

2023 NATIONAL CHAMPIONSHIP

Friday, June 30 - Monday, June 3

Marriott World Center- Orlando, FL

COACHES MEETING

Thursday, June 29 @ 5pm there will be a coaches meeting at the Marriott inside the Cypress ballrooms to review the competition floor plan, equipment familiarity, and other important details with the event staff and National Chair. *PLEASE NOTE WE WILL NOT BE HOSTING COACHES MEETINGS EACH SESSION SO THIS COACHES MEETING WILL BE INCREDIBLY BENEFICIAL- ESPECIALLY FOR NEW COACHES TO NATIONALS!

Look for a Coaches Meeting Video: COMING SOON!

COACHES CREDENTIALS

Each coach is required to individually pick up their bag, shirt & credentials. Early credential pick-up will be open at the competition site Thursday, June 29 from 4-7pm as well for athletes. Coaches are strongly encouraged to attend the coaches meeting AND early credential pick-up to avoid any potential delays prior to your first assigned session. **You will be asked to confirm you have reviewed this coaches packet & watched the Coaches Meeting video upon picking up your coaches credentials.** Coaches credentials MUST be worn to gain access into the competition facility!

GYMNAST CHECK-IN

Gymnast check in is NOT required. Each gymnast will need to individually pick up their gymnast gift prior to (or after) their session time at the AAU credential table. Registered athletes receive complimentary access to all sessions.

- Admissions & Coaches/Gymnast Registration booths will be open:
 - Thursday, June 29 (4pm-7pm)
 - Friday, June 30 (7:15am-7pm)
 - Saturday, July 1 (7:15am-7:15pm)
 - Sunday, July 2 (7:15am-7pm)

Monday, July 3 (7:15am-1:15pm)

SCRATCHES/ROLL CALL

For check in, we just ask that by the end of open stretch, before the flash mob dance, for each session:

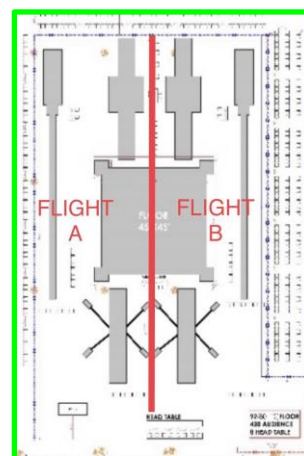
- 1) highlight your team name on the team sheet for your session at the head table => highlight means "I'm Here!"
- 2) Indicate your scratches by striking through the name on the rotation sheet at the head table.

SQUAD B / Bars (6) XB	SQUAD C / Beam (4) XB	SQUAD D / Floor (5) XB
NC RSGC (4) CE TAGC (2)	FG Riverdale (4)	MV Chapel Valley (3) SP Nicky's Flippers (2)

1100	Danna Rose Kingale	CE TAGC
1116	Nevva Stops	NC RSGC
1113	Liza Round	NC RSGC
1115	Mytee Small	NC RSGC
1114	Issa Faller	NC RSGC

COMPETITION FORMAT

- There will be 3 competition gyms running simultaneously (Gym A, B, C).
- The competition format is Modified Capital Cup and each gym has TWO flights of competition within each of these three gyms (Flight A & B). Flight A & B will be labeled clearly for you to find.
- Event timed warm-up will begin at the end of the Parade of Champions (march-in) after the flash mob dance. Flight A event warm-up time will be displayed on the large digital screens for the FIRST EVENT ONLY. Once timed warm-up has been announced & the digital timer has started on the scoring projector screens, timed warm-ups for Flight A begins. (Please report to your first event quickly and be ready after march-in).
- Flight B will begin warm-up once Flight A begins competition. (The squad with the largest number of athletes will determine the time allotted for event timed warm-up within each competition gym).



- Both gyms will be continuously rotating so please move to your next event promptly after the final gymnast in your squad has competed and the next event is vacated. We ask that you work together to help with bar sets, vault mats, mounting blocks, etc. to keep the competition running on time.
- There will be no blocking of event warm-up time as the squad will warm-up collectively together & ***event timers will not be present.***
- Please kindly let the judges know if you need additional warmup time (specifically on bars).

