

Coaches

INFO PACKET



APRIL 26-28, 2024
GREENSBORO COLISEUM



Welcome Coaches

On behalf of North Carolina AAU Gymnastics, it is with great pleasure that I extend a warm welcome to you and your team to the upcoming NC AAU State Championship. We are thrilled to have you join us for what promises to be an exciting showcase of talent, dedication, and sportsmanship.

As coaches, you play a pivotal role in shaping the future of gymnastics, nurturing the potential within each of your athletes, and instilling values of perseverance and teamwork. Your commitment to excellence is truly commendable, and we are grateful for the dedication you demonstrate day in and day out.

State Championship is not only a platform for competition but also an opportunity for growth, camaraderie, and shared passion for the sport. We encourage you to embrace every moment of this experience, celebrate the achievements of your athletes, and forge lasting connections with fellow coaches and competitors.

Our team is here to support you in any way possible throughout the event. Should you have any questions or require assistance, please do not hesitate to reach out to us.

Good luck gymnasts!

JESSICA HARRIS & THE NC AAU BOARD
www.teamncgymnastics.org

1921 West Lee Street
Greensboro, NC

Facility & Parking

Daily Parking:
\$5.00

*daily re-entrance with parking ticket

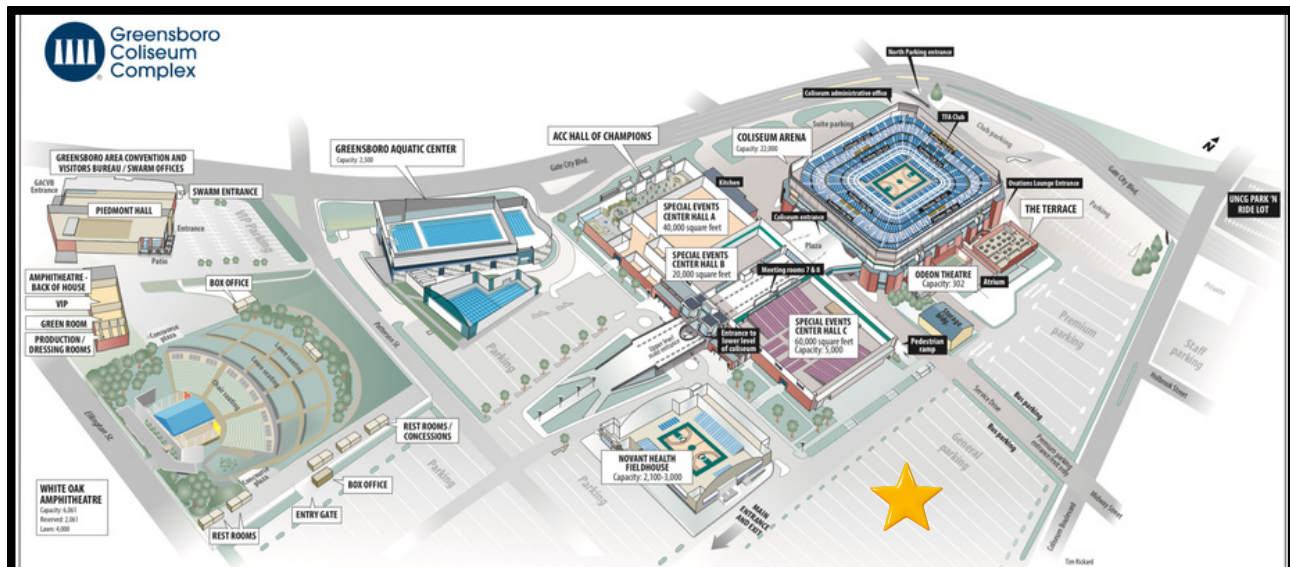
Weekend Parking:
\$15.00

*weekend re-entrance with parking ticket

! IMPORTANT PARKING NOTICE !

