

2017 AAU Southern Regional Gymnastics Championship

**Hosted by: Team North Carolina & Tumblebees
UNCG, Fleming Gymnasium
1408 Walker Avenue, Greensboro NC 27412**

Welcome Gymnasts, Coaches, and Families to our “Southern Charm” themed AAU Regional Gymnastics Championship located at the beautiful campus of the University of North Carolina, Greensboro in the recently renovated Fleming Gymnasium! We have over 800 athletes competing, showcasing our finest gymnasts from 5 different Districts all around the Southeast!

There is so much to do while you are visiting us in Greensboro, 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. Meet results will be posted live on meetscoresonline.com.

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- Event Director
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Awards:

- Awards will be given to the top 50% +1 for individual events and 100% for the all-around for each age division (there are no ability divisions). Every athlete will be awarded an AAU Regional Championship All-Around Medal.
- Club Team Awards will be awarded by using the top three scores per event, per level regardless of age. You must enter the club team competition for each level to be eligible for the club team award.
- All American Award- Given to the highest All Around score per level/session
- Regional Team Awards will recognize the top three teams per District. Each gymnast with a contributing score will be named on the District Team and receive a star designation pin to place on Regional Participation Patch.

Athlete Gift: Every registered participant will receive a FREE EVENT SHIRT coupon from our apparel vendor (Fine Designs) that gymnasts can use to pick up their t-shirt at the vendor booth anytime.

Competition Format: The format of competition will be modified capital cup with continuous rotation. The judges will move from flight A equipment to flight B equipment each rotation. Flight A & B equipment will be clearly labeled for your convenience.

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

Rules: Please remember we will follow AAU National Rules at this event. You will want to refer to the National Handbook at aaugymnastics.org for more details.

Admissions: Spectators will pay \$15 for adults and \$7 for students (ages 4-18) and \$10 for senior citizens (ages 65+). 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.

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 is- Holiday Inn Coliseum (3005 High Point Road). We secured a group rate of \$130/night that includes full breakfast. Call 336-294-4565 if you are needing overnight accommodations and haven't booked yet. Rooms are limited.

Parking: There is a parking deck directly across the street for all participants. Please arrive early to your session to allow time for parking and walking to the gymnasium. *(See campus map on next page).*

Area Attractions:

The third-largest city in [North Carolina](#), Greensboro offers vacationers a choice of museums, gardens and attractions. Visit the Weatherspoon Art Museum, stroll through the Tanger Family Bicentennial Garden and go shopping in the Antique Market Place. Best things to do in Greensboro, [NC](#) with kids include the Greensboro Children’s Museum, the Greensboro Science Center and the children's garden at Gateway Gardens.

Greensboro Science Center



The [Greensboro Science Center](#) consists of three popular family-friendly attractions (an aquarium, a museum, and a zoo), and it is one of the most visited tourist destinations in Greensboro. The Carolina SciQuarium is the only inland aquarium in North Carolina, and it features a variety of water-dependent animals including sharks, stingrays, eels, otters, an anaconda, and a plethora of fish species. The Greensboro Science Center is one of the best things to do in Greensboro NC with kids. The Animal Discovery Zoological Park is home to a variety of mammals, reptiles, and amphibians, ranging from tigers and monkeys to crocodiles, tortoises, and a rare red panda. The museum also boasts a selection of first-class exhibits and displays, including a giant 36-foot Tyrannosaurus Rex model, a Herpetarium with live snakes, and state-of-the-art OmniSphere Theater, which has a 40-foot dome ceiling with a 3D screen. The Greensboro Science Center also offers a wide variety of educational programs, science workshops, field trips, and camps for children of all ages throughout the year. **(4301 Lawndale Dr., Greensboro, North Carolina, Phone: 336-288-3769)**

Greensboro Children's Museum



The Greensboro Children’s Museum (GCM) is a fun, interactive museum for children, parents, and educators that aims at encouraging children to learn through play. Exciting exhibitions, immersive displays, and educational presentations inspire children up to 10 years of age to look, touch, feel, and explore in a fun, lively, and safe environment. Located in downtown Greensboro, the celebrated museum features over 20 permanent hands-on displays, including Our Town, The Health Center, and Edible Schoolyard. The museum also offers a range of educational classes and workshops, as well as special museum programs and summer camps. **(220 North Church Street, Greensboro, North Carolina, Phone: 336-574-2898)**