

Competitive Gymnastics: 2024 Xcel Gold, Platinum, & Diamond

Informational Parents Meeting

GO Flyers!club

August 2nd, 2023



**City of Boulder
Parks & Recreation**

Meeting Guidelines:

1

Be respectful to all

2

**We welcome curiosity,
all questions are
encouraged 😊**

- Write questions in chat
- Raise hand via Zoom

3

**Give us feedback – this
is how we learn!**



Goal of Meeting



Learn more about our **Boulder Flyers** Philosophy



Better understanding of **competitive gymnastics**

[Commitment Form](#)
Timeline & Deadlines



Go Flyers Club! & Financial Planning

Commitment Fee (\$)
Meet Fees (\$)
USA Gymnastics (\$)



Understand **path options** for athletes to support their **individual goals**

Boulder Flyers Tidbit #1:

Boulder Flyers “Flyers” has been a gymnastics program for over **40 years**, and we pride ourselves on our family-oriented and collaborative team environment. It’s fun to be a Flyer 😊

FUN FACT:

We have an Olympian in our Flyers History 😊 Her name is **Debbie Willcox** and she competed in the **1976 Summer Olympics**.

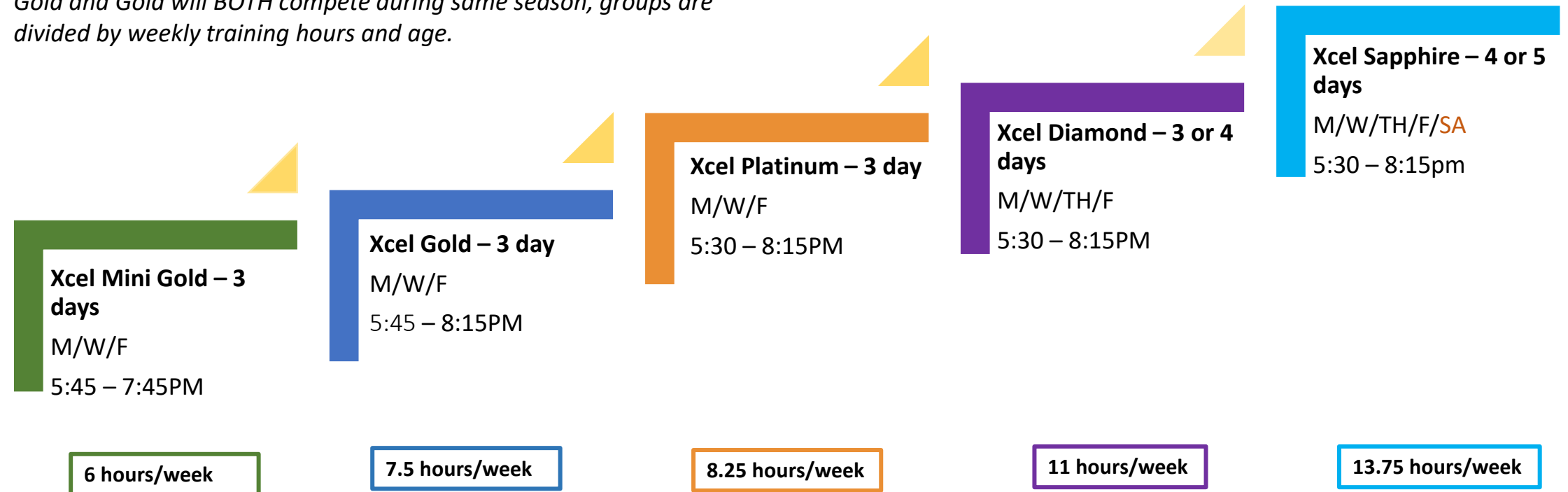
Section 1: Understanding Competitive Gymnastics

A Year-Round Commitment

Xcel Girls: Building Blocks for Competitive Gymnastics

Why do we have a Mini Gold AND Gold?

Short Answer – To allow for more athletes to participate in this level, and separate athletes by age so they are training with liked-aged peers! Mini Gold and Gold will BOTH compete during same season, groups are divided by weekly training hours and age.



Building a Confident & Prepared Athlete

Xcel Girls: Level progressions through our program

Celebrate staying in levels until mastery!

