

Spirits AAU Spring Fling

Sunday, March 21, 2021

Meet Directors: Tasha Bowman and Kendra Rulo
youbelong@spirits gym.com, 314-630-8204

Meet Site: Spirits Gymnastics
12975 Maurer Industrial Drive
St. Louis, MO 63127



Levels: Girls: 1 - 5 & All Xcel

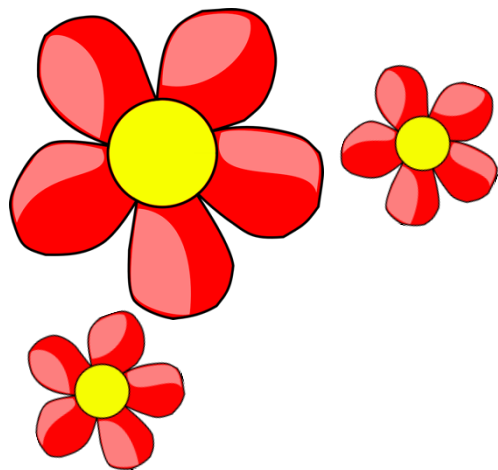
Entry Deadline: **March 5, 2021**

Refunds: Full refunds will be made through March 14th with a note from a licensed medical practitioner or COVID related. Charge of \$25 after March 14th.

Awards: 100% Recognition - Trophies for All Around,
Medals for Events

This event is licensed 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.
BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.
Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.





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Entry Deadline: March 5, 2021

Club Name: _____ Club AAU #: _____

Club Address: _____

Contact: _____ Contact #: _____

Email Address: _____

Attending Coaches:

Name: _____ AAU #: _____

Name: _____ AAU #: _____

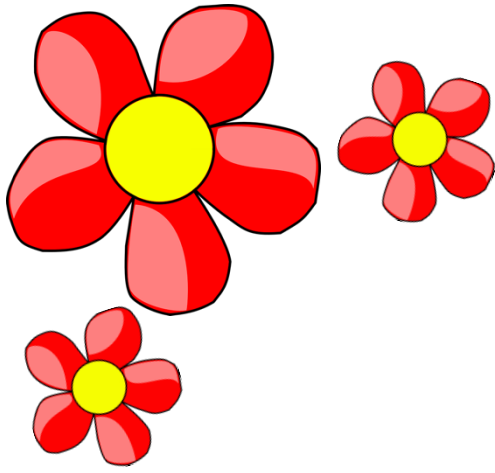
Name: _____ AAU #: _____

Level	# of Gymnasts	Entry Fee	Total
1-5		\$55.00	
Xcel Bronze, Xcel Silver		\$55.00	
Xcel Gold, Plat, Diamond		\$55.00	
Total Teams (Please circle each team level entered): Level: 1 2 3 4 5 XB XS XG XP XD		\$30.00	
Total Fees			

- Please make checks out to Spirits Gymnastics



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COVID-19 PROTOCOLS

Updated 2/17/2021

Below are the protocols we have in place to provide a safe competitive experience for all our gymnasts and coaches who participate. Please distribute all information to coaches and parents!

- Any mandated protocols by St. Louis County
- Masks are required for Judges, Coaches, and Spectators
- Please stagger and enter through the right side of our front door
- Please stagger when exiting and exit through the side door in the main gym
- We have reduced session sizes
- We are allowing 2 spectators in the building
- We will have sanitizer located throughout the gym
- We will have sanitation for equipment after each rotation (Coaches can ask for assistance)
- We will have certain places for each team to place their belongings
- Athletes must have masks on when not warming up or competing on the equipment
- Traditional Award Ceremony: Gymnasts will be recognized on the award stand. They will be called up 1 time according to their ranking. Event placements and awards will be given prior to stepping on the stand
- Disinfecting of all equipment will be done between each session