



North Carolina Airmen Gymnastics

Welcome Packet for Gymnasts and Families

Welcome to the 2025-2026 North Carolina Airmen! In the summer of 2024, a group of gymnastics parents met with Don Brown to discuss starting a collegiate gymnastics program in North Carolina. After a year's worth of work by parents, coaches, and athletes (many of whom came out of retirement), we were named the **16th team** in the GymACT League in March 2025.

North Carolina Airmen Gymnastics Mission Statement

Providing young men the opportunity to develop discipline, build character, and gain invaluable life skills through elite-level intercollegiate gymnastics competition.

To achieve this mission, it will take the effort of all of us – athletes, coaches, parents, and the board. We look forward to partnering together this season. This packet is intended to provide you with as much information about the upcoming season as we can. More information will come, and some information may change. Don't be afraid to ask questions; we will work to provide the information needed.

PRACTICES

Each athlete on the NC Airmen is expected to work with the coaches to develop an individualized training plan. Because our team is spread across the state, each athlete will execute their training plan in their chosen local gym. Regular communication of video progress to the coaches is **required**.

To help achieve a cohesive team and track progress of athletes, we will hold monthly practices and monthly online team meetings. The tentative schedule is as follows:

PRACTICE SCHEDULE

Date	Time	Location*
Saturday, May 17, 2025	6:30 pm – 9:30 pm	TRLumph Gymnastics Cary, NC
Sunday, June 8, 2025	3:00 pm – 4:00 pm	Microsoft Teams
Saturday, June 21, 2025	6:30 pm – 9:30 pm	TRLumph Gymnastics Cary, NC
Sunday, July 6, 2025	3:00 pm – 4:00 pm	Microsoft Teams
Saturday, July 19, 2025	6:30 pm – 9:30 pm	TRLumph Gymnastics, Cary, NC
Sunday, August 3, 2025	3:00 pm – 4:00 pm	Microsoft Teams
Saturday, August 23, 2025	6:30 pm – 9:30 pm	TRLumph Gymnastics Cary, NC
Sunday, September 7, 2025	3:00 pm – 4:00 pm	Microsoft Teams
Saturday, September 20, 2025	3:00 pm – Team Photo 6:30 pm – 9:30 pm	Team Photo at Fort Bragg Practice at TRLumph Gymnastics, Cary, NC
Sunday, October 5, 2025	3:00 pm – 4:00 pm	Microsoft Teams
Saturday, October 25, 2025	TBD	Charlotte in Conjunction with Judging Course

*One of the practices currently scheduled at TRLumph will be moved to Charlotte.

Our desired competition schedule is as follows. Please note, not all meets have been finalized by host gyms, so some of these may change. THIS SCHEDULE IS ALSO DEPENDENT ON HAVING ENOUGH FUNDS RAISED TO COVER THE COSTS!! If we do not raise enough funds, we will 1) eliminate meets, 2) reduce the number of athletes who attend the meets, or 3) ask athletes/families to cover costs. Typically, we will travel on Friday, compete on Saturday, and travel home on Sunday.

COMPETITION SCHEDULE

Date	Location
Sunday, December 28, 2025	TRlumph Gymnastics (Intrasquad) Cary, NC
Saturday, January 10, 2026	Jerrell Steele Richmond, VA
Saturday, January 17, 2026	West Point Open West Point, NY
Saturday, January 24, 2026	Navy Open Annapolis, MD
Saturday, January 31, 2026	Daytona Beach Open Daytona Beach, FL
Saturday, February 7, 2026	Greensboro Gymnastics Invitational Greensboro, NC
Saturday, February 21, 2026	Georgia United Invitational (Florida Storm) Atlanta, GA
Saturday, February 21, 2026	Winter Cup Location TBD
Saturday, April 4, 2026	GymACT All Stars Birmingham, AL
Saturday, April 25, 2026	GymACT Eastern Conference Championships Palm Beach, FL
Saturday, May 9, 2026	GymACT National Championships Oklahoma City, OK

*West Point only for those attempting to qualify to Winter Cup

SELECTION TO COMPETITION TEAM

Based on start values and performance in practices, videos, and previous meets, the coaches will select the competitive team for the upcoming weekend's meet by Wednesday at 5 pm. Each GymACT meet will have 5 athletes competing on each event with the top 4 scores counting toward the team score. Up to two additional athletes may compete on each event for an All Around score. For NCAA meets (Navy Open, for example), 4 athletes may compete on each event with all 4 scores counting toward the team score.

RANKINGS

GymACT team and individual rankings are posted each week of the competition season at www.roadtonationals.com. NC Airmen will be included in this year's rankings for the first time!

ESTIMATED BUDGET

Uniforms – \$3,900 (for 15 athletes)

Meet Travel - \$18,000 (for 5 athletes); \$42,000 (for 15 athletes)

Miscellaneous (meet registration, website, SWAG, Airmen insurance, etc.) - \$5,000

TOTAL NEEDED FOR 15 ATHLETES - \$51,000

TEAM EXPECTATIONS

As a member of the team, each individual is expected to demonstrate commitment, and respect for the program, their coach, their teammates, and of course, themselves!

Athletes are required to:

- Sign a letter of commitment and complete required forms (Listed Below)
- Maintain active personal medical insurance coverage
- Pay a non-refundable team membership fee of \$300
- Attend regular individual practices as agreed to