

# Winter & Spring Competitive Seasons

Information Parents Meeting  
Gold, Platinum, Diamond, & Boys Team

**October 16<sup>th</sup>, 2022**



**City of Boulder  
Parks & Recreation**

# Meeting Guidelines:

1

**Be respectful to all**

2

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

- Write questions in chat
- OR Raise hand

3

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



# Goal of Meeting



Learn more about our **Boulder Flyers** Philosophy



Better understanding of **competitive gymnastics**

Meet Schedules  
[Commitment Form](#)



**Financial** Planning

City of Boulder (\$)   
Go Flyers Club (\$)   
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**.

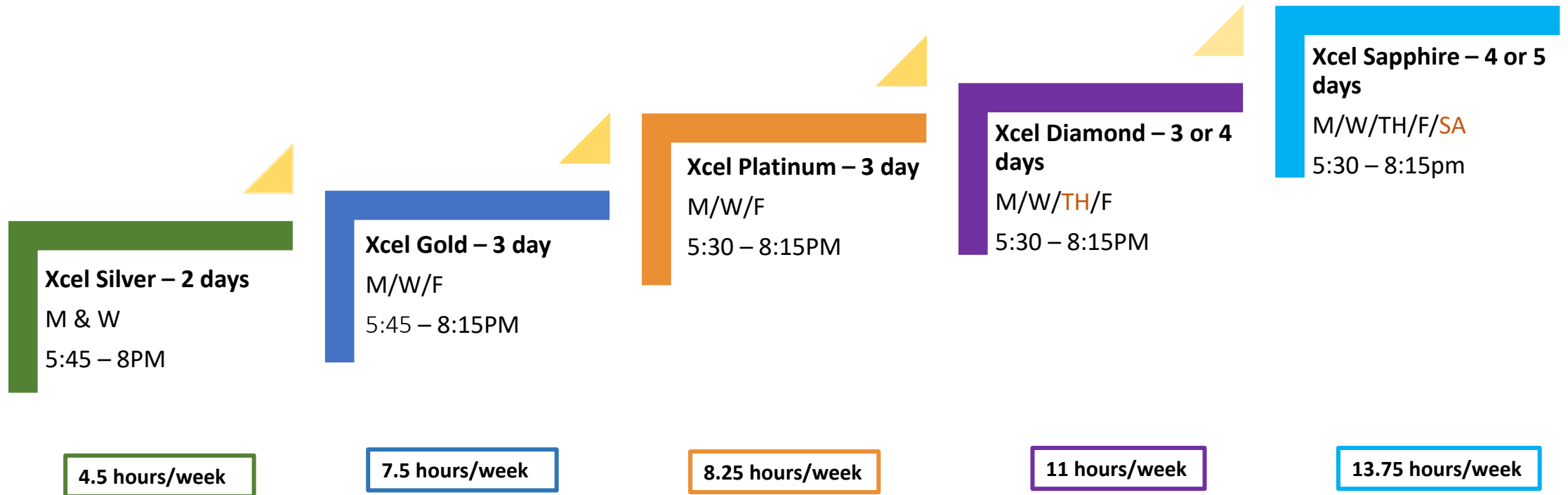


# Section 1: Understanding Competitive Gymnastics

A Year-Round Commitment

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# Xcel Girls: Building Blocks for Competitive Gymnastics



# 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 - (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!  <b>Work hard by yourself – even when a coach isn't watching!</b>	<b>FORM.</b> 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**