The coliseum has evening concerts & other events taking place simultaneously! Arrive early & anticipate traffic!

LET TICKET ATTENDANT KNOW YOU ARE THERE FOR GYMNASTICS TO AVOID INCREASED PARKING FEES FOR OTHER EVENTS!



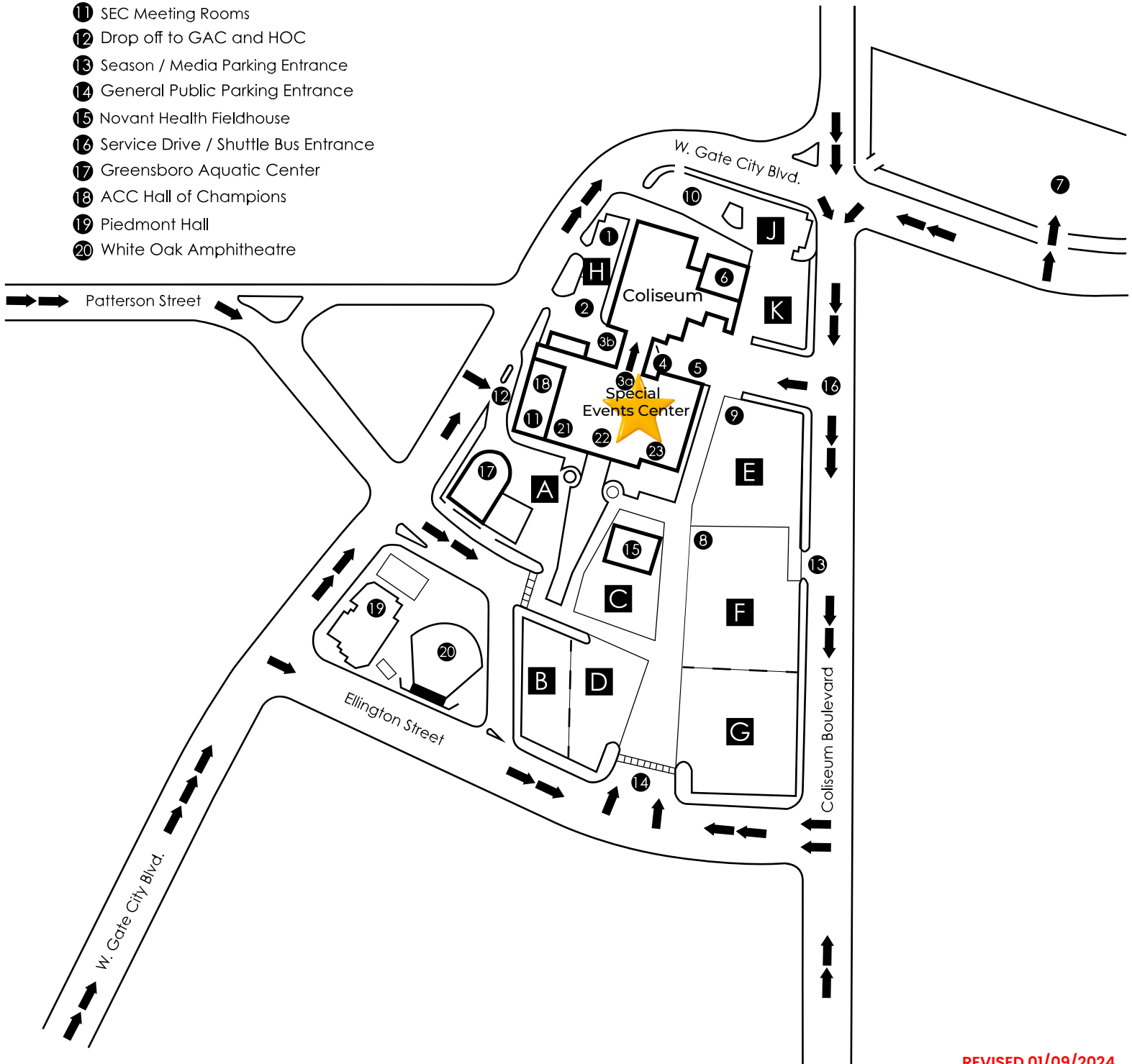
Pre-paid parking is not available; all parking fees must be paid upon entering the Complex parking lots. Cash, credit cards, and debit cards are accepted. All on-site parking opens a minimum of 60 minutes prior to start of event.

