



AAU Gymnastics 2009-2010

FLORIDA's GOLDEN AAU!

I wish to congratulate you for a wonderful 2008-2009 AAU FL Gold Season! We have maintained our strength during an economically challenging time. The number of gymnasts competing in our league remains high. We are golden!

Best of luck to all our FL Gold AAU Athletes at the National meet in Savannah, GA!

AAU Meeting

Our AAU Gymnastics Meeting was held on **Friday, May 15th at Lynn University**. Thanks to all who were able to attend: Marty Kallen (Ft. Laud Stars), Julie Willmott & Cassandra Lobe (Rising Stars), Ginny Lucena & Mari Lucena (Genies), Raul Rojas (Gold Coast), Clayton Kent (Twisters), Sharyn Strickland (Judges Rep & USAC Secretary). We can always count on their input and voice, which is invaluable in helping FL Gold AAU to best serve its members. We'd like to encourage more of our members to attend in the future. Minutes are enclosed in this newsletter.



S.T.A.R. program update!

The Select Talent Athlete Reward program is a recreationally based achievement program designed to give recreational gymnasts the opportunity to experience competition. Gymnasts who participate enter local AAU events in the S.T.A.R. division. Athletes are judged by certified judges and rewarded with achievement ribbons. There are no All Around or Team awards. A great advantage of the S.T.A.R. program is that it provides an excellent opportunity for gyms to build

their recreational programs while providing a fun experience for recreational athletes. It is also a potential feeder for team. In the S.T.A.R. program, everyone wins! In it's 2009 inaugural year, Twisters participated in the S.T.A.R program. It was a huge success! Many class athletes trained the additional 1-1/2 hrs per week required to participate and prepare, and they absolutely loved the experience! For more information, contact Randy Sikora at captwst@aol.com

Thanks Stephanie

I wish to extend our gratitude and appreciation to Stephanie Ovdienko of Palm Beach Gymnastics for once again organizing AAU National Leotards for our athletes. Stephanie is always willing to help the South Florida Gymnastics community. She deserves a big THANK YOU from everyone...thank you so much! By the way, we've drafted Stephanie to do it again next year!

Interested in AAU?

Call me to discuss your teams participating in our program...we would love to have you aboard!

Inside this issue:

Congrats on a great season!

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Event Bid Form due 7/15/09

How to get a hold of me...

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Florida Gold AAU Rules

Please remember that Florida Gold League strictly follows AAU National Rules at all of our sanctioned events. This is not the case if you compete outside of our district area. Be informed and prepared when competing in invitational events that are not governed by the FL Gold League. If you are unsure, ask the Meet Director of the event you plan to attend. Team Florida rules are followed outside of our district area. National AAU rules can be found on the AAU website at http://www.aausports.org/sprt_Gymnastics.asp?a=sprt_Gymnastics_Rules.htm.

Rules do occasionally change. It is each club's responsibility to continually check the AAU National website for updates.

How to host a FL Gold AAU event?

1. Complete & return the enclosed Bid/Event Host Agreement form by the deadline. You will be notified if the event is awarded to you within 5 days of the deadline.
2. If you are awarded the event, you are responsible for submitting the Judges Request & Sanction Request forms along with the fees to the appropriate organizations.
3. If you'd like to have your sanctioned event published in our AAU Competition Handbook, the meet information sheet must be submitted by 7/15. Please submit event information in pdf, Publisher, or Microsoft Word format to Sharyn Strickland at: strickgym@comcast.net
4. Follow the Event Hosting Agreement's Guidelines (particularly the awards requirements).
5. Awards information must be included on meet information sheet for publishing and pre-meet info packets distributed to coaches prior to the event.

AAU Email Contact List

In order to keep your club and coaches well informed, help us update our member info. Please email your contact information, including email addresses to Sharyn Strickland at strickgym@comcast.net. Include email addresses of club coaches that wish to be sent meet info and AAU updates.