FACILITY INFO

- IMPORTANT- The Marriott is a CASHLESS HOTEL so come prepared!
- ***Marriott Daily Self Parking is now \$15.44.*** In/out privileges for day guests only.
- Coaches credentials MUST be worn to gain access into the competition facility!
- Marriott will have concessions for lunch and dinner only.
- Cash (and card) will be accepted at SPECTATOR ADMISSIONS ONLY.
 - Daily Spectator Admissions is \$10/child (5-12 years old, 4 & under FREE) and \$20/adult
- Admissions & Coaches/Gymnast Registration booths will be open:
 - Thursday, June 29 (4pm-7pm)
 - Friday, June 30 (7:15am-7pm)
 - Saturday, July 1 (7:15am-7:15pm)
 - Sunday, July 2 (7:15am-7pm)
 - Monday, July 3 (7:15am-1:15pm)
- Pets are not allowed in the venue.
- Marriott meal discount code below for all participants:
https://image.aausports.org/sports/gymnastics/2023/Nationals/ParticipantMealDiscounts.jpg_Business

PARADE OF CHAMPIONS

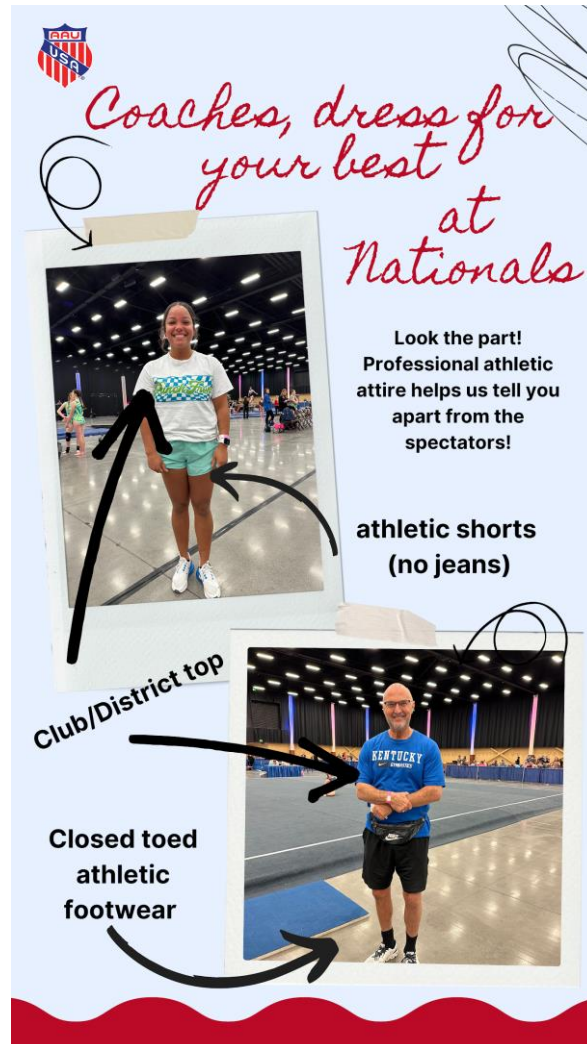
After a 10-15 minute general stretch, gymnasts will line up with their teammates and coaches by district in the hallway directly outside the competition venue. **COACHES WE NEED YOUR HELP WITH THIS!** Please help us coordinate your gymnasts quickly and efficiently so we can stay on schedule. Athletes (AND COACHES) will march in by district, report to their assigned competitive floor, special announcements, playing of the National Anthem, then the FLASH MOB DANCE to complete their warm-up before being directed to their first event timed warm-up.