Each gym will receive ONE complimentary parking pass for the weekend- parking passes will be distributed at the head table. ONE PER CLUB.



Greensboro Coliseum Complex | Parking

- 1 Coliseum Suite Parking
- 2 Satellite / TV, Truck Parking
- 3a Plaza Entrance
- 3b Coliseum Load-In
- 4 Coliseum Operations Entrance
- 5 Backstage SEC Parking
- 6 The Terrace
- 7 UNGC Park n' Ride
- 8 Team / Cheerleading / Band Parking
- 9 Season Parking
- 10 VIP Parking
- 11 SEC Meeting Rooms
- 12 Drop off to GAC and HOC
- 13 Season / Media Parking Entrance
- 14 General Public Parking Entrance
- 15 Novant Health Fieldhouse
- 16 Service Drive / Shuttle Bus Entrance
- 17 Greensboro Aquatic Center
- 18 ACC Hall of Champions
- 19 Piedmont Hall
- 20 White Oak Amphitheatre
- 21 Special Event Center Hall A
- 22 Special Event Center Hall
- 23 B Special Event Center Hall C



Check-In

Coaches & Gymnast check in will be located in the concourse outside the Special Events Center at the Coliseum Complex. Only pre-registered coaches & athletes will receive credentials! Registration on-site is not guaranteed- please confirm your club rosters on Meetmaker. *It is the head coach's responsibility to review the roster sent from the meet director to verify all their gymnasts and coaches are registered and their information is correct prior to arrival.

Credentials must be worn each day to enter the competition venue, obtain access onto the competition floor & attend the dinner banquet Saturday night.

Please keep number of coaches on the floor to a minimum to avoid crowding. Only coaches who have athletes competing that session are allowed on the competition floor.

Food & Drink

Outside Food/Drink (coolers, take-out, etc.) are prohibited.

Gymnasts are allowed to bring a small snack & water bottle (NO glass).

Coaches will receive one \$15 concessions voucher each day they are present & assigned to coach. Vouchers are at the head table for you to sign off for each day. ONE PER COACH, PER DAY. There is no change or buy back for these vouchers. Light snacks and drinks will be available & a private curtained coaches lounge will be provided.

Athletic Trainer

North Carolina AAU Gymnastics has partnered with Premier Sports Medicine to provide industry leading athletic trainers during this weekends competition. Please locate their booth by the head table for any sports medicine needs (ice, bandaids, injuries, etc.)

Awards

Using each gymnast's highest all-around score achieved at an NC AAU Qualifier, athletes are sorted by all-around score then subdivided by age (with no more than a 4-year age range) to create awards groups of a maximum of 12 athletes. This allows gymnasts to compete against those that are closest to their proficiency level & age. Scores are tracked carefully throughout the season by our professional scoring company to ensure accuracy. If you have questions, please direct them to ScoreKing.

Medals will be awarded to the top 50% + 1 on each individual event and 100% in the all-around. Team Awards are announced at the end of the final session of that level.

Elite Division pins are awarded to gymnasts who have scored the minimum required score per level at the AAU State Meet OR at an NC AAU Qualifier. Copper, Bronze, Silver, Gold= 37.00+. Platinum, Diamond, Sapphire, Level 6-10= 36.00+.

