



FINAL SCHEDULE – REVISED 1/2/24

Registration & Payment Deadline 11/1/23 / Level change deadline 12/22/23

Refund request deadline 12/1/23

Late fees assessed: 12/2/23

Friday, January 12th

Session 1 8:00am

Level 2 & XB Modified Continuous Capital Cup

Awards 10:45am

Teams: Achievers, Rock Solid, National Elite, TX Dreams, Zenith, Precision, Fire Power, Gym Elite, TEGA

Session 2 – 11:00am

Level Xcel Silver Modified Continuous Capital Cup

Awards 1:45pm

Teams: TX Elite Athletics, Eagles Wings/Prosper, NEG, Zenith, TEGA, Fire Power, Waterford, Gym Elite, Precision, Rogue

Session 3 – 2:00pm

Level Xcel Gold Modified Continuous Capital Cup

Awards 5:45pm

Teams: Rogue, Win Kids, NEG, TEGA, Precision, Zenith, Rock Solid, TX Best, Eagles Wings/Anna, Empire, Gym Elite, Achievers
Eagles Wings/Prosper, Ultimate, TX Elite Athletics

Session 4 – 6:00pm

Level 4 & 5 Modified Continuous Capital Cup

Awards: 9:30pm

Teams: Texas Dreams, Achievers, Rock Solid, Eagles Wings/Anna, Fire Power, Texas Best, NEG, TEGA
ASI Lakewood, Lone Star



FIANL SCHEDULE – REVISED 1/2/24

Saturday, January 13th

Session 5 – 8:00am

Level 3 Modified Continuous Capital Cup

Awards: 10:30am

Teams: TX Dreams, Ultimate, Rock Solid, Sunbelt, Achievers, TEGA, NEG

Session 6 – 10:45am

Level 8 Modified Continuous Capital Cup

Awards: 2:30pm

Teams: Eagles Wings/Prosper, TX Dreams, ASI Lakewood, Corinth, NEG, TEGA, AKM, Kurt Thomas, Rock Solid, Rogue, Ultimate TX Best, Achievers, Trevinos, Waterford

Session 7 – 2:45pm

Level 9 Modified Continuous Capital Cup

Awards: 6:30pm

Teams: Metzlers, Waterford, TX Dreams, Ultimate, TX Best, Achievers, Gym Power House, Rock Solid, Trevinos, TEGA, Zenith Gym Elite, Kurt Thomas, Rogue, Waxahachie

Session 8 – 6:45pm

Level 10 Modified Continuous Capital Cup

Awards: 9:45pm

Teams: Ultimate, TX Dreams, Gym Power House, Rogue, Waterford, TX Best, Zenith, Achievers, TEGA, Metzlers



FINAL SCHEDULE – REVISED 1/2/24

Sunday, January 14th

Session 9 – 8:00am

Level XP & XD Modified Continuous Capital Cup

Awards: 12:30pm

Teams: TX Best, TX Dream, Achievers, Rogue, Waterford, Win Kids, Liberty, Waxahachie, NEG, Precision, TEGA, Waterford, Zenith

Session 10 – 12:45pm

Level 6 Modified Continuous Capital Cup

Awards: 5:15pm

Teams: Achievers, Eagles Wings/Prosper, Fire Power, Stephens YMCA, Ultimate, Empire, Gym Elite, AKM, GSC Abilene, TX Dreams
ASI – Plano, ASI – Lakewood, Gym Power House, Rock Solid, Waxahachie, Rogue, Trevinos, TX Best

Session 11 – 5:30pm

Level 7 Modified Continuous Capital Cup

Awards: 9:30pm

Teams: Rogue, Ultimate, AKM, TX Dreams, Waxahachie, NEG, Rock Solid, Rockwall, Achievers, Fire Power, Eagles Wings/Prosper, Stephens YMCA, TX Best, ASI - Lakewood

Hotel:

Embassy Suites Convention Center - Denton

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

Ask for Friends of Achievers rate \$145 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 Demetra George – Group Rooms Coordinator

Please call or book before December 18th 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:**

\$20 Adult ages 13-65

\$15 Seniors 65+ and Military

\$10 Children 12 and under

\$30 for weekend pass

