

2025-2026 Cherry Creek Gymnastics Parent Meeting Info

Coaches:

Head Coach: Emily Schaefer, Emilyjschaefer15@gmail.com, 720-467-9782

Assistant Coach: Jerry Burkey

Assistant Coach: Chantelle Whittaker

GYM SET UP:

August 1st (saturday) at 11am

- **It is highly encouraged that every gymnast that intends to try out, comes and helps set up the equipment.**
- **We will have a smoothie king supply smoothies for all the girls/ families that help. (the more the merrier)**
- New bar set!

Future Bruin Gymnastics Camp:

August 3rd-7th 9:00am-11:30am

- Girls will teach the group a dance. At one of the meets, the group will perform the dance
- As many girls that can be there should. It's a great community night and shows the gymnastics programs potential for growth
- Shirts for camp

Preseason boot camp: \$65.00 for the week

August 3rd- 6th from 3pm- 5:00pm

- This will be a combination of Endurance, strength, stretching, and gymnastics training.
- We will use the weight room, gym, and outdoors. So bring adequate training clothes and shoes.
- This is not required but highly encouraged.

Preseason Practice: \$55.00 For the week

August 10th-12th 3:00- 5:00pm

- This is not a required practice, it will be time for you to work more closely on skills you are close to getting or want to perfect.
- A great time to get to know your possible future teammates

SCHOOL REQUIREMENTS:

1. Athlete Registration - Registration opens July 1st for all grades
Follow the below steps and have completed BEFORE Monday August 17th.
 - a. Go to <https://students.arbitersports.com/organizations/cherry-creek-high-school>
 - b. You will need to create an account or log in in the top right corner
 - c. Fill out all the required information, upload the FULL CHSAA APPROVED PHYSICAL. In needs to be signed and dated by the ATHLETE and PARENT on page 4 or it will not be accepted
 - d. For registration support contact 800-311-4060 or registration@arbitersports.com

- e. I would get this completed as soon as possible, waiting until the first day of school may jeopardize your athletes ability to try out
- f. Pay athletic registration fee.
- g. Submit- you should get a confirmation email from the school once cleared.

2. You will need to have an up to date physical

- a. This needs to be turned in before the first day of tryouts. If not received, your child cannot practice/ tryout**

My Athletic Requirements to be on the team:

Gymnastics is a cut sport. Therefore, we have a list of requirements that are needed in order to be placed on a JV or Varsity team: These are minimum requirements. The coaching staff will have a conversation with your athlete at the end of the 3rd day of tryouts where they will know if they will be a member of this team.

BARS:

- 1. KIP (on both the low and high bar)
- 2. Flyaway- By themselves

BEAM:

- 1. Cartwheel/ Handstand
- 2. Superior Dismount (Front or back tuck)

FLOOR:

- 1. Round Off 2 back handsprings
- 2. Front Tuck or Front handspring with something connected to it
- 3. Wolf Full
- 4. Tuck 1.5
- 5. Superior turn (full turn with leg straight in horizontal or 1.5 turn in posse)

VAULT:

- 1. You go over the Vault table by yourself, any entry is acceptable.

CHASA Rules

- Each Gymnast needs 5 full practices before they can compete in the first meet.
- Each gymnast must compete in 5 meets to be eligible to compete in postseason -
- No parents are allowed on the competition floor at all

COMPETITION INFO:

- All gymnasts will compete in all Home meets and at the Cherry Creek Invitational.
- 6 girls compete on Varsity- per event
- 6 girls compete on JV- per event
- Gymnast can compete JV and Varsity in the same meet
- Invites and post season are Varsity only (there will be one alternate for each event)

Spots are earned for all gymnasts. Mostly based on scoring potential, skill level, commitment to the team, and attitude throughout the year and towards team members.

DO NOT ASK ME WHY YOUR CHILD IS NOT COMPETING, if they want to know they can come talk to me. Let them advocate for themselves.

APPAREL:

- There will be mandatory items that must be purchased for competitions (march in attire)
- The girls will have bags and Leos checked out to them at the beginning of the season and will be returned after season ends.
- Athlete, Parent, and Fan apparel will be available from: May 12th through May 26th.
 - They will be shipped to the school and distributed as we get them.
 - The store will open again after tryouts as well.
- New leos for Think Pink Invitational- Gymnast pays for these and keeps them!***
- The girls get a "practice" leo every season.

SEASON INFORMATION/ NEED TO KNOW's:

1. Season is from August 17th through November 8th
2. All Athletes must come into tryouts with high school choreographed Floor and Beam routines. **You must be present for all 3 days of tryouts.** If any day of tryouts is missed you will not be on the team.
3. Practices are Monday- Thursdays from 4:30 pm- 7:00 pm. And Fridays 4:30-6:30.
4. Lettering: Cherry Creek's Rule for lettering in gymnastics is to complete 2/3 varsity meets.
5. Eligibility:
 - a. Each gymnasts needs 5 practices in before the first meet to be eligible to compete
 - b. Students who have 2 or more Fs on the thursday report will not be eligible for competition for the next week
 - c. Post season athletes need to compete in 5 regular season meets to be eligible for post season meets

PARENT VOLUNTEERS:

1. Creek Invite Concessions
2. Regular Meet Concessions
3. Food for away invites
4. Senior Night
5. Booster Club- Treasurer, Pres, fundraising

MY RULES:

1. If you cannot be nice/ a team player to EVERYONE, you will not be on this team
2. School is the #1 priority, meaning if you are struggling in something at school, please let me know so we can make a plan to help you
3. Safety is the # 2 Priority. All final decisions are made based on safety for each girl individually. But cannot read minds, we cannot always tell when someone is hurting and they need to be able to communicate that.
4. I give the season schedule in may, please avoid scheduling events/ travel last minute during practices and meets.

5. Each gymnast is allowed to miss one practice throughout the season for non sickness related events. If you miss more than one your competition time **will** be cut.
 - a. **Please keep in mind, you are making a commitment to this team and missing practices/ meets is not a part of that commitment. Remember why you want to be on this team and why it is important for you to be present.**
 - a. For doctors appointments please let me know beforehand- we practice everyday of the week, I understand it is hard to schedule but please try to do it not during practice times.
6. If you are sick please let me know in the morning.
7. Injured gymnasts are still required to come to meets and practices (unless you have a concussion)
8. Leos are required for practices. Friday's you may wear tank tops.
9. **All attendance at meets is required. This means for the entire meet. Everyone leaves when the meet is over. No exceptions.**
10. Gymnasts are required to stay with the team during meets. This means no going into bleachers during the meets.
11. I require the girls to help tear down at away meets that need it, we ask for help for ours so we can help theirs. Once the gym is torn down, they may leave.