEET SCHEDULE

Following is the 2019 meet schedule. Meet information including directions and specific arrival times will be available online at www.caragymnastics.org early to mid-April. 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 (no parents please)
June 1	Foothills (home meet) at Lilley Gulch
June 7	Broomfield Paul Derda Rec Center
June 14	Aurora (Location TBA)
June 28	Aurora (Location TBA)
July 12/13	Regionals at Elizabeth High School: Optionals on Friday, Compulsories on Saturday*
July 26/27	State, Optionals on Friday, Compulsories on Saturday (Location TBA) **

* 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 4 is due the week of April 1. 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.

PRACTICE MEET APRIL 6

We will be holding our practice meet on Saturday, April 6, 2019 from approximately 12:30 – 4:30 p.m., at Lilley Gulch. Please have your child there by 12:25 p.m. as we will start right at 12:30 p.m. 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.

CARA LEAGUE WAIVERS

If you have not already done so, please turn in your league waiver. This waiver allows your child to compete in the league. If you have misplaced your waiver, please inform a coach.

NO SHORTS BEGINNING APRIL 1

Beginning April 1 we will be practicing in our leotards only. No exceptions.

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.

TEAM AND INDIVIDUAL PICTURES

We will be taking individual and team pictures on Wednesday, May 15 at 4 p.m. Please wear your team leotard. We will be holding practice for optionals following pictures; please bring an extra leotard to work out in.

The Booster Club will pay for one individual and one team picture for your child. Look for an email coming out in late April detailing all the photo options provided to us by Torque Creative.

MEET SCHEDULES ON CARA WEBSITE

The meet schedules will be posted on the CARA website when we receive them from meet hosts. Typically, all schedules are posted by mid-April. In addition to the website, I will also send out detailed time schedules one week prior to each of our meets. To find meet schedules on the CARA website, go to www.caragymnastics.org. Click on CALENDAR/CLICK ON CORRECT MEET DATE AND LOCATION/CLICK ON THE MEET SCHEDULE. There are multiple meets each weekend, so please make sure you are clicking on the correct location.