



Hyland Hills  
Gymnastics  
Team

# Welcome to Team!



# About Us

- Hyland Hills Gymnastics is very proud to provide competitive girls and boys team programs.
- Our program follows a skill progression policy to join team.
- Our Girl's Team Program consists of competition in two leagues dependent on the level of the Gymnast (USAIGC and CARA). Participation in these two leagues allows the gymnast the opportunity to compete in more competitions.
- Each league has its own style and philosophy of gymnastics competition giving the gymnast a more comprehensive experience and understanding of the gymnastics competition realm.
- We believe this produces a more well-rounded gymnast.



# Commitment

- Competitive teams hold practice **year-round** with a scheduled summer and winter break.
- Hyland Hills Gymnastics is closed on national holidays: (New Years, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day).
- We are excited to have your child in our team gymnastics program, but if you are paying for Gymnastics instruction other than camp or general supervised Open gym at another Gymnastics Gym then we are not meeting the needs of you or your gymnast. Please withdraw from our program and commit to theirs. The reasoning is that other gyms techniques, philosophies and skill progressions may not align with ours. This results in mistrust from your gymnast that carries over to their teammates and our Coaches.
- The gymnastics program has NO Tolerance Policy toward any individual jeopardizing the credibility of the program and/or having a negative influence on the program may forfeit all team related costs if this occurs.

# Scheduling

- The Hyland Hills Sports Center hosts numerous activities and events within our program and outside programs as well.
- **All schedules and fees are subject to change.** Management reserves the right to cancel and/or change schedules and or fees due to enrollment, events and/or special circumstances.
- **The monthly registration may be credited only if over a majority of practices are missed (Ex. registration may cover 8 practices per month and a gymnast misses 5, upon the family's request we will credit half the monthly registration into the household account). Practices may NOT be made up. Registration will NOT be pro-rated.**

# Scheduling Continued

- Please note the following about practice schedules and registration:  
Fees are due before the 1st of each month. If not paid before the 1st, a \$10 late fee will be assessed.
- Any gymnast not registered will NOT be eligible to practice until registration is complete. The team gymnast will call their parent/guardian if this occurs.
- Registration for each month must be phoned in at **(303)650-7500** or **(303)643-5699** or done online at **hylandhills.gov**.
- You may choose the days your gymnast attends practice, based on your registration, but the gymnast must consistently come to those practice days throughout the month.
- *The following fees state the cost without a Hyland Hills district card. There is a 10% discount for residents holding a resident card.*
- **FEES AND SCHEDULES ARE SUBJECT TO CHANGE**
- Level 2 (Copper I)- Have the option of coming either one, two, or three days per week.
  - Monday (4:15-6:15pm), Wednesday (4:30-6:30pm), and/or Friday (5:15-7:00pm)
- Level 3 (Copper II)-Have the option of coming either two or three days per week.
  - Tuesday (4:30-6:45pm), Thursday (4:30-6:45pm) and/or Friday (5:30-7:30pm)
- Optionals Team-Have the option of coming either two, three, or four days per week.
  - Monday (5:30-8:30 pm), Wednesday (5:30-8:30pm), Thursday (6:30-9:00) and/or Friday (5:30-8:30pm)



# Level 2 and Level 3 Competition Information

- The Level 2/Level 3 Gymnastics Teams are designed for gymnasts who enjoy the competitive arena. These gymnasts compete in the USAIGC League and will be referred to as the Level 2/Copper I and Level 3/Copper II.
- The competitive season runs mid February (earliest) to mid June.
- During the season, there are approximately 2 meets per month for March, April and May. There may be a State meet at the end of season (possible early June).
- There is an opportunity, depending on level, for the gymnast to compete out-of-state and is a separate cost than the League Fee.
- Practice is held in June, July and August after season has ended. These practices are important to the progression to the next level for every gymnast. In summer, the first wave of recommended level changes take place.
- GymBuck redemption week (an incentive/reward system described later in the team information) is the last week of June for all compulsory team levels.



