



Charlotte Allstars AAU

Half Year Team Info Packet

2024 - 2025



AAU COPPER PACKET OVERVIEW

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CAGC... Season 35!



Welcome to the Purple Family!

We are so excited to have you join CAGC and we promise you are in for an incredible season!

Founded in 1990, CAGC strives to provide our area with a competitive AAU program unlike any other. Through hard work, dedication, discipline, and commitment; we believe we build athletes who will be more equipped to take on the world by using gymnastics as a building block to unlock each individual's potential.

While we place an emphasis on getting athletes ready to be competitive, at our core, building champions in life is always our top priority. At CAGC, your athlete is not just an athlete and you are not just a parent.

When you join CAGC, you become part of an incredible family of like-minded people, all working side-by-side to be the best in and outside of the gym.

If you are new to CAGC, WELCOME! We know making a change to start a competitive sport is a huge step and we are here to help you along the way. Please reach out to us if you have any questions about our program policies, how we operate, what you can expect, etc.

Our Half Year AAU Program is all about fostering a love for gymnastics while building foundational skills in a supportive and fun environment. Your athlete will have the chance to grow, learn, and compete locally while enjoying being part of a team.

We are dedicated to giving your athlete the skills needed to thrive!

Let's get started!



Team COPPER Half Year Information

PROGRAM OVERVIEW



Duration: 6 months (November 2024 - April 2025)

Practice Schedule: Mondays or Thursdays / 4:00 - 5:30 PM

Total Cost: \$1,175 for the half-year program (\$195 per month)

Tuition will be drafted on the 1st of each month, starting with November 1st

Any tuition questions, please email:
MurielleMiller@CharlotteAllstars.NET

WHAT IS INCLUDED



Weekly Practices: One 90-minute session per week

3 Local AAU Gymnastics Meet Registration Fees

Gym Attire: 1 CAG Leotard & Shorts (for practice & Meets)

Coaches Meet & Education Fees

Routine Choreography & Music for all 4 events

CAG AAU Copper Team League Fee

COPPER MEET DATES



Foothills Gymnastics in Hickory, NC: February 8 or 9, 2025

Harris YMCA in Charlotte, NC: March 8 or 9, 2025

NC AAU State Meet in Greensboro, NC: April 26 or 27, 2025

WE'RE IN! WHAT'S NEXT?

Here's a "To-Do" List to get you started:

1) Register for Tryouts through our website:
www.CharlotteAllstars.NET

2) Bring your athlete to tryouts:
October 26th @ 10:00 AM

3) Register your athlete through AAU Sports:

- 1) Go to: <https://play.aausports.org/login.aspx>
- 2) Click "Get a Membership"
- 3) Click "Youth Athlete Membership"
- 4) Sport: Gymnastics
- 5) Coverage: Regular
- 6) Term: Current membership year
- 7) Are you a member of a club? YES
- 8) SKIP: "Zip code" / "Select Club"
- 9) Enter your Club Code: W3AFD6
- 10) Enter Athlete information
- 11) Accept Terms & Conditions
- 12) Click: "Continue"
- 13) Click: "Check Out"
- 14) Complete payment

4) Upon completion of Step 3:

Email our Registration Specialist, Rachel, with proof of your athlete's AAU Membership:
Rachel@CharlotteAllstars.NET

5) Scan the QR Code to join the AAU BAND:

We communicate important updates & info through the BAND App



IMPORTANT

dates to know

AAU HALF YEAR

COPPER

OCT 26	HALF YEAR COPPER TRYOUTS 10:00 AM / Tryouts are an hour and a half and conducted like a typical practice
NOV 01	1st TUITION DRAFT
NOV 04	COPPER PRACTICES START <i>Day of the week assigned following Tryouts</i> Mon, 11/4: 4:00 - 5:30 PM or Thurs, 11/7: 4:00 - 5:30 PM
NOV 25-29	GYM CLOSED FOR THANKSGIVING BREAK CAGC is closed for the Holidays. No practices during this time.
DEC 23 to JAN 5	GYM CLOSED FOR HOLIDAY BREAK CAGC is closed for the Holidays. No practices during this time.
FEB 8/9	COPPER MEET Location: Foothills Gymnastics in Hickory, NC Exact details will be sent out closer to the Meet.
MAR 8/9	COPPER MEET Location: Harris YMCA in Charlotte, NC Exact details will be sent out closer to the Meet.
APR 26/27	COPPER MEET Location: NC AAU State Meet in Greensboro, NC Exact details will be sent out closer to the Meet.
APR 28 or MAY 1	LAST PRACTICE / AWARDS DAY Copper will meet on their regular practice day for a fun last practice to celebrate the season.





Frequently Asked Questions

1) What should I expect during tryouts?

Tryouts will last an hour and a half and will be run like a typical practice so the athletes will know what to expect throughout the season.

2) Does everyone make a team?

Not necessarily. Your athlete will be evaluated on her skills at tryouts so the coaches will have an understanding of her abilities. If it would be better suited for your athlete to continue in a class setting before a team, that will be discussed with you following tryouts.

3) What is the difference between Monday & Thursday practice days?

Gymnasts will be split (ideally equally) by skill level in an effort to conduct the most effective practices.

4) What should my athlete wear?

Until your athlete receives her CAG leotard and shorts, she may wear any leotard she chooses.