***We encourage multiple years of levels!*

- Future Flyers - 1 day
- “Mini Bronze” - 2 days



Step 1:
Build the Foundation

- Bronze - (1 or 2 years)
- Silver - (1 or 2 years)

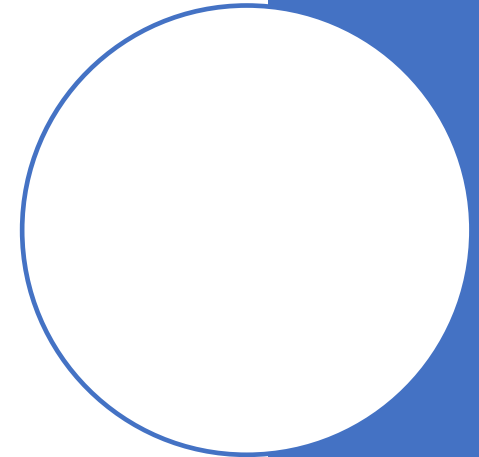


Step 2:
Learn to Compete

- **Gold - (2 or 3 years)**
- **Platinum – (2 or 3 years)**
- **Diamond – (2 or 3 years)**



Step 3:
Let your talents shine!



Parents!

How can you help your athletes build the foundation?

Your athlete must...

- Want to be **STRONG**
 - Want to **WORK HARD**
 - Want to **DO WELL**
 - Want to **BE BRAVE**

STRONG	WORK HARD	DO WELL	BE BRAVE
<p>Empower your athlete to ask their coach for “at home” strength or flexibility.</p> <p>Remind them to work hard at practice when their class does strength – it is EQUALLY, if not MORE important than the skills.</p> <p>Be a cheerleader! Strength & Flexibility is HARD work – Remind your athlete they can do it!</p>	<p>Help your athlete get to practice on time and regularly!</p> <p>Talk at home what it means to be dedicated and committed to gymnastics - what does that look like?</p> <p>Be a support system for your athlete – this is a tough sport, there will be hard days. Keep reminding your athlete they are doing awesome and keep up the hard work (praise their efforts 😊)</p>	<p>Help athletes build that confidence in the home.</p> <p>Encourage your athlete to listen to your coach and be respectful – we will help your athlete get better at this sport!</p>	<p>Encourage your athlete to overcome their fears by trying new skills and trusting their coaches!</p> <p>You are more capable than you think – go for it 😊</p> <p>Parents!! Please do not coach your athlete with their gymnastics.</p> <p>*If you have concerns about coaching, please directly talk to the coach/coordinator.</p>

Cycle of Competitive Gymnastics



A Year- Round Commitment



Breakdown of Competitive Cycles

Season	Gold, Platinum, & Diamond
Pre-Season (2023)	September – December
Competition Season	January – May 2024
Post “Off” Season (2024)	June – August



2024 Xcel Gold Meet Schedule

Meet #1: Active CO Classic @ Douglas County Fairgrounds

January 12th – 14th

Meet #2: Pikes Peak Cup @ Broadmoor Hotel

February 2nd – 4th

Meet #3: Timberline Gymnastics (Fort Collins, CO)

February 23rd – 25th

Meet #4: XAG Meet (Lafayette, CO)

March 15th – 17th

Meet #5: Xcel Gold State Championship (Location TBD)

April 12th – 14th

Meet #6: Xcel Gold Regional Championships (Aurora, CO)

May 3rd – 5th

LEGEND:

 = *Bonus* Meet

 = Required Meet

 = IF athlete qualifies

**We do require state; however, if your athlete does not qualify, we will refund your money back!*

2024 Xcel Platinum & Diamond Meet Schedule

Meet #1: Sand Dollar Whitlow Invitational (Travel Meet in Orlando, FL)

January 19th – 21st

Meet #2: Pikes Peak Cup – Broadmoor Hotel (CO Springs, CO)

February 2nd – 4th

Meet #3: Timberline Gymnastics (Fort Collins, CO)

February 23rd – 25th

Meet #4: Airborne Gymnastics (Longmont, CO)

March 15th – 17th

Meet #5: Xcel Platinum & Diamond State Championship (Location TBD)

April 5th – 7th

Meet #6: Xcel Platinum & Diamond Regional Championships (Richland Hills, TX)

April 26th – 28th

LEGEND:

 = *Bonus* Meet

 = Required Meet

 = IF athlete qualifies

** We do require state; however, if your athlete does not qualify, we will refund your money back!*

FAQ: Competitions for Gold, Platinum, & Diamond

Question #1: Can I wait to pay for my athlete until I know the meet details and when they are competing?