2009 Florida Gold AAU Championships

Thank you for your support of our 2009 AAU Championship competition. The meet was a great success. Every year, FL Gold gets stronger and stronger. We are so fortunate to have such a wonderful group of clubs, coaches and athletes in our league. We'd like to wish everyone attending the AAU National Championship meet the very best of luck. We have no doubt that you will represent our league well and make us very proud!

Go Team FL Gold!



2009—2010 Tentative Competition Schedule

(Calendar will be finalized after all event host agreements have been submitted.)

Only QUALIFYING FL GOLD AAU EVENTS will be included on the final calendar and advertised in the FL Gold AAU Handbook)

Sept 26-27	Penguin Invite (Park Ave.)	L2-6
Oct 3-4	Celebrate America (Genies)	L2-6
Oct 10-11	Flip City Fall Festival (Flip City)	L2-6
Oct 17-18	Gold Rush Invite (Gold Coast)	L2-6
Oct 24-25	Fright Invite (Twisters-Coral Springs)	L2-6
Oct 31-Nov 1	Fall Festival (Rising Stars)	L2-6
Jan 1-3	New Year's Invite (Twisters-Disney)	L2-Optional
Jan 22-24	Universal Invite (Miami)	L2-Optional
Jan 29-31	Sun & Surf (Twisters-Coral Springs)	L2-Optional
Feb 19-21	Presidential Classic (Twisters-Disney)	L2-Optional
Feb 19-21	Flip into Spring (Flip City)	L2-Optional
Mar 5-7	Am. Twister Invite (Twisters-Coral Springs)	L2-Optional
Mar 13-14	Spring Spectacular (Rising Stars)	L2-Optional
Mar 19-21	USAG 8/9/10 State Meet	
Mar 26-28	USAG 7/Prep Opt State Meet	
Apr 3-4	Easter weekend	
Apr 9-11	Gold Coast Spring Invite	L2-Optional
Apr 16-18	Open	
Apr 23-25	Rock Superstar Invite (Ft Laud. Stars)	L2-6
May 1-2	Open	
May 8-9	Open (Mother's Day)	
May 15-16	Open	
May 22-23	AAU Championships/Nat'l Qual. (Twisters-Boca Raton)	L2-Optional

**MINUTES OF
FLORIDA GOLD AAU GYMNASTICS ANNUAL
SPORTS CHAIR MEETING 5/15/09**

Pursuant to notice (via email), a meeting of the AAU Florida Gold Coast Gymnastics League was held on 5/15/09 at 10:30am (EST) at the Lynn University in Boca Raton, FL.

Members Present:

Randall Sikora (RPS), Sports Chair (Twisters/USA Competitions)
Sharyn Strickland (Judging Representative & USA Competitions)
Clayton Kent (Twisters/USA Competitions)
Marty Kallen (Ft Lauderdale Stars)
Julie Willmott (Rising Stars)
Cassandra Lobe (Rising Stars)
Ginny Lucena (Genie's Gymnastics)
Mari Lucena (Genies Gymnastics)
Raul Rojas (Gold Coast Gymnastics)

Meeting Minutes:

- I. Roll Call
- II. Welcome and season review
 - a. Great quality of competitions
 - b. Event cancellations due to current economic challenges
 - c. Fall participation – limited numbers. No need for Fall Championship event
 - d. Multiple events on weekends – AAU National now approves sanctions directly. District Chair has little control. Members have control to choose events they wish to support
 - e. Feedback & discussion
- III. Event Hosting
 - a. Hosting agreements & reporting
 - i. Overall Great Hosts!
 - ii. Challenges in timely submission of \$2 per athlete fee payable to FL Gold AAU. Considering current economic challenges, deadline to submit fees has been extended to 30 days post event.
 - iii. Hosts that are non compliant with FL Gold AAU event rules will not be designated as championship qualifying events or included in the FL Gold AAU Handbook the following season
 - b. Judging Panels – We decided to continue to use 2-judge panels for level 4 & up for all AAU competitions next season. Level 2 & 3 will continue to use 1-judge panels.
 - c. Awards congruency between events has been successfully followed by event hosts. The same guidelines will remain in effect. Guidelines will be published in the FL Gold AAU Handbook
 - d. *NEW award guideline added:*
 - i. FL Gold AAU Championships will award 100% team beginning in 2010
 - ii. Event hosts must now award 100% team at invitational meets

