



Silverthorne Storm Gymnastics Team

New Member Information



Welcome to the Silverthorne Storm! We are happy you have joined our team and know it will be a positive experience for you. The Silverthorne Storm Gymnastics Team competes in the Colorado Association of Recreational Athletics (C.A.R.A.) League. This is a recreational league with teams from all over Colorado. Storm practice sessions are held throughout the year with long breaks over the winter holidays and right after the summer competition season. Please read below for further information on what to expect from the Silverthorne Storm.

λ **CARA League and Philosophy:** C.A.R.A. is the section of Colorado Parks and Recreation Association that provides youth recreational athletes a way to compete with one other. C.A.R.A. supports many sports, one being gymnastics. The C.A.R.A. Gymnastics League is for gymnasts who are not sanctioned or ranked and want to compete without committing 20-40 hrs per week in the gym as those who are on an Olympic track would need to do. However, it is a pretty competitive league and girls that stick with the program, achieve relatively high skill levels and are well prepared to compete on a high school team. All team members compete and there is no team score kept, so the focus is on individual achievement and personal goals. Go to caragymnastics.org for routines and general information about the league.

λ **Storm Philosophy:** We feel that gymnastics is a very beneficial activity for children of all ages. Gymnasts learn much from participation, including body awareness, agility, strength, coordination, discipline, perseverance, self confidence and focus. Gymnastics has also been said to help children with their academics and to work positively in a team atmosphere. To compete with the Silverthorne Storm takes hard work, time and dedication. We invite children to team who show a real desire to work hard as well as a decent ability at the sport. Our main goals are for team members are to safely enjoy the benefits of the sport, to learn and develop good gymnastics techniques and to have fun.

λ **Recreationally Competitive:** Because we do compete and want everyone to do their best in those competitions, we expect the girls to work hard during practice and to follow the directions of the coaches. Our recreational aspect is that we are in the gym only 4-7 hours per week. We require less time in the gym than most gymnastics programs, yet we do work hard while there.

λ **Strength Training and Conditioning:** Gymnastics is a tough sport. In order to do well gymnasts must be very flexible and very strong. There is also risk involved. The stronger and more flexible a gymnast is, the better chance of avoiding injuries. Therefore, we spend a good portion of our practices focusing on strength and conditioning in order to be safer while participating. Strength is also very important when it comes to learning many of the skills needed in order to compete well.

λ **Competition Levels:** The CARA League has many different levels of competition and many age divisions within these levels. This allows some success for most all gymnasts in the league. The Compulsory Levels (C-3 & C-4) are where most gymnasts will start out. Compulsory gymnasts all do the same routine on each event with the 3's being quite basic and the 4's a step up in difficulty. The Optional Levels are for when girls have learned intermediate level skills and are progressing to more advanced skills. Optional girls will develop their own routines, with the coaches help, based on the High School Rules. Most of our gymnasts start as a C-3 and progress to Optionals after 2-4 years depending upon the child.

λ **Practice Schedule:** We practice Tuesdays and Thursdays, September through April. Compulsory 3's train from 4:30-6:30 and Compulsory 4's and Optional gymnasts practice from 6:15-8:15 (summer practices historically have been held from 3:30-5:45 and 5:30-7:45). After spring break and through the competition season we practice three days/week (Tuesday, Wednesday and Thursday). In August we take time off from official practices.

λ **Competitions:** We do expect that all team members will plan to compete during the competition season, which runs from May through July. Our 1st meet is usually Mid to late May and the State meet is usually the last weekend of July. We compete in 4 regular season meets as well as Regional and State meets for those who qualify. Most meets are on Saturdays in the Denver area. Each year we strive to host a home meet in late June. During this meet the parents run a concession stand as our main form of fundraising. We appreciate the time and/or money families donate to make this happen.

λ **Expenses:** Fees need to be paid three times a year (August, December and April). These fees include practice times, coach's wages, C.A.R.A. fees, warm up tops, coaches trainings and more. Gymnasts will also need a competition leotard and shorts. These are not included in the activity fees. We strive to purchase new leotards every other year so that hopefully they can be used for two seasons.

λ **Contact Information:** Please feel free to contact us with any concerns, ideas or questions. Mindy Nicholds is the Sports & Athletics Coordinator and can be reached at 262-7373 or emailed at nicholds@silverthorne.org. Ben Way is the head coach and you can find him in the gym during practices, leave a phone message with the front desk at 262-7370 or email him at ben.way@silverthorne.org.

Here's to a successful and fun experience with the Silverthorne Storm!