Answer: No. We must pay the **host gym** upfront. The **host gym** will create meet schedule based off number of registrations, teams, and athletes. That is why we won't know session details until they give it us. At that point, immediately, I will pass it on.

Question #2: Could my athlete compete on a Friday during school?

Answer: Unfortunately, yes. I know host gyms are thoughtful in trying not to schedule meet sessions during Friday day-time; however, if they need to due to the size of the meet, they will.

Question #3: How does my athlete qualify to state? Regionals?

Answers:

- A. State – if your athlete is in Xcel Gold, they must earn a 33.00 all-around in one meet during the season. For Platinum and Diamond athletes they must earn an all-around score of 34.00.
- B. Regionals – an athlete must earn an all-around of a 34.00 AT the State Championships

Question #4: Do you need to pay separately for State and Regional Championships?

Answers:

- A. State – No. The state meet payment is included in the 4-meet package. If your athlete does not qualify, we will refund your money.
- B. Regionals – Yes! IF you athlete qualifies for Regionals at the state meet, you will need to pay for your athlete to attend that SAME day through the Go Flyers Website. This is something you will be able to do on your phone.

Regional Championships Details

Xcel Gold Regionals

When: May 3 – 5, 2024

Hosted By: Active Athletics

Meet Venue: Arapahoe County Fairgrounds and Park (25690 E. Quincy Ave. Aurora, CO 80016)

Cost: ~\$150

Xcel Platinum & Diamond Regionals

When: April 26 – 28, 2024

Hosted By: Empire Gymnastics

Meet Venue: Richland, TX (8851 Ice House Drive, North Richland Hills, TX 76180)

Cost: ~\$150

Gold, Platinum, & Diamond Leotards

Same as last year



Disclaimer: All these athletes had a signed photo waiver from the 2023 Season

Boulder Flyers Tidbit #2:

We will always work our hardest to keep **costs low** and **accessible** for our families while covering our costs.

- **Ways we do that:**
- Stagger out competitive costs
- Research low-cost *and* fabulous uniforms/leotard

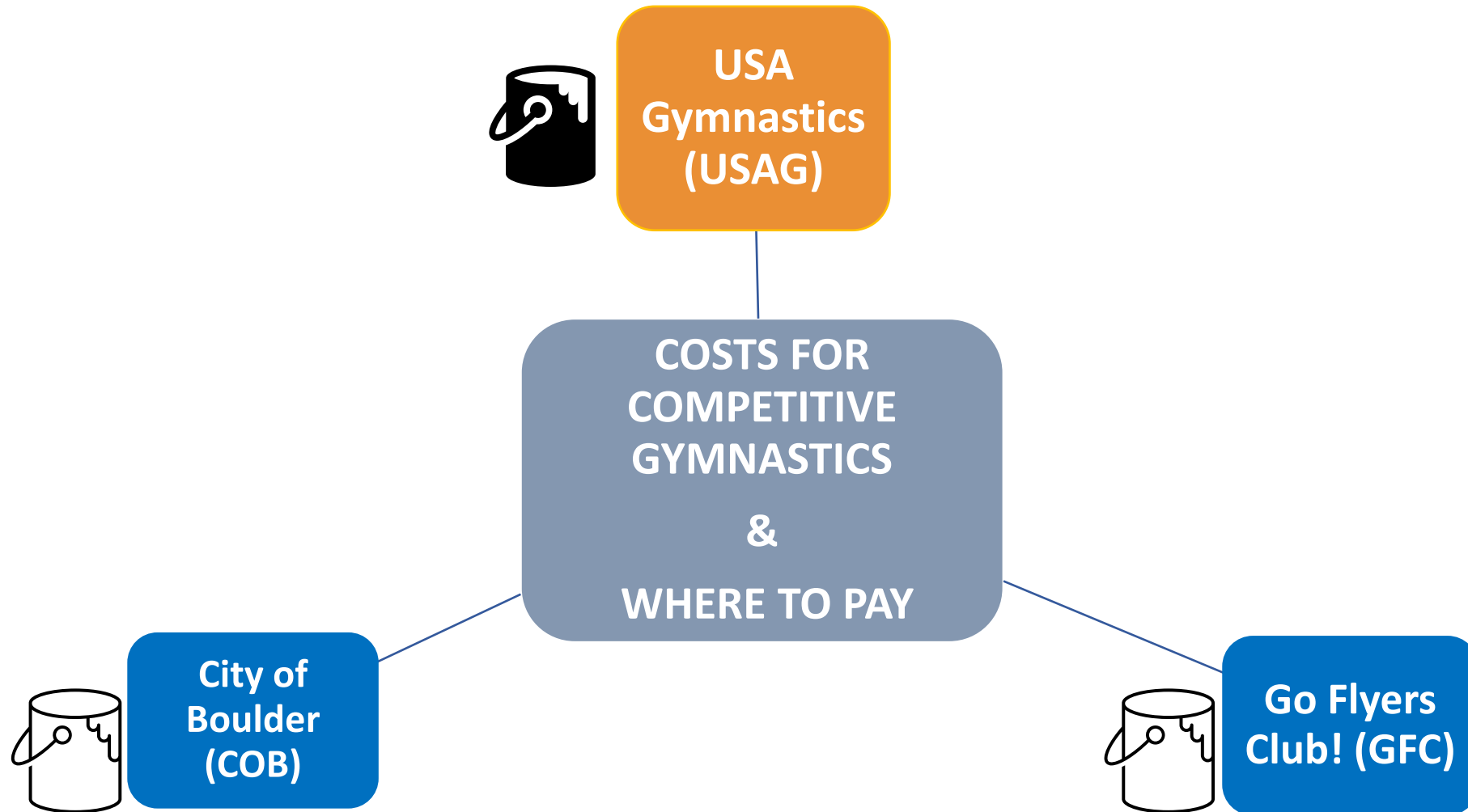
- **FUN FACT:**
- Flyers is the most affordable competitive gymnastics program in at least a 20-mile radius.

