



Spring 2010 Newsletter

AAU GYMNASTICS



Spring 2010 Competition Calendar

Meet Date	Competition	Entry Deadline	Entry Fee	Host/City	Levels
January 23	*Winter Wonderland	Dec. 23	\$45	Harris YMCA Charlotte	2-10 & Mod Opt
January 30-31	*Foothills Frostbite	Dec. 31	\$45 AAU \$65 USAG	Foothills Gymnastics Hickory	AAU 2-7 & Mod Opt USAG 2-10 & All Preps
February 6-7	*Tumblebees Invitational	Jan. 6	\$45 AAU	Tumblebees Gymnastics Greensboro	AAU 2-6 USAG 7-10 & All Preps
February 27	*Princess Classic	Jan. 27	\$45	Lake Norman YMCA Cornelius	2-10 & Mod Opt
March 13	*Aloha Bowl Qualifier	Feb. 13	\$45	Flyers Gymnastics Mt. Airy	2-10 & Mod Opt
March 20	*Mardi Gras Invitational	Feb. 20	\$45	Stanly County Albermarle	2-7 & Mod Opt
April 10	*Flip Into Spring	Mar. 10	\$45	High Flight Gymnastics Asheville	2-10 & Mod Opt
April 17	*Rising Stars	Mar. 17	\$45	Harris YMCA Charlotte	2-10 & Mod Opt
April 24	TBA	Mar. 24	\$45	Salem Gymnastics Winston Salem	3-5
May 8-9	NC AAU State Meet	Apr. 12	\$55	Gardner-Webb University Boiling Springs	2-10 & Mod Opt
July 1-4	AAU Age Group Nationals	TBA	TBA	Disney Wide World of Sports Orlando, FL	2-8, Mod Opt Open Division (LV 9-10) Ladies Division

**Indicates sanctioned qualifier for AAU State Meet*

The Many Benefits of AAU:

- Provides more gymnasts the opportunity to gain a competitive gymnastics experience
- Low costs (membership, meet entries, etc.) \$12 athlete memberships, \$14 non-athlete membership
- Compulsory routines and optional requirements follow USAG closely allowing gymnasts to compete both leagues
- Gymnasts of all levels can compete at state, regional and national level competitions
- 100% awards for all events & all-around promoting a more positive & friendly competitive experience for all gymnasts
- Allows gymnasts the opportunity to compete against other gymnasts with 'like' ability
- Year round competitions offered for all levels
- Minimum qualification requirements for competitions at the State & National level
- AAU allows 'choice' skills (on select events for select levels) so gymnasts can continue to strengthen their gymnastics skills within their prescribed level
- No mobility or eligibility requirements
- Join anytime! Memberships run from September 1st - August 31st



District Sport Meeting

Saturday, May 8th @ 8:00pm
Gardner-Webb University

Updated Handbook (revised rules & requirements)

- Check online December 22nd
- New rules take effect January 1st, 2010!

Interested in hosting an AAU Meet? All you need is:

- AAU Club Membership- "Level 2" (annual fee) (\$60)
- AAU Athlete & Coaches Memberships (annual fee) (\$12-\$14)
- AAU Sanction (\$48)
- Refer to NC AAU Rules & Policies (found on website) for more info on hosting a meet

Interested in adding an AAU session to your USAG Meet?

- Increase registrations & revenue
- Allows clubs with both AAU & USAG athletes to bring all their athletes to one meet
- Great and Easy way to add an AAU league to your program
- Refer to NC AAU Rules & Policies (found on website) for more info on hosting a meet