



Junior Olympic Team Newsletter

February 2012



We love our Junior Olympic Gymnasts and Families

Parent Guidelines for Meets

Meet season is right around the corner. We would like to share with you the parent guidelines that are provided by the CARA Gymnastics League...

- Be sure to have your gymnast to the meet site on time...arriving after warm ups have begun puts unnecessary stress on the gymnast.
- Be sure that your gymnast is prepared for the day and has all necessities with HER. It is stated in the CARA Gymnastics Code of Ethics that:

"The team must remain together throughout the entire meet and award ceremony."

Your gymnast will not be permitted to come to you for water, snack, hair accessories, etc.

Parent/ Spectator Code of Ethics as stated in the CARA Rulebook

- Encourage your gymnast to do their best.
- Address any questions or concerns about the meet to your coach, not a judge or the meet host.
- Parents/spectators ARE NOT PERMITTED IN THE COMPETITION AREA AT ANY TIME FOR ANY REASON (Make sure your gymnast has what she needs for the entire meet)
- Parents/spectators are encouraged to take pictures during the meet, but flash devices are prohibited. Feel free to turn on the flash during awards.
- Proper behavior toward meet host and judges and other teams.

Be a positive role model.

A main objective of CARA Gymnastics is to "develop a strong sense of sportsmanship and fair play in each player."

Team Building Pajama Party

Save the Date... the **Team Building Pajama Party** is **March 9th** from **6:45-8:45 pm**. We like to get the girls together before the season begins for a little bonding time and fun. The night will include team building activities, decorating flip flops and scrunchies and lots of fun! The Booster Club has offered to purchase all materials needed for the flip flops and scrunchies. **Thank you Boosters!** We hope all the girls can make it. Don't forget to wear your favorite jammies!!

CARA Night at DU Gymnastics Meet

Support CARA gymnastics by attending the DU Pioneer Gymnastic Meet on February 25th starting at 6:00 pm. They will be taking on Sacramento State. Tickets are normally \$9 for gymnastics meets but CARA fans will get them for \$6 each with a one-time \$5 per order online fee and \$2 from each ticket goes to CARA. An email was sent out explaining the directions on how to purchase tickets. If you have any questions, please contact Jill.

Meet Schedule

We still do not have the meet schedule for this summer. We generally do not receive this until the end of March or beginning of April. We will send out the schedule and publish it on the website as soon as we receive it. The State Gymnastic meet is scheduled for July 27 and 28th.

Apparel Fees Due

The leotards and other apparel have been ordered! Please remember to pay apparel fees by **February 29th**. CARA fees in the amount of \$170 will be due with your April Tuition by March 31st.



Spring Break Gym Closure

March 26th - April 1st

The gym **will be open** on Monday, February 23rd even though schools are off for Presidents' Day.

Important Dates:

February 25th - CARA Night at DU @ 6:00 pm

February 29th - Apparel Fees and Tuition Due

March 2nd - Parent's Night Out 6:45 - 9:30 pm

March 9th - Team Building Pajama Night 6:45 - 8:45 pm

March 16th - Open Gym 6:45 - 8:15 pm

March 23rd - 'Bring a Friend' Open Gym 6:45 - 8:15 pm

March 26th - April 1st - Gym Closed for Spring Break

March 31st - CARA Fees and Mock Meet Fees Due