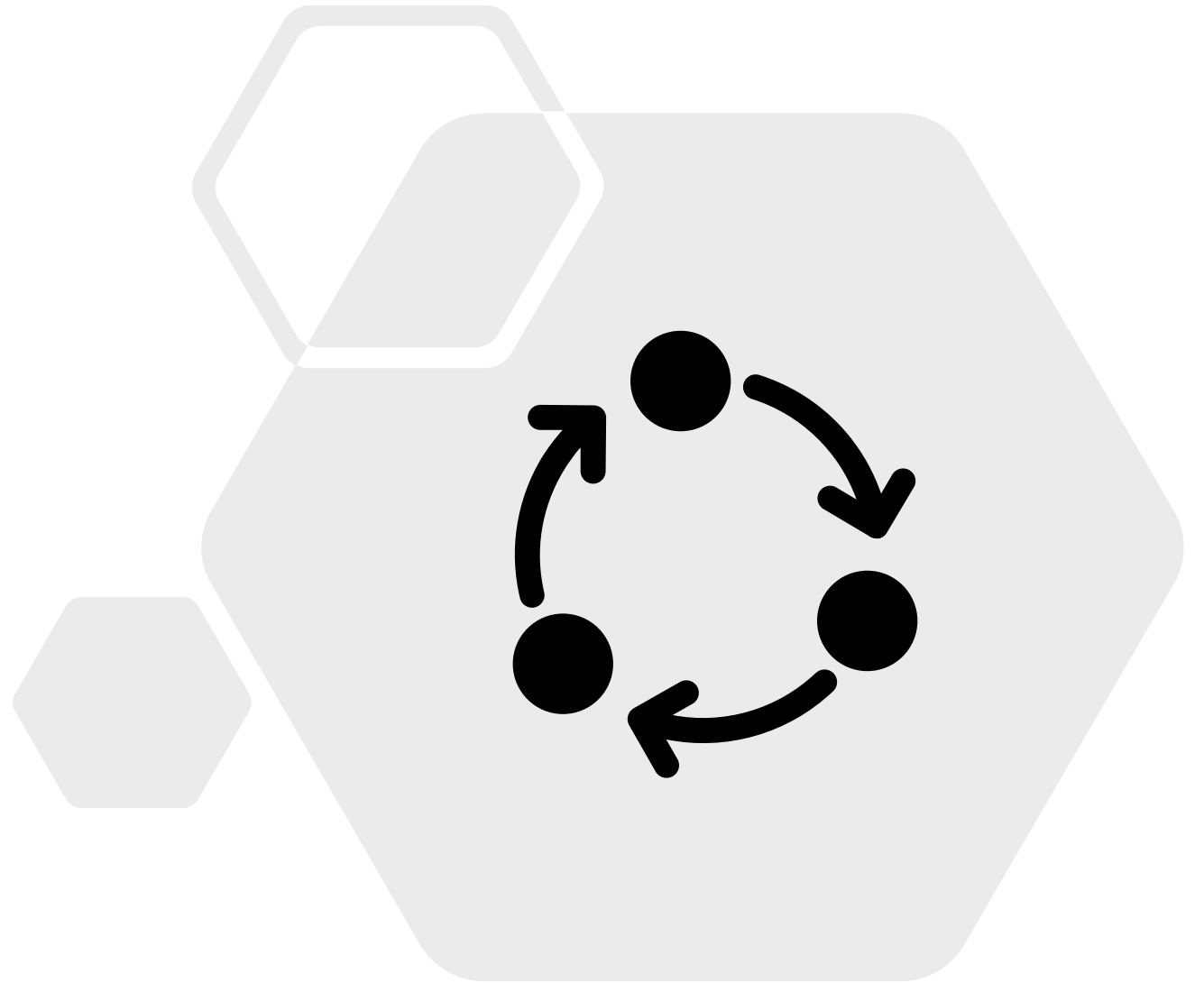
STRONG	WORK HARD	DO WELL	BE BRAVE
<p>Empower your athlete to ask their coach for “at home” strength or flexibility. Or help them do research!</p> <p>Remind them to work hard at practice when their class does strength – it is EQUALLY as important as the skills.</p> <p><b>Be a cheerleader! Strength &amp; Flexibility is HARD work – Remind your athlete they can do it!</b></p>	<p><b>Help your athlete get to practice on time and regularly!</b></p> <p>Talk at home what it means to be dedicated/committed to gymnastics - what does that look like?</p> <p><b>Be a support system</b> 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 <b>(praise their efforts 😊)</b></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><b>You are more capable than you think – go for it 😊</b></p>

