



GEORGIA AAU GYMNASTICS

September 2023

STATE AAU CLINIC

Thank you GA coaches for your participation

A huge thank you to the City of Roswell for allowing Liz Nichols, Kelly Keown, Cindy Bickman, Becky Openheimer, Shannon Hageli, Cynthia Davis, Sheila Ragel and the AAU board members to offer an incredible educational event.

Next summer we plan a larger event with multiple tracks to cover more topics. Let us know what we can offer to help your program!

AAU Cheat Sheet - see attached to this email a pdf of the things that differ from our national governing body to AAU



AAU Membership Update

AAU has experienced some difficulties with the new registration platform rsportz.com. Until all difficulties can be resolved, everyone should go back to registering at www.aausports.org - JOIN if you are a new member or select Member Log In if you are or were an existing member. Register as you have always done in the past. There will be updates when and if all issues with the new platform have been resolved. If you have already registered using the new platform, no problem, you are registered and you should be able to see all of your members by logging in on aausports.org and click MANAGE CLUB and you will see those members that you registered under rsportz platform. You can also return to rsportz and see all of your members there that you previously registered. But for now, everyone please use www.aausports.org for all registration. If any are having any difficulties at all, please contact Liz Nichols at the GA office and she will get you the assistance you need.

New - all event directors - all licenses are now free - yes free if you apply for your license a minimum of 15 days before the start date. If you do not register within the required window a late fee and expedite fee will be charged - so get those licenses done quickly. Only license the day that you will use. Do not list multiple days when you know you will only be using one day for your AAU competition. You can always change the date at no charge. The insurance carrier does not want to be listed as having an AAU event run the same day as other organizational events (when there is no AAU competition). If you have any questions, please call Liz Nichols.
678-596-1374

AAU has 3 new programs available this year!
Copper - new introductory level for competition
Sapphire- Advanced level beyond the Xcel Diamonds
Special Stars program for athletes with special needs

Georgia AAU Board Members

Co-Presidents: Cindy Furman 770-641-3987
Co- President: Denise Gracey 706-373-8173
Secretary: Rae and Tyler Barnes 404-312-8917
Education and Communication: Shannon Hageli 706-344-9448
Scoring Eleanor Joubert 404-388-9959
Apparel: Tina Hutchinson 478-361-4201
Judging Liason: Mariel Mariney 404-543-7856

Ask Mariel...

Mariel is our representative from NAWGJ Here are a few frequent questions we get about AAU. Feel free to send us your questions for our next edition on our Facebook page <https://www.facebook.com/groups/611944842661203>

Q: What are the time limits for AAU warm-ups?

A: There are no timers in AAU for warm-ups or competition. Please follow the instructions of the meet director to ensure that the competition stays on schedule. Many meet directors will put up a clock at the first event to give coaches a guideline. Work together with your squad to ensure every athlete has time to try the equipment.

Q: How many vaults can we do in competition?

A: 2 Each athlete may attempt the vault twice. This is not required. A coach may choose to have an athlete perform only one vault.

Looking for a gymnastics meet?

Visit Gymjas.com to view meets from all 50 states and across all sanctions

Add AAU Regionals to your meet schedule this year!

Held in Dalton, GA

May 10-12, 2024

**Let's show up
for GEORGIA!**

