

Welcome

INFO PACKET



APRIL 24-26, 2026
GREENSBORO COLISEUM



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Welcome!

It is with great pride & gratitude that we welcome you to one of the most meaningful weekends of our season- a celebration of commitment, dedication, growth, teamwork & the spirit of our gymnastics community! This event represents more than just scores & placements- it is a culmination of countless hours in the gym, steady encouragement from coaches & families, and the courage each athlete brings every time they step onto the competition floor. Allow us to take a moment to honor the progress, perseverance and the journey that brought every gymnast here!!

We believe every athlete deserves the right to be seen, celebrated & evaluated within a program that values integrity & respect above all. Our goal has always been to provide an experience where recognition is meaningful, competition is equitable & every gymnast leaves feeling proud of the work they invested throughout the season.

Thank you for being part of what continues to make North Carolina AAU Gymnastics a place where opportunity, recognition and belonging remain at the heart of competition. We are honored to celebrate this championship weekend with you!

Good luck gymnasts!

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

Code of Honor



At the heart of our gymnastics community is a deep respect for one another- coaches, judges, parents, athletes and program alike. We believe in lifting each other up, celebrating our shared passion for the sport, and leading by example in all interactions, both public and private. Each of us, as an important members of this community with shared commitment to integrity & unity, we...

- Reflect the best parts of gymnastics and create an environment where everyone can thrive.
- Hold ourselves to a high standard of communication.
- Speak with respect about each other- whether they're present or not.
- Refrain from sharing unverified or negative commentary that could harm reputations, relationships, or the spirit of the sport.
- Understand that defamation, gossip, and divisive behavior is not just hurtful- it's damaging.

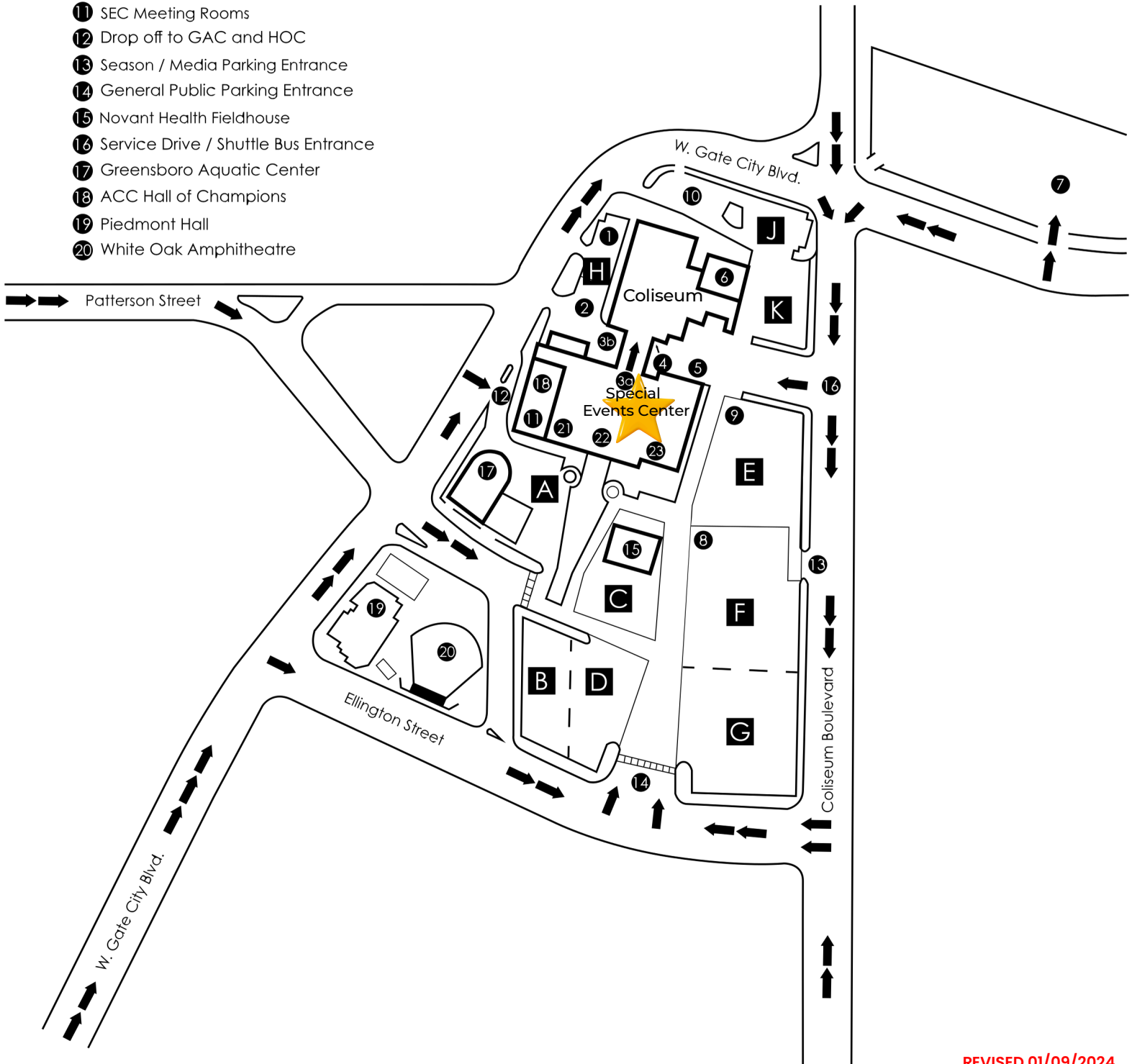
We model the values we wish to see in the next generation: sportsmanship, professionalism, empathy, and strength in one. Failure to uphold this Code of Honor may result in disciplinary action, including removal from the program or exclusion from future events.