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

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

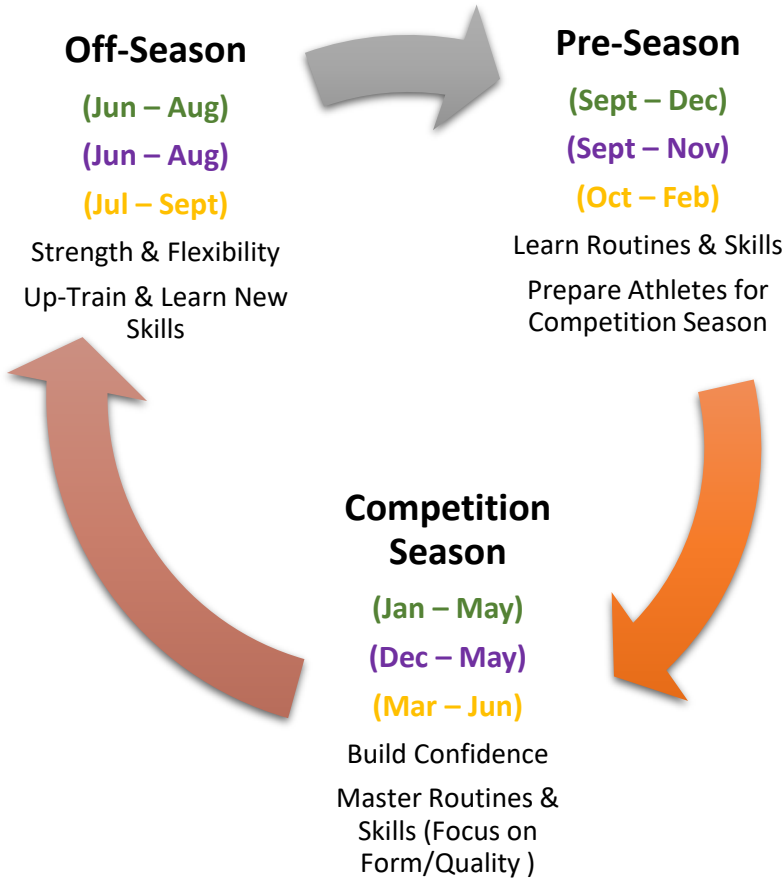
# Cycle of Competitive Gymnastics

A Year- Round Commitment




# Breakdown of Competitive Cycles

Season	Bronze/ Fall Silver	Gold, Platinum, & Diamond	Boys	Spring Silver
Pre-Season (2022)	June - August	September – December	September- November	October - February
Competition Season	September – December 2022	January – May 2023	December 2022 – May 2023	March – June 2023
Post “Off” Season (2023)	January – May	June – August	June - August	July – September



# Meet Fees & Commitment Requirements


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



Every athlete is required to purchase and the 3-meet required package for competitions.



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



State, Regional, Western/Nationals Championships are competitions athletes must qualify to.

# 2023 Spring Silver Meet Schedule

(Spring Season)

**March 17<sup>th</sup> – 19<sup>th</sup> = XAG Classic**  
@ Xtreme Altitude (Lafayette, CO)

**April 21<sup>st</sup> – 23<sup>rd</sup> = Airborne**  
@ Airborne Gymnastics (Longmont, CO)

**May 5<sup>th</sup> – 7<sup>th</sup> = Timberline**  
@ Timberline Gymnastics (Fort Collins, CO)

**May 19<sup>th</sup> – 21<sup>st</sup> LQW = XAG Classic**  
@ Xtreme Altitude (Lafayette, CO)

**June 1<sup>st</sup> – 3<sup>rd</sup> = 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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# 2023 Xcel Gold Meet Schedule

**January 27<sup>th</sup> – 29<sup>th</sup>** = Winterfest  
@ University of Denver (Denver, CO)

**February 10<sup>th</sup> – 12<sup>th</sup>** = Timberline  
@ Timberline Gymnastics (Fort Collins, CO)

**February 18<sup>th</sup> – 19<sup>th</sup>** – Rocky Invitational  
@ Gymnastics Unlimited

**March 17<sup>th</sup> – 19<sup>th</sup> LQW** = XAG Classic  
@ Xtreme Altitude (Lafayette, CO)

**March 30<sup>th</sup> – April 2<sup>nd</sup>** = Gold State Championships  
@ Peak Athletics (Highlands Ranch, CO)

**April 28<sup>th</sup> – 30<sup>th</sup>** = Xcel Gold Regionals  
@ World Champions Centre (Spring, TX)

REQUIRED

*\*must qualify for competitions*



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# 2023 Xcel Platinum & Diamond Meet Schedule