Flash Mob instructional videos found here:

<https://youtube.com/playlist?list=PLd3hXZtrsD1S-8NwhuLIYgeiskcZfcXn->

COACHES APPAREL

Coaches must follow the AAU National Coaches Apparel requirements. Please come ready to navigate the event professionally and safely by avoiding jeans, crop tops/low cut tops, footwear that may cause tripping hazards, etc



COMPETITION RULES

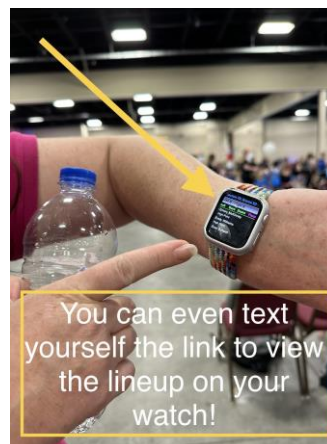
Please familiarize yourself with the National AAU Rules:

<https://image.aausports.org/sports/gymnastics/2023/AAUGymnastics2023AllowanceGuide.pdf>

- National Governing Body Rules of the Sport are followed for this event with only these approved allowances. If you do not see a rule listed on this document, default to the Rules of the Sport. District modifications DO NOT APPLY at this event (i.e. TWO vaults will be offered to gymnasts at all levels).

ROTATION SHEETS

Help us save trees & prevent scoring mistakes by going paperless with us! Paper rotation sheets will only be given on a limited basis by request only (Please note that paper rotation sheets are subject to change and are NOT the most accurate representation of the line up due to unforeseen scratches, adds or other last minute changes). You will have the option of taking a picture of the rotation sheet on your phone (provided at the floor music table in your gym by the first event timed warm-up) or using the link below to access the real-time rotations with the latest changes, scratches, late adds, etc.



Rotations & live scoring can be found here:

<https://scoreking2.com/>

Screenshot 1: Sessions View
 Main Menu: Live Individual Results, Live Team Results, Traditional Rotation Sheets, Realtime Scores / Rotation Sheets, Competing Now.
 Sessions: Fake Test meet, Live, Completed.
 Click on either "Traditional Rotation Sheets" or "Real-time Scores/Rotation Sheets". Make sure you are on "Live" not "Completed" to view the current session. Then select the competition to view the lineup in the format you prefer.

Screenshot 2: Sessions View (Detailed)
 Sessions: Fake Test meet, 1A Level 1 1A Level 1, 1B Level 3 1B Level 3, 1C Bronze 1C Bronze, 2A Level 1 and 2 2A Level 1 and 2, 2B Level 3 2B Level 3, 2C Bronze 2C Bronze, 3A Level 2 3A Level 2, 3B Level 3 3B Level 3, 3C Bronze 3C Bronze, 4A Level 2 4A Level 2, 4B Silver 4B Silver, 4C Bronze 4C Bronze, 5A Level 4,5 5A Level 4 and 5, 5B Silver 5B Silver, 5C Bronze and 6C 6C Bronze and 6C.

Screenshot 3: Squads View
 Sessions: Fake Test meet, Session 1A Level 1, 71 gymnasts.
 Flight A: VT / Squad A (9), UR / Squad B (9).
 The view of "Traditional Rotation Sheets" option.

Screenshot 4: Realtime Scores / Rotation Sheets View
 Sessions: VT / Squad A - Flight A, Session 1A Level 1, Vault Bars Beam Floor.
 Realtime Scores / Rotation Sheets: 77 cp77 ID2088 FL Jubilee, 79 cp79 ID2106 FL Jubilee, 74 cp74 ID2080 FL Jubilee, 71 cp71 ID2070 FL Jubilee, 70 cp70 ID2059 FL Jubilee, 73 cp73 ID2079 FL Jubilee, 29 cp29 ID1028 WI AMKM, 30 cp30 ID1033 WI AMKM, 63 cp63 ID2014 CE Sloans.
 The view of "Real-time Scores / Rotation Sheets" option you can select the event you wish to sort the order by at the top.

Realtime Scores / Rotation Sheets" for active sessions are updated automatically with the latest info, no user action required. When viewing "Traditional Rotation Sheets", the info is available in real time but you must "pull down" on the rotation sheet to update it with the latest info if the page is left open.

AWARDS

Coaches are responsible for writing their gymnast's awards group on their gymnast's hand during the floor rotation every session. This is VERY IMPORTANT so the gymnasts know where to sit for the awards ceremony and what group they will be called up for. Awards group worksheets will be available by the first event timed warm-up at the floor music table!