We trust our community to embody these values because isn't not just what we do- its' who we are!



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 UNCG 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



HALL C

 **Vendors**

 **Concessions**

 **EXIT** 

 **ENTRANCE**

 **GYMB Awards**

 **GYMB Competition**

 **Graduating Senior Tables**



Spectator Seating

 **GYMA Awards**



 **GYMA Competition**





FIRST HORIZON COLISEUM. UPDATED BAG POLICY

For safety and efficiency, we recommend entering without a bag.
If necessary, guests are permitted to bring in **one small bag** that meets the following guidelines.



PERMITTED BAGS



Clear Vinyl or Plastic Bag
No larger than 12" x 6" x 12"



One-Gallon Clear Plastic Storage Bag



Small Clutch Bag
No larger than 4.5" x 6.5"
(Approximately the size of a hand)



Clear Vinyl or Plastic Backpack
No larger than 12" x 6" x 12"



Medical Bags*
No larger than 12" x 6" x 12"



Diaper Bags*
No larger than 12" x 6" x 12"

*Medical bags, including diaper bags when accompanied by a child, will be inspected and tagged before entry.

This is not a comprehensive list. First Horizon Coliseum reserves the right to deny any bag at any time on a case-by-case basis.

Spectator Admissions

PRESALE TICKETS ONLY
Scan here to purchase >



Important Update About Greensboro Coliseum Ticketing

The Greensboro Coliseum has updated its ticketing system and admissions process. All tickets must now be purchased in advance online—there will not be a traditional box office or ticket taker on site. Instead, guests will be asked to scan a QR code posted at the venue to access ticketing. **This means there are no in-person ticket sales at the Coliseum.**

To avoid any last-minute stress or confusion, please make sure to purchase your tickets online before arriving to Greensboro. If you're bringing older family members or anyone who may not be familiar with this new system, we kindly ask that you explain it ahead of time and help them get their tickets in advance.

This new system is designed to make entry faster & smoother, but it does require a little preparation before you go. Thanks for helping make the experience easy and enjoyable for everyone! We ask for your patience and cooperation with the facility staff as their job is to keep our participants safe.

DAILY RE-ENTRY

Spectators who need to leave the building & return will require a hand stamp. Please visit the Gymnast/Coach Check In desk by the front entrance doors to receive a stamp.

Check-In

All Coaches & Gymnast must check in first when they arrive to receive their credentials and gifts. Look for signs located immediately inside the entrance to your right. 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.***

Metal detectors are required for all events at the Greensboro Coliseum.

Food & Drink

Outside Food/Drink (coolers, coffees, take-out, etc.) are prohibited. Gymnasts are allowed to bring a small snack & water bottle (NO glass). ***Please note gymnasts must carry their own gym bag through admissions for this food/drink/bag policy exemption!**

Concessions are available throughout the event for spectators.

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.

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+.

Team Awards

Team awards are presented at the final session of each respective level and are calculated by the top 3 highest scores on each event across all sessions, division and ages of that level.

100% of team entry fees are donated to a selected foundation each year that is in alignment of our own organization. We take this opportunity to build enthusiasm and connection to the foundation within the athletes as they receive checks in the amount their team will be individually donating. Please learn about more in our community outreach section.

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.



