



Creating Community, Enhancing Health, Inspiring Play

WELCOME TO THE FOOTHILLS FLAIRS GYMNASTICS TEAM

The Foothills Flairs gymnastics team is a recreational program designed to teach skills and sportsmanship, while increasing flexibility, coordination, strength and endurance. Our team consists of gymnasts ranging from 6 -17. We practice year-round with a short winter break. Each gymnast competes individually, yet team spirit is a must!

- **Payments are due the first week of every month.** You may both register and pay online, or at the front desk. Please refer to the Foothills website for current prices. Gymnasts may practice 2 or 3 evenings per week. Practices for Compulsory level 3 & Compulsory level 4 are from 4:30pm-6:30pm Tuesdays and Thursdays, with Fridays 4pm-6pm being an optional or make-up day. Optionals practice 4:00pm-7:00pm Mondays and Wednesdays with Fridays 4pm-6pm being an optional or make-up day for all levels. Please note: Optional summer hours are Mondays and Wednesdays 8:15am – 11:15am. Compulsory 3 summer hours are Tuesday and Thursday 12:00pm- 2:00pm & Compulsory 4 summer hours are Tuesday and Thursday 2:00pm- 4:00pm.
- The first team level is a Compulsory 3 and is designed for the beginning team member. Each C-3 competes the same routines during our competition season. Skills include a round off back extension on floor, a front hip circle on bars, a cartwheel on beam, and a handspring over a vault mat.
- The next level is a Compulsory 4. Each C-4 competes the same routines during competition season with more difficult skills. These new skills include a round-off back handspring on floor, a handstand and full turn on beam, a low bar and high bar kip, and a handspring over the table vault.
- After mastering the Compulsory levels, gymnasts move to the Optional level. There are five different levels in optionals: 1, 2, 3, 4, and 5. Each team member competes individual routines choreographed by the coaches. Skills include back tucks on floor, back walkovers and back handsprings on beam, flyaways and release moves on bars, and twisting handsprings on vault.
- The Foothills Flairs compete in four regular season meets from May through July. Girls compete against those in their same age bracket and level. Meets are normally held on Saturdays with optionals competing in the morning and compulsories in the afternoon. Ribbons are awarded to the top six gymnasts in each event by age and level category. Each gymnast must receive a high all-around score to qualify for the Regional meet. If a gymnast places in the top six at the regional meet, then she is qualified to compete at the State meet. The state meet concludes our competitive season.

Thank you for your interest in the Foothills Flairs Competitive Team. Questions or comments may be directed to Victoria Martin, Gymnastics Coordinator at (303)409.2506 or vmartin@fhprd.org.



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Expectations of Gymnasts

The way you act in the gym is a reflection of your respect for yourself, teammates, and Foothills Gymnastics. Only the highest standard of behavior will be acceptable. The following expectations are expected of a Foothills Flair Gymnastics Team Member.

1. Attend all practices, competitions, and special events. Arrive on time and stay the entire time.
2. You are expected to work hard and do your best. This is all we will ever ask of you and this is always what you should demand of yourself.
3. Only concern yourselves with things that YOU can control which are YOUR ATTITUDE, YOUR EFFORT, and YOUR GYMNASTICS.
4. Maintain a positive attitude when facing fears and frustrations. Gymnastics is the most demanding and difficult of all sports. All gymnasts suffer setbacks, frustration, fear and defeat. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step.
5. Arrive at the gym in proper attire, leotards or leotards and shorts, hair pulled back, jewelry off, gum in the trash and ready to go. No cell phones allowed during practice.
6. Be honest, cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself.
7. Be ready to learn and have fun!

Expectations of Parents

Parents play a huge role in the development of a gymnast. Your role is every bit as important as that of the gym, coaches and your athlete.

1. Attendance is very important for your child to be successful in gymnastics. However, we do understand that life can be busy. Our philosophy is family first, school work and then gymnastics. If you do miss a practice you are encouraged to attend a make-up day.
2. If you have a problem or concern, please speak to the coach. We cannot solve them if we do not know about them.
3. Be encouraging and positive to your child. Be careful of comparisons because each child is an individual with different talents and capabilities.
4. During our meet season please be sure to follow all of the competition rules and guidelines.