Competition Format

We will be competing in two separate gyms (Gym A & B), both will be in Modified Capital Cup format (flight A & B). Both gyms are continuous rotation so please move to your next event promptly after your last gymnast has competed AND THE NEXT EVENT IS VACATED. Do not wait for someone to start your timing & only the first event is formally timed. The squad with the largest number of athletes will determine the time allotted for time warm-up. There will be no blocking of event warm-up time allowed. *Note- Copper, Bronze & Silver FLOOR warm-ups will be blocked and the entire squad will warm-up together

All events will be timed together using digital screens for the first event and once the clock has started, your warm-up time has begun. We ask that you work together to help with bar sets, vault mats, spotting blocks, etc. to help keep the meet running on time!

Coaches Meeting

We will offer one coaches meeting on Friday & Saturday mornings only. A virtual coaches meeting video will be sent out along with this information packet so you can come prepared! PLEASE READ THIS PACKET & WATCH THE COACHES VIDEO BEFORE ARRIVING TO AAU STATES!

Scratches can be turned into ScoreKing at any time!

Score Inquiries

NC AAU Gymnastics encourages a collaborative community between judges and coaches, serving on the same team with the goal being improved gymnastics education and overall proficiency.

Score inquiry forms are not available. We ask that conversation to the judges be kept to a minimum to keep the event running on time. Please keep verbal question brief and direct any disputes or extended questions to your assigned meet referee (head judge on bars). *Remember to provide the gymnasts number & score flashed.

Meet Etiquette

AAU Gymnastics promotes an inclusive, rewarding & positive competitive experience for everyone. Please support all the athletes by staying in the competition area (and encouraging your parents to do so as well) until the final athlete of the session competes. You can also help maintain our vision of a supportive sports community by refraining from making judgemental comments or inappropriate remarks about any athlete, coach, judge, etc. We encourage you and your gymnasts to cheer for all the gymnasts from your team and opposing teams during both competition and awards. Thank you for being a valued partner in AAU Gymnastics!

Dinner Banquet

Every year at AAU State Meet, coaches, judges and staff gather for a sit down dinner to meet new friends, present awards and celebrate our year together in gymnastics. An RSVP is emailed out to each club prior as space is limited. If you didn't RSVP but would like to attend, please inquire at the head table for late reservations.

**Saturday, April 27 @ 7pm
Meeting Room 1**

Team NC Apparel

If you ordered Team NC Apparel for Regionals/Nationals, please find Amber Roland to pick up your apparel. All orders must be picked up by Sunday @ 3pm. Once apparel is signed off for, no changes, replacements, or corrections can be made to your order so please help us by double checking your order.

Preferred Pick Up Times:

Friday - 3:00pm - 6pm

Saturday - 7:45am - 10:30; 1:00pm - 3:30pm; 6:30 - 7pm

Sunday - 10:30 - 3:00pm

Reminders

- Confirm your athletes know exactly what session they are assigned to & remind your team parents to arrive early (especially for sessions after 4pm when other large events are taking place at the Coliseum Complex.
- Know your AAU Membership # ([click here](#))
- Please remind your gymnasts not to use excessive glitter or makeup that leaves residue on equipment.
- Weapons are strictly prohibited *see coliseum website for more restricted items.
- Help us identify you as a coach and be dressed to do your best! Follow National AAU Rules for coaches attire.
- Beware of online scammers! We do not offer ticket pre-sales, live streaming or recordings of this event so do not purchase any online services unless they are from one of our verified vendors.
- Follow us on social media for event highlights, polls, special awards and updates @ncaaugymnastics

Coaches Tips

- Please arrive 30 minutes prior to your scheduled session.
- Double check your gymnast & coaches roster!
- Keep up with your credentials!!
- Have a plan each session- connect with the coaches in your squad before each rotation to discuss equipment settings, gymnast order (may compete out of order on all events except floor), coaching needs, etc.
- Familiarize yourself with the equipment (AAI) before your session starts to ensure you know how to adjust to your settings.
- Help other coaches set equipment, pull mounting blocks, etc.
- Know your surroundings- Identify Flight A & Flight B and Gym A & Gym B.
- Make sure your gymnasts use the bathroom before warm-ups begin on each event (athlete/coach bathrooms on the competition floor).
- Refrain from cell phone usage while on the competitive floor. Please take calls in the coaches lounge.
- Arrange to have a sufficient number of coaches present to facilitate coaches for all your gymnasts on sessions where your club is split between gyms or squads.
- READ THIS PACKET SO YOU COME PREPARED!