# Level 2 and Level 3 Competition Information (Continued)

- The routines for each level are choreographed to have a start value of a 10.0 and to meet the individual skill and event requirements making the highest score that can be given a 10.0.
- However, there are a variety of skills that can meet the requirements. As such, the routines will vary from team to team and can even vary from gymnast to gymnast within the same team.
- Deductions are taken from those points if the gymnast has poor form, bent legs, flexed feet, etc.
- Our focus is not on the score but that the gymnast does their best in receiving credit for each of the skills in the routine.



# Optionals Competition Information

- The Optionals Gymnastics Team is designed for gymnasts who enjoy the competitive arena. These gymnasts compete in the USAIGC League and may be referred to as Bronze, Silver, Diamond, Gold, and Platinum. In the CARA league they are referred to as Optional 1, 2, 3, 4, and 5.
- The competitive season runs mid March through mid July.
- During the season, there are approximately 2 meets per month.
- There may be a State meet at the end of each individual season, one in early June and one in late July.
- There is an opportunity, depending on level, for the gymnast to compete out-of-state and this a separate cost than the League Fee.
- Practice is held in June, July and August after season has ended. These practices are important to the progression to the next level for every gymnast.
- GymBuck redemption week (an incentive/reward system described later in the team information) is at the end of the competition season.



# Optionals Competition Information (Continued)

- The optional levels are broken down into age groups. Awards are presented to each gymnast based on the level and age group of that gymnast; these groups vary according to the meet population. Placement and overall Awards vary due to the league requirements and meet host's choices.
- The USAIGC routines for each level are choreographed to have a start value of a 10.0 and to meet the individual skill and event requirements making the highest score that can be given a 10.0. However, there are a variety of skills that can meet the requirements. As such, the routines will vary from team to team and can even vary from gymnast to gymnast within the same team. Deductions are taken from those points if the gymnast has poor form, bent legs, flexed feet, etc. Our focus is not on the score but that the gymnast does their best in receiving credit for each of the skills in the routine.
- The CARA routines are choreographed to have a start value of 0.0 working up to the optimum score equivalent to the gymnast's level. The routines have individual skills and event requirements making the goal the highest score possible for level of the gymnast. The CARA optimum scores are as listed:
  - Optional 1- 6.5
  - Optional 2- 7.5
  - Optional 3- 8.5
  - Optional 4- 9.0
  - Optional 5- 10.0

# Boys Team

- The Boys Team participates in the **Colorado Association of Recreational Athletics (CARA) Gymnastics League**. It is a statewide program for the recreational gymnast who enjoys the competitive arena.
- The League consists of CARA Boys Levels 1-3
  - Each level has a base score
  - Each level is broken into age groups
- The competitive season runs May through July
  - Approximately two meets per month (number of meets may vary)
  - The State Meet is in July



# Boys Team (Continued)

- Hyland Hills requires each gymnast to purchase a team uniform/singlet and stirrup pants due March.
- There is a CARA league fee will be due in April to Hyland Hills
  - Required for gymnast's eligibility to compete in "regular" season meets
  - Non-refundable
- There will be a spectator admission charge to all meets.

# General Meet Information

- **Meet information is given AS SOON AS IT IS RECEIVED FROM THE MEET HOST.**
- You may be given a 2 or 3 dates to block out for a meet as early as January.
- This is a **tentative** meet schedule; your gymnast will only compete one of those days for approximately 3 hours on one of those days.
- The exact day and time may not be known until 2 weeks prior to the meet. **THIS INFORMATION WILL BE GIVEN OUT WITHIN 48 HOURS FROM WHEN IT WAS RECEIVED.**
- It will not be helpful to contact us or the meet host for information. If you don't have the information, we do not have it either.
- **DO NOT CONTACT THE MEET HOST.**
- Out-of-State competitions is a separate registration, and that information will be shared when it is received.

