

Welcome

INFO PACKET



APRIL 25-27, 2025
GREENSBORO COLISEUM



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Welcome!

On behalf of North Carolina AAU Gymnastics, it is my absolute pleasure to welcome you to this special event. We are so excited you'll be joining us in Greensboro- not just for the meet itself, but for being a part of something much bigger!

To the parents and families- we see you! We see the late nights, long drives, missed work, rearranged vacations and countless sacrifices you've made to get your athlete here! Thank you. Your investment, your presence and your love make all the difference.

To the coaches- thank you for pouring yourselves into these athletes. For the hours spent planning every detail of every practice, for giving up time with your own families so you can nurture someone else's. Your dedication forms the backbone of this sport.

To the judges- thank you for the time, the travel, the consistency and the wisdom you bring to each and every event. You spend weekends away from home in service to fairness, progress and development- and it never goes unnoticed.

And finally a huge thank you **to the village** it takes to bring this event to life each year: equipment, scoring, audio/announcing, decorators, laborers, vendors, board members and event staff. These are the first to arrive and the last to leave- working long hours before the first gymnast ever salutes. Their work is done with care, pride, and precision & it sets the tone for the entire event.

Thank you for trusting Team North Carolina AAU Gymnastics. We're honored to share this moment with you! Our team is here to support you in any way possible throughout the event. Should you have any questions or require assistance, please do not hesitate to reach out to us.

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!

1921 West Lee Street
Greensboro, NC

Facility & Parking

Daily Parking:
\$5.00

**daily re-entrance with parking ticket*

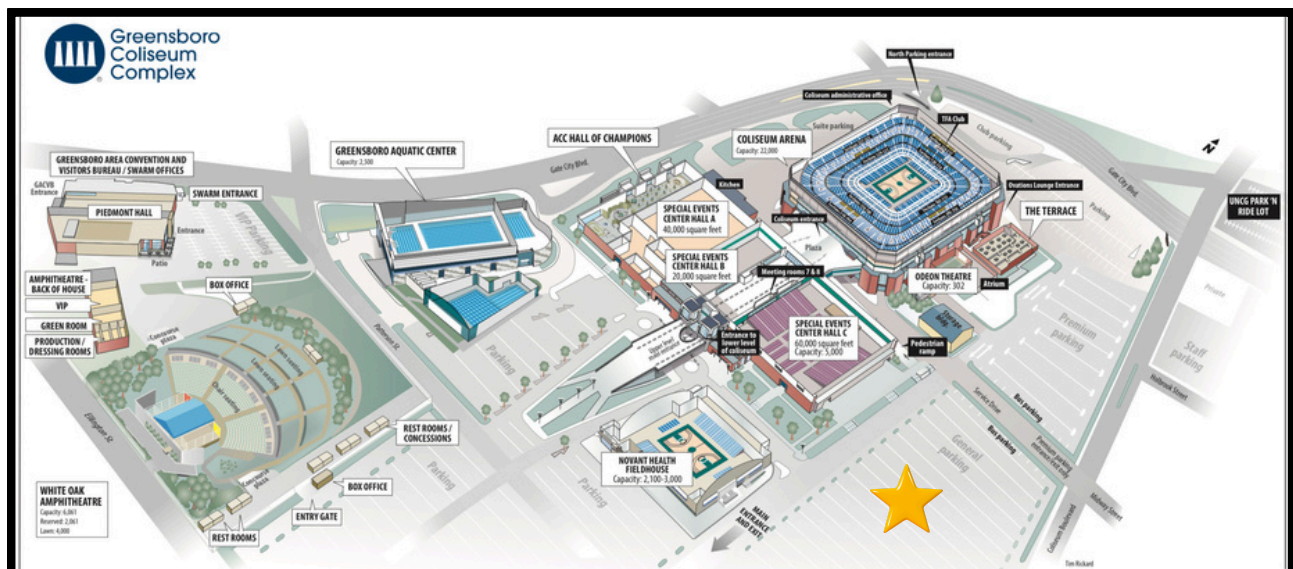


IMPORTANT PARKING NOTICE



*The coliseum has other events taking place simultaneously!
Arrive early & anticipate traffic!*

