



Foothills Flairs News



MAY 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 are available at www.caragymnastics.org. (We are still waiting on a couple.) Click on competitions, then on competition schedules. 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.

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

Payment for session April 29- May 24 is due the first week in May. 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.

SUMMER SCHEDULE

Beginning May 29, 2019:

Girl's Optional Team will practice Mon/Wed 8:15 – 11:15 a.m.

Compulsory 3 will continue to practice Tues/Thurs 4 – 6 p.m. **Compulsory 4** will begin practices on Tues/Thurs 6 – 8 p.m.

Friday practices will remain the same 4 – 6 p.m.

If you need help finding a carpool, please email Courtenay.

CARA APPAREL DUE MAY 30

As a reminder, if you are interested in purchasing any CARA apparel, please fill out the order form and bring it back to a coach complete WITH payment. All orders are due by May 30 (**this is a hard deadline**). Cash or check only, payable to Foothills Flairs Booster Club. Emailed orders and order forms without payment attached will not be accepted. Your gymnast is not required to purchase if you are not interested. If you are unable to print out an order form, please ask a coach for a hard copy.

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. Pictures will last approximately 45 minutes.

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.

NO FRIDAY PRACTICES: MAY 31, JUN 7, 14, 28

Due to our meet schedule this year, we will not be holding Friday team practices on May 31 (we are hosting a boy's meet this night), June 7, 14 & 28. We will hold Friday practice on Friday, June 21. Everyone is invited to attend that Friday, June 21 if they choose, at no additional cost. When you register for the May 29 – June 21 session, please only choose **2-day**.

The session June 24 – July 19 (3-day option) will be pro-rated per request because of our conflicting June 28 meet, and optional regional meet on July 12. Just let me know if during that session you would like the 3-day option, and I will pro-rate it for you. Compulsories will still be able to practice on July 12 since their regional is July 13.

MEMORIAL DAY

There will be no practice on Monday, May 27 because of Memorial Day. You may make up this day on any Friday from 4 – 6 p.m.

HOME MEET – SATURDAY, JUNE 1

Please remember that seating at our gym is extremely tight. Please accept our apologies in advance and we will do the best we can to accommodate everyone. Thank you for your understanding.

ALWAYS ARRIVE AT THE ARRIVAL TIME! If the meet is running ahead of schedule, we will start the next group's competition early, but NEVER before the arrival time.

Optionals arrive:	8 a.m.
Compulsory 3 arrive:	12:30 p.m.
Compulsory 4 arrive:	3:35 p.m.

HOME MEET CONCESSIONS, FOOD DONATIONS & VOLUNTEERS

Our home meet will be held on Saturday, June 1, 2019. As most of you know this is a busy day for us and we will need some help from our parents. We have emailed out the link for sign-ups for food donations and volunteer times in the concessions room. If you are signing up to bring food, please remember that all non-perishable items need to be brought in to the front desk sometime between Tuesday, May 28 – Thursday, May 30 by 7pm. Perishable items need to be brought in to the front desk on Thursday, May 30 by 7 p.m. We appreciate everyone's support during our home meet.

BROOMFIELD MEET – JUNE 7

Our second meet of the season will be Friday June 7 at Paul Derde Recreation Center, 13201 Lowell Blvd., Broomfield, 80020

ALWAYS ARRIVE AT THE ARRIVAL TIME! If the meet is running ahead of schedule, we will start the next group's competition early, but NEVER before the arrival time.

Optionals arrive:	7 a.m.
Compulsory 3 AND Compulsory 4 arrive:	12:15 p.m.

You can find detailed information regarding this meet on the CARA website at www.caragymnastics.org. Please make sure that you click on the meets that Foothills will be attending as there are multiple meets on each weekend.