Every athlete will be awarded an AAU National Championship All-Around medal. Individual events medals are provided at 50% + 1 within each age division. National All-American Award is awarded to the highest all-around score (regardless of age) in each level of each session. National Team Members are determined by the top 3 scores (max- ties broken) in each level of each session regardless of age.

COACHES HOSPITALITY

There will be no coaches' hospitality provided. The Marriott has several restaurants (including a grab and go pantry & Starbucks) and will have concessions available for purchase (card only) for lunch and dinner.

FLOOR MUSIC

It is strongly suggested to bring a separate, labeled & unlocked electronic device other than your cell phone to play your athlete's floor music on. If cell phones are used, they must also be silenced and on airplane mode. If your club is in multiple gyms in a session, please bring one electronic device PER FLOOR to use for floor music.

INQUIRIES

Quick questions regarding start values, neutral deductions or unusual circumstances may be asked in a friendly, professional manner to the judges ONLY when kept at a minimum, to keep the event running on time. This is a privilege that can be taken away from coaches who behave disrespectfully towards the judges in any way. Formal written inquiries for missing elements, score discrepancies and video review must be directed to the meet referee, Sibby Lane.

We have contracted the most professional and reputable judges from all over the country who share the same mission as we do... "sports for all, forever." With four long days of competition, judges are bound to make mistakes but always want to fix them & do what is best for the athlete. Please do not react emotionally when addressing them and provide them the patience and grace you would want.

SOCIAL MEDIA

The AAU Gymnastics Social Media team will be conducting interviews and gathering testimonials from our gymnasts, coaches & parents throughout the weekend! Be sure to follow us on social and tag **AAU Gymnastics** in all your social posts! We want to see your experience both inside and outside the competition! (Think handstands at Universal Studios, cartwheels at Disney, and togetherness at water parks & meals)!



PROFESSIONAL PHOTOGRAPHY

Only coaches (not team photographers) who are actively coaching will be allowed access onto the competition floor. This is for both safety and to prevent congestion on the floor. Please direct your parents to our photography vendor to secure professional photography prior to their gymnasts session: <https://image.aausports.org/sports/gymnastics/2023/Nationals/NationalsPhotography.png>

MEET FLYER TABLE

Hosting an AAU Invitational and want to spread the word? Bring your event flyers to Nationals to be displayed on a few tables in the coaches area for other coaches looking for fun AAU meets to attend next year! We have approx. 600 coaches attending to help you plan! (Meets can have other leagues offered but must offer AAU).

SPECIAL GUEST!

Trinity Thomas will be joining us the afternoon of Saturday, July 1 and meet & greet opportunities will be available to sponsor our Kids Helping Kids Foundation. More info coming soon!

KIDS HELPING KIDS



AAU Gymnastics Kids Helping Kids

AAU Gymnastics Kids Helping Kids is Proud To Support The Peyton Project.
The Peyton Project is a nonprofit organization with a desire to help nonspeaking individuals with autism. Finding a way to communicate can be difficult for many individuals and families. The Peyton Project's hope is to provide resources to make this journey easier and help give assistance to those in need.

How Can You Help?

You and your teammates decorate a shoe box or old coffee can or any container to represent your team. Collect "small change to make BIG CHANGE". You can make a difference. Bring your funds collected to the KIDS HELPING KIDS BOOTH at the AAU National Championship! Every donation no matter how large or small is appreciated. No act of kindness, no matter how small is ever wasted.

A Quote From Peyton

"I want to thank AAU Gymnastics for going to bat for my foundation. We are using my foundation to help those that cannot communicate. We want to show the world we are intelligent despite what it looks like on the outside." Peyton Culver 4/10/23



Learn More About Peyton
www.thepeytonproject.com

CONTACT

Meet Host	National Gymnastics Chair	National Sport Manager
Debbie Capelotti	Jessica Harris	Tyler Wegehaupt
760-805-0682	704-966-9406	407-934-7200
fallbrookgymnastics@gmail.com	gymnastics@aausports.org	tyler@aausports.org