2019 AAU Gymnastics National Championship Information Letter

May 10, 2019

Greetings to all Coaches and Clubs and Parents,

Please take the time to read the below pertinent competition information in its entirety.

Please visit www.aaugymnastics.org for all important updates regarding the 2019 AAU Gymnastics National Championship.

We are very excited that you and your team will be attending the 2019 AAU Gymnastics National Championship being hosted at the ESPN Wide World of Sports at Walt Disney World® Resort - The Arena, 700 Victory Way Orlando, FL 3474. It is our goal to do everything possible to make this an enjoyable experience for the athletes, coaches and spectators. Please remember that we will follow the AAU Gymnastics National Routines: district modifications will not be permitted and the athlete will be deducted accordingly if the wrong routine is performed. All AAU Gymnastics National Routines are posted online at www.aaugymnastics.org. If you have any questions, please ensure to contact us prior to the event.

We have an excellent panel of judges representing districts from all over the country. This is truly a national panel of judges all who are extremely qualified and are excited to participate in the AAU Gymnastics premier National event.

Schedule: The competition schedule for the 2019 AAU Gymnastics National Championship is now posted online at www.aaugymnastics.org.

The schedule will tell you which floor you are to report to for stretch, warm-up and competition (labeled by A, B or C). After stretch, all athletes will be instructed to line up by district. Athletes will be introduced by district; the National Anthem will be played and then all athletes will be dismissed to their first event. During competition, rotation from event to event is controlled and directed by the Floor Manager. 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.

Admission:
Daily Pass: Child (Ages 3-9) - $14.00 / Adult (10+) - $19.00
Length of Event: Child (Ages 3-9) - $28.00 / Adult (10+) - $38.00

*Length of Event tickets are only recommended if you will be attending the competition for 2 or more days.
The Parade of Champions Athlete Celebration: Friday, June 14, 2019. You just can’t miss this incredible opportunity for all of the athletes to celebrate together. There will be an athlete march-in followed by a night full of entertainment and dance party. Please note, only registered athletes will be able to participate in the actual parade. Additional information regarding the Athlete Celebration will be posted online at www.aaugymnastics.org. Please check the website for all additional information including the athlete report time to participate in the march-in. The celebration will be held at the HP Center located at the ESPN Wide World of Sports Complex. This venue is just passed Champion Stadium (the baseball stadium) on your left. There is no admission to athletes or spectators for this event. You don’t want to miss this AWESOME Disney produced event.

Kids Helping Kids Campaign: Make sure you stop by the Kids Helping Kids Giving Booth to help support the local non-profit organization selected for this year’s event, GIRLS ON THE RUN, a nonprofit organization that is dedicated to helping young girls develop confidence, strength of character; respond to others and oneself with care and compassion, create positive connection with peers and adults and make a meaningful contribution to community and society. Girls On the Run inspires all of these qualities using fun, experience based curriculum with which creatively integrates running. Our National Championship pin will be available for $5.00 with a lollipop at the giving booth. The pin purchased by its self will be $3.00. 100% of the proceeds and additional donations collected will be donated to GIRLS ON THE RUN. Each club is encouraged to decorate a box, no larger than a shoe box, to make their own running shoe, flip flop or sunshine and collect small change to provide Big Change for this deserving organization. Each club that participates will get a certificate and poster to hang in their gym expressing our appreciation for their support of the KIDS HELPING KIDS AAU Gymnastics program. The giving boxes will be judged, and the top 6 winners will receive an AAU medal. We are proud to support this nonprofit charity through our KIDS HELPING KIDS program and be a part of promoting awareness, understanding and acceptance of all children and young adults.

Coaches Information: All coaches who plan to be on the competition floor MUST be registered for the meet and must be prepared to display their Coaches Credential at all times while on the competition floor. If the coach is not able to show proof of a coach’s credential, they will not be allowed in the competitive area. There will be NO ON-SITE COACHES REGISTRATIONS. If you have any coaches that have not registered for the meet at this time, they must contact Amanda Heckroth, aaugymnationals@gmail.com. If you have a coach that you registered and they will not attend, please notify aauinchols@bellsouth.net. If an athlete is not competing in the current session of competition, they must be in the spectator only area. Children and siblings of coaches/athletes will not be permitted on the competitive floor for the safety of all. Please plan ahead and help us enforce this rule.

Coaches Hospitality: In lieu of a designated hospitality, you will receive a large bag of snacks and treats at check-in. This will contain adequate snacks for duration of the event. There will be water stations with cups in each competitive area in lieu of water bottles. So bring a water bottle so you can fill up and have with you during the competition.

Verifications: By this time, you should have received an email verifying your athlete roster. Please ensure you review this verification email thoroughly and report any changes to us immediately.

Athlete Gift: Each participant will receive a Certificate of Participation, AAU National Championship T-shirt and AAU National Championship Bag at the On-Site Registration. All registered coaches will receive the t-shirt and bag.

