



FLORIDA'S GOLDEN AAU!

AAU Gymnastics 2010-2011

FLORIDA GOLD LEAGUE AAU

I wish to congratulate everyone for a wonderful 2009-2010 AAU FL Gold Season! Our league has grown in strength and numbers during an economically challenging time. Our Championship meet was the largest it has ever been. That's a pretty fantastic accomplishment. We are golden!

Best of luck to all our FL Gold AAU Athletes at the National meet at Disney!

AAU Meeting

Our **AAU Gymnastics Meeting** was held on **Thursday, May 20th at Lynn University**. Thanks to all who were able to attend: Marty Kallen (Ft. Laud Stars), Ginny Lucena (Genies Gymnastics), Raul Rojas (Gold Coast), Sharyn Strickland (Judges Rep & USAC Secretary), Erin Hall (Twisters), Erica Bodnar (Twisters), Heather Zayac (Twisters), Erica McClosky (Twisters). 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.

Thanks Alpha Factor

I wish to extend our gratitude and appreciation to Alpha Factor for supplying the AAU National Leotards for our athletes. They provided an attractive leotard at a reasonable cost and made ordering easy. THANK YOU Alpha Factor!



FL Gold Team Champions!

This year's FL Gold Championship meet was once again a wonderful display of gymnastics accomplishment, discipline and excellence achieved through the hard work and dedication of FL Gold's athletes and coaches throughout the season. Congratulations to everyone for a job well done. A special hats off to our First Place Team Champions in each session and level. Team Champions are as follows:

Level 2, session five: Genie's
 Level 2, session six: Twister's
 Level 2, session seven: Twins (Grand Champions)

Level 3, session eight: South Miami (Grand Champions)

Level 3, session 9: Ft. Lauderdale Stars

Level 3, session ten: Gymnastics Plus.

Level 4, session one: Ft. Lauderdale Stars (Grand Champions)

Level 4, session two: South Miami

Level 5: Genie's

Level 6: Twins

Int. Opt.: Ft. Lauderdale Stars

Level 7: Cats Jupiter

Congratulations to All!

Interested in AAU?

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

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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.

2010-2011 Tentative So. FL 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.

The events listed below will not all necessarily be AAU qualifiers.

Sept 25-26, 2010	Penguin Invite (Park Ave)
Oct 2-3, 2010	Celebrate America (Genies)
Oct 2-3, 2010	Flip City Fall Festival (Flip City)
Oct 16 - 17, 2010	Gold Rush Invite (Gold Coast)
Oct 23-24, 2010	Fright Invite (Twisters)
Oct 30- Oct 31, 2010	Flip City Pumpkin Patch (Flip City)
Nov 6-7, 2010	Harvest Challenge (Stuart YMCA)
Nov 6-7, 2010	Rising Stars Fall Festival (Rising Stars)
Dec 31 - Jan 2, 2011	New Year's Invite @ Disney (Twisters)
Jan 28 -30, 2011	Sun & Surf Spectacular (Twisters)
Feb 5- 6, 2011	Winter Mardi Gras (Stuart YMCA)
Feb 11-12, 2011	Cruise Classic (Park Avenue)
Feb 18 - 20, 2011	Presidential Classic @ Disney (Twisters)
Mar 4 - 6, 2011	Tim Rand Invite (Twisters)
Mar 5 - 6, 2011	Arabian Nights (Genie's)
Apr 2 - 3, 2011	Rock Superstar Invite (Ft Laud. Stars)
April 16-17, 2011	Spring Spectacular (Rising Stars)
Apr 28 - May 1, 2011	Gold Coast Spring Invite (Gold Coast)
May 21-22, 2011	FL Gold AAU Champs (Lynn University)

**MINUTES OF
FLORIDA GOLD AAU GYMNASTICS ANNUAL SPORTS CHAIR MEETING 5/20/10**

Pursuant to notice (via email), a meeting of the AAU Florida Gold Coast Gymnastics League was held on 5/20/10 at 12:00pm (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)
 Marty Kallen (Ft Lauderdale Stars)
 Ginny Lucena (Genie's Gymnastics)
 Raul Rojas (Gold Coast Gymnastics)
 Erin Hall (Twisters)
 Erika Bodnar (Twisters)
 Heather Zayac (Twisters)
 Erica McClocky (Twisters)

Meeting Minutes:

- I. Roll Call
- II. Welcome and season review
 - a. Great quality of competitions in 2009 – 2010 season
 - b. Event cancellations update (1 Winter/Spring qualifier, 2 non qualifiers cancelled due to current economic challenges).
 - c. Feedback & discussion. *No comments from members present.*
- III. Event Hosting
 - a. Hosting agreements & reporting. *No conflicts. All ran smoothly in 2009 – 2010 season.*
 - b. AAU athlete fee collection (*excellent in 2009 – 2010 season*)
 - c. Awards congruency between events – Adherence at events. *All events in compliance.*
- IV. District Championships 2011-2012
 - a. AAU District Sports Chair Duty & Responsibility to conduct this event. Past unsuccessful hosting experiences by non Sports Chair persons was discussed. *Ultimate responsibility of event always rests on Sports Chair.*
 - b. AAU Sports Chair has already contracted with facility for 2011 and 2012 and will host District Championship event.
 - c. Information for 2011 & 2012 (*Event Fliers distributed, incl. dates and venue.*)
- V. Team competition structure at future Championships
 - a. Various formats were discussed, as well as whether there was a need to change the structure at all. *It was agreed that a survey would be emailed to all AAU Championship participating clubs to determine how the membership felt about the team competition format at Championships.*
 - b. This format discussion was for Championships only and had no bearing on Invitational events.
- VI. Adherence to requirement of club participation at 2 sanctioned AAU events on the calendar in order to compete at FL Gold Championships
 - a. Exceptions (injury, event cancellation, new club)
 - b. Encourage clubs to follow requirements
- VII. Calendar of events 2010 – 2011
 - a. Number of AAU events per weekend. *Randy Sikora: There are enough athletes to go around. There is no District control over # of events per weekend*
 - b. **Calendar of events 2010-2011** (*The following is a list of all events in South Florida to date. The final AAU 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.*)
 - i. Sept 25-26, 2010 Penguin Invite (Park Ave)
 - ii. Oct 2-3, 2010 Celebrate America (Genies)

- iii. Oct 2-3, 2010 Flip City Fall Festival (Flip City)
- iv. Oct 16 - 17, 2010 Gold Rush Invite (Gold Coast)
- v. Oct 23-24, 2010 Fright Invite (Twisters)
- vi. Oct 30- Oct 31, 2010 Flip City Pumpkin Patch (Flip City)
- vii. Nov 6-7, 2010 Harvest Challenge (Stuart YMCA)
- viii. Nov 6-7, 2010 Rising Stars Fall Festival (Rising Stars)
- ix. Dec 31 - Jan 2, 2011 New Year's Invite @ Disney (Twisters)
- x. Jan 28 -30, 2011 Sun & Surf Spectacular (Twisters)
- xi. Feb 5- 6, 2011 Winter Mardi Gras (Stuart YMCA)
- xii. Feb 11-12, 2011 Cruise classic (Park Avenue)
- xiii. Feb 18 - 20, 2011 Presidential Classic @ Disney (Twisters)
- xiv. Mar 4 - 6, 2011 American Twisters/Tim Rand Invite (Twisters)
- xv. Mar 5 - 6, 2011 Arabian Nights (Genie's Gymnastics)
- xvi. Apr 2 - 3, 2011 Rock Superstar Invite (Ft Laud. Stars)
- xvii. April 16-17, 2011 Spring Spectacular (Rising Stars)
- xviii. Apr 28 - May 1, 2011 Gold Coast Spring Invite (Gold Coast)
- xix. May 21-22, 2011 FL Gold AAU Champs (Twisters - Lynn University)

VIII. AAU "STAR" Program

- a. Update on Twisters success with program: *It has been a success. However, Twisters has had to run independent STAR sessions, as there are enough athletes in regular meets, not allowing room for STAR sessions.*

IX. AAU National Championships (July 1-4 at Disney)

- a. Leotards (*Alpha Factor - well received, ordering has been made easy, leotard quality good*)

X. AAU Funds - Summer clinics

- a. FL Gold AAU District Chair takes no operating expense reimbursement or compensation from the FL Gold AAU account. All Meet Host checks for athlete fees are recorded and then sent directly to the Miami AAU office.

XI. Coaches Education -FL Gold AAU will once again subsidize coaches' education this summer. Educating our coaches is the best use of our AAU funds. There are three state sponsored clinics that FL Gold participating clubs may choose from for this benefit. After reviewing finances, FL Gold AAU Gymnastics has decided to increase this year's contribution up to a maximum of \$100.00 per club for entry to one of these clinics. The actual cost of each clinic is \$45 per person, to a maximum of \$175 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. \$100). Clearly mark "FL Gold AAU Club" on the form. FL Gold will pay the remaining balance directly to Toni Rand. Qualifying clinics are:

- a. June 6, 2010: Balcony Gymnastics
- b. July 11, 2010: LaFleur's Tampa
- c. August 22, 2010: Twisters, Coconut Creek

XII. 2010-2011 Season

- a. Event host agreements & Meet info due 7/15/10. *Event Host agreements forms will be sent to all clubs via email the first week of June.*
- b. AAU Handbook & Competition Packets released 8/1/10
- c. FL Gold Website Address: http://www.usacompetitions.com/florida_gold_aau_league

XIII. District AAU Sports Director Confirmation. *Randy Sikora ran unopposed and begins serving another 4 year term as District Chair for Gymnastics with the support of FL Gold AAU District.*

XIV. National AAU Sports Chair Support. *Randy has been asked to be nominated for National AAU Gymnastics Sports Chair. He received positive encouragement and support to accept that nomination.*

XV. New business - *No new business was presented by any members.*

XVI. Meeting Adjourned 12:45pm



FL Gold AAU Event Host Benefits

- Your event will be designated as a qualifier to the FL Gold AAU Championship competition
- Your event flyer will be advertised in the 2010/2011 FL Golf AAU Handbook that will be distributed to all South Florida clubs
- Your event flyer will be posted on the FL Gold AAU website
- You will be provided with an up to date contact list of all South Florida clubs. Periodic updates will be sent as needed
- FL Gold AAU will encourage members to participate in qualifying competitions

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FL Gold AAU Event Bid Form & Hosting Agreement

(Deadline Thursday, July 15, 2010)

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 7/15/10.

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 7/15/10. 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.