Section 2:

Understanding Financial Commitment for Gold, Platinum, & Diamond Levels

- Go Flyers! Club (GFC)
- Monthly Tuition
- Competitive Costs
- Deadlines & Next Steps

3 Buckets of Competitive Dues



Boulder
Flyers Club
#24998

USA Gymnastics Athlete Membership

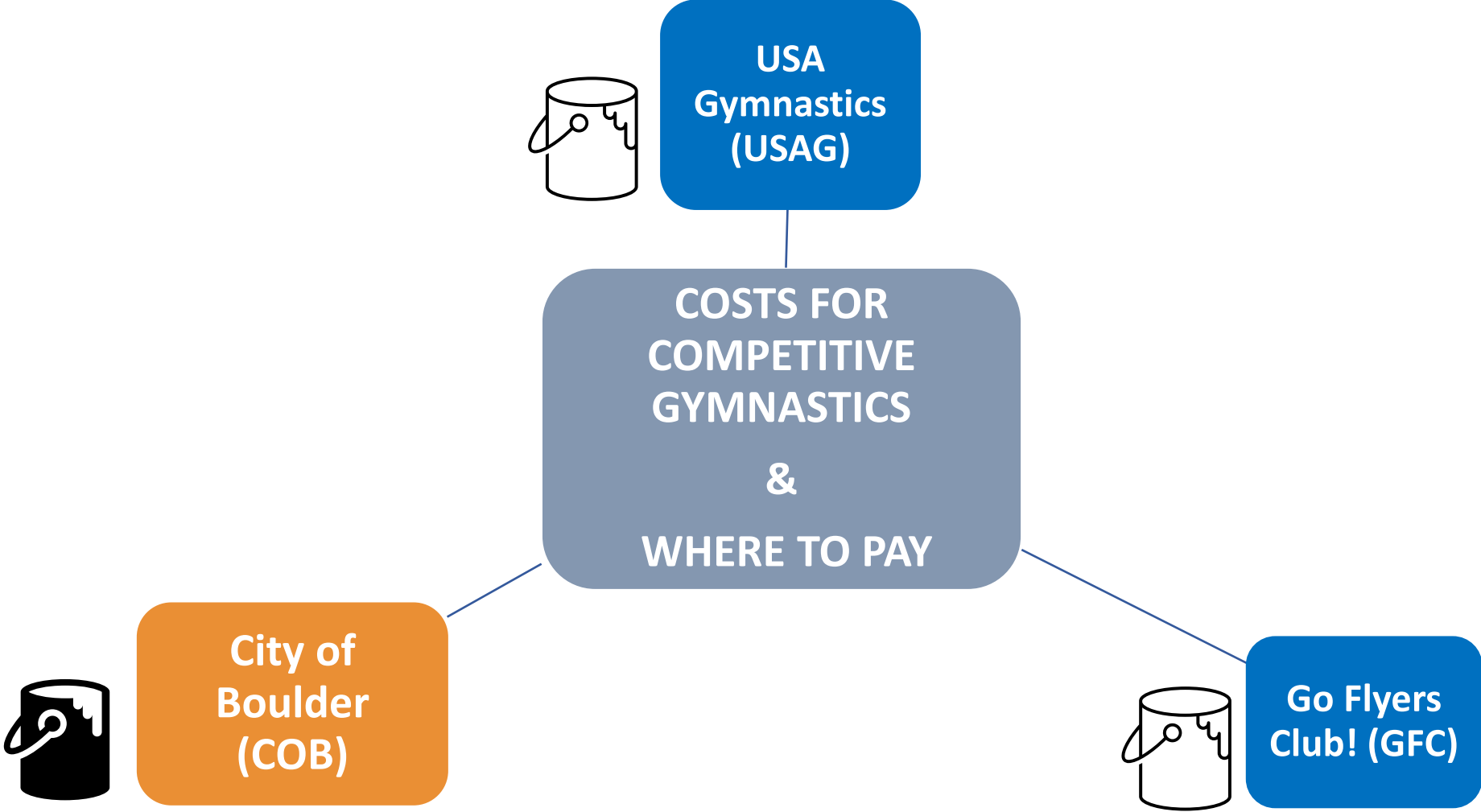
Gold, Platinum, & Diamond athlete must have a renewed USA Gymnastics Membership by **August 11th**.