**February 3<sup>rd</sup> – 5<sup>th</sup>** = Pikes Peak Cup - PPC  
@ Broadmoor Hotel (Colorado Springs, CO)

**February 10<sup>th</sup> – 12<sup>th</sup>** = Timberline  
@ Timberline Gymnastics (Lakewood, CO)

**February 18<sup>th</sup> – 19<sup>th</sup>** – Rocky Invitational  
@ Gymnastics Unlimited

**March 17<sup>th</sup> – 19<sup>th</sup> LQW** = XAG Classic  
@ Xtreme Altitude (Lafayette, CO)

REQUIRED

**April 14<sup>th</sup> – 16<sup>th</sup>** = Platinum & Diamond State Championships  
@ Xtreme Altitude (Lafayette, CO)

**May 5<sup>th</sup> – 7<sup>th</sup>** = Platinum & Diamond Regionals  
@ Arapahoe County Fairgrounds (Aurora, CO)

*\*must qualify for these competitions*



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# 2022/23 Boys Team Meet Schedule

**December 3<sup>rd</sup> – 4<sup>th</sup> = Judges Cup**  
@ 5280 Gymnastics (Wheat Ridge, CO)

**December 17<sup>th</sup> = Ryan Keller Meet (Level 3 & 4 ONLY)**  
@ Golden Gymnastics (Lakewood, CO)      **OR**

**January 13<sup>th</sup> – 15<sup>th</sup> = CO Classic – Active (Optionals)**  
@ Douglas County Fairgrounds (Castle Rock, CO)

**January 20<sup>th</sup> – 22<sup>nd</sup> = Jr. Rocky Mountain Open - JRMO**  
@ Air Force Academy (Colorado Springs, CO)