IV. Calendar of AAU events 2009-2010 *(The following is a list of all events in South Florida to date. The final calendar will exclusively be comprised of events that have signed the AAU Event Host Agreement. Those events will be published in the FL Gold AAU Handbook. Only events included in the handbook will be designated as Championship qualifiers.)*

- | | |
|-----------------------|---|
| a. Sept 26-27, 2009 | Penguin Invite (Park Ave) |
| b. Oct 3-4, 2009 | Celebrate America (Genies) |
| c. Oct 10-11, 2009 | Flip City Fall Festival (Flip City) |
| d. Oct 17-18, 2009 | Gold Rush Invite (Gold Coast) |
| e. Oct 24-25, 2009 | Fright Invite (Twisters) |
| f. Oct 31-Nov 1, 2009 | Fall Festival (Rising Stars) |
| g. Nov 7-8, 2009 | Harvest Challenge (Stuart YMCA) |
| h. Jan 1-3, 2010 | New Year's Invite @ Disney (Twisters) |
| i. Jan 22-24, 2010 | Universal Invite (Universal) |
| j. Jan 29-31, 2010 | Sun & Surf Spectacular (Twisters) |
| k. Feb 6-7, 2010 | Winter Mardi Gras (Stuart YMCA) |
| l. Feb 13-14, 2010 | Arabian Nights (Genie's Gymnastics) |
| m. Feb 19-21, 2010 | Presidential Classic @ Disney (Twisters) |
| n. Feb 19-21, 2010 | Flip into Spring (Flip City) |
| o. Mar 5-7, 2010 | American Twisters/Tim Rand Invite (Twisters) |
| p. Mar 13-14, 2010 | Spring Spectacular (Rising Stars) |
| q. Apr 9-11, 2010 | Gold Coast Spring Invite (Gold Coast) |
| r. April 16-18, 2010 | Rock Superstar Invite (Ft Laud. Stars) |
| s. May 22-23, 2010 | FL Gold AAU Champs (Twisters – Lynn University) |

V. AAU National Championships

- National Championships in 2010 will be held at Disney's Wide World of Sports Complex in Lake Buena Vista, Florida.
- Leotards (2010) –Stephanie Ovdienko will once again coordinate FL Gold Leotards for Nationals.

VI. Coaches Education –FL Gold AAU will once again subsidize coaches' education this summer. We feel that educating our coaches is the best use of our AAU funds. There are four state sponsored clinics that FL Gold participating clubs may choose from for this benefit. FL Gold will contribute up to a maximum of \$75.00 per club for entry to one of these clinics. The actual cost of each clinic is \$25 per person, to a maximum of \$150.per club. To take advantage of this benefit, send your entry form to Toni Rand, along with your check, minus the amount that FL Gold is contributing (max. \$75). Clearly mark "FL Gold AAU Club" on the form. FL Gold will pay the remaining balance directly to Toni Rand. Qualifying clinics are:

- August 2, 2009: Harbor City, Melbourne
- August 22, 2009: Ace, Orlando
- August 23, 2009: Twisters, Coconut Creek
- August 29, 2009: Sun Country, Gainesville

VII. 2009-2010 Season

- Event host agreements & Meet info due 7/15/09
- FL Gold AAU Handbook emailed to clubs and posted on website 8/15/09

VIII. Discussion

- a. How best to divide athletes into sessions for AAU Championships: strictly by birthdates vs. by teams. Members were asked to bring discussion to other clubs for feedback and input.
- b. Level 4 vault matting: Meet hosts should publish mat setup in pre-meet info (whether using standard level 4 vault mat, or stacked 8" mats).
- c. Randy thanked everyone for their support and looks forward to continued growth and healthy, fun competitions next season.