USA GYMNASTICS

- ❑ **USAG Athlete Membership** (\$25 new/\$69 returning) –
 - Memberships run (August 1, 2023– July 31, 2024). You may renew your athlete’s membership today!
- **Membership Registration Details:**
 - Parent/guardians must log in to the USA Gymnastics website with their own username and password to register or renew their children’s membership.
 - [Parent How-To Instructions](#)

3 Buckets of Competitive Dues



City of Boulder Monthly Tuition

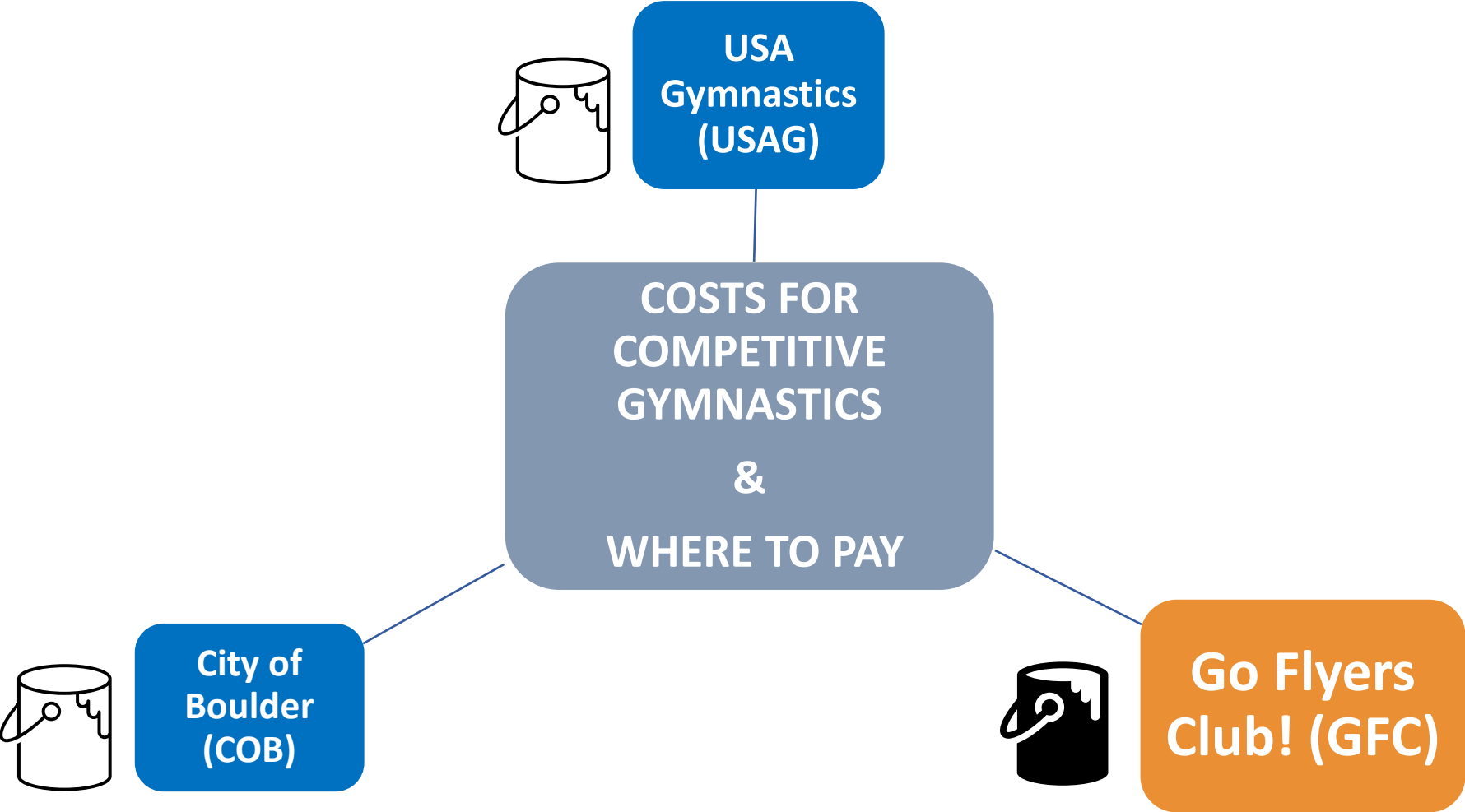
- **What is the team membership?**
 - A re-occurring membership that is paid to the City of Boulder on a 30-day cycle.
- **What does it pay for?**
 - Tuition to coach your athlete in practice/gymnastics class at the North Boulder Recreation Center
 - Built into monthly tuition cost, over the course of the year, there can be up to 10 unexpected practice cancellations where we will not extend membership.

