



Flip City's Flip Flop BEACH Meet

Southeastern AAU District Championships



When? Saturday, April 26, 2014

Where? Flip City Gymnastics, 9332 Hard Drive, Foley, AL 36535 251-747-0404

Levels 1-5 AAU **AND** Prep Opt Beg, 1 and 2 and 3

Cost \$60 per gymnast, \$30 for teams

District Awards: Medals for each event and AAU District Medals

Athletes will be divided by age and level.

Session I FUN MEET Non sanctioned, Level 1-5 fun meet USAG and AAU routines

Following sessions: SEAAU DISTRICT CHAMPIONSHIP Times TBA AAU Prep Opts, AAU Levels 1-5

(DISTRICT CHAMPS IS THE QUALIFIER FOR AGE GROUP NATIONALS. Must have attended 3 meets in SE AAU to attend)

We hope you will attend! Please send : YOUR GYM CONTACT INFO, a list of coaches, a list of your athletes who will attend along with birthdate, age, AAU MEMBERSHIP # (if participating in Districts) and level in which they will compete **BY MARCH 15 NO EXCEPTIONS! PLEASE USE ENTRY FORM ATTACHED ONLY.** In order to have time to order awards for our meet, we will not be able to include your gymnasts in our meet after this date. **Likewise, meet fees must be in our office by April 15 or all gymnasts who have not paid will be dropped from the roster, and after March 15 there will be a \$5 late fee per gymnast registered.**

EMAIL your entries to: flipcityfoley@outlook.com

Please advise your parents to bring lawn chairs. Our gym is small and we do not have a lot of seating. We will have a small concession stand with Hot Dogs and Drinks outside.

Beach Meet T shirts will be on sale for \$20.

AAU Judges will be provided for AAU Districts, Session 1 is a fun meet and our coaches will judge.

Hope to see you !

Door Fee: \$5 adults
\$3 kids 12 and under
Kids 2 and under free

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
 - All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.

- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.