On-Site Check-in: These gifts and all credentials must be picked up prior to entering the competition venue. Coaches may pick up their entire team’s credentials; however, it would then be the coach’s responsibility to distribute all items to each participant. Parents/Guardians may also check-in the athletes individually. All coaches must check in individually in order to receive their credentials. All athletes and coaches must be checked-in before competition. It is HIGHLY recommended you check-in to receive your credentials the day BEFORE you compete. If you are unable to check-in the prior day, please arrive AT LEAST 1-2 HOURS PRIOR TO YOUR SCHEDULED COMPETITION TIME, to ensure you have adequate time to check-in. Please contact Alex Wilzbacher at awilzbacher@aausports.org with any questions regarding registration.
On-Site Check-In:

- Hours will be as follows:
  - Wednesday, June 12th: 1:00pm – 7:00pm
  - Thursday, June 13th: 6:45am – 6:00pm
  - Friday, June 14th: 6:45am – 3:00pm
  - Saturday, June 15th: 6:45am – 6:00pm
  - Sunday, June 16th: 7:00am – 11:00am

- **Step 1: Check-In**
  - Check-In will be by Team Name
    - Followed by athlete/ coach name, unless all club members are being checked-in at the same time.
  - A coach may check-in and pick up all credentials and gifts for their team. The coach will be required to sign for all of the credentials and gifts.
  - Athletes may check-in individually.
  - **A coach may only pick up his/her own coaching credentials.**
  - Athletes and coaches will receive their credential. This is needed to get into the competition venue.
  - You will receive a slip of paper indicating how many credentials you are to receive. This will be needed for the next step.

- **Step 2: Credential Pick-Up**
  - Give the Disney representative the slip received from Step 1. You will then be given your credential to get into the competition venue. **DO NOT LOSE THIS, AS IT WILL NOT BE REPLACED.** Any lost credentials that need to be replaced will result in a $10 Credential Replacement Fee or you will need to purchase a Daily Pass to enter.
  - When you first use your credential to get into the venue, you will be required to scan your fingerprint for admission. This credential is then linked to **YOU and ONLY YOU.** It is highly encouraged you write your name on the back of the credential so it does not get mistaken for anyone else’s. Again, if you lose your credential you may incur a replacement fee or be required to purchase a Daily Pass to enter.

- **Step 3: T-Shirt/ Bag Pick-Up**
  - Please know what size t-shirt you will want ahead of time. Shirt sizes are as follows: Youth Small, Youth Medium, Youth Large, Adult Small, Adult Medium, Adult Large, Adult XL. Shirts are 100% cotton. If you are picking up shirts for your team, please be prepared with the list of sizes.

**Competitive Format:** Three sets of Capitol Cup. If you need more information on this format, it will be posted at [www.aaugymnastics.org](http://www.aaugymnastics.org). If you have gymnasts on multiple floors at the same time, **please report this information to your floor manager at the coaches meeting prior to each session.** We will work with you to accommodate any conflicts within reason. The facility will open twenty (20) minutes prior to the stretch time indicated on the schedule, each morning.

**Mandatory Coaches Meeting** will be held at the **beginning of each stretch time** to discuss scratches, additions, meet decorum, rotations, warm up times and answer any questions from the coaches.

**Music:** Please ensure you have multiple devices (iPod, phone, etc.) containing floor music, in case you have gymnasts on multiple floors. **CD’s are NOT PERMITTED.**

**Rules/ Attire:** Coaches and athletes are 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.aaugymnastics.org](http://www.aaugymnastics.org). Coaches are not permitted to wear sandals on the competition floor: only closed toe shoes will be permitted. Slacks, warm-up pants or hemmed shorts are acceptable.
Things to Remember

- All routines are per AAU National Rules – no district modifications – visit [www.aaugymnastics.org](http://www.aaugymnastics.org) to review all national rules, routines and deductions. If you have any questions, please contact Liz Nichols prior to competition. We will be happy to explain any clarifications that you need.
- **All seniors that are competing will be recognized during their award session** and presented with a special Senior Gift. If you have any seniors who are competing, please let us know ASAP. If you have a senior, please visit the AAU Gymnastics website, fill out the Senior Recognition Form and email it to [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net) by **May 18 so you senior can be recognized**.
- Scores will be posted at the event, as well as online, following the completion of each session.

If you have any questions, please do not hesitate to contact us.

*We look forward to seeing you at the 2019 AAU Gymnastics National Championship!*

Thank you,

Liz Nichols, AAU Gymnastics National Chair: [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net) / 678-596-1374
Amanda Heckroth, AAU Gymnastics Event Director: [aaugymnationals@gmail.com](mailto:aaugymnationals@gmail.com)
Alex Wilzbacher: [awilzbacher@aausports.org](mailto:awilzbacher@aausports.org) / 407-934-7200