# Parent Competition Expectations

- DO NOT, for any reason, approach a judging official.
- Regardless of what other teams are doing, you are not allowed to talk to your gymnast during meets (warm-ups through awards) unless the conversation is initiated by their coach.
- Your gymnast must arrive by the stated arrival time, dressed and ready for competition.
- Your gymnast MUST compete at their designated session. If they arrive for the wrong session, they will not be allowed to compete.
- Make sure your gymnast has eaten and has a water bottle packed.
- A gymnast may only leave prior to awards IF approval was given from the coach 1 week prior to the meet.
- ALL COMPETITION/MEET INFORMATION IS SENT THROUGH EMAIL, MAKE SURE YOU ARE RECEIVING THE EMAILS FROM [kjensen@hylandhills.gov](mailto:kjensen@hylandhills.gov) (make sure to check your spam/junk folder).
- \*Although returning competition parents may try to be helpful please forward all questions or concerns you have to the gymnastics office via email ([kjensen@hylandhills.gov](mailto:kjensen@hylandhills.gov)), voicemail, or in-person.



# Important Due Dates and Fees (Girls)



- Team Handbook to be completed ASAP.
- All fees are paid through registration. All fees paid late will have a late fee assessed
- **All team costs above and beyond the monthly registration are NON-REFUNDABLE!**
- Most fees can be paid in increments
- League fee due at the beginning of January
  - Covers cost of gymnast's League Membership, Meet Fees, Home Meet Fees, and Meet Coaching Costs
- Team Leotard due at the end of November
- Team Warm-Up due at the end of December
- Uniforms (warm-ups and leotards) **MAY NOT BE ALTERED** in any way. Gymnast's 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).



# GYMNASTICS TEAM GUIDELINES

- Please call and leave a message or send a note with the gymnast when arriving to practice late or when planning to leave practice early. Staff is responsible for gymnasts during practice times only. It is the responsibility of the gymnast and their parents to arrive at the designated practice area and to coordinate a safe and timely departure after practice has concluded. Notify the office (or your coach) if you will be absent from practice or a meet at **(303)650-7626**.
- Parents are welcome to stay and watch from the observation area. Do not communicate from the observation area to the gymnastics area. Do not encourage your gymnast to come up to the observation area during practice. Do not approach a staff instructor or coach during practice time or at a competition with questions you may have. Instead, please leave a message for a coach on the office voicemail at **(303)650-7626**.
- Gymnasts are expected to act appropriately, any behavioral incidents will be dealt with by the coach or supervisor accordingly. In extreme circumstances, parents will be contacted.

# GYMNASTICS TEAM GUIDELINES (continued)

- REQUIRED Practice Attire:
  - A one piece leotard (**NO TWO PIECE ATTIRE**)
  - No socks or pants with foot holds
  - No jewelry
  - Hair must be tied back and out of face
  - "Meet Week" is leotard only (no shorts/pants)
- No food or drink is allowed in the gymnastics area. No gum allowed. A healthy snack is allowed when necessary for your gymnast but it must be consumed prior to practice in the snack area. Please have your gymnast eat and use the restroom prior to practice.
- Please send your gymnast with a water bottle to practice.

# **GYMNASTICS TEAM GUIDELINES**

## **(continued)**

- Gymnasts cannot get on the equipment until a staff member instructs them to do so.
- Follow all "Gymnastics Safety Rules" specified by the Hyland Hills Staff and program policies.
- All gymnasts are highly encouraged to attend the minimum number of practice days (this may include open gym) for their level to be eligible to participate in that week's competition. Gymnasts are encouraged to participate in all scheduled meets.
- Fees are only pro-rated when a majority of practices are missed and must be approved by the supervisor, Karla Jensen (303)650-7626, leave a message if necessary.
- Team gymnasts may be expected to move, set and clean up equipment as requested by their coaches.

