

Shine Power Studio & Gym

# AAU GYMNASTICS HANDBOOK

Train with purpose.  
Compete with pride.

## Contact Us :

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Welcome to

# SPSG'S AAU TEAM

The SPSG AAU Program is built on discipline, consistency, and a strong commitment to excellence. We believe success in gymnastics comes from showing up prepared, working hard daily, and supporting one another as a team. Athletes are expected to train with focus, accountability, and pride in both their efforts and attitude.



# Leotards

**Leotards:** All members are required to purchase an SPSG leotard to wear for ALL meets. The deadline to order these is Sept. 14th. In August, you can login to your portal and search Sept. 14th in the events tab OR attend open house to order in person. \*IF you got a leotard last season, you do not need to get a new one.

- You can choose between the tank top leotard for \$70-\$80 OR the  $\frac{3}{4}$  sleeve for \$145. Leotards are the same design as 24-25 EXCEPT for the white trim on the  $\frac{3}{4}$  sleeve.



## SPSG AAU PROGRAM

# ATTENDANCE

**Attendance:** All members are required to register for at least TWO AAU nights per week.

Each member needs to make it a priority to attend BOTH nights each week (we understand that there might be minor exceptions to this and will be flexible when needed).

It is important that each student can compete their routines safely. If you miss an excessive amount of classes and your routine is deemed unsafe, a coach has the right to pull you from a meet regardless of payments made. We will ALWAYS warn you prior if your child is falling behind.

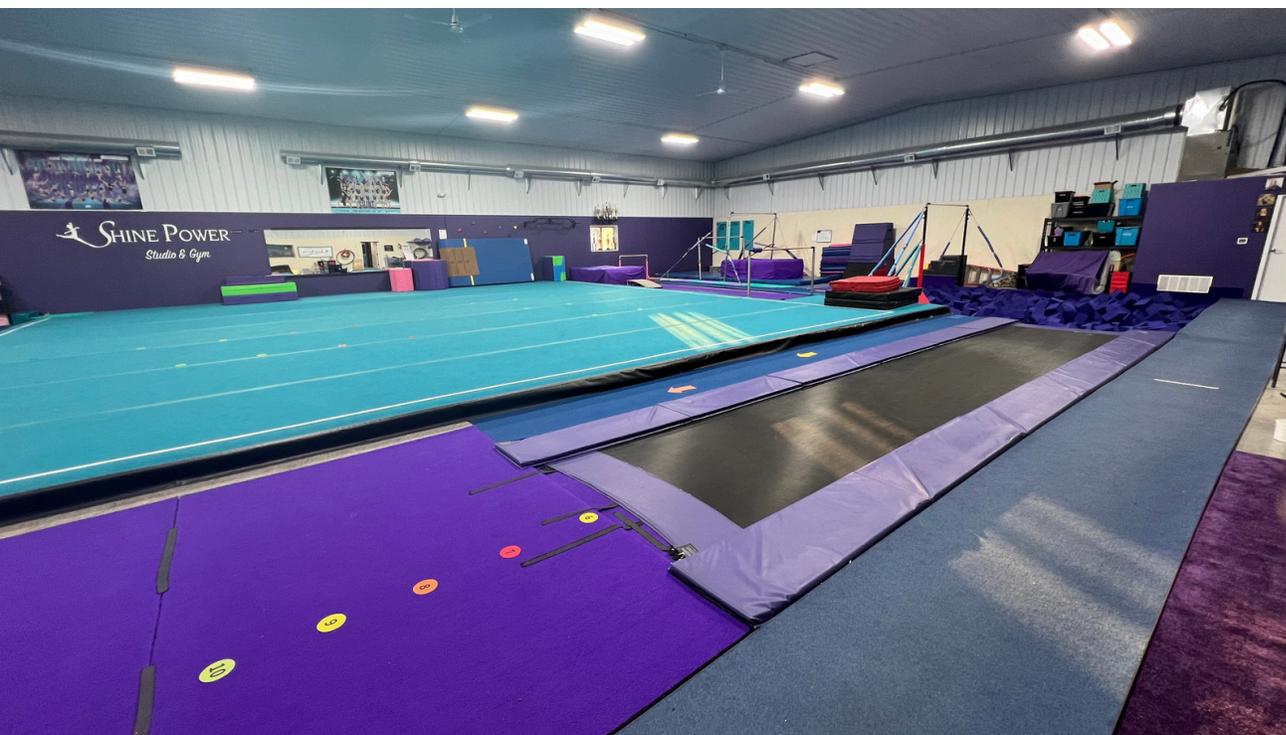
**Make-Up Classes:** All AAU members that register for TWO nights a week, CAN make-up a missed night by attending the 3rd option. AAU members can do this anytime that is needed. You do not need to notify us of a make-up, we have the flexibility to accommodate you. You can just show up.

