



2014 AAU Age Group National Championships Information

May 19, 2014

Greetings to all Coaches and Clubs,

We are excited that you will be attending the 2014 AAU Age Group National Championships. We want to do everything possible to make this an enjoyable experience for the athletes, coaches and spectators. We are expecting over 1400 participants, so it is going to be a FLIP, TWIST AND BE HAPPY event. This is our theme for this year's event.

Come Flip Twist and Be Happy at our Parade of Champions. Our Parade of Champions will be followed by entertainment and a Dance Party. The parade and dance are limited to only those athletes who are registered to compete. We hope to produce a slide show of all of our athletes to show at our Parade of Champions. Gym Crew will perform as well. There will be detailed information sent to all coaches about this event from Debi Barta, our AAU special events planner. Look for this information to be sent to you soon and posted on the web site www.aaugymnastics.org.

Please look at your enclosed team rosters and inform us immediately by email about any errors at aaunichols@bellsouth.net and tony@aausports.org. It is important that you check the level, birthday and spelling of each of your athletes **to insure** they are placed properly in the schedule. The age determination date is June 15, 2014, and each age group will be divided into sub groups according to birthday range so that each age category for awards will not be greater than 18 athletes. We will be awarding half plus one (1) medals on events, and all places in all around for each group. There is a meet setting sheet posted on the web site www.aaugymnastics.org which states the name of each division and the birthday range of athletes included in those divisions. If you have a birthday change it is important to see if the **age group division has changed**.

Each participant will also receive a certificate with their names and scores printed on the back. After each session, coaches will pick up these certificates from the score table area and be responsible for distribution to their athletes. Each athlete will receive a National AAU T-shirt that will be picked up at registration with their credentials. Coaches will also need to check in and pick up their credentials. Each participant will also receive a commemorative magnet frame with their awards. So bring your cameras and take a fun picture to remember.

The type of format we will use for all the girls sessions is Modified Traditional. The facility will be open thirty (30) minutes prior to the stretch time indicated on the schedule. We will have a short coaches meeting at the beginning of each stretch time to go over scratches, additions, meet decorum, rotations, warm up times and answer any questions from the coaches.

Athletes will warm up their first competitive event, then compete and rotate to their next event in Olympic order until all events have been completed. At the end of each session athletes and coaches will report to their designated award area and awards will be given to all age groups in that session. There will be 3 floors - A, B, and C. The schedule will tell you which floor you are to report to for stretch, warm-up and competition. All sessions will begin at the same time. After stretch, all athletes will be instructed to march in together by district. We will play the National Anthem and then dismiss the athletes to their first event to warm up and then compete as stated above. During competition, rotation

from event to event is controlled and directed by the Floor Manager. Coaches and athletes will stay in their designated seating areas until all athletes on all events are finished. We will need everyone's cooperation during warm up times and rotations. We encourage each coach to be mindful of everyone in their rotation and all work together to utilize precious warm up time efficiently and effectively. Coaches, remember that only competing athletes will be allowed on the floor during any session. Team members in other sessions will need to cheer their teammates on from the stands.

We will have a coach's hospitality where box lunches will be available to coaches who are coaching more than one session each day. The floor manager will distribute meal tickets. We ask that all coaches be mindful that we can only provide enough meals for coaches who are actively coaching their particular level any given day.

Coaches and athletes will be expected to abide by AAU National Rules regarding coaches and athlete attire. You can find a detailed list of these rules and expectations in the AAU Handbook posted online at www.augymnastics.org. Coaches, remember only closed toe shoes – no sandals. Slacks, warm-up pants or hemmed shorts are acceptable.

Important – Xcel Silver Vault Clarification

Many clubs are training the Xcel silver vault to the vault table as stated in the USA rules and policies, as opposed to the stack mats vault system as stated in the AAU Rules and modifications. Now that clubs have been competing the Silver vault for a year, they are comfortable with the vault table and have requested that they be allowed to do this vault as an option. Therefore the Silver athlete may do either as stated below.

A handstand flat back vault onto mat vault system with a minimum of 16 inches and a maximum of 48 inches or

The Xcel Silver Vault: Handspring onto table with repulsion to flat back landing on stacked mats equal to or up to 8 inches above the table.

If you have any questions, please do not hesitate to contact us. We look forward to seeing you at Age Group National Championships where we will all FLIP TWIST AND BE HAPPY!

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