**LET TICKET ATTENDANT KNOW YOU ARE THERE FOR GYMNASTICS
TO AVOID INCREASED PARKING FEES FOR OTHER EVENTS!**



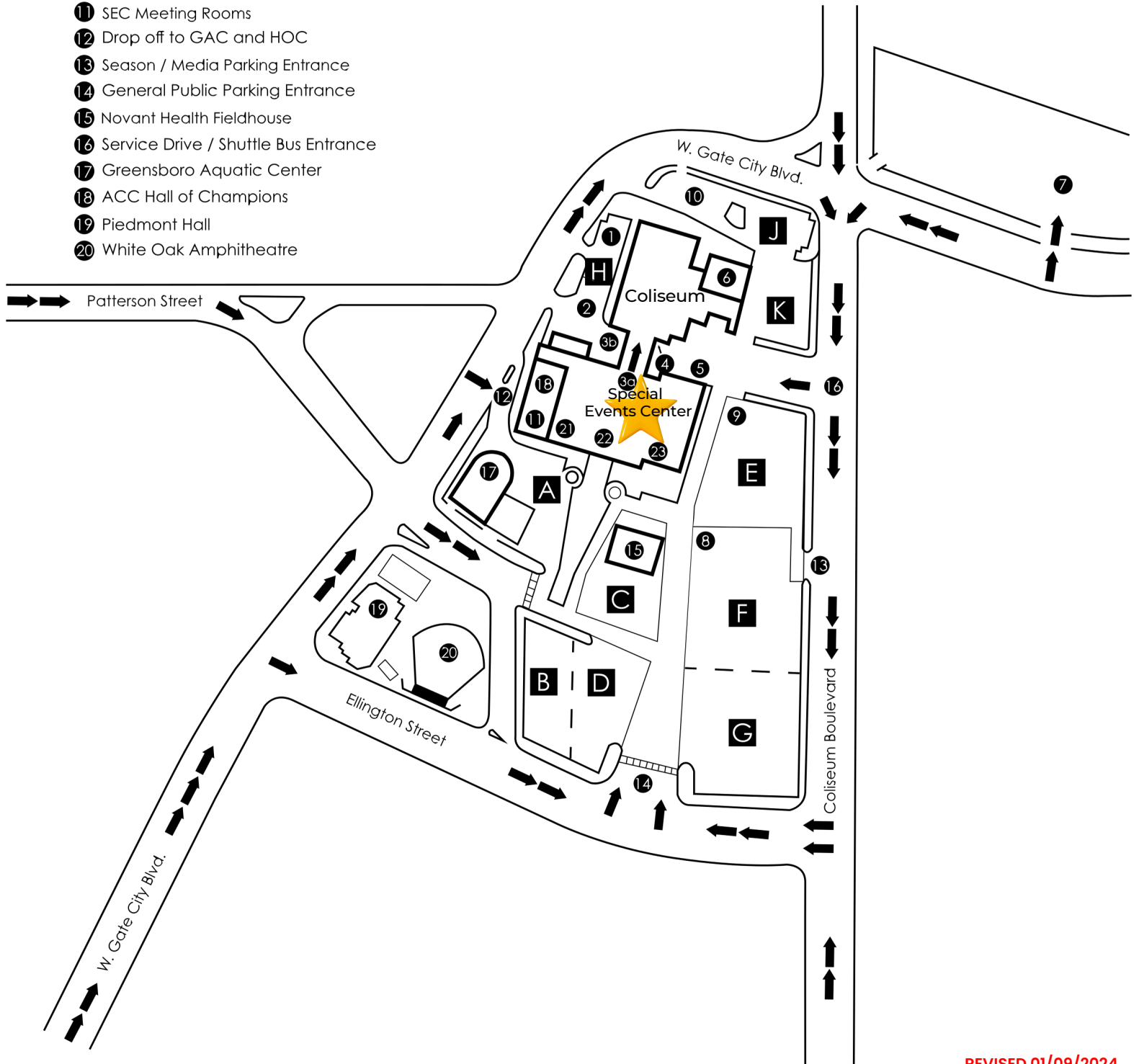
*Pre-paid parking is not available; all parking fees must be paid upon entering the Complex parking lots. Credit and debit cards only. *All on-site parking opens a minimum of 60 minutes prior to start of event.*

***Each club will receive ONE complimentary
parking pass for the weekend- parking
passes will be distributed at the head table.
ONE PER CLUB.***



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



Concessions



EXIT



←ENTRANCE

Vendors



Gym A
Awards



Gym A
Competition

Graduating Senior Tables



Spectator
Seating



Gym B
Awards



Gym B
Competition



Coaches
Lounge

Welcome Banner



FIRST HORIZON COLISEUMSM

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.

NEW

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.

2025 Recipient

The Sally Newton Memorial Foundation

Sally Newton was an extraordinary visionary, entrepreneur and mentor to many, both young and old. In 1986, Sally recognized the need for Greensboro to have a developmental program for children. She proceeded to open Tumblebees Gymnastics, believing gymnastics would provide health and fitness. Along with physical development, Sally envisioned participants learning about winning and losing, competing, working hard, overcoming obstacles, respecting coaches and teammates, and other important life lessons. From this belief came Tumblebees' slogan, "BEE the Best You Can BEE". Over 40,000 children have been positively impacted by the "BEE".

Over the years, Sally was a mentor to many athletes, coaches and parents. Sally's best attributes were seeing the best in everyone and understanding life better than most. Everyone who knew Sally would agree that her influence helped them become a better person.

Sally's dream was to make gymnastics and fitness activities available to as many children as possible. Too often, economic struggles and disabilities stand in the way of children across the Triad. The Sally Newton Memorial Foundation helps close the opportunity gap by providing financial assistance to those in need.



<https://sallynewtonmemorialfoundation.org>

Vendors

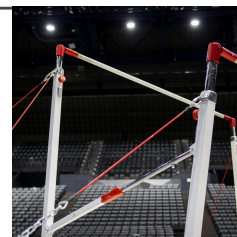
SCOREKING

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/FINALIST 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 one coaches meeting on Friday & Saturday mornings only. 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 State Meeting



We want to hear from YOU! Each club is being asked to send a minimum of one coach per club (head coach, program directors preferably) to attend a round table meeting to recap on our current year, discuss next year's meet schedule & thought partner challenges we are facing as a like-minded gymnastics community in North Carolina. Please consider attending!



Friday, April 25 @ 8:00pm
Meeting Room 3



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 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 25; Lunch 11-1, Dinner 4:30-6:30

Saturday, April 26; Lunch 1-3, Dinner Banquet 7:30-9:30

Sunday, April 27; Lunch 11:30-1:30

Dinner Banquet

Every year at AAU State Meet, coaches, judges and staff gather for a sit down dinner to meet new friends, present awards and celebrate our year together in gymnastics. An RSVP is emailed out to each club prior as space is limited. If you didn't RSVP but would like to attend, please inquire at the head table for late reservations.

Saturday, April 26 @ 7:30pm

Meeting Room 3

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!