team work, friendship, FUN. • nutrition and fitness. Gymnastics excellence means becoming the best you can be individually. This requires setting long and short.

AAU Gymnastics Handbook - Complete Handbook (updated 2.16.15) Quick Links: AAU National (updated 2.16.15) AAU Team Performance National Rules Your child is now part of the Hatboro Area YMCA Gymnastics Team called the Therefore, it is very important that you review the handbook carefully.

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