Financial Planning: Annual Monthly Tuition Increase

- For the next **5 years**, each August, rates for our team monthly tuition are scheduled to increase 6 – 10% with the goal to be within a **reasonable market range**, and to best support **sustainable** future operations.
- Once the program is within the market range - future increases will be determined by **cost of service** and **inflation**.
- Providing financial access to our programming remains vital to our mission of supporting the entire Boulder community in health and well-being.
 - **Financial aid** support will remain available for City of Boulder Residents.

2023 Annual Increase = August 21st, 2023

3 Buckets of Competitive Dues



Go Flyer's Club Board

 <p>Lolly Gardiner</p>	 <p>Jody Jacobson</p>	 <p>Jessica Clarke</p>	 <p>Marisa Wheeler</p>	 <p>Denise Powell</p>
Chair	Communications	Treasurer	Secretary	Fundraising

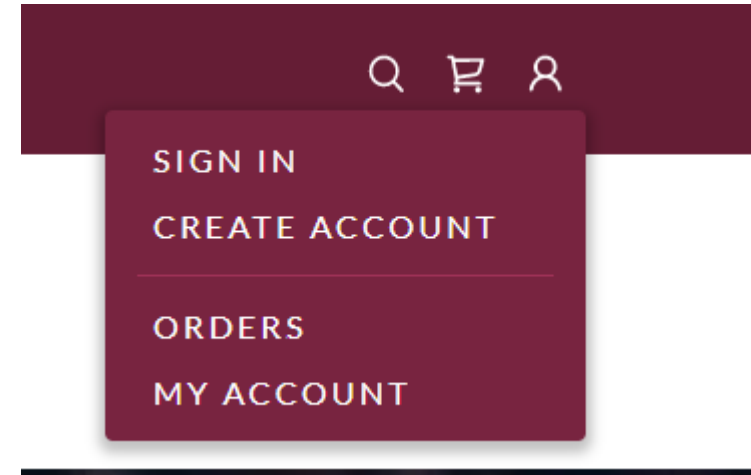
- Uniforms
- Fundraising
 - Fundraising leos
 - Launch of Go Flyer's Merch store this summer 2023
- 2024 volunteer opportunities
 - Looking for a co-treasurer and uniform coordinator
 - Hosting the Special Olympics in summer 2024
- Newsletter

Have questions, want to get involved, email us at boulderflyers@gmail.com

CREATE ACCOUNT ON GFC WEBSITE!!

