

Planning for Competition 2024 Season – Girls

Level 4 through Level 7

Competing AAU and USAG

Competition Season

The competition season for these girls runs from January through May. They must be registered with AAU Gymnastics to compete. They cannot, however, be registered with AAU or entered into any competition until the competition fees are paid. We have to pay meet entry fees in early November.

PARENTS MUST ALSO REGISTER THEIR GYMNAST WITH USA GYMNASTICS FOR THE 2024 SEASON.

Team Leotard Orders

Girls will be sized for team leotards in October. Team leotards must be paid for by the end of October.

Optional Items

Team warm-up jackets can be ordered. They are embroidered on the back and front left chest with the Florida Flips logo. Sizing for warm-ups will be done at the same time as the sizing for competition leotards.

A team backpack with the girl's name embroidered on it is also available. Backpacks can be ordered at any time.

Estimated Competition Fees*

Level 4	\$ 665
Level 5	\$ 665
Level 6	\$ 1045
Level 7	\$ 1045

ALL COMPETITION FEES ARE DUE BY SEPTEMBER 30. This will allow us to get the girls registered with AAU Gymnastics and get them entered into all the spring events before they fill up or the entry deadline passes.

Late entries, **IF ACCEPTED** by the meet director, are charged a late entry fee.

Team Uniform Prices*

Leotard L4+5 (REQUIRED)	\$ 50
Leotard L6 and up	TBD
Backpack (optional)	\$ 35
Warm-up jacket (optional)	\$ 100

All team uniform items must be paid for prior to ordering.

*Fees and Prices

Actual fees and prices may vary slightly due to factors beyond our control.

Team Folder

Every girl on the competition roster will have a team folder. These folders are in the lobby area. They are filed alphabetically, by first name. We use these folders to pass important information to you. Check them daily during the competition season, and please help keep them in order. Do not lift the folder out of the hanger.

Competition Calendar

A competition calendar will be distributed by October (2023). This calendar shows the weekends and locations where competition events are scheduled to occur. It does not show the day or time that an individual gymnast needs to be at the event.

This competition calendar will be distributed to each girl on the competition roster. It will be sent by email and a printed copy will be put in the team folder. It will also be posted on the bulletin board in the waiting room.

Meet Schedule

Approximately one week before the competition, detailed information is received from the Meet Director. That information tells us the precise time each gymnast will participate in the event. A competition session usually lasts around 3 hours from start to finish. This detailed Meet Schedule will be distributed by email and a printed copy placed in the team folder.

Meet Preparation

If you want your grips, wrist supports or optional floor music, take them home the last day of practice before the meet.

Day before the meet

- Lay out your team competition leotard.
- Get your backpack or gym bag ready to go with the following items
 - Water bottle (optional)
 - Grips, wrist supports and floor music
 - Hair brush
 - Hair ties
 - Warm-ups, if you have them
- Remove all fingernail and toenail polish
- Eat a healthy meal
- Get a good night's sleep

Day of the meet

- Wake up with a positive attitude
- Fix your hair. Make sure it is pulled back off your face and up off your neck and shoulders. Use gel and/or hairspray to really secure your loose ends
- Get dressed in your team competition leotard. No straps can show from under your leotard.
- Double check your backpack or gym bag
- Fill your water bottle or grab a pre-filled bottle, room temperature (don't drink too much)
- Have a nutritional meal a couple of hours before competition. If you compete early and don't have time for a full nutritional breakfast, be sure to eat light and include protein in your meal
- Have a GREAT meet