



Hyland Hills Gymnastics Team

Welcome to Team



About Us



- Hyland Hills is very proud to provide competitive girls and boys team programs.
- Our program follows a skill progression policy and skill requirements must be met before joining team.
- The gymnastics program has **NO TOLERANCE** towards any individual jeopardizing the credibility of the program and/or having a negative influence on the program.

The philosophy of the program is to promote safe, fun and correctly executed gymnastics skills.

Gymnastics All Year Long

- Competitive teams (Xcel, USAG and CARA) hold **practice year round**.
 - *There is a small break in August and December*
- Hyland Hills Gymnastics is **closed** the following holidays
 - *New Years, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day.*
- The Center is host to numerous activities and events within our program and outside programs as well.
 - *Schedules, League Information and fees are subject to change.*
 - *Management reserves the right to cancel or change schedules due to enrollment and/or special circumstances.*



XCEL Gymnastics

The Xcel Gymnastics League is a statewide League, governed by U.S.A. Gymnastics for the ***recreational gymnast*** who wants to experience the competitive arena.

- There are **3 Levels**: Bronze(2s), Silver(3s), Gold(4s).
 - Each of the three levels are broken down into age groups. Awards are presented to each gymnast, within their level and age groups. (Awards vary due to the League requirements and meet host's choices.)
- The compulsory (Level 2, Level 3 and Level 4) routines are choreographed to meet the individual level skill requirements.
- The competitive season for XCEL is **February – June** with approximately 2 meets per month. The Gold State Meet (gymnast must qualify for State Meet competition) is late April. Level 2/Bronze and Level 3/Silver competitive season is **February through June** with approximately two meets per month (this may vary). The State meet is the first or second weekend of June (Silver must qualify for State Meet competition). There is practice June, July and August. In July the first wave of recommended level changes take place.
- Gym Buck redemption is the last week of July for all team members.

Xcel Fees

Level 2/Bronze, Level 3/Silver, Level 4/Gold

- This league requires an **Annual Registration fee of \$30. Due by September 30th.**
(payable to Hot Shots with Money order, Cash or Check, checks may take up to 4 weeks to process)
- There is a **XCEL League fee due by December 22nd. IF gymnasts League fee is paid by December 20th there is a \$25 discount. This League fee is required for the gymnast to be eligible and covers the cost of the gymnast to compete in "regular" season meets.**
(payable to Hot Shots with Money order, Cash or Check. Checks may take up to 4 weeks to process)
(League Fees are non-refundable)
 - **If League fees are not paid within two weeks of the due date, the gymnast will no longer be eligible for team practice or competition.**
- The gymnast may be required to pay individually for "pre-season" and "Home" meets.
- There are **admission charges** for spectators to each competition (*set by the league and meet host, \$5-\$7*).

XCEL Fees (cont.)

- Team Warm up/ Uniform payment is due November date T.B.D. (\$100-\$120)
- Team leotard/ Uniform payment is due December date T.B.D. (new \$120, used are on a availability basis \$60)
- Uniforms MAY NOT BE ALTERED in any way.
- Gymnasts name Must be marked on uniform apparel IMMEDIATELY with a permanent marker. (preferably on the tag)
- Follow all care and washing directions.
- Uniforms are for Competitions only, (not worn for practices).
- All uniform payments not paid by the due date will be assessed a late fee.



CARA Gymnastics



- Colorado **A**ssociation of **R**ecreational **A**thletics is a statewide program.
- CARA is for the recreational gymnast who enjoys the competitive arena.
- The league consists of Girls Optional levels 1-5. Hyland Hills competes at all Optional levels.
 - Each Optional level routine must meet a skill level of difficulty, required for that level. A gymnast can be mandated **within** the season to a higher level due to scores.

There will be an admission charge for spectators at most all competitions. (\$3-\$7)

CARA Gymnastics (cont.)

- Each level has a base score, based on skill difficulty.
 - Not until level 5 may the gymnast have the opportunity to have a base score of 10.0
- Routines are individually choreographed to conform with the difficulty levels as well as the gymnast's taste and style.
- Optional levels are broken into age groups.
 - All age groups can change due to population



CARA Gymnastics (cont.)

