

Planning for the 2025 Competition Season

Boys Level 3 through Level 10

(competing USAG)

Competition Season

The competition season for boys runs from December through May. The gymnasts must be registered with USA Gymnastics to compete.

PARENTS must register their gymnast with USA Gymnastics. (Florida Flips cannot do this)

They cannot be registered or entered into any competition until the competition fees are paid. We begin paying meet entry fees in early October.

Team Uniform Orders

Boys will be sized for team uniforms in early October. Team uniforms 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 uniforms.

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

Estimated Competition Fees*

Level 3	\$ 550
Level 4	\$ 550
Level 5	\$ 800
Level 7	\$ 800
Level 9	\$ 800

ALL COMPETITION FEES ARE DUE BY OCTOBER 24.

This will allow us to get the boys registered with Florida AAU Gymnastics and 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*

Pants	\$ 30
Short	\$ 20
Jersey	\$ 20
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.

If you competed in 2024

Be sure to try on your team uniform and warm-up before the first week of October to see if it still fits.

Competition Calendar

A competition calendar will be distributed by October (2024).

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 boy on the competition roster. It will be sent to the parents by email. It will also be posted on the bulletin board in the waiting room and on our web site.

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/or text.

Meet Preparation

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

Day before the meet

- Lay out your team competition uniform.
- Get your backpack or gym bag ready to go with the following items
 - Water bottle (optional)
 - Grips, wrist supports
 - Warm-ups, if you have them
- Eat a healthy meal
- Get a good night's sleep

Day of the meet

- Wake up with a positive attitude
- Get dressed in your team competition uniform.
- Double check your backpack or gym bag. Be sure you have your grips.
- 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