



# AAU WRESTLING

## PROGRAM OVERVIEW



#WeAreAAU

[www.aauwrestling.net](http://www.aauwrestling.net)

The Amateur Athletic Union (AAU) has raised champions for more than a century. The AAU Sports programs provide athletes the opportunities to develop to their highest level of competition through a network of Local, National and International Sporting events.

Through participation in AAU, we promote good sportsmanship that allows the athlete to achieve their dreams as athletes and as valued citizens of our community. Sports for all, forever.

### BENEFITS OF COMPETING IN AAU EVENTS

- 1. Insurance.** AAU members receive coverage from a multi-million dollar insurance program.
- 2. National Championships.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. Safety.** All non-athletes (coaches) must pass a background screening before competing in AAU events.
- 4. Membership.** Nationally recognized non-profit Multi-Sport organization that anyone can join and compete.
- 5. Events.** Freedom and flexibility in conducting programs and hosting events.

### AGE DIVISIONS

Tot: 6- Under

Bantam: 7-8

Midget: 9-10

Novice: 11-12

Schoolboy/Schoolgirl: 13-14

Cadet: 15-16

Elite: 17-19 Still in High School

Senior: 19-29

Master: 30 & up

## 2024 NATIONAL EVENTS

### Preseason Nationals Turkey Takedown

November 11, 2023

Billings, MT

### Winter Youth Nationals

January 6-7, 2024

Ralston, NE

### Music City Brawl

January 6-7, 2024

Franklin, TN

### Spring Youth Nationals

March 15-16, 2024

Kingsport, TN



### Black Hills World Championship

March 29-30, 2024

Spearfish, SD

### Middle School National Duals

April 5-7, 2024

Des Moines, IA

### Freshman/Sophomore National Duals

April 5-7, 2024

Des Moines, IA

### Elementary National Duals

April 5-7, 2024

Kingsport, TN

### AAU Scholastic Duals

TBD

TBD

### Junior Olympic Games

July 26-28, 2024

Greensboro, NC



### SPORT CONTACTS

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