

# **CHARLOTTE ALLSTAR GYMNASTICS & CHEERLEADING**



**AAU GYMNASTICS**

*Full Year*

## **ABOUT AAU GYMNASTICS**

The AAU (Amateur Athletic Union) Organization is an institution consisting of numerous clubs and teams that compete against each other in individual and team events. The AAU Gymnastics Program at Charlotte Allstars is a relaxed program with flexibility to highlight every athlete's strengths as well as hide weaknesses. It requires relatively less time inside a gym compared to USAG Programs. Gymnasts in AAU have more of a chance to do several activities and still enjoy gymnastics at a competitive level!



## **FULL YEAR PROGRAM – BRONZE, SILVER, & GOLD**

Athletes must participate in Try-Outs to be placed on a team.

**Practice:** 2 times per week, 2-hour practice

**Bronze:** Monday/ Wednesday

**Silver and Gold:** Tuesday/ Thursday

*Practice times will be determined after Try-Outs.*

**Tuition Details:** \$80 Reg. Fee | \$275/ month, includes:

Two 2-hour sessions per week - CAGC Registration and Administrative Fees - Instructional Tuition for all Practices - Beam and Floor Routine Choreography - Floor Routine Music - Chalk, Tape, and Equipment Fees - 1 "In-House" Meets to include Judges and Coaches Fees - 3 Local AAU Meets and Coaches Meet Fees - 1 AAU State Meets and Coaches Meet Fees - Apparel like One Practice Leotard & Shorts, and Hair Scrunchie

**NOTE:** Tuition fees will be due on the first of each month. First draft will be June 1<sup>st</sup>.

NOT Included in Tuition:

AAU Registration Fees - Competition Leotard - Competition Jacket - Competition Leggings - Competition Shorts - All Meet Hotel & Travel Fees (if necessary) - End of the Season Optional Meets: Regionals and/or Nationals

**Meet Details:** 1 "In-House" Mock Meet, 3 Local AAU Meets, 1 AAU State Meet

*Meet details will be shared once all athletes are registered in AAU.*

**For any financial questions or concerns, reach out to [MurielleMiller@CharlotteAllstars.NET](mailto:MurielleMiller@CharlotteAllstars.NET)**



## TRY-OUT DETAILS & REQUIREMENTS

*Thank you for your interest in Charlotte Allstar Gymnastics!*

**2026 Evaluations:** Saturday, May 16, 2026  
**Bronze:** 8:00am – 9:15am  
**Silver and Gold:** 9:30am – 10:45am

**Registration Fee:** \$80 per athlete  
*The Registration Fee covers initial Evaluations and May Practices.*

*See some skill requirements below!*

	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
<b>Vault</b>	Hurdle to Springboard, Handstand Fall Flat	Half-on, Vault Round-off	Half-on, Front Handspring
<b>Bars</b>	Chin-up or Kick-up Pullover, Cast, Forward Roll Dismount	Pullover, Back Hip Circle, Squat-on	Pullover (feet together), Back Hip Circle
<b>Beam</b>	Front Support Mount, Pivot Turn, Straight Jump, Tuck Jump Dismount	Relevé Backwards (Walk), Handstand, Tuck or Split Jump	Squat-on, Cartwheel, Handstand, Passé Turn, Tuck or Split Jump
<b>Floor</b>	Forward and Backward Rolls, Handstand, Round-off, Back Bend, Handstand to Bridge	Handstand Forward Roll, Front and Back Walkover, Split Jump	Back Handspring, Round-off Back Handspring, Front Handspring

### TAKE THE NEXT STEPS:



1. Read through full Information Packet
2. Determine Skill Level for Try-Outs
3. Register for Bronze, Silver, or Gold Try-Outs through our website, [CharlotteAllstars.NET/AAU-Gymnastics/](https://CharlotteAllstars.NET/AAU-Gymnastics/)
4. After confirmation of team placement, register your athlete for AAU Sports (see last page) and download the Band App.



**CURRENT CAG CALENDAR:**

May	Practices continue for 2025-26 Full Year Athletes
May 16	Evaluations for 2026-27 Full Year Athletes
May 18 – 21	Skills Week for 2026-27 Full Year Athletes
	Last week for 2025-26 Athletes
May 25	CAGC CLOSED – Memorial Day!
May 26 – 27	Skills Week for 2026-27 Full Year Athletes Continues
May 28	CAGC CLOSED
May 29	Purple Premier!
<b>June 1</b>	<b>New Gym space opens! Summer Practices Officially Begin</b>
June 5	CAGC Kick Off Party!
July 1	Registration opens for Half Year Teams & School Year Classes
July 24 – 26	Camp Purple!
August 29	Evaluations for Half Year Athletes – Copper
September	Copper Practices Begin
September 7	CAGC CLOSED – Labor Day
September <b>TBD</b>	Routine & Choreography
November 25 – 26	CAGC CLOSED – Fall Break
December <b>TBD</b>	In-House Mock Meet
Dec 21 – Jan 1	CAGC CLOSED – Holiday Break

**HOW TO REGISTER YOUR ATHLETE FOR AAU SPORTS:**

Athletes **MUST** be registered with AAU in order to register and participate in meets.

1. Go to: <https://play.aausports.org/login.aspx>
2. Click “Get a Membership”
3. Click “Youth Athlete Membership”  
*You will be redirected to Uventex*
4. Click “Get started” and create your account
5. Click “Add new athlete”
6. Enter Athlete Information
7. Sport details: Gymnastics
8. Enter Club Code: **UKQHW7NNX**
9. Continue filling out any necessary details, then click “Save Athlete”
10. Back in the Dashboard, click "Next step"
11. Select “Standard Coverage”
12. Accept Terms & Conditions
13. Click: “Continue”
14. Click: “Check Out”
15. Complete Payment
- 16. Upon completion, email [Rachel@CharlotteAllstars.NET](mailto:Rachel@CharlotteAllstars.NET) with proof of your athlete’s AAU membership.**



## **FAQs:**

Will we have practice over the summer?

**Yes, there will be practices over the Summer. We will hold Evaluations in May for Practices to begin week of June 1st. Practice times will likely stay the same, twice a week in the evenings after 5pm. More information will be released after Try-outs. May practice times will remain the same.**

Do we expect the Meet to be one day, or multiple? If multiple, is there recommended lodging?

**Athletes compete in one session over the course of the meet weekend. Meet schedules are typically sent out closer to the meet days once all athletes are registered. Meet directors will typically give lodging details along with the Meet, if needed. We strive to attend local Meets to make it easier for your families and staff.**

What will the structure of summer training be?

**Summer training will remain similar but instead of working on routines, athletes will be working on skill growth and progressions.**

When are the dates for States & Regionals decided?

**We will have dates for Regionals and States at the beginning of competition season and will share those ahead of time.**

Is there change in location?

**Yes! Our location is changing in June, just 2 miles up the road.**

What is Purple Premier?

**Purple Premiere is an exclusive, purple-carpet-style event at Charlotte Allstars where excitement and anticipation reach their peak! This glamorous evening is designed to reveal the team placements for the 2026-2027 season in the most exciting way possible. Athletes and their families are invited to dress up in their finest purple attire—our signature color—adding an extra touch of elegance and excitement to the occasion.**

What is Camp Purple?

**Camp Purple is a three-day event (1:00pm-5:00pm / 9:00am-5:00pm / 1:00pm-5:00pm) for all Charlotte Allstars Teams to get together for skill building and team bonding. There will be all kinds of activities for all groups. We are looking forward to it this year in our new space!**

