

Xcel Spring Silver

Informational PDF

October 17th, 2022



**City of Boulder
Parks & Recreation**

Goal of PDF



Learn more about our **Boulder Flyers** Philosophy



Better understanding of **competitive gymnastics**

Meet Schedules
[Commitment Form](#)



Financial Planning

Meet Fees (\$)
Commitment Fee (\$)
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**.



Understanding the Path of Competitive Gymnastics

A Year-Round Commitment

Xcel Girls: Building Blocks for Competitive Gymnastics



Your athlete is here!

Xcel Silver – 2 days
M & W
5:45 – 8PM

4.5 hours/week

Xcel Gold – 3 day
M/W/F
5:45 – 8:15PM

7.5 hours/week

Xcel Platinum – 3 day
M/W/F
5:30 – 8:15PM

8.25 hours/week

Xcel Diamond – 3 or 4 days
M/W/TH/F
5:30 – 8:15PM

11 hours/week

Xcel Sapphire – 4 or 5 days
M/W/TH/F/SA
5:30 – 8:15pm

13.75 hours/week

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 (Fall & Spring) - (2 years)

Step 2:
Learn to Compete

- Gold - (2- 3 years)
- Platinum - (2 years)
- Diamond - (2 years)
- Sapphire – (2years)

Step 3:
Let your talents shine!



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Building the Foundation

- Athletes must want to be **STRONG**
 - Athletes must want to **WORK HARD**
 - Athletes must want to **DO WELL**
 - Athletes must want to **BE BRAVE**

STRONG	WORK HARD	DO WELL	BE BRAVE
Build strength (inside & outside of the gym) Work on flexibility (inside & outside of the gym) Try your hardest when a coach gives you strength stations	Come to class consistently! Listen to your coaches and try to make corrections. If you fall, get back up and keep trying! Work hard by yourself – even when a coach isn't watching!	FORM. Straight legs and pointed toes! Stand confidently and proud 😊 Pretty posture, and big confidence!	Try new skills! Speak up to your coaches when scared – we want to help you. You are more capable than you think – go for it 😊

Parents!

How can you help your athletes build the foundation?

Your athlete has to...

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

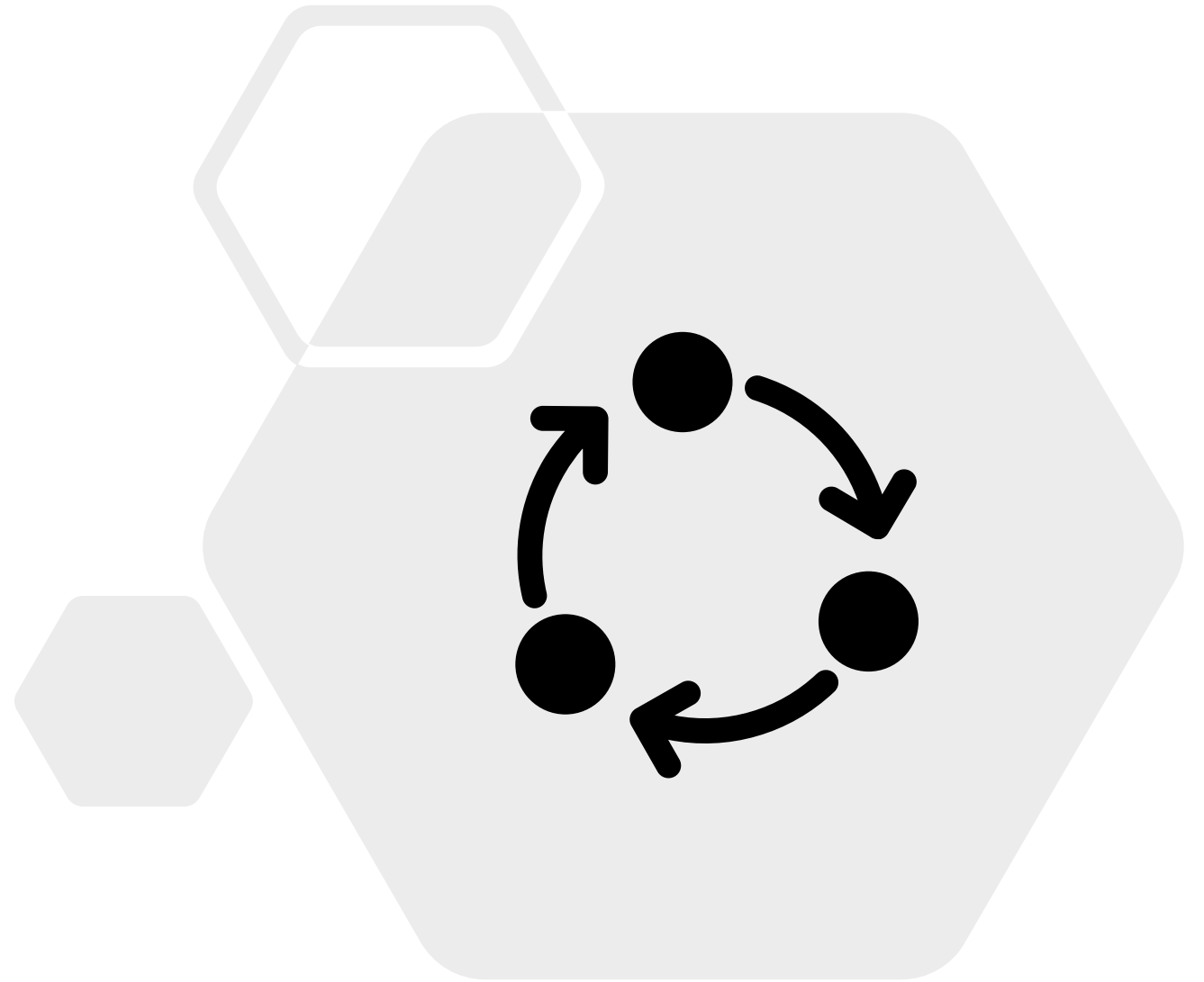
STRONG	WORK HARD	DO WELL	BE BRAVE
<p>Empower your athlete to ask their coach for “at home” strength or flexibility. Or help them do research!</p> <p>Remind them to work hard at practice when their class does strength – it is EQUALLY as important as the skills.</p> <p>Be a cheerleader! Strength & Flexibility 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/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>