**February 25<sup>th</sup> & 26<sup>th</sup> = XAG**  
@ Xtreme Altitude (Lafayette, CO)

**March 10<sup>th</sup> – 12<sup>th</sup> = State Championships**  
@ Xtreme Altitude (Lafayette, CO)

*\*must qualify for these competitions*

**March 31<sup>st</sup> – April 2<sup>nd</sup> = Regional Championships**  
@ Xtreme Altitude (Lafayette, CO)

**April 28<sup>th</sup> – 30<sup>th</sup> = Western Championships (Galveston, TX)**

**May 10<sup>th</sup> – 12<sup>th</sup> = National Championships (TBD)**

REQUIRED



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**GO Flyers!**club

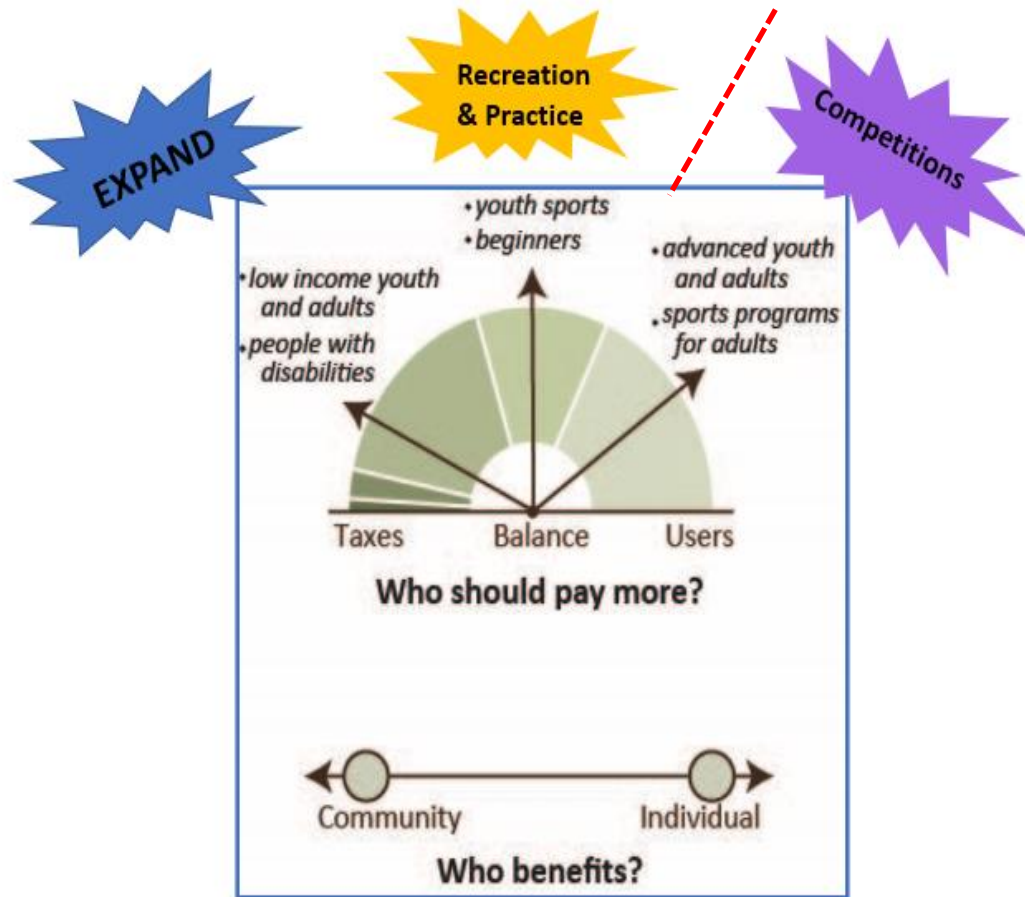


**Boulder Parks  
& Recreation**

# Section 2: Go Flyers! Club (GFC)

- Quick History of Go Flyers! Club
- What is Go Flyers Club?
- Go Flyers Club Website
- Questions?

What we heard from the community...



# History of GFC

Established in 2016

## What we learned....

- Decrease use of subsidy towards advanced programming
- Determine difference between City of Boulder & Competition (GFC)

City of Boulder	Go Flyers Club
Gymnastics Classes & Practice Monthly Memberships Tuition	Uniform Ordering – competitions Costs required for competition

## Thus inspiring.... Go Flyers! Club (GFC)

- To fundraise and coordinate finances for USA Gymnastics **competitive** gymnastics opportunities.
  - 501 (c) (3) non-profit organization established - Go Flyers! Club (GFC) in 2016.

# 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.

**2022 Annual Increase = August 22<sup>nd</sup>, 2022**

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# Competition

Financial Planning & Go Flyers Club!