# GYMNASTICS TEAM GUIDELINES (continued)

- It is up to each individual coach to offer incentives for gymnasts to reach specific goals. However, there are gym wide incentives that all gymnasts may work towards.
  - Gym Bucks- Fake Money gymnasts can earn and is used to purchase various team incentives at the end of season (Free Trampoline Time, Free Gym Time, Pie(ing) a coach in the face, etc.)
  - Competition Incentives (Stuck Beam Pins, 9.0 Certificates, and 36.0 Tiara Club)



# Accidents/Incidents

- It is a team requirement that a parent/guardian must be contacted every time an accident/incident report is filled out.
- An 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.
  - In the case of injuries sustained within the gymnastics team program that are treated by medical professionals, a medical providers release may be required.

# Social Media Policies

- Gymnasts cannot "friend" or "follow" coaches on any social media platform (i.e. Instagram, Facebook, Snapchat, TikTok, etc.)
- Coaches cannot request to "friend" or "follow" gymnasts on any social media platforms as well.

*\*Please notify the Gymnastics Office in the case that this policy is not being upheld.*



# HOW TO OBTAIN TEAM INFORMATION

- Make sure the Gymnastics Center has your correct and updated phone numbers and email. This is done by completing and submitting **THIS FORM** by the required due date, and keeping all information up-to-date in your Hyland Hills registration account.
- Refer to the "Team Information Handbook" (This Document).
- Monthly Newsletter- this contains important dates, fees, and other information. A copy of this document will be sent in email to the email you provide us in **THIS FORM**.
- Contact your gymnast's team coach- you may ask to speak to your gymnast's team coach when they are available. **DO NOT** keep them from their responsibilities prior to or after practice.
- Call the Gymnastics Office **(303)650-7626** and leave a voicemail. Other gymnastics center information may be available to listen to in the greeting before you are able to leave a voicemail.
- Hyland Hills Athletics, Sideline Team Page -[hylandhillsathletics.com](http://hylandhillsathletics.com) -Click on Youth Sports, then scroll down to Gymnastics. The "Team Important Dates" document can be found on this site.
- Email Karla Jensen ([kjensen@hylandhills.gov](mailto:kjensen@hylandhills.gov)).

\*If an event is canceled, every attempt will be made to contact every individual involved (this makes your first contact phone number very important). Information may also be available on the Gymnastics Office voicemail greeting or on the Hyland Hills website.





# Team Newsletters

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- Team Newsletters contain Team information about events, practices, reminders, etc. for the month, be watching monthly for these emails. If you are NOT receiving the emails, contact the Gymnastics office ASAP.
- If your email address changes, contact the Gymnastics Office ASAP.
- Newsletters are emailed monthly.
- Team information and League information is posted at [hylandhillsathletics.com](http://hylandhillsathletics.com) as it is received.

# Team Open Gym

- Each team member has the option of registering and attending Team Open Gym. These are on Fridays from 7:30pm-9:00pm.
- Registration for Open Gym is available ONLINE only. The fee is \$60 which pays for 4 Open Gyms. These 4 do not have to be used in the same month. Open gyms do not carry over to the next year (expiration is one year from purchase).

# Team Open Gym Policies, Procedures and Rules

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- Open gym is a “general” supervision of gymnast by designated staff members. It is the gymnast’s responsibility to request specific instruction from that designated staff member. Specific instruction is on a staff availability basis. There is not specific instruction given by the staff member to registrants, only information on what events are available and when.
- The designated staff is to prioritize and provide general supervision and assistance to the participants as requested within the availability of that staff member.
- The open gym participants are team members and experienced gymnasts.
- It is the gymnasts' responsibility to know who is supervising open gym and who they can ask for assistance.