**Pop-In Classes:** AAU members can ALSO get extra practice by popping into the 3rd option at random in ADDITION to their regular two nights (similar to open gym). If you choose to do this, you will need to pay \$15 at the door via cash/check.

## SPSG AAU PROGRAM

# Levels & Placement

All AAU Levels will be assigned in August. Whatever skills the student has- will be the basis for their level. Whatever level you are assigned in August WILL be the level you compete for the entire season. This does not mean that the student won't work harder skills, but they will only learn ONE level of routines.



## SPSG AAU PROGRAM

# REQUIRED MEETS

We always plan to attend TWO AAU meets per season.

\***Example** of our 2026 Meet Schedule:

- The Shine Bright Invite (January 10/11) in Sparta
- The Under the Big Top Invite (March 14-15) in Baraboo, WI

## 2027 Dates TBA.

*Because our team is so small, we need all members to attend BOTH meets. IF more than two kids have a conflict, we would need to cancel for the entire team. \*If for any reason you cannot attend one of the AAU meets, please notify us by October 1<sup>st</sup>, 2026.*

## SPSG AAU PROGRAM



# MEETS CONT...

**Registering for Meets:** You will be notified via email once these are uploaded to your portal. Each student needs to use the “Events,” tab to enroll for their meet. This ensures we can easily provide you with meet info and do not miss anyone.

**Recreational Meets/Extra Practice:** We will also have at least ONE recreational meet (hopefully two)- optional for our AAU members. Although routines will differ, we will try and implement similar skills so that they are getting the extra practice opportunities.

During rec meets, students will be read their routines so they do not need to memorize. These are optional but HIGHLY recommended as they will help the child adapt more to the competition setting.

Our **Winter Freeze meet** will probably be held in late January or Early February this year. Team members are recommended to participate

## SPSG AAU PROGRAM

# Financial Obligation

**Membership Fee:** All members will need to pay an AAU membership fee (required to attend sanctioned meets). AAU team membership fees are split and built into this. This fee is \$50. Once we charge it to your portal (around Sept. 1), you need to pay it immediately. Once paid, it is non-refundable even if you drop out mid-season. The membership fee will last ONE year.

**Tuition fees** are reflected in your portals and due every two months (as usual).

**AAU Meet Fees:** Roughly \$150 per meet. This includes the required company meet fee, the required company team fee and your coaches fee.

**Rec Meet Fees:** Most recreational meets are \$50-\$65 per student.

This year, we will automatically post your meet fee if you have not enrolled by the deadline. This ensures that we do not owe the competitive company's late fees. IF you are choosing not to enroll, you must have told Meghan by October 1<sup>st</sup>; otherwise, it is assumed you are participating and the fee is due regardless. If you make a late payment, you will be subject to a \$25 overdue fee. Most meet fees are due TWO MONTH prior to the competition date- plan ahead.

**Leotard Fees:** Leotard info is listed above. DO NOT forget to order your leotard by Sept 14.

**SPSG Jackets:** Members should order an SPSG jacket to wear over their leotard between events. Any past style is fine. Ask around for second-hand options; otherwise, we will post a MOVEU and Sportsworld link soon.

## SPSG AAU PROGRAM

# DRESS CODES

**Meet Dress Code:** All female gymnasts are REQUIRED to wear:

- SPSG leotard (no extras overtop).
- Hair pulled back into a nice, clean bun. Braids are welcomed additions, but we do not want any bangs or fly-away hair.
- New members will be provided with a special team, hair scrunchie.
  - Past members should use the 24-25 season scrunchies. They will be required over their buns. We will provide these for free to each new member. Please look at past AAU banners to see hair photos. The 2019 banner has great examples.
- Students cannot have bra straps showing under their leotards. Plan accordingly.
- Between events, students should plan to wear their SPSG jackets and a pair of black leggings or sweatpants. Or SPSG leggings or sweats (new choices in the Sportsworld Store)
- Grips are only needed for AAU level 4+.
- **Male Gymnasts** MUST have the black, SPSG athletic set from Sportsworld.

