

March 5—6, 2011

South Florida

AAU Info



American Twisters Gymnastics * Coconut Creek, Florida

*This takes place at the American Twisters gym
954.725.9199*

Welcome! USA Competitions and American Twisters Gymnastics is proud to host the 2011 Tim Rand Invitational. Please review the following items enclosed in this packet:

1. **General Event Information & Competition Schedule**
2. **Twister Bucks and Mall Table Introduction**
3. **Event Venue and Map**

Team Rosters will be emailed to each club. Coaches, please double check your team rosters for the correct spelling of your athletes names, correct date of birth & missing AAU numbers. If birthdates were not received, your athlete's age will display as 1 yr on your roster. Please send missing birthdates and athlete numbers asap.

Athlete & Coach Registration – All athletes will check in at the registration desk in the entry foyer, prior to entering the competition arena. It is advisable that gymnasts (and coaches) arrive 15 minutes prior to scheduled general stretch time.

Coaches meeting — Floor manager Clayton Kent will host a brief coaches' meeting 5 minutes after the start of stretch before each session.

Awards Ceremonies—Will take place following the end of each session. Individual awards for levels 4 and up (50% + 1), All Around recognition (100%) and Team (50% + 1) for all levels will be awarded each and every session. Levels 2 and 3 AAU also receive achievement ribbons on each event.

Hospitality—Meals will be provided to the coaches in the hospitality room during applicable times throughout the event. Meal times will be posted.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you a fun and exciting competition experience and the very best of luck throughout the season!

Sincerely,

Randy Sikora
Meet Director

Sharyn Strickland
Event Coordinator
877-341-9007
Strickgym@comcast.net

Clayton Kent
Event Floor Manager



For event info and results, visit us on the web

www.USACompetitions.com



Tim Rand Invitational

AAU Schedule

Event Location

American Twisters Gymnastics

*This takes place at the American Twisters gym
954.725.9199*

Saturday, March 5, 2011

AAU Sessions

Session T1	Level 2 AAU	1:30pm 1:50pm	Stretch Warm-up & compete. Awards to follow
Session T2	Level 3 AAU	5:30pm 5:50pm	Stretch Warm-up & compete. Awards to follow

Sunday, March 6, 2011

AAU Sessions

Session T3	Level 5-IO AAU	8:00am 8:20am	Stretch Warm-up & compete. Awards to follow
Session T4	Level 4 AAU	11:30am 11:50am	Stretch Warm-up & compete. Awards to follow

AAU Clubs participating

American Gymsters
Champion Athletics
Coral Reef
Ft. Lauderdale Stars
Gymnastics Revolution
On Your Toes
The Gymnastics Academy
Twister Gymnastics
West Broward Gymnastics

Spectator Admissions

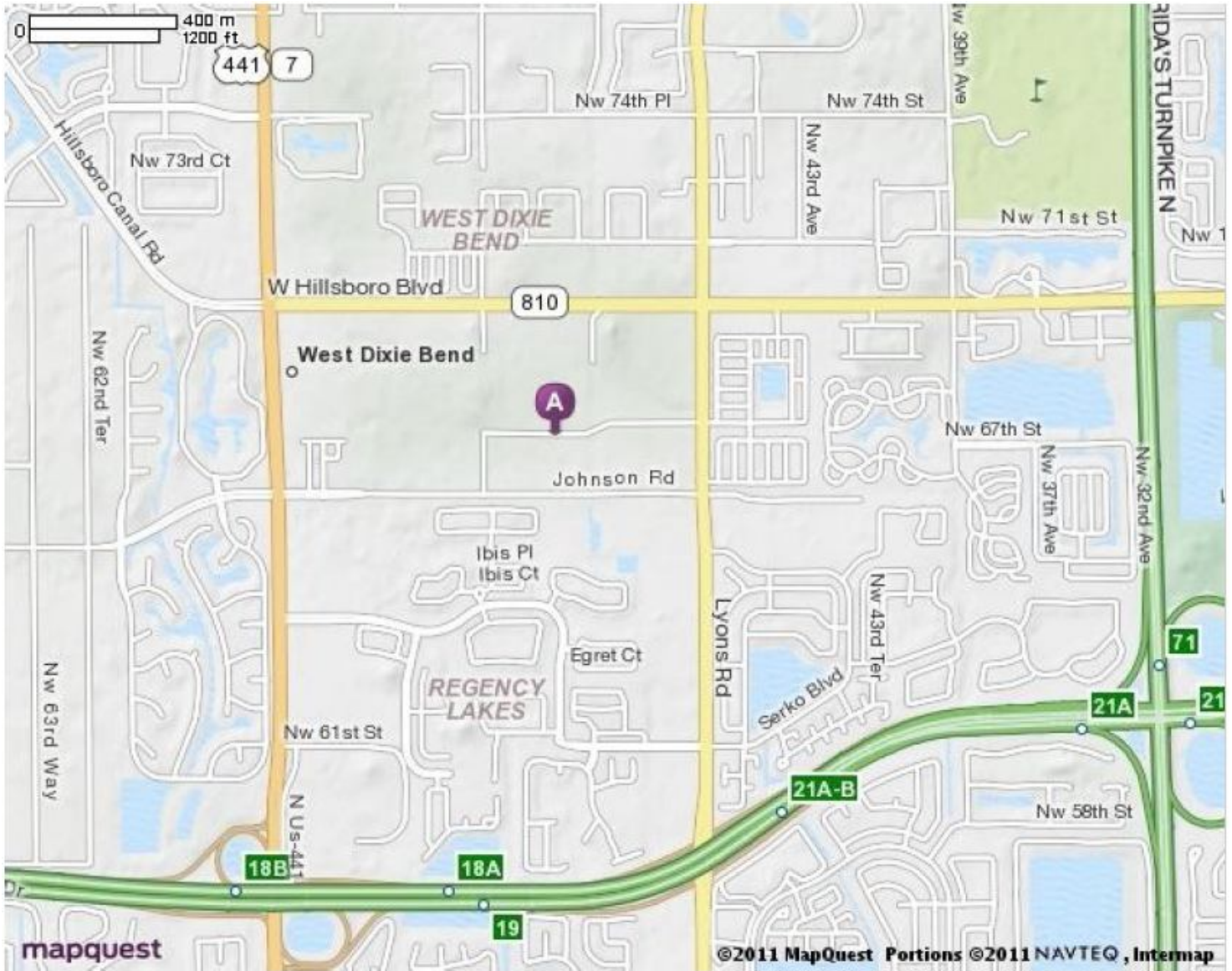
\$5 Adult (12 + up)
Child/Seniors free

For event info and results, visit us on the web

www.USACompetitions.com

American Twisters Gymnastics * Coconut Creek, Florida

*This takes place at the American Twisters gym
954.725.9199*



From Sawgrass, take Lyons Rd. exit #19. Turn North on Lyons Rd. Turn Left on Lyons Technology Pkwy. Turn Right on Lyons Technology circle. 6805 LYONS TECHNOLOGY CIR is on the LEFT