# PARENT GUIDELINES: "Be the Best Fan You Can Be"

- I hereby pledge to provide positive support, care and encouragement for my child participating in this youth sport: Hyland Hills Gymnastics Team. Listed below are some guidelines to help ensure this pledge. I will encourage good sportsmanship by demonstrating positive support for all gymnasts, meet hosts and participants, coaches, and officials at every meet and every practice.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win. I will be in control of my emotions. I will not be a distraction to my gymnast during competitions or practices.
- I will remain in the spectator area during competitions. I will encourage my child to remain with the team. (If a gymnast leaves the competition area during competition, league rules state that gymnast and/or team may be disqualified).

# **PARENT GUIDELINES: "Be the Best Fan You Can Be" (continued)**

- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. I will not advise the coach on how to do their job, or speak negatively about them.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at youth events. I will not drink alcohol, or use drugs or attend under the influence.
- I will remember that the meet is for our youth - not adults. Participation in youth sports is a privilege, not a right.

# **PARENT GUIDELINES: "Be the Best Fan You Can Be" (continued)**

- I will respect and follow ALL meet host rules, policies and procedures with a positive and cooperative attitude. I will not contact the Meet Host.
- I will ask my child to treat other gymnasts, coaches, meet sites, hosts and officials with respect regardless of race, sex, creed, or ability. I will not make insulting comments to gymnasts, parents, officials, or coaches of any team.
- I understand there is no flash photography allowed during competition.



# PARENT GUIDELINES: "Be the Best Fan You Can Be" (continued)

- I will have my gymnast arrive on time, fed, used the restroom, dressed accordingly, having packed a water bottle, light snack and needed items in their meet bag, and marked all their belongings.
- I understand that my responsibilities include setting an example for children and that a breach of those responsibilities will result in my inability to attend meets or practices. A breach in these guidelines may also result in immediate expulsion from an event and programs.
- Do not encourage your gymnast to set goals of: Title (State Champ), Score, or Place (1st, 2nd, 3rd) as these goals are out of their control.





# GYMNAST TEAM EXPECTATIONS

- Please review this with your child prior to submitting this form.
- You are expected to be more motivated than your coaches.
- Only say something to your teammates if it is kind and supportive.
- Do and say to others only what you would enjoy seeing or hearing from them.
- We expect to excel at our goals. They are: Be safe, Have fun, Get better at gymnastics with the help of your coaches.
- Try what your coaches ask you to do with the idea that it will work.

## GYMNAST TEAM EXPECTATIONS (continued)

- If you think you can, you can. If you think you can't...well, let's just not go there.
- Beam Position!!!
- All casts on bars are to be at or above horizontal. Try to make every cast above horizontal!!!
- Always practice the way you want it to be in competition. Always!
- Getting stronger and more flexible will make it easier to get new skills. Do not cheat when conditioning or stretching!
- Trust your training, trust your body - be confident in your execution of gymnastics skills.



# GYMNAST TEAM EXPECTATIONS (continued)

- Treat this facility as you would want your **HOME** to be treated.
- Be respectful to you, your parents, your teammates, and your coaches.
- Expect to work hard.
- It is expected to you may move, set or clean equipment when asked by a coach.
- Eat something healthy before you come to practice.
- You will need to have regular attendance to practice in order to get better at gymnastics.
- Your coaches have confidence in you - you must have confidence and do the skills you are asked to do.
- Do not set goals of: Title (State Champ), Score, or Place (1st, 2nd, 3rd) as these goals are out of your control.

# Coaches

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- Gymnastics Supervisor
  - Karla Jensen
- Coaching Staff
  - Jordyn Shepit
  - Molly Phibbs
  - Amy Yoshimura-Campbell
  - Abby Punt
  - Carly Robinson
  - Bailey Stecklein
  - Priscila Orona
  - Carrie Breheny
  - Laurel Harbert
  - Kylie Jaramillo
  - Emily Stewart
  - Alicia Willis
  - Tiahna Ramirez
  - Ethan Marshal
  - Dan Teel

