



**Carolina Courts- 24 Spring St. SW, Concord, NC 28025**

Welcome Gymnasts, Coaches, and Families to our “Moana” themed 2017 North Carolina AAU Gymnastics State Championship! This year is our largest year to date with over 750 athletes competing, showcasing our finest gymnasts from all corners of our great state!

There is a bunch to do while you are visiting us in Concord, creating wonderful memories inside and outside the competition. Enclosed is a welcome packet you will find important information you will want to review prior to the event to encourage the most positive experience for you all. You can find all other info (host hotel, schedule, results, etc.) on our event listing on Meetmaker.com for your convenience.

We appreciate feedback and want to provide you with the best meet experience possible. Please let us know if you have any questions or need any additional information.

Thank you,

Jessica Harris & The Team NC AAU Board

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**Ability Divisions:** Throughout the season, our NC AAU gymnasts compete in pre-determined ability divisions. At the conclusion of the season, gymnasts are sorted by all-arounds and birthdates to provide the fairest ground of play for each and every athlete. The highest all-around score each athlete achieved at a NC AAU Qualifier is put into a spreadsheet, sorted from highest to lowest, and then subdivided by age (to prevent more than a 4 year range in age) to make divisions no larger than 12. This ensures that your athlete is competing in a division that is of the most like ability/age/level and experience. *\*Please note, the letter used to identify each awards group is solely used administratively (i.e. division "A" doesn't stand for "Advanced").*

**Competition Format:** We will be competing in two separate traditional gyms (except for the final session on Sunday, which will be modified capital cup format) and will rotate as directed when the final competitor of that rotation is done. You will have 2 minutes to rotate to your next event and prepare for timed warm-ups. The squad with the largest number of athletes will determine the time allotted for each time warm-up. There will be no blocking of event warm-up time allowed. All events will be timed together using digital screens and once the clock has started, your warm-up time has begun. Please have your athletes ready to rotate, gripped up and prepared for their next event before the 2 minute rotation timer begins to assure you get the most use out of your timed warm-ups.

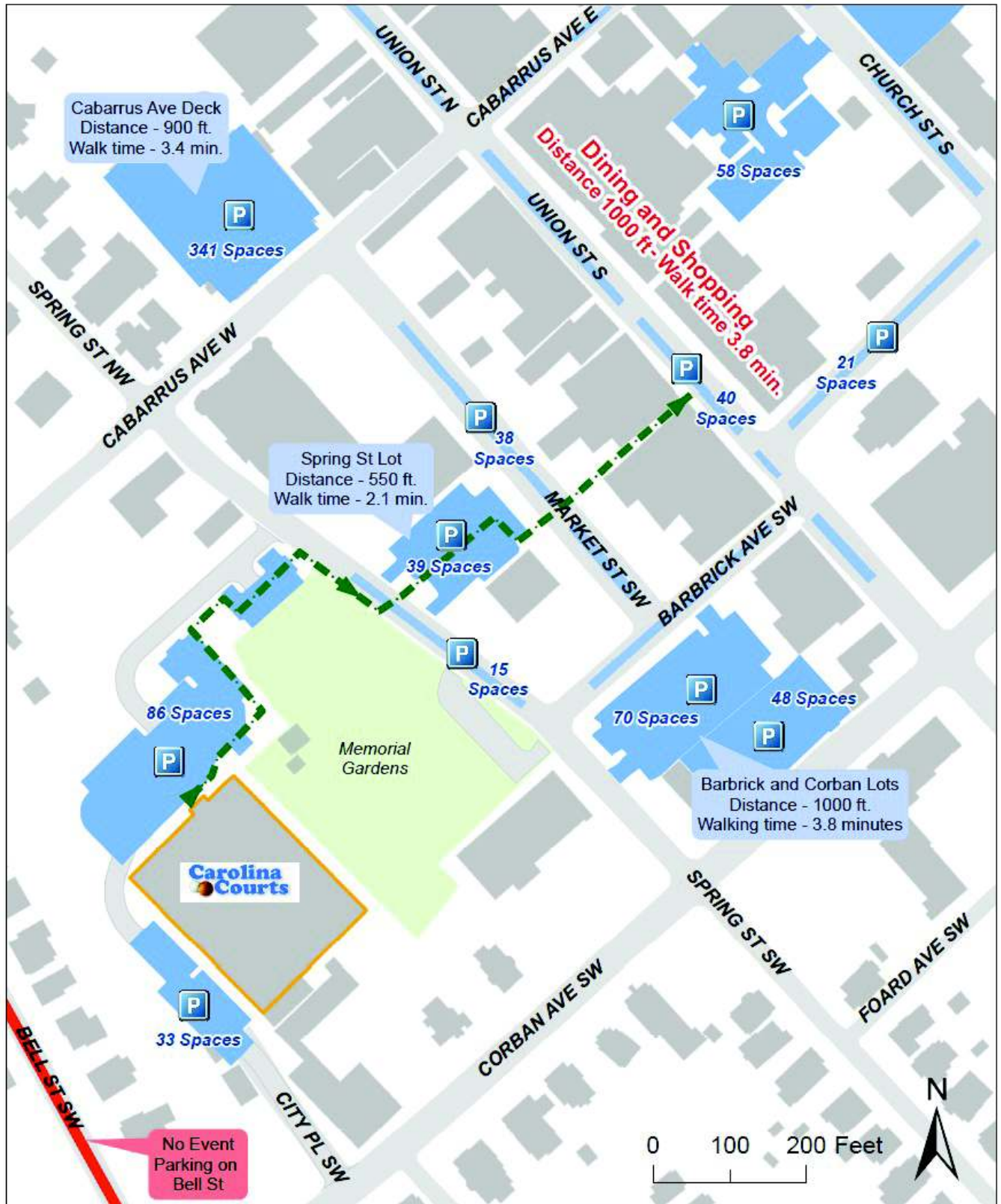
***We ask that you work together to help with bar sets, vault mats, spotting blocks, etc. to help keep the meet running on time!***