**Class Dress Code:** Any leotard. Hair pulled up. Bare feet. We prefer no additional clothing items BUT will accept, fitted black spandex at practice.



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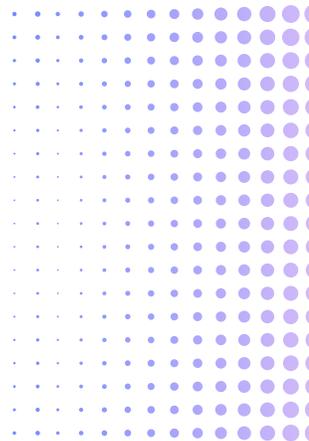
# COMMUNICATION

**Communication:** Please stay up to date with your emails. We will always notify you when we have meet information. It is your responsibility to watch and read emails for dates & deadlines.

IF you cannot find an email- they are ALWAYS saved in your portals. Click the lines on top right and hit, "messages."

Please **email Kayleena** for any routine, class, meet, skills or private lessons questions: [spsgkayleena@gmail.com](mailto:spsgkayleena@gmail.com) Kayleena is also in charge of the SPSG Gymnastics Facebook page and can be contacted there.

Please **email Meghan** if you have any billing, fees, or portal related questions. This includes transferring, changing or dropping of classes. Kayleena does not have access to individual family portals. To avoid confusion, reach out to Meghan in these situations. [shinepowerstudio@outlook.com](mailto:shinepowerstudio@outlook.com)



## SPSG AAU PROGRAM

# OTHER AAU REQUIREMENTS

**Other Requirements:** In addition to the SPSSG leotard and meet requirements:

- AAU members are required to attend class Sept–April.
- They are required to partake in at least ONE, hour private lesson (or two 30 minute lessons).
- They are required to donate at least one item for the Winter Freeze concession stand.
  - Concession proceeds go into the equipment fund. As our AAU program grows, it will be important that we have improved equipment. All members will be notified when the sign-up sheet is posted. If you cannot stop in to sign up, or don't want to bring a physical item, you will instead be charged \$15–\$20 in your portal to contribute to the stand.
- AAU students should also attend monthly open gyms.
  - The average AAU student practices 6–8 hours a week. Even with attending both days, SPSSG students do not practice as much as their large town, competitors. Taking advantage of private lessons, small group lessons and open gyms will be crucial to your child's success.

## SPSG AAU PROGRAM

# EXTRA INFO:

- **Private Lessons:**

- Please email Kayleena anytime to arrange private lessons. These are normally \$35/hour. Private lessons need to be paid via cash/check to Kayleena (or the coach).
- For more private lesson information or to view our cancellation policy, please click the subsequent tab on our website.
- Jillian Adam also offered to come back from UW-Lacrosse on occasion to host open gyms, do private lessons and help with AAU classes. Jillian competed in gymnastics for over 10 years and competed through level 9- she is going to be a HUGE asset to the studio this season.
- IF you want to schedule private lessons with her, Kayleena can provide contact info.

- **Fundraising:** At any point, fundraisers may be done to earn money towards competitive costs. If you use the SPSSG facility or SPSSG events for a fundraiser, you must get permission from Meghan FIRST and then ask all team members to help.

- You cannot use our events as an independent fundraiser unless others pass on helping.
- Meghan will arrange the popcorn fundraiser again this season. Order forms can be picked up during open house or anytime after. Orders are due by Sept. 24 \*\*Reminder, besides the popcorn/cookie dough fundraiser- all fundraisers must be planned by a parent(s). Miss Meghan should only be minimally involved.

- **Summer Lessons:** Summer Lessons are crucial for us to develop a strong, winning, AAU team. Gymnastics is not the type of sport you can take a break from and come back within the same skill set. **Summer hours will always be required for team members.** That being said, please watch for our 2026 summer schedule. Students who enjoy their year on AAU and want to continue, will NEED to enroll for summer lessons. We cannot safely bump levels if they don't participate.