- **Step 1:** Go to website: [The Go Flyers Club - Gymnastics, Boulder Colorado](https://www.theflyersclub.com/)
- **Step 2:** Create an account

- **Step 3:** Use the SHOP button to pay for:
 - Meet Fees
 - Leotards
 - Commitment Payment
 - Spirit wear
 - Etc.



Financial Checklist: Gold & Mini Gold

Due August 11th, 2023

- [Sign Athlete Commitment Form](#)
- USAG Athlete Membership**
 - (\$25 new/\$69 returning)

Due September 15th, 2023

- Gold Leotard** (~\$175)
- Commitment Fee** (\$350)

Due October 1st, 2023

- 1st *Bonus* Meet = Pikes Peak Cup** (~\$170)

Due November 1st, 2023

- *Required* 4 – Meets Package** (~\$500)
 - Meet #1, Meet #3, Meet #4, State

Regionals Payment Due April 14th, 2024

**If athlete qualifies at state* = (~\$150)*

Team	COB Monthly Tuition (May – August 2023)	COB Monthly Tuition (after August 21 st) <i>*Annual 10% increase</i>
Mini Gold 6hrs/wk	Resident = \$190 Non-Resident = \$238	Resident = \$209 Non-Resident = \$262
Gold 7.5hrs/wk	Resident = \$207 Non- Resident = \$258	Resident = \$228 Non-Resident = \$284

Financial Checklist: Platinum/Diamond

Due August 11th, 2023

- [Sign Athlete Commitment Form](#)
- USAG Athlete Membership**
 - (\$25 new/\$69 returning)

Due September 15th, 2023

- Platinum/Diamond Leotard (~\$175)**
- Commitment Fee (\$350)**

Due October 1st, 2023

- 1st *Bonus* Meet = Travel Meet (~\$400)**

Due November 1st, 2023

- *Required* 4 – Meets Package (~\$530)**
 - Meet #2, Meet #3, Meet #4, State

Regionals Payment Due April 7th, 2024

**If athlete qualifies at state* = (~\$150)*

Team	COB Monthly Tuition (May – August 2023)	COB Monthly Tuition (after August 21 st) *Annual 10% increase
Platinum 3 days	Resident = \$207 Non-Resident = \$258	Resident = \$228 Non-Resident = \$284
Diamond 4 days	Resident = \$242 Non-Resident = \$303	Resident = \$266 Non-Resident = \$333

Financial Assistance

Providing financial access to our programming remains vital to our mission of supporting the entire Boulder community and Boulder Flyers competitive athletes



- **City of Boulder (COB)**

- Financial aid support, for monthly tuitions, will remain available for City of Boulder residents who qualify.
- [Parks and Recreation Financial Aid Program | City of Boulder \(bouldercolorado.gov\)](https://www.bouldercolorado.gov/parks-recreation/financial-aid-program)



- **Go Flyers Club! (GFC)**

- Since the GFC is a non-profit organization, they do not have all the same resources as the city for financial access. However, please email boulderflyers@gmail.com if a payment plan would be beneficial for your family and provide more access to this sport.
- For leotard support, please email boulderflyers@gmail.com to ask if there are any donation or used leotards for a more accessible cost.

After Meeting TO DO Checklist:

Talk with your athlete about commitment and what that means, then sign [Athlete Commitment Form](#) by August 11th.

Parents! Go onto [USA Gymnastics](#) and renew your athletes' membership.
Deadline is August 11th.

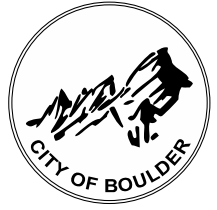
Parents! Set up an account on [The Go Flyers Club - Gymnastics, Boulder Colorado](#) so you can track your payments

Review financial checklist + meet schedule for your athlete's level and **MARK deadlines on calendar TODAY!**
[Gold Financial Checklist + Schedule](#)
[Platinum/Diamond Financial Checklist + Schedule](#)

If your athlete is on Xcel Gold and they are competing in Gold again this year, please have them try on their leotard. Please email Keely at (Millerk@bouldercolorado.gov) sharing if leotards fits or does not. If leotard does not fit, we will try to coordinate a used leotard system.



Questions??



City of Boulder Parks & Recreation

GO Flyers! club