2026 Recipient

Rainbow Kidz Grief Counseling

Whether you or a child you know has experienced the loss of a loved one, Rainbow Kidz is here to help you find healing and support during this difficult time. Rainbow Kidz is a unique community resource dedicated to meeting the special needs of children and their families. Rainbow Kidz is offered at no cost to families or schools and encompasses an array of services provided by licensed clinical social workers, including:

- Weekly in-school grief support groups for children who have experienced a loss are offered, One-on-one grief counseling for children who have experienced the death of a loved one, Specialized care for children and families undergoing palliative or hospice care, Camp Rainbow is offered two weeks in June for children experiencing grief and loss,*
- Resources and tools to help parents better communicate with their children regarding grief and loss. (Including a monthly parent/caregiver support group that meets on the 4th Thursday of every month).*
- Emergency community crisis support in area schools following the loss of a student or staff member.*

If you're interested in learning more about Rainbow Kidz, please call [704-873-4719](tel:704-873-4719). You can also fill out a referral form [HERE](#) and we will connect you with a Rainbow Kidz Counselor.

***FREE RESOURCES: <https://www.HOIC.ORG/Rainbow-Kidz-Resources>**

Vendors

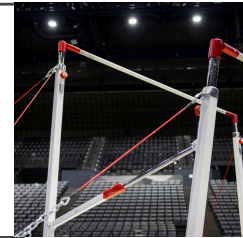
SCOREKING

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.



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.



CUSTOM MEDAL ENGRAVING

MAKE EVERY ACHIEVEMENT UNFORGETTABLE WITH CUSTOM- ENGRAVED MEDALS THAT CELEBRATE EXCELLENCE AND LEAVE A LASTING IMPRESSION. SCORES AND PLACEMENTS VERIFIED!



STATE CHAMPION BANNERS

CELEBRATE YOUR 1ST -3RD PLACE CHAMPIONS WITH BOLD BANNER THAT HONOR THEIR HARD WORK AND LASTING LEGACY. SCORES & PLACEMENTS VERIFIED!



Parent Reminders

- Arrive Early: Please arrive at least 30–45 minutes before session start time for check-in, parking, and athlete prep.
- Pack Essentials: Don't forget grips, water bottle, extra hair ties, snacks, and the competition leotard/warm-up!
- Know Your Session Info: Double-check your gymnast's session time.
- **Beware of online scammers!** We do not offer live streaming or recordings of this event so do not purchase any online services unless they are from one of our verified vendors in this packet.
- Follow Venue Rules: No flash photography, stay off the competition floor, and respect all staff and volunteers. Let's create a positive atmosphere for the athletes!
- Support, Not Coach: Cheer loudly, but please leave the coaching to the coaches. Encouragement goes a long way!
- Prepare the siblings: Pack items to keep your little ones entertained during the session. Please keep balls at home!
- Stay Connected: Follow any official social media & our website for real-time updates, weather info, or last-minute changes @ncaaugymnastics
- Celebrate the Effort: Whether it's a medal day or not, every gymnast has worked hard to get here. Show love, pride, and positivity no matter the score.

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 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!

Scratches

We will offer coaches meetings each mornings and for any sessions thereafter as needed. 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 the ScoreKing table at any time before/during the meet.

Team NC Social

Join us for an informal social with snacks and door prizes open to all coaches & judges registered for AAU State Meet. Come meet new friends, catch up with old ones & network with over 150 coaches registered from over 55 clubs!

**Friday, April 24 @ 6:30pm-8:30pm
Meeting Room 3**

Coaches Meals

*Coaches with athletes attending sessions directly before or after meal times will be provided lunch/dinner in the private banquet room reserved upstairs. Every coach must have credentials and sign in each time. *Please be mindful that these meals are reserved only to judges, staff & coaches only with athletes competing in sessions directly between meal times.*

Friday, April 24; Lunch 12:45-2:45pm

Saturday, April 25; Lunch 12-2pm, Dinner 5:30-7:30pm

Sunday, April 26; Lunch 12:15-2:15pm

Inquiries

Score Inquiry Forms are not provided at NC AAU qualifiers & state meet. Questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic).

This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity. Judges and coaches are on the same team in AAU, with the gymnasts being the forefront of what we do.

Coaches Reminders

- Confirm your athletes know exactly what session they are assigned to & remind your team parents to arrive early.
- Please write your gymnast's numbers on their hands for us each session when they arrive.
- 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 live streaming or recordings of this event so do not purchase any online services unless they are from one of our verified vendors in this packet.**
- 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. Break tables are available for coaches outside the competition floor.
- 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 & know your AAU Membership # ([click here](#))
- 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!**