Planning for Competition 2027 Season
Girls Level Bronze, Silver, and Level 3
Competing AAU

Competition Season

The competition season for Bronze, Silver, and Level 3 runs from January through May. Florida Flips must register your daughter with AAU Gymnastics. They cannot, however, be registered with AAU or entered into any competition until the competition fees are paid. We have to begin paying meet entry fees in early November in order to secure a spot in the meets before they fill up.

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 Bronze	$ 502
Level Silver	$ 502
Level 3	$ 502

COMPETITION FEES ARE DUE BY OCTOBER 2ND.

This will allow Florida Flips to register the girls with AAU Gymnastics and get them entered into all the meets 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 (REQUIRED)	$ 60
Backpack (optional)	$ 45
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 2026

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 (2026). 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 posted on the bulletin board in the waiting room and on our web site.

Floridaflips.net

Meet Schedule

Approximately one week before the competition, detailed information is received from the Meet Director. This information tells us the precise time each gymnast will participate in the meet. A competition session usually lasts around 3 hours from start to finish. This detailed Meet Schedule will be distributed by email and/or text and a printed copy will be posted on the bulletin board in the waiting room and on our website.

Meet Preparation

If you want your grips, wrist bands, or wrist supports, 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
  - Grips, wrist supports and floor music
  - Hair brush
  - Hair ties
  - Warm-ups, if you have them
  - Snacks
- ☐ 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