



FINAL SCHEDULE – REVISED 12/24/24

Registration & Payment Deadline 11/1/24 / Level change deadline 12/22/24

Refund request deadline 12/1/24

Late fees assessed: 11/2/24

Friday, January 10

Session 1A - Large Gym 8:00am

Level 4 & 5 (76) Modified Continuous Capital Cup

Awards 11:30am

Teams: Achievers, TX Dreams, National Elite, NE Texas Elite, AGA, Eagle Gymnastics, Rock Solid

Session 1B – Small Gym 8:00am

Level 2 & 3 (78) Modified Traditional (warm-up/compete)

Awards 11:30am

Teams: Achievers, Eagle, AGA, National Elite, Rock Solid, TX Dreams

Session 2A – Large Gym – 12:30pm

Level 6-1 (75) Modified Continuous Capital Cup

Awards 4:30pm

Teams: Kurt Thomas, NE Texas Elite, AGA, Rock Solid, TEGA, TX Best, AKM United, Achievers, Powerhouse TNT, GSC Abilene
TX Dreams, American Dream, Precision, MEGA, Lone Star, New Heights

Session 2B – Small Gym 12:30pm

Level XG-1 (70) Modified Traditional (warm-up/compete)

Awards: 4:30pm

Teams: AGA, Elevate, Fire Power, Empire, GCS Abilene, Achievers, NE Texas Elite, National Elite



FINAL SCHEDULE – REVISED 12/9/24

Friday, January 10th

Session 3A - Large Gym – 5:30pm

Level 8-1 (66) Modified Continuous Capital Cup

Awards: 9:30pm

Teams: American Dream, National Elite, Rock Solid, TX Dreams, Powerhouse TNT, TEGA, NE Texas Elite. TX Best, Rising Stars, Achievers, AKM United, Houston Gym Center, AGA

Session 3B - Small Gym – 5:30pm

Level XG -2 (70) Modified Traditional (warm-up/compete)

Awards: 9:30pm

Teams: TX Dreams, Rock Solid, Win Kids, TEGA, TX Best, Precision

Saturday, January 11th

Session 4 – Large Gym – 8:00am

Level XB (87) Modified Continuous Capital Cup

Awards: 11:00am

Teams: Precision, Rockwall, NE Texas Elite, Elevate, National Elite, TEGA, Firepower, TX Dreams

Session 5 – Large Gym – 11:30

Level 7-1 (48) Modified Continuous Capital Cup

Awards: 2:15pm

Teams: AKM United, Houston Gym Center, Kurt Thomas, ASI Lakewood, Lone Star, American Dream, Fire Power, Powerhouse TNT Achievers, AGA, Elevate, Eagle

Session 6 – Large Gym – 3:00pm

Level 7-2 (48) Modified Continuous Capital Cup

Awards: 5:45pm

Teams: MEGA, TEGA, TX Dreams, National Elite, Rockwall, Trevinos, New Heights, TX Best, NE Texas Elite, Rock Solid, Waxahachie Precision, Richardson, Rogue

Session 7 – Large Gym – 6:15pm

Level 9-10 (66) Modified Continuous Capital Cup

Awards: 10:00pm

Teams: TX Best, MEGA, National Elite, Rogue, Achievers, Powerhouse TNT, Richardson, Houston Gym Center, Rock Solid Gym Power House, AGA, American Dream, Eagle, NE Texas Elite, New Heights, TEGA, Trevinos



FINAL SCHEDULE – REVISED 12/9/24

Sunday, January 12th

Session 8 – 8:00am

Level XS (96) Modified Continuous Capital Cup

Awards: 11:00am

Teams: Fire Power, Elevate, Jischke, National Elite, Precision, TEGA, TX Dreams, Rockwall, GSC Abilene

Session 9 – 11:45am

Level XP (61) Modified Continuous Capital Cup

Awards: 3:15pm

Teams: Achievers, Rock Solid, Rockwall, GSC Abilene, Elevate, NE TX Elite, Empire, Precision, TX Dreams, TX Best, Lone Star National Elite, ASI Lakewood, TEGA, Win Kids, Fire Power

Session 10 – 4:00pm

Level 6-2/8-2/XD/XSAPH Modified Continuous Capital Cup

Awards: 8:00pm

Teams:

Level 6: Richardson, Rogue, ASI Lakewood, Trevinos, Eagle, Waxahachie, Gym Power House

Level 8: Eagle, Fire Power, Lone Star, Rogue, Richardson, Waxahachie, Trevinos

Level XD: Lone Star, TX Dreams, TX Best, Achievers, AGA, Waxahachie, Precision, Win Kids, GSC Abilene, Rockwall

Level XSAPH: Rockwall

Host Hotel: Embassy Suites Convention Center - Denton

3100 Town Center Trail, Denton, TX 940-243-3799

**Ask for Friends of Achievers rate \$149 single/double – standard suite
Price includes the famous free Embassy Suites Breakfast
and free nightly cocktail reception.**

Booking link: [Friends of Achievers Invitational](#)

Contact is Morgan Spillman – Group Rooms Coordinator

Please call or book before December 13th to make your reservations.

If you call to make a reservation, the group is under *Friends of Achievers Gymnastics*. When making a reservation over the phone, the best way to ask is by using the actual group code of FA3 (or CESFA3 if talking to the Honors Desk or Central Reservations).



Other Helpful Links:

Look for FOA link on Achievers home page

www.achieversgymnastics.com

Facebook page – Friends of Achievers Invitational 2024

<https://www.facebook.com/FOAinvitational>

Embassy Suites / Denton Convention Center – Meet Location

Embassy Suites Home page:

<https://www.hilton.com/en/hotels/dfwntes-embassy-suites-denton-convention-center/gallery/>

City of Denton

Denton City Restaurant Suggestions & Attractions:

<https://www.discoverdenton.com/>

Local Weather (type in Denton, TX):

<http://www.weather.com/>

Meet Director:

Frank Kudlac – Frank.Kudlac@achieversgymnastics.com

Achievers Office: 940-484-4900

Cell phone: 940-300-6891

Admission prices – cash or CC accepted

Price per session:

\$25 Adult ages 13-65

\$15 Seniors 65+ and Military

\$15 Students (5-17) Under 5 free

\$40 for weekend pass