**Admissions:** Spectators will pay \$10 for adults and \$7 for children (ages 3-18). We ask you come prepared with the appropriate amount of cash and exact change is greatly appreciated. Checks and credit/debit cards will not be accepted. *\*There is an ATM on site.*

**Coaches/Gymnast Check In:** Please make sure all your coaches and gymnasts names are on the rosters sent prior to the event from the meet director. Coaches and gymnasts who show up without being on the list prior will not be allowed access onto the floor. It is the coach's responsibility to review the roster sent from the meet director to assure all their gymnasts and coaches are registered and their information is correct and up-to-date prior to arrival. ***Coaches will receive credentials that must be worn while out on the competition floor and inside the hospitality area.***

**Hotel:** The host hotel has been sold out and many of the surrounding hotels are also sold out due to a race at the Charlotte Motor Speedway in Concord on the same weekend as our event. If you are needing overnight accommodations and haven't booked yet, I would encourage you to look in the surrounding areas outside of Concord.

**Parking:** Parking can be confusing and frustrating for some of our participants as this facility is in downtown Concord. It is IMPERATIVE you share this parking map with everyone at your gym and anyone else planning on attending the event for their reference. **PLEASE PLAN TO ARRIVE 15-30 MIN EARLY TO ALLOW FOR PARKING AND WALKING TO THE FACILITY!**



# Carolina Courts Walking Distances to Additional Parking and Downtown Shopping and Dining

Free Public Parking

Shopping and Dining Connector Walkway

Note: Some public parking has restrictions  
Monday - Friday from 8:00 am to 5:00 pm

*Concord*  
NORTH CAROLINA

## **Area Attractions:**

When you live "Where Racing Lives," it's easy to spend free time fueling a love for [motorsports](#). It's the pulse of our community, and it's a heart-pounding one. Add local [cuisine](#), [craft beer](#), [family fun](#) attractions and [historic sites](#) to those high-speed past times, and you're left with our idea of a good time.

### **1. [Anything at Charlotte Motor Speedway, zMAX Dragway and The Dirt Track](#)**

We love the big shows in May and October. A quick look through the parking lot and you'll spot plenty of NC plates. And when it's not NASCAR race weekend, you'll still find us at a track. Covered in clay during the World Finals at The Dirt Track and earplugs in at the "Bellagio of Drag Strips." At the superspeedway? Depends on the season. Tuesdays in June and July are for Summer Shootout racing, cooler weather means car shows (extravaganzas really), and then the track turns into a winter wonderland you wouldn't believe for [Speedway Christmas](#).