Vendors

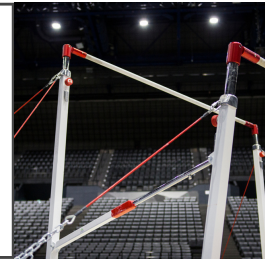
SCOREKING

SCAN THE QR CODE TO VIEW LIVE SCORING AND ACCESS ROTATIONS FOR THE EVENT THROUGH SCOREKING2.COM



AAI EQUIPMENT

EQUIPMENT FOR THIS EVENT IS SUPPLIED BY LIGHTNING CITY GYMNASTICS- THE OFFICIAL EQUIPMENT SUPPLIER OF THE AAU NATIONAL GYMNASTICS CHAMPIONSHIPS.



JT PERCEPTIONS

THE OFFICIAL EVENT PHOTOGRAPHY COMPANY TAKING LIVE ACTION SHOTS OF YOUR GYMNASTS ON FLOOR EXERCISE, CAPTURING THE MEMORIES FOR YOU SO YOU CAN ENJOY THE MOMENT.



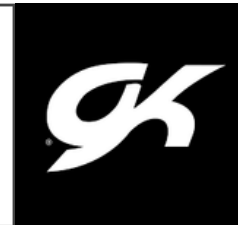
SIMAX APPAREL

CUSTOM DESIGNED EVENT SPECIFIC APPAREL TO COMMEMORATE YOUR EXPERIENCE AT STATE MEET.



GK ELITE

LEOTARD AND OTHER GYMNASTICS MERCHANDISE SOLD BY THIS WORLD FAMOUS AND TRUSTED BRAND.



AAU GYMNASTICS MERCHANDISE

SUPPORT AAU GYMNASTICS, VIEW OUR SAMPLES AT OUR DISTRICT SPONSORED BOOTH & PLACE YOUR ONLINE ORDER AT THE EVENT FOR SPECIAL DISCOUNTS!



Community Outreach

Community service is one of the best ways to teach your child the value of empathy. Donating your time, money or your things can show kids kindness, compassion and selflessness, but it can also teach them a variety of life skills as well. We select organizations to sponsor each year so our gymnasts can develop better social awareness that allows them to experience something greater than themselves. 100% of our team entry fees are being donated to a selected charitable organization each year.

This year, NC AAU has selected to donate to The Addison Hutchison Foundation was founded in memory of Addison Grace Hutchison, a gymnast of Mooresville, NC who passed away at age 11 in August, 2019 from SUDEP. The Foundation is committed to honoring the memory of Addison by helping support the area's youth in three vital areas:

Educational Support -Provide financial support for children's educational activities

Athletic Support -Provide scholarships & grants for athletic fees & equipment

Spiritual Support -Foster a closer relationship with God

These areas are critical for the growth and development of each and every child. We aim to help foster that growth through the foundation and it's continued reach. People who continue to have seizures are at greater risk of a number of complications, which is why preventing seizures and other problems is so important. The most serious complications are injuries and dying from seizures.

What Is SUDEP?

SUDEP is the "sudden, unexpected death of someone with epilepsy", who was otherwise healthy. In SUDEP cases, no other cause of death is found when an autopsy is done. Each year, more than 1 in 1,000 people with epilepsy die from SUDEP. This is the leading cause of death in people with uncontrolled seizures.

<https://www.theaddisonhutchisonfoundation.org>



THE ADDISON HUTCHISON FOUNDATION

