

# Girls Team Level 2 (Copper I)/ Level 3 (Copper II)

## MEET SCHEDULE

- Mountain Meet - **DONE**
- Home Innersquad/Party - **DONE**
- Gymstarz Elite Gymnastics – **DONE**
- Home Meet - **DONE**
- GYMSTARZ ELITE MEET- **DONE**
- Fort Morgan – **DONE**
  
- Gold Over America Tour Discounted Ticket Purchases- Due May 16<sup>th</sup>
  
- States (at Home) - **DONE**
  
- Bootcamps – 1:30-3:30pm (Register for all camps or singly)
  - June 12<sup>th</sup> Bars and Beam
  - June 17<sup>th</sup> Floor and Vault
  - June 26<sup>th</sup> Bars and Beam
  - July 8<sup>th</sup> Bars and Beam
  - July 10<sup>th</sup> Vault and Floor
  - July 17<sup>th</sup> Vault and Floor
  - July 24<sup>th</sup> Bars and Beam
  
- Worlds (Orlando, Florida) - **DONE**

Gymbuck Redemption – Week of June 17<sup>th</sup> during your gymnast's normal practice time.

CLOSED July 4<sup>th</sup> – No classes or practices

No Practice or Open Gym July 26<sup>th</sup>

Summer Break – July 29<sup>th</sup> – August 4<sup>th</sup>

Team Banquet Friday August 2<sup>nd</sup> at HHSC in the Multi- purpose room. 7-9pm, (drink and cake will be available) Every Team gymnast (and 2 guest) are encouraged to attend, there will be Team recognitions and 2024 Team awards. Please put this on your calendar, we would love to see you there!!

All Team Level changes will begin in August. The first team practice back after Summer Break (week of August 12th) will be the first practice for the Level changes.

CLOSED September 2<sup>nd</sup> – No practices or classes

**(next page Girls Optionals)**

# Girls Optional Team

## MEET SCHEDULE

- Home Innersquad/Party - **DONE**
- IGC Home Meet - **DONE**
- GYMSTARZ ELITE MEET - **DONE**
- Fort Morgan – **DONE**
- CARA Home Meet – **DONE**
- Gold Over America Tour Discounted Ticket Purchases- Due May 16<sup>th</sup>
- CARA Broomfield - **DONE**
  
- IGC States (at Home) - **DONE**
  
- Bootcamps – 1:30-3:30pm (Register for all camps or singly)
  - June 12<sup>th</sup> Bars and Beam
  - June 17<sup>th</sup> Floor and Vault
  - June 26<sup>th</sup> Bars and Beam
  - July 8<sup>th</sup> Bars and Beam
  - July 10<sup>th</sup> Vault and Floor
  - July 17<sup>th</sup> Vault and Floor
  - July 24<sup>th</sup> Bars and Beam
  
- Carbon Valley Meet – **DONE**
  
- IGC Worlds (Orlando, Florida) - June 26<sup>th</sup>-July 2<sup>nd</sup> Worlds Registration DUE BY MAY 6<sup>TH</sup> 8PM.
  
- South Suburban Meet – **DONE**
  
- CLOSED July 4<sup>th</sup> – No classes or practices
  
- No Practice or Open Gym July 26<sup>th</sup>
  
- CARA STATE MEET – Home (Hyland Hills Sports Center – 4201 W 94<sup>th</sup> Ave.)  
Friday, July 26<sup>th</sup>
  - Session 1 – Optional 1 – Ages 7-9 and 12-13 (Olivia, Evie, Kaleah G, Kataleya, Regan, Ryland, Aidynn, Charlee, Layla M, Alayna, Emery T)
    - Arrive: 7:45am
    - Stretch: 7:45 – 8:05am

- First Event Warm Up: 8:05-8:20am
- March In: 8:25am
- Competition 8:30-10:30am
- Awards: 10:30am-11:00am
- Session 2 – Optional 2 – Ages 7-12 and Optional 3 - All ages (Issy, Sydney, Paige, Hailey, Arianna, Mimi, Aaliah, Cora, Sofia, Ayana, Ella P, Ella S, Leila W)
  - Arrive: 10:45am
  - Stretch: 10:45-11:15am
  - First Event Warm Up: 11:15-11:30am
  - March In: 11:35am
  - Competition: 11:40-2:00pm
  - Awards: 2:00-2:30pm
- Session 3 – Optional 1 – Ages 10-11 and Optional 1 – Ages 14+ (Abby, Natalia, Gabby, Millie, Eliana, Emri R, Yazmin, Amanda)
  - Arrive: 2:15pm
  - Stretch: 2:15-2:45pm
  - First Event Warm Up: 2:45-3:00pm
  - March In: 3:05pm
  - Competition: 3:10-5:30pm
  - Awards: 5:30-6:00pm