# GFC Website

<https://goflyersclub.com/>

## Competition Fees

- Team Fee
- Meet Fees/Packages

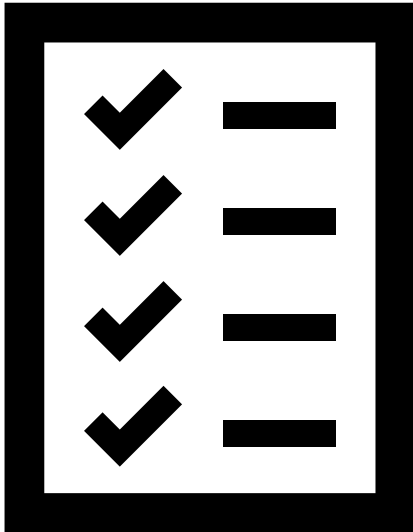
## Uniform

- Pay for Leotard/Uniform
- Spirit Wear
- Fundraisers

## Useful Links

- PDF - Team Handbooks
- Team Accomplishments

# Financial Checklist: Gold, Platinum, & Diamond

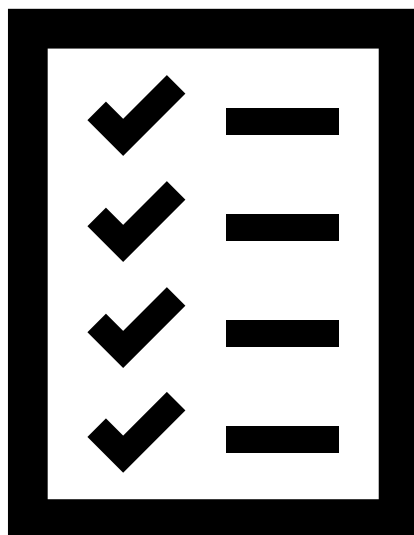


- USAG Athlete Membership** (\$25 new/\$65 returning) –
  - Gold, Platinum & Diamond **MUST** have USAG membership by **August 1<sup>st</sup>**
  
- Team Fee** (\$300) - **Sept 1<sup>st</sup>**
  - Paying coaches at meets, competitive coach certifications, & team bonding events
  
- Gold + Leotard** (\$160) – **Sept 1<sup>st</sup>**
  - Interested in used leotard exchange, please visit: [Gold+ Used Leotard Exchange Document - Google Sheets](#)
    - *Note: Parents are responsible for coordinating used leotard exchange, not coaches or GFC.*
  
- \*Optional\* 1<sup>st</sup> Meet** (\$150) – **October 1<sup>st</sup>**
  - Gold = Denver Winterfest (Jan 27 – 29)
  - Platinum/Diamond = Pikes Peak Cup (Feb 3- 5)
  
- \*Required\* 3 – Meets Package** (\$300) – **November 18th** \*date subject to change\*
  - Timberline, Colorado Sky Invitational (CSI), & Xtreme
  
- State Meet** *\*if athlete qualifies\** (\$100) – **TBD**
- Regional + Meet** *\*if athlete qualifies\** (\$150) – **TBD**





# Financial Checklist: Boys Team



- USAG Athlete Membership** (\$25 new/\$65 returning) –
  - Boys Team Members MUST have USAG membership by **August 1<sup>st</sup>**
  
- Team Fee** (\$300) - **Sept 1<sup>st</sup>**
  - Paying coaches at meets, competitive coach certifications, & team bonding events
  
- Boys Uniform** – **Sept 1<sup>st</sup>**
  - [Jacket](#) (\$35), [Pants](#) (\$30), [Shorts](#) (\$20), & [Singlet](#) (\$85) – **Sept 1<sup>st</sup>**
    - Interested in used leotard exchange, please visit: [Gold+ & Boys Used Uniform Exchange Document - Google Sheets](#)
      - *Note: Parents are responsible for coordinating used uniform exchange, not coaches or GFC.*
  
- \*Extra\* 1<sup>st</sup> Meet** (\$100) – **October 1<sup>st</sup>**
  - Boys = Judges Cup (Dec 3 – 4)
  
- \*Required\* 3 – Meets Package** (\$375) – **November 18th** *\*date subject to change\**
  - Ryan Keller OR **CO Classic**, **JRMO**, & Xtreme
  
- State Meet** *\*if athlete qualifies\** (\$100) – **TBD**
- Regional + Meet** *\*if athlete qualifies\** (\$150) – **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 & Committing

## Competitive Path

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

## Non-Competitive Path

1. Make decision by **August 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 6:45pm – 8pm
- Trains 2.25 hrs/week
  - Allows athletes to participate in other sports!
- Will have an end of session performance to show of skill improvement 😊
- Only pay for the practice/training cost



# 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.

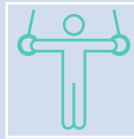
# Did we achieve goal?



QUESTIONS & FEEDBACK??

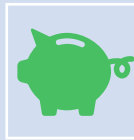


Learn more about our **Boulder Flyers**  
Philosophy



Better understanding of  
**competitive gymnastics**

Meet Schedules  
Commitment Form

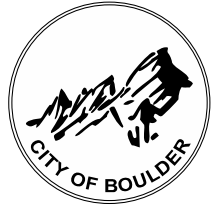


**Financial** Planning

City of Boulder (\$)   
Go Flyers Club (\$)   
USA Gymnastics



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



# City of Boulder Parks & Recreation

GO Flyers! club