### **2. [Staying in style and under budget at Concord Mills](#)**

You might think having the largest shopping and entertainment destination in the Carolinas right in your backyard would be bad for the budget. But designer deals at Concord Mills keep our closets and wallets in great shape. And it's not just about how full the trunk is when we leave. We're taking home memories of that walk through the underwater tunnel at [Sea Life](#) and challenging each other to another race at [The Speedpark](#).

### **3. [Union Street in Historic Downtown Concord](#)**

Dinner and a show at the Davis are always a great choice, and for dessert? Cabarrus Creamery is a must. During the summertime, you'll find us raising a toast at [Lil' Robert's](#) or getting down at Union Street Live. Join in on the fun! Shop at places that sustain our community. Bring home items we created. Taste recipes that were passed down to us. Tell us where you're from and what brings you here. This is what really makes Union Street a great place be.

### **4. [Getting away without leaving town at Great Wolf Lodge](#)**

We're firm believers in the power of travel. But when the annual trip has already passed and we're overdue for a little down time, staycation it is! Water park, [spas](#), arcade, bowling and great [dining](#) under one roof. A few days in 84 degrees can be the perfect antidote to a summer heatwave and a frosty North Carolina winter. Goggles, anyone?

### **5. [Anytime music and motorsports collide](#)**

[The Avett's](#) are admittedly our favorite when it comes to tunes. Outside of listening to their latest record on repeat, we get our fill of harmony and horsepower at the [North Carolina Music Hall of Fame](#). Carolina-based artists like Charlie Daniels, Eric Church and Roberta Flack are honored right beside racing greats at the [Curb Museum](#). Grab a seat beside us at the next Induction Ceremony on October 20th!

Want to add a little art to the mix? [Sam Bass Gallery](#) is the spot! The inspiring NASCAR art that's appeared on [Charlotte Motor Speedway's](#) program covers for over 30 years adorns walls, diecasts and even guitars.

### **6. [Cheering on the home team at Intimidators Stadium](#)**

Whether it's "Thirsty Thursday" or a Friday night fireworks show, you can bet on the local crowd being there to support the home team. There are a few characters you need to know about when going to a ball game in [Kannapolis](#). Take a photo with Tim E Gator, and catch foul balls with the "Uh-Huh Guy." And if you've checked off #5, you already know that NASCAR artist Sam Bass designed the team's "K" logo.



7. **Panning season at Reed Gold Mine**

Did you hear [Cabarrus County](#) is the home of gold, too? From April to October each year, we make believe we're Conrad Reed, cross our fingers and sift through silt from Little Meadow Creek searching for a fleck. Even when there's no jackpot, touring the underground mine at the site of America's first discovery of gold is pretty rich.

8. **Disc golf at Frank Liske Park**

Irresistible Carolina blue skies are just part of the reason Frank Liske Park stays on our agenda. Visitors aren't the only ones competing on the variety of fields here—Local tournaments on the 18-hole disc golf course require a strong arm. Then, legs do all the work during a paddleboat ride afterwards.

9. **Saturday night short track action at Concord Speedway**

Move over mini-van. Make room for the race car hauler! Flatbed or enclosed, trailers in Cabarrus County are often en route to the next short track event in town. Racing is a family sport. Hands covered in grease or glitter—Everyone plays their part, and the signs in stands are just as important to supporting our driver as the adjustments made in the garage at home. Hit the concessions and grab a seat! The next generation of NASCAR drivers are about to put on one heck of a show.

10. **Embracing hometown pride on The Dale Trail**

One of the coolest things we do here in Cabarrus County is share something in common with the Earnhardt family—a love for the city of Kannapolis. It's a place where you'll find a photo of the Intimidator hanging on the wall of a local diner, and you won't travel far without spotting that slanted 3 proudly displayed on hats, flags, mailboxes—you name it.

The Dale Trail takes us to a lot of special spots (20, in fact) including [Hendrick Motorsports](#). OK, go ahead and make it 11 of our favorites—NASCAR [race shops](#) are at the heart of what makes this list possible.

Visit <http://www.visitcabarrus.com/cabarrus-county-things-to-do/> for more information