Parents!! Please do not coach your athlete with their gymnastics.

*If you have concerns about coaching, please directly talk to the coach/coordinator.

Cycle of Competitive Gymnastics

A Year-Round Commitment



Spring Silver: Breakdown of Competitive Cycles

Season	Spring Silver
Pre-Season (2022)	October - February
Competition Season	March – June 2023
Post “Off” Season (2023)	July – September



Model of Meet Fees/Payments

Every athlete is required to fill out athlete commitment form, so we know they dedicated and committing to competition.

Every athlete MUST pay the \$300 commitment fee – which pays for coach certifications, coaches at meets, & team bonding

First meet of every level is an *extra*, yet **highly** encouraged meet

Every athlete is required to purchase the (\$300) 3-meet required package for competitions.

State Championships are competitions athletes must qualify to **AND** pay separately

2023 Spring Silver Meet Schedule

(Spring Season)

March 17th – 19th = XAG Classic
@ Xtreme Altitude (Lafayette, CO)

April 21st – 23rd = Airborne
@ Airborne Gymnastics (Longmont, CO)

May 5th – 7th = Timberline
@ Timberline Gymnastics (Fort Collins, CO)

May 19th – 21st LQW = XAG Classic
@ Xtreme Altitude (Lafayette, CO)

June 1st – 3rd = Silver State Championships
@ Colorado Gymnastics Institute – CGI (Aurora, CO)

REQUIRED

Planning for meet weekends:

We will get exact meet dates and times ~2 to 4 weeks before meet

Mark calendars now!

Your athlete will compete **ONE day & ONE session.**

Estimate Session Times:

Morning = ~ 9am – 12pm

Afternoon = ~1pm – 4pm

Evening = ~ 5pm – 9pm

*must qualify by score

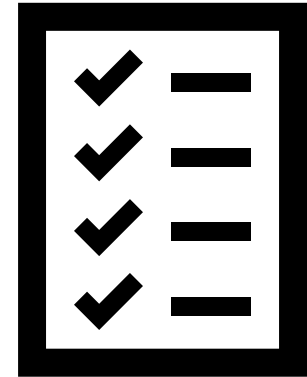


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Financial Checklist: Spring Silver

Due November 1st

- [USAG Athlete Membership](#) (\$25 new/\$65 returning)
- [Commitment Fee](#) (\$300)
- [Athlete Commitment Form](#)



Due December 1st

- [Bronze/Silver Leotard](#) (\$70)
- [1st *Extra* Meet](#) (\$100)
 - Xtreme Meet ONLY (3/17 – 3/19)

Due February 1st

- [*Required* 3 – Meets Package](#) (\$300)
 - Airborne, Timberline, Xtreme
- [State Meet](#) **if athlete qualifies** (\$100) – **TBD**

Boulder
Flyers Club
#24998

USA Gymnastics Athlete Membership



USA GYMNASTICS

- ❑ **USAG Athlete Membership** (\$25 new/\$65 returning) –
Registration/Renewal Open NOW
 - Must pay through [USA Gymnastics website](#)

- **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.
 - All adult (18+) members are responsible for logging in to the USA Gymnastics website with their username and password to register/renew their membership.
 - A non-member can affiliate with a club by logging in to the USA Gymnastics website and adding the club to their profile.



Xcel Silver Athletes: Deciding on a Path that Best Fits Your Athletes Goals & Commitment Level

Competitive Path

1. Sign [Athlete Commitment Form](#) by **Nov 1st**
2. Pay all competitive required dues on time
3. Practice beside teammates who also have committed to compete and keep training on Monday & Wednesdays

Non-Competitive Path

1. Make decision by **Nov 1st** if you choose Fly-High path please transfer tuition to Fly-High League.
2. “Fly-High League” trains on Tuesday & Thursdays
3. Practice beside teammates whose goals are also skill processions, not competition.

Fly-High League Details

- By invitation or skill test ONLY
- Coached by USAG certified team coaches
- Trains Tuesday & Thursday 5:45pm – 7pm
- Trains 2.25 hrs/week
 - Allows athletes to participate in other sports!
- Only pay for the practice/training cost

Tuition Cost	Holiday Special Session Dates
Resident: \$135 Non-Resident: \$150	Tuesday Nov 29 th – Thursday – Dec 15 th

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.

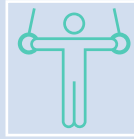
Did we achieve goal?



QUESTIONS & FEEDBACK??

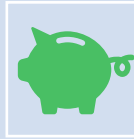


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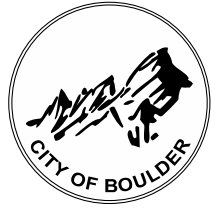


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GO Flyers! club