IX. Meeting adjourned at 12:00pm.



The following two pages consist of the Event Host/Bid form. If you wish to be designated as a qualifier to the FL Gold AAU Championships, and to have your event included in the 2009/2010 FL Golf AAU Handbook being distributed to all South Florida clubs, please return the Event Host agreement no later than July 15, 2009. You may email the form, along with your meet advertisement page to Sharyn Strickland at strickgym@comcast.net. You may also fax the forms to 866-329-5709. Please be sure that your meet info page is in either .pdf, Publisher or Microsoft Word form.

FL Gold AAU Event Bid Form & Hosting Agreement

(Deadline Wednesday, July 15, 2009)

Please complete this form and add any and all information that would be pertinent in detailing your bid

Host Information

Competition Name _____ Date(s) _____

Host Club _____ Meet Director _____

Phone _____ Fax _____ Email _____

AAU Club # _____ AAU Professional # _____

How many competitions have you hosted in the last 2 years? _____

Site Details

Facility Name _____

Facility Address _____ City _____

Size of Competition Area _____ Size of Warm-Up Area _____

Spectator Capacity _____ Air Conditioned _____

Please describe parking availability _____

Number of Restrooms _____ Number of available meeting rooms _____

Please attach a letter of intent from the host facility (if using an outside facility)

Equipment Manufacturer: Vault _____ Bars _____ Beam _____ Floor _____

Please attach a letter of intent from the providing equipment company (if using an outside facility)

A detailed drawing of the facility with equipment, listing specific measurements must be attached to this bid

Please send this completed (2 page) form to: Randy Sikora by fax: 866.329.5709, or email: captwst@aol.com

As a FL Gold AAU Gymnastics event host, I agree to abide by the following:

I. Meet Information & Event Hosting Forms

All meet information, including competition date(s), levels, event site (along with a map to the facility), entry fees, spectator admission fees, etc must be submitted to the AAU Chair via email by 7/15/09.

A copy of the AAU Sanction for your event must be sent to strickgym@comcast.net as soon as it is received.

Event information sheets must be submitted to strickgym@comcast.net by 7/15/09. Information must be in either pdf, Microsoft Publisher or Microsoft Word format.

II. Recommended Entry Fees

In-house meet	\$30-45 per level
Out of facility	\$50-100 per level
Championships	\$65-85 per level

III. Recommended Spectator Admission Fees

In-house meet	\$5-10 adults/\$3-5 children
Out of facility	\$10-15 adults/\$5-10 children

IV. Fee to AAU Association

Event hosts are assessed \$2 per athlete. **This assessment is due no later than 30 days post event.** Make all checks payable to FL Gold AAU.

V. Post Competition Report

Along with the check payable to FL Gold AAU, the event host must submit a financial report and a signed copy of the scores (signed by the judges) to the AAU Chair.

VI. AAU Registration

All qualifiers/invitational are open to ALL REGISTERED AAU ATHLETES / CLUBS. The Event Host is responsible for verifying all club, coaches & athlete AAU Numbers prior to competition.

VII. Competition Deadline & Competition Schedule

Competition Deadlines are recommended to be a minimum of 3-4 weeks prior to the event. Event Host must release their competition schedule 2 weeks prior to the event via US Mail, email, website, or Fax.

VIII. AAU Rules, Policies & Regulations

ALL AAU Rules, Policies & Regulations must be followed by the Event Host. This includes, but is not limited to, both National and Local Association Rules, Policies & Regulations.

IX. Awards

All AAU sanctioned FL Gold League events are to follow the athlete award guidelines published in the FL Gold AAU Handbook. Achievement award guidelines for levels 2 and 3 must be adhered to. There will be no placement awards for level 2. Level 3 will only have placement in the All Around, and there is to be no award group larger than 16 athletes. There are four ribbons and score divisions for Achievement awards:

9.5—10.0	Super Blue
9.0—9.475	Blue
8.0—8.975	Red
Below 8.0	White

X. Athlete gifts

It is recommended that athletes receive a gift or goody bag at each competition.