- Competitive season runs April-July
 - About 2 Meets per month (number of meets may vary)
- Regional and State Meets are in July.
- Gymnasts must receive a qualifying score 2 times in order to qualify for Regionals. Qualifying scores are based on difficulty levels.
 - Gymnasts must place top 6 at Regionals in order to qualify for State.
(they may qualify on an individual event and or All-Around, which is all four events)

The CARA Girls gymnast is required to purchase a new or used leotard/team uniform:

Leotard order and payment is due December - “used” is on availability basis .

Each year the CARA “Optionals” purchase a “warm up” as well, T. B. D. by the gymnasts,
WARM UP PAYMENT DUE FEBRUARY.

Uniforms are designated for Competitions and not practices. MARK the apparel with the gymnasts name. Follow all care and washing instructions for the apparel.

ALL PAYMENTS RECEIVED AFTER THE DUE DATE WILL BE ASSESSED A LATE FEE.

(checks make take up to four weeks to process)

CARA Fees

- League Fee
 - payable to Hyland Hills, January
 - There will be a discount for early payment. If not paid within two weeks of the due date the gymnast will not be eligible for practice or competitions.
 - Required for gymnast's eligibility and to cover costs of "regular season" meets.
- "Pre-Season" and Home Meet Fees
 - This fee is not included in the league fee.
 - Each Hyland Hills Gymnast must bring required meet fee, to each home meet in order to compete (this is to help cover costs of the meet).

USAG League

- At the Optional Level, a female gymnast has the opportunity to compete in the USA Gymnastics League.
 - Each gymnast must meet the necessary requirements.
 - Coaches recommendation required to join this league.
 - This League requires a dedicated commitment of time and the costs are comparably higher than the CARA costs
 - The League runs November – March
 - Athlete membership application and \$85 due by September 30th.



Hot Shots Parents Group

- Meet the 1st Thursday of each month, 6:00pm
 - Date can change due to scheduling conflicts
- Fundraising and extra events
- Emails the monthly Newletters
- Handles account information
 - Please contact the parents group for account information
 - hotshots.gymnastics@yahoo.com



Team Newsletter

- Contains XCEL, CARA, USAG information about events, practices, reminders, etc. for the month
- Newsletters are handed out in hard copy to your gymnast monthly (at the beginning of each month, or for needed information)
- Newsletters are emailed monthly
- Team information and League information is posted at hylandhillsathletics.com
 - With any questions or concerns, please call the gymnastics office at (303) 650-7626.
 - Leave a message.



Schedule

- Level 2/Bronze
 - One or two days a week
 - Monday and/or Thursday 4:00pm-6:15pm
 - Fee: \$55/month (1 day) \$70/month (2 days)
 - If attending practice one day/week, the other can be substituted as needed.
- Level 3/Silver
 - Tuesday and Thursday 4:00-6:15pm
 - Two days required
 - Fee: \$70/month
- Level 4/Gold
 - Wednesday 4:30-7:00pm and Friday 4:00-7:00pm
 - Two days required
 - Fee: \$80/month



- Optional/USAG
 - Mon/Wed. 5:30-8:30pm
(2 days required) \$90/month
 - Mon/Wed/Fri (Fr 5-8pm)
\$120/month

All fees are the in-district fee.
An additional \$5 is added for the out of district fee.

- Fees are due by the 1st of each month
 - If not paid by the 5th, a \$10 late fee will be assessed

Registration for each month must be taken in, phoned in (303-650-7580 or 303-428-7488) or done online (hylandhills.org)

ALL TEAM GYMNASTS

Any gymnast not registered on the 6th or after, for the month, will be ineligible to practice until registration is complete.

CARA Boys Team



- **Colorado Association of Recreational Athletics** is a statewide program for the recreational gymnast who enjoys the competitive arena.
- The league consists of **CARA Boys Levels 4-8**
 - Each level has a base score
 - Each level is broken into age groups

CARA Boys Team (cont.)

- The competitive season runs May through July
 - Approximately two meets per month
 - The number of meets may vary
 - The State meet is in July



CARA Boys Team Fees

- Hyland Hills requires each gymnast to purchase a team uniform/singlet and stirrup pants by April.
- There is a CARA league fee Due by April to Hyland Hills
 - Required for gymnast's eligibility to compete in "regular" season meets
 - Non-refundable
- Gymnasts may also be required to pay for "pre-season" meets and home meets individually.
- There will be a spectator admission charge to all meets.
- Practice Schedule

(fees are in-district cost, \$5 more for out of district cost)

Fee's are due by the 1st of each month to avoid a \$10 late charge, which is assessed if not paid by the 5th. If the gymnast is not registered on the 6th or after, they are ineligible to practice until registration is complete.

- Mon. 6-8pm and Fri. 4-7pm (two days)
 - Fee: \$85
- Fri. 4-7 pm (one day)
 - Fee: \$65



Open Gym

- Each **Team Member** has the option of attending Open Gym
- Fridays
- 7:30-9:00pm
- Online Registration Only
 - \$25 = 4 Open Gyms



Gymnastics Team Rules/Policies

- All team members must receive, complete and return the appropriate paperwork at the Gymnastics Center
 - “Consent and Contact”
 - “Youth Participant Liability Release Form”
 - “League Participant Release Agreement”
 - Annual Membership and League Fees and Forms (must be completed within the gym)
- Registration is due by the 5th of each month, to avoid a late fee and for gymnast to be eligible to practice.
- Gymnasts are expected to act appropriately, any incidents will be dealt with by the coach or supervisor accordingly.
- Proper attire is required.
 - Boys, attire is tight fitting t-shirt and shorts or singlet and stirrup pants
 - A leotard is required for practice
 - No socks or pants with feet in them
 - No Jewelry
 - Hair tied back, out of face
 - “Meet Week” is leotard only (no shorts/pants)
 - **No two piece attire**
- Do not get on the equipment until a staff member instructs you to do so.



Gymnastics Team Rules/Policies (cont.)



- **DO NOT Contact Meet Hosts for Meet Information!**
- **DO NOT ENCOURAGE YOUR GYMNAST TO leave the competitive area during competition, nor may any parent enter the competitive area during competition.**
- The meet information will be given out **AS SOON AS IT IS RECEIVED!**
- Fees are only prorated when a majority of practices are missed and must be approved by the supervisor, Karla Jensen.
- Hyland Hills is subject to cancelations and/or event and scheduling changes.
- Social Media Policies: Gymnasts do not friend or follow coaches, coaches do not request to friend or follow gymnasts.
 - Please notify the Gymnastics Office in the case that this policy is not being upheld
- In the case of injury, when an accident report is filed, every effort will be made to contact the parent/legal guardian in person or by telephone.
 - The injured gymnast may not be able to return to practice without the consent of the parent/guardian.
 - **EMS** services will be utilized in severe injury situations, with every attempt being made to contact parents as well.

How to Obtain Team Information

- Make sure the gymnastics center has your correct and updated phone numbers and email
- Refer to the “team packet”
- Call the Gymnastics Office and listen to the greeting
- **Hyland Hills Athletics, Sideline Team Page**
 - hylandhillsathletics.com
 - Click on youth sports, scroll down to Gymnastics.
 - The team calendar can be found on this site
 - **DO NOT CONTACT A MEET HOST**



Coaching Staff

Karla Jensen

- Gymnastics Supervisor

COACHING STAFF

- Tia Gaccetta
- Dominique Kovalaski
- Shelby McGurk
- Kylie Stecklein
- Alicia Asmus
- Amy Yoshimura
- Rachel Hall
- Kyle Lam
- Karla Jensen
- Emily Pfannenstiel
- Jasmine Colgan
- Laurel Leicester
- Collin Gammon



All coaches are required to have background checks, safety certification and take continuing safety and gymnastics related educational courses.