

THE CITY AND COUNTY OF BROOMFIELD
RECREATION SERVICES DEPARTMENT
WELCOMES YOU TO:



BROOMFIELD
FLYERS
GYMNASTICS
TEAM



The Broomfield Department and the C.A.R.A. league share the same philosophy, for all participants to have the opportunity to compete and be successful in gymnastics on a fun recreational level.

PROGRAM INFORMATION
Coaches



BROOMFIELD FLYERS GYMNASTICS



- *Coordinator:* Responsibilities include the hiring and training of staff, evaluating and providing direction for the entire program.
- *Specialist:* Assists the Coordinator in duties, organizes the team program.
- *Level 3 Instructor/Coach:* Two years of gymnastics teaching experience, First Aid/CPR certification, and safety certification are required to teach the upper level team, in addition to clinics and training.
- *Level 2 Instructor/Coach:* One year of gymnastics teaching experience and First Aid/CPR certification are required to teach the lower level team in addition to attending clinics and training.

Teams

- All teams are involved in the C.A.R.A league (Colorado Association of Recreational Athletics)
- The C.A.R.A. Gymnastics league was created to be different than the current USAG program (a much more competitive organization in the U.S.), so that gymnasts would still have the opportunity to compete and be successful in gymnastics on a fun, recreational level.
- **Boys Level 6 & 7:** All gymnasts will be performing the same routines with chances to add in "bonus" skills to improve their score. Events include: Pommel, Mushroom, Floor, High Bar, and Rings.
- **Girls Compulsory Level 4:** All gymnasts will be performing the same routines as one another on the Beam, Bars, Vault, and Floor.
- **Girls Compulsory Level 5:** All gymnasts will be performing the same routines as one another on the Beam, Bars, Vault, and Floor.
- **Girls Optional 1, 2, 3, 4:** All gymnasts perform optional routines using high school rules. Each routine has event requirements that each gymnast tries to fulfill.

GENERAL RULES

Parents

- Parents are not allowed in the gym. For the gymnast's safety and to minimize the distractions, all viewing must take place from the viewing area only.
- If you have any questions or concerns, feel free to talk to your child's coach after class or talk to the gym supervisor.
- Payments are due on the first week of every month. Your gymnast(s) will not be allowed to participate in practice if they are not paid for class.
- If 2 or more children are enrolled in the team, only the highest tuition will be paid at full price. All others will receive a discount. This must be set up with the Gymnastics Coordinator/ Specialist.

Gymnasts

- Remember that it is a privilege to be on a team! Treat all Coaches and other Gymnasts with Respect.
- Practice only makes a gymnast better. Come to practice ready to work, learn, and have fun.
- Be on time for your practice. Warm up time is very important for your safety. No use of equipment before or after class. NO jumping on trampoline without permission.





BROOMFIELD FLYERS GYMNASTICS



- NO jewelry, gum, food or water is allowed in the gym. Please keep everything in the cubby room.
- Understand that a lot of younger children will be in the gym at the beginning and end of practice. Watch for little kids running in the gym.

PRACTICES & MEETS

Practice Format

- All levels of team will be practicing two to three times a week through the year.

Things to expect

- During the Fall session (September - December) gymnasts will:
 1. Perform a dance at Broomfield Days
 2. Be evaluated to help them understand what tricks they have or skills they need to work on to move up to the next level.
 3. Be able to participate in the Winter Camp.
 4. Perform at a Holiday Show for all the parents.
- During the Winter/Spring session (January - March) gymnasts will:
 1. Learn the new routines of the level they are in.
 2. Fundraise to provide money for the entire team.
 3. Order leotards, shirts etc. Pay meet fees, & other fees if necessary.
 4. Be able to participate in the Spring Break Camp.
 5. Have practice meets without being scored by a judge.
- During the Spring/Summer session (April - July) gymnasts will:
 1. Perfect routines for the start of the competition season.
 2. Overnight meet and Broomfield Invitational.
 3. Take team and individual pictures.
 4. Regionals and State competition.
 5. Attend the team banquet and Day at the Bay
- During the month of August (the gym is closed) gymnasts will:
 1. Be able to participate in Summer Camp and the sleepover.
 2. Be able to come for drop in gymnastics (when scheduled)

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