.

INTERESTED IN SPORTS?

Then the AAU is the place to start! The philosophy of "***Sports for All, Forever***" is shared by over 500,000 participants and over 50,000 volunteers The Districts annually sanction more than 34 sports programs, 250 national championships, over 30,000 age division events, and over 15,000 local, regional and national competitions.

The AAU sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

Established in 1888, the AAU is one of the largest, non-profit, volunteer, sports organizations in the United States and is dedicated exclusively to the promotion and development of amateur sports.

Today the AAU continues to operate on the basic principles by maintaining the mutual interests of its members while achieving and improving amateur sports.

POSITIVE COACHING ALLIANCE (PCA)

The AAU has partnered with PCA to become the first national sports organization to require all its coaches to obtain PCA Double-Goal Coach® training and certification. PCA will provide training at no cost. Please visit www.aausports.org in order to get more information on how you can become a PCA Double-Goal Coach.

AAU WRESTLING

NATIONAL CHAIRMAN
Bob Johnson
328 222nd Ave. S.
Brookings, SD 57006
605-691-4636
bobj@aaumail.com

TREASURER
Cindi Trombly
36629 Main St.
New Baltimore, MI 48047
586-716-2885
cinditrombly@aol.com

SECRETARY
Jean Olson
PO Box 1032
Colstrip, MT 59323
406-748-4207
olyjto@gmail.com

PAIRING CHAIRPERSON
Karen Wilson
29217 Commonwealth
Roseville, MI 48066
586-775-5244
kwilson424@yahoo.com

FOLKSTYLE OFFICIALS CHAIR
Dave Bennetts
1324 W. Platinum
Butte, MT 59701
406-782-0100
406-439-8005
dbennetts@acadiahealthcare.com

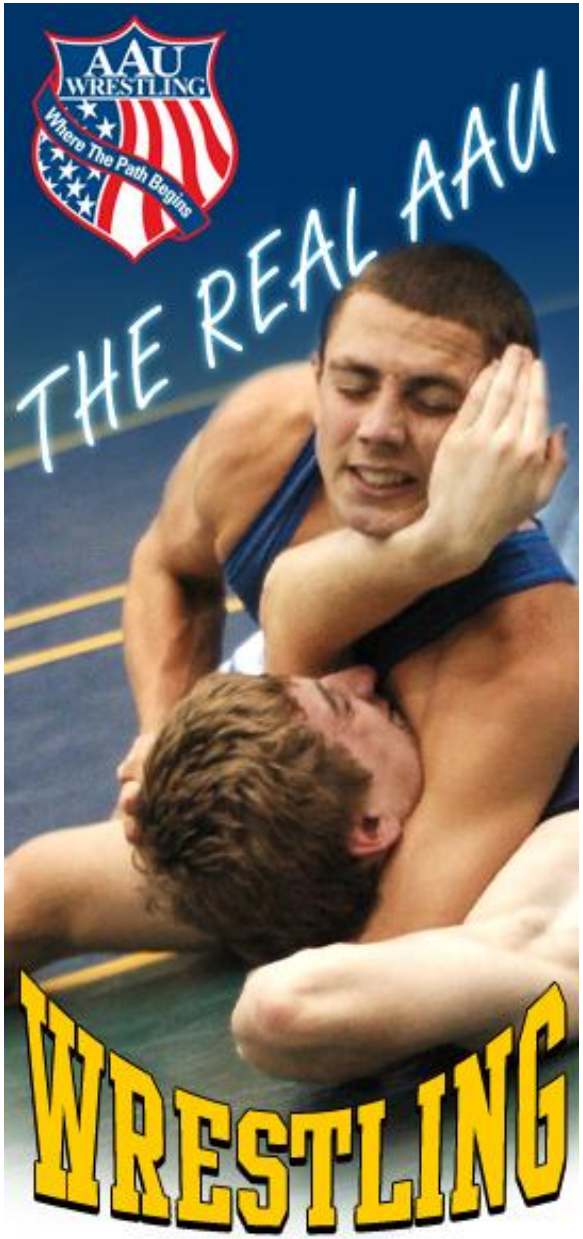
INTERNATIONAL STYLE OFFICIALS CHAIR
Blake Love
5500 Hayes Creek Rd.
Missoula, MT 59804
406-880-8643
mtslp@marsweb.com

SPORT MANAGERS
AAU National Headquarters
1910 Hotel Plaza Blvd.
Lake Buena Vista, FL 32830
407-934-7200
407-934-7242 (FAX)

Trevor Hartwig
407-828-2723
trevor@aausports.org

Crystal Mannino
407-828-2660
crystal@aausports.org

The dates and information posted on this brochure are for informational purposes only and are subject to change without notice. Please check the AAU website www.aausports.org for the most up to date information.



2013

BENEFITS OF THE AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Keri Struggs, Chamique Holdsclaw, Greg Louganis, Ryan Klesko, Julianne Hough, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous ESPN Wide World of Sports, and other great facilities throughout the country.
- Travel, make new friends, continue education, and create unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

GETTING STARTED

1. AAU Individual Membership

To participate in the AAU, all athletes and coaches must be individual members of the AAU. As a member, you can participate in any sport in the AAU. Yearly youth athlete membership is $14 per athlete. Yearly non-athlete (coach, volunteer, official) membership is $16. AAU members are covered with sports liability and accident insurance. For an additional $2, participants can become an Added Benefit member which extends coverage when participating in non-AAU sanctioned events. For complete information on insurance, visit www.aausports.org and refer to the Insurance Brochure.

To become a member, you can register online at www.aausports.org. Individual membership is valid September 1 to August 31.

2. AAU Club Membership

Each club/team must be a registered AAU Club. You can have more than one team within the same club. Club membership can be completed instantly online at www.aausports.org. Yearly club membership fees are either $30 (Level 1), $60 (Level 2), or $300 (Level 3). Please visit www.aausports.org for a list of benefits for each club level. Club membership is valid September 1 to August 31. Click on "Find a Local Club" and follow the instructions. This program allows you to contact clubs by email in your geographical area.

Ages and Weight Divisions (Individual Events)

TOTS: **6 & Under**
Weights - 35, 40, 45, 50, 55, HWT

BANTAM: **7 & 8 yr. Olds**
Weights - 40, 45, 50, 55, 60, 65, 70, 75, 80, 90, HWT

MIDGET: **9 & 10 yr. Olds**
Weights - 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, HWT

NOVICE: **11 & 12 yr. Olds**
Weights - 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, HWT

SCHOOL BOY: **13 & 14 yr. Olds**
Weights - 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 140, 150, 160, 180, HWT

CADET: **15 & 16 yr. Olds**
Weights - 84, 91, 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

ELITE: **17, 18 & 19 yr. Olds**
Weights - 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
(19 yr. Olds must be High School eligible)

SENIOR: **19 - 29 yr. Olds**
Weights - 125, 133, 141, 149, 157, 165, 174, 185, 197, HWT

MASTERS: **30 & Over**
Weights - 125, 133, 141, 149, 157, 165, 174, 185, 197, 215, HWT

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twitter.com/therealaau

*Any division may move up one division for competition, with the exception of the Senior Division. Master Division wrestlers may compete in either Senior or Master level competitions. The reverse is not true as the minimum age of 30 is required to be classified as a Master wrestler. All weight divisions may vary due to the type of meet. For dual meet weight divisions, please visit www.aauwrestling.net

NATIONAL SPONSORS OF THE AAU