



Foothills Flairs News



MARCH 2020

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 kroehrs@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!

2020 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 2020 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 4	Practice Meet at Lilley Gulch – all levels
May 30	Foothills (home meet)
July 10/11 OR 17/18	Regionals, Optionals on Friday, Compulsories on Saturday*
July 24/25	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 our Session 3 is due the week of February 24. You may either pay online at www.foothills.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 calling you. **When you register your child, please make sure you are registered for the correct session, otherwise we will be contacting you. Also, please note that there will not be a balance on your account for you to pay. You need to go in and register your child.**

SPRING BREAK TEAM DROP-INS

There will be no practice during the week of spring break: March 23 – 26. 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 \$6/day both district and non-district.

Spring break Schedule:

- March 25 Monday: 1 – 3 p.m.
- March 26 Tuesday: 1 – 3 p.m.
- March 27 Wednesday: 9 a.m. – 11 a.m.
- March 28 Thursday: 9 a.m. – 11 a.m.

CARA LEAGUE WAIVERS

CARA waivers are being sent home this week. This waiver allows your child to compete in the league. Please fill out your waiver and return it to Katy. If you misplace your waiver, please ask your child's coach for another one.

PRACTICE MEET: APRIL 4

We will be holding our practice meet on Saturday, April 4, 2020 from approximately 12:30 p.m. until about 4 p.m., 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.

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 / UNIFORMS

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 COMPETITIONS

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.