

# Competitive Gymnastics: 2023 Xcel Bronze & Fall Silver

Informational Parents Meeting

**GO Flyers!**club

**May 10<sup>th</sup>, 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

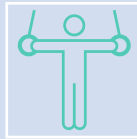
**Give us feedback – this  
is how we learn!**



# 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

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# Xcel Girls: Building Blocks for Competitive Gymnastics

Why do we have a **Fall** AND **Silver** Spring?

*Short Answer – To allow for more athletes to participate in this awesome level, and separate athletes by age so they are competing and training with liked-aged peers and groups!*



## Xcel Bronze – 2 days

- W & F
- 4 – 6PM



## Xcel Fall Silver – 2 days

- W & F
- 4 – 6PM
- **Compete Sept – Dec 2023**

## Xcel Spring Silver – 2 days

- M & W
- 5:45 – 8PM
- **Compete Mar – Jun 2024**

## Xcel Gold – 3 days

- M/W/F

# 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)

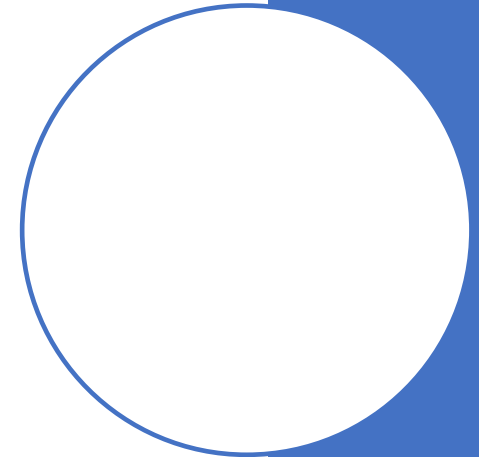


**OR**

- Fly High League

**Step 3:**  
**Let your talents shine!**

*\*If your athlete has competed 2 years in Silver but does not quite have the Gold skills yet to promote – they will join our Fly-High League to master those skills, until they can re-skill test for Gold!*



# 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!

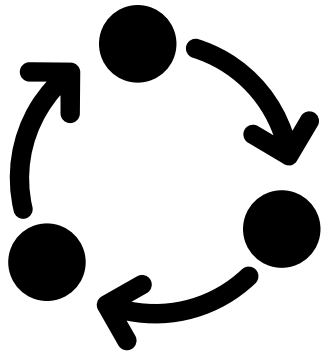
How can you help your athletes build the foundation?

## Your athlete 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><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 and 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> <p><b>Parents!!</b> 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**

## **Xcel Bronze:**

1<sup>st</sup> Competitive Level in our program

## **Xcel Silver:**

2<sup>nd</sup> Competitive Level in our program

## **How we decide levels?**

Decision is based off skills, attitude, focus during practice, previous competitive experience, and will be decided by coaches with the goal to set your athlete(s) up for success.

## **When do they compete?**

Bronze & Fall Silver = September – December 2023

**\*More details on next slides 😊**

# Breakdown of Competitive Cycles

2023 Season	Bronze & Fall Silver
Pre-Season	June - August
Competition Season	September – December
Post “Off” Season	January – May

## Cycle for Bronze & Fall Silver



# 2023 Estimate Meet Schedule

(Bronze & Fall Silver)

***Meet #1: Mid September 2023***

**\*BONUS MEET\***

***Meet #2: Early October***

***Meet #3: Mid-Late October***

***Meet #4: Early November***

***Meet #5: Mid-December = Bronze & Silver States***

REQUIRED

## Meet Schedule:

- **You will get final schedule ~ June 2023**
- On final meet schedule, you will receive meet WEEKENDS (EX: Nov 4 – 6).
- Please mark “meet weekend” in your calendar!

## Frequency Asked Questions:

**Question: 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: Will my athlete compete the entire weekend? In multiple sessions?**

**Answer:** No. Your athlete will only compete on ONE day and in ONE session.

**Question: What are typical times for meet sessions?**

**Answer:**

Morning = ~ 9am – 12pm

Afternoon = ~1pm – 4pm

Evening = ~ 5pm – 9pm



# What Do Gymnasts Wear for Meets?

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- 1) **\*Required\* Bronze/Silver Competition Leotard**
- 2) **\*Optional\* Black Spandex/Athletic Shorts**
  - Shorts must be solid black (small manufacturer's branding allowed) with no embellishments
  - Shorts must be worn over leotard and the length must be above the knees or shorter
- 3) **\*Required\* Competition ready hair!  
(Braids, Bun, Clean & Tight Ponytail)**

*Disclaimer: All these athletes had a signed photo waiver from the 2022 Season*

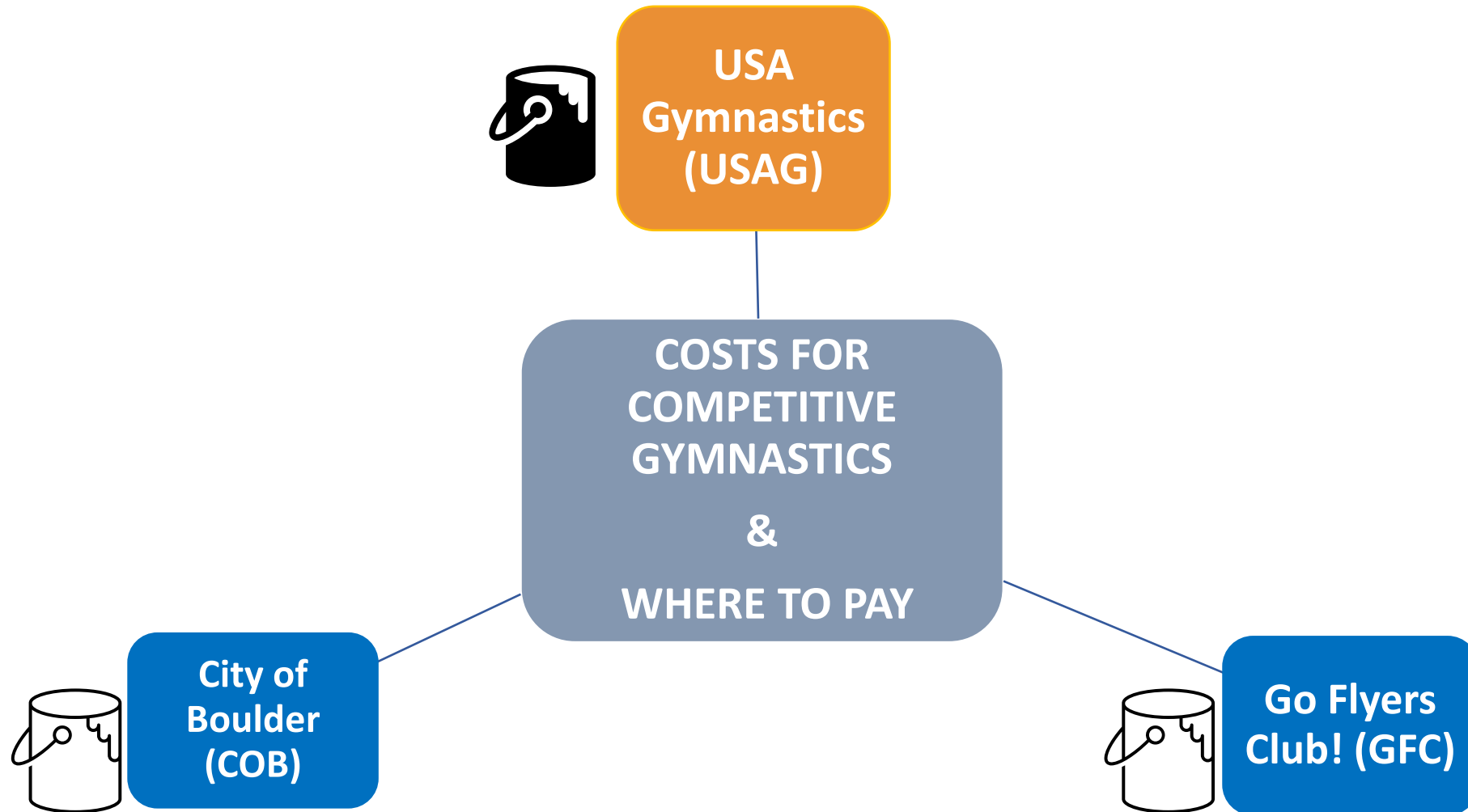
## Section 2:

# Understanding Financial Commitment for Competitive Gymnastics

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

# 3 Buckets of Competitive Dues





Boulder  
Flyers Club  
#24998

# USA Gymnastics Athlete Membership

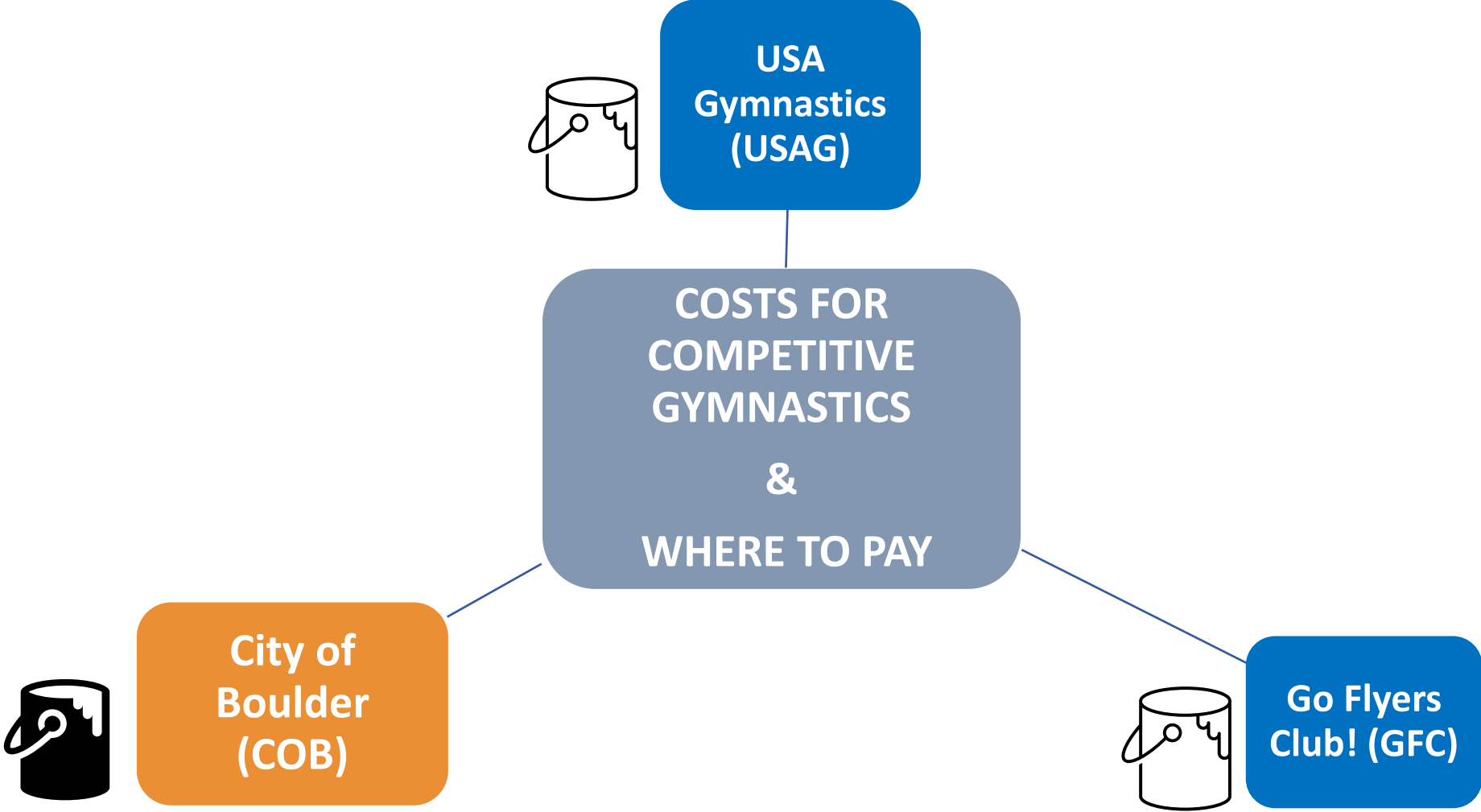


**USA GYMNASTICS**

- ❑ **USAG Athlete Membership** (~\$25 new/~\$65 returning) – **Purchase or Renewal Opens June 2023**
  - Memberships run (August 1, 2022 – July 31, 2023). **DO NOT** register your athlete now as the membership will be for the wrong year.
  - 2023-2024 season membership will open in the “first 2 weeks in June 2023”. I will email you when those memberships are ready for purchase.
  - **USAG Membership for athletes are due July 1<sup>st</sup>, 2023**
  
- **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.

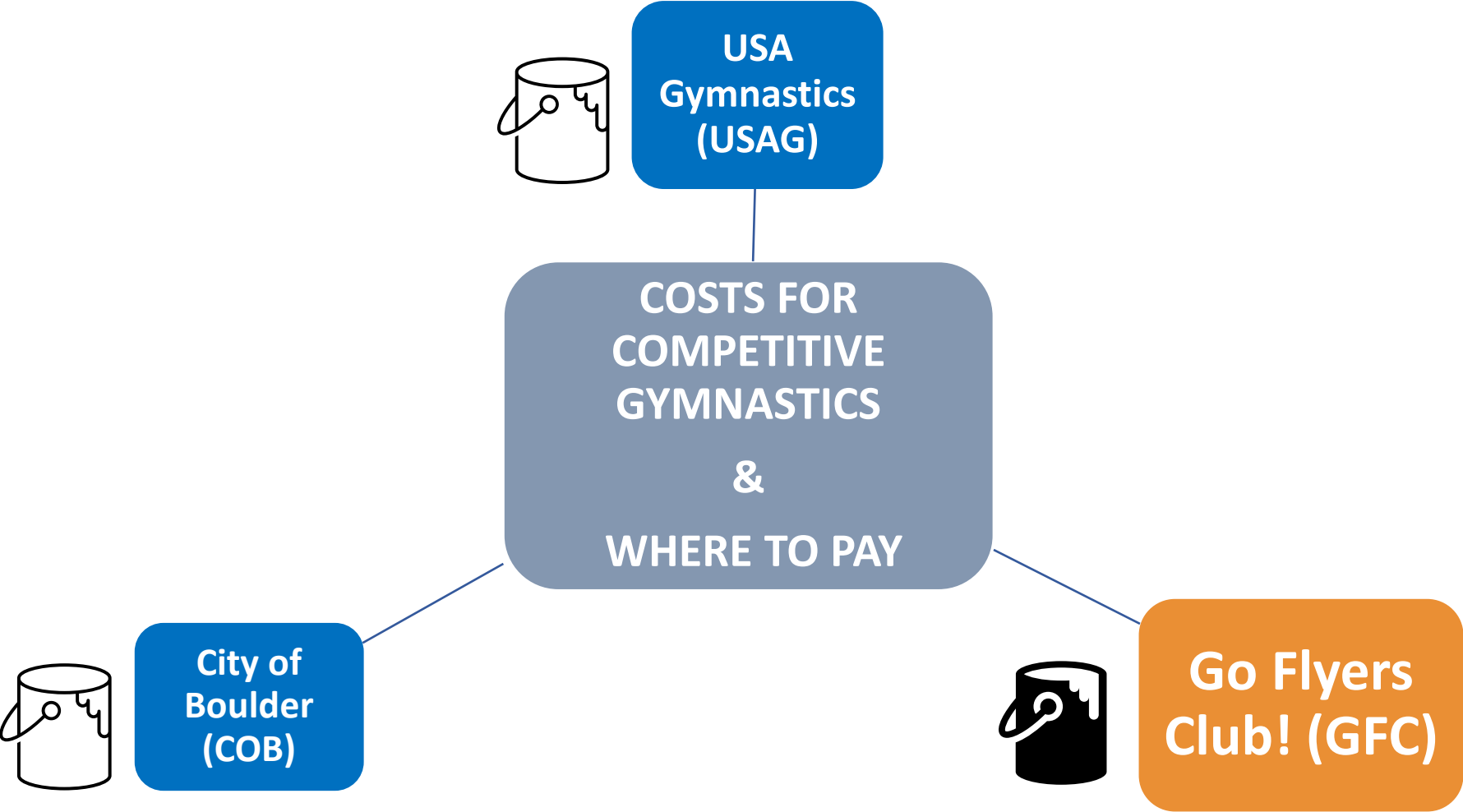
# Financial Planning: Annual Monthly Tuition Increase

- 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**

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# 3 Buckets of Competitive Dues



# GFC Website

<https://goflyersclub.com/>

## Competition Fees

- Commitment Fee
- Meet Fees/Packages

## Uniform

- Pay for Leotard/Uniform
- Spirit Wear
- Fundraisers

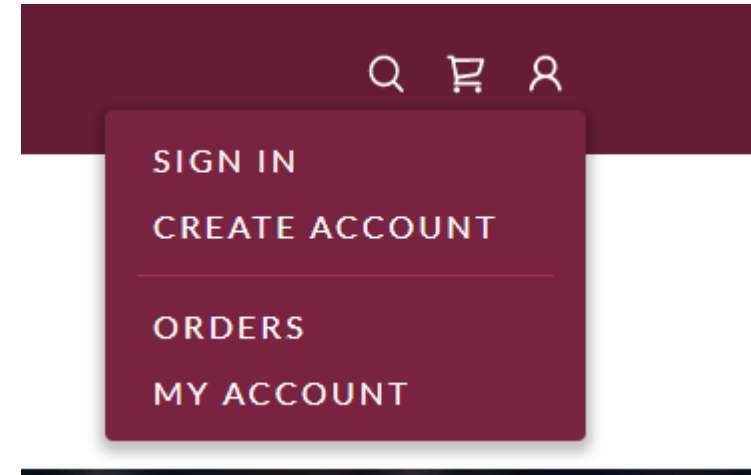
## Useful Links

- PDF - Team Handbooks
- Team Accomplishments

# CREATE ACCOUNT ON GFC WEBSITE

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- **Step 1:** Go to website: [The Go Flyers Club - Gymnastics, Boulder Colorado](#)
- **Step 2:** Create an account
  
- **Step 3:** Use the SHOP button to pay for:
  - Meet Fees
  - Leotards
  - Commitment Payment
  - Spirit wear
  - Etc.



# 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](mailto:boulderflyers@gmail.com)

# Financial Checklist: Bronze & Fall Silver

*\*Note: Payments will be up on GFC website June 1st, and some prices are subject to change*

## Due June 1<sup>st</sup>, 2023

[Sign Athlete Commitment Form](#)

## Due June 15<sup>th</sup>, 2023

**Commitment Fee (\$350)**

COB Monthly Tuition (May – August 2023)	COB Monthly Tuition (after August 21st) <i>*Annual 6% Increase</i>
Resident = \$173 Non-Resident = \$216	Resident = \$184 Non-Resident = \$229

## Due July 1<sup>st</sup>, 2023

**Bronze/Silver Leotard (~\$70)**

**1<sup>st</sup> \*Bonus\* Meet (\$110)**

- Meet #1

**USAG Athlete Membership**

- (~\$25 new/~\$65 returning)

## Due August 1<sup>st</sup>, 2023

**\*Required\* 4 – Meets Package (\$440)**

- Meet #2, Meet #3, Meet #4, State



# 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](mailto: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](mailto:boulderflyers@gmail.com) to ask if there are any donation or used leotards for a more accessible cost.



# Deciding on a Path that Best Fits Your Athletes Goals & Commitment Level

## Competitive Path

- Sign Athlete Commitment Form by **June 1<sup>st</sup>**
- Athlete in competition groups starting **June 7<sup>th</sup>**
- Pay commitment fee due **June 15<sup>th</sup>**
- Pay monthly tuition starting **June 7<sup>th</sup>**
- Pay all competitive dues for 2023 season

## Non-Competitive Path

Make decision by **June 1<sup>st</sup>**

*Options:*

- Join Fly – High League
- *\*If you are considering this path, please email Cindy Ferrari ([FerrariC@bouldercolorado.gov](mailto:FerrariC@bouldercolorado.gov))*

# \*After Meeting\* TO DO Checklist:

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- Decide on competitive or non-competitive path for your athlete – hard deadline June 1<sup>st</sup>
- If not competing, email Cindy Ferrari ([FerrariC@bouldercolorado.gov](mailto:FerrariC@bouldercolorado.gov)) by May 31<sup>st</sup>, she will work with you on finding a more suitable path for your athlete.

## **IF competing:**

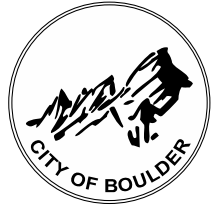
- Talk with your athlete about commitment and what that means, then sign [Athlete Commitment Form](#) by June 1<sup>st</sup>
- Set up an account on [The Go Flyers Club - Gymnastics, Boulder Colorado](#) website
- Review [Financial Checklist](#) and MARK deadlines on calendar TODAY!

*\*Reminder competition dues will be available on GFC website starting June 1<sup>st</sup>.*



Questions??





# City of Boulder Parks & Recreation

GO Flyers! club