#### **SATURDAY, JULY 27th**

- Session 4 – Optional 2 – Ages 13-18 and Optional 4 - All ages and Optional 5 - All ages (Leia, Katelyn, Jillian, Rachel, Kaliea N, Phoebe, Kira)
  - Arrive: 7:45am
  - Stretch: 7:45 – 8:15am
  - First Event Warm Up: 8:15-8:30am
  - March In: 8:35am
  - Competition 8:40-11:00am
  - Awards: 11:00-11:30am

**High School / Team Camp - July 30<sup>th</sup> – August 1<sup>st</sup> (Home)**

**Team Banquet Friday August 2<sup>nd</sup> at HHSC in the Multi- purpose room. 7-9pm, (drink and cake will be available) Every Team gymnast (and 2 guest) are encouraged to attend, there will be Team recognitions and 2024 Team awards. Please put this on your calendar, we would love to see you there!!**

**Summer Break – July 29<sup>th</sup> – August 4<sup>th</sup>**

**All Team Level changes will begin in August. The first team practice back after Summer Break (week of August 12th) will be the first practice for the Level changes.**

**CLOSED September 2<sup>nd</sup> – No practices or classes**

**(next page – Boys Team)**

## **CARA Boys Team**

**BOYS TEAM PARENTS MEETING - DONE**

**Chipotle Fundraiser –DONE**

**Uniform Order completed - BY March 8<sup>th</sup>**

**League Fee Due - BY March 8<sup>th</sup>**

**Team Pictures - DONE**

### **MEET SCHEDULE:**

Every regular season meet there will be a gate admission fee of \$8.00 for spectators 2 and up  
Space is VERY limited, please be prepared for extremely tight seating at each meet except for the Hyland Hills Meets.

- **May 10 (Friday) Commerce City Gymnastics Meet – Bison Ridge Recreation Center**
  - 13905 E 112th Ave, Commerce City, CO 80022
  - No concession Stand Available, vending machines in lobby – no food and drink in the gym
    - Arrive: 4:30pm
    - Open Stretch: 4:30-4:50pm
    - March-In/Competition: 6-8:15pm
    - Awards (tentative): 8:15pm
- **June 1 (Saturday) Carbon Valley Gymnastics Meet – Carbon Valley Gymnastics Center**
  - 6615 Frederick Way, Frederick, CO, 80530
  - Concession Stand Available – no food and drink in the gym
    - Arrive: 12:30pm
    - March-In/Competition: 1:30-4:30pm
    - Awards (tentative): 4:30pm
- **June 22 (Saturday) Hyland Hills Gymnastics Meet - Hyland Hills Sports Center**
  - 4201 W 94th Ave, Westminster, CO, 80031

- Concession Stand Available – Lots of seating!!
- NO PARKING ON THE RESIDENTIAL SIDE OF THE STREETS, FOLLOW PARKING SIGNS
  - Arrive: 4pm
  - March-In/Competition: 5-8pm
  - Awards (tentative): 8pm
- **July 12 (Friday) Gymstarz Elite Gymnastics Meet – The Sports Barn**
  - 5636 WCR 46, Johnstown, CO, 80534 – I-25, exit at Johnstown Exit, East to CR13, South on CR46
  - Please carpool, limited parking
  - Concession Stand Available – no food and drink in the gym
    - Arrive: 12pm
    - March-In/Competition: 1pm
    - Awards (tentative): 4pm
- **July 20 -STATE MEET (Saturday) - Hyland Hills Gymnastics Meet - Hyland Hills Sports Center**
  - 4201 W 94th Ave, Westminster, CO, 80031
  - Concession Stand Available – Lots of seating!!
  - NO PARKING ON THE RESIDENTIAL SIDE OF THE STREETS, FOLLOW PARKING SIGNS
    - Arrive: 4:00pm
    - March-In/Competition: 5:00pm
    - Awards (tentative): 8:00pm

**Summer Break - July 29<sup>th</sup>- August 4<sup>th</sup> (Practice returns the week of August 5th)**

**Team Banquet Friday August 2<sup>nd</sup> at HHSC in the Multi- purpose room. 7-9pm, (drink and cake will be available) Every Team gymnast (and 2 guest) are encouraged to attend, there will be Team recognitions and 2024 Team awards. Please put this on your calendar, we would love to see you there!!**

**CLOSED September 2<sup>nd</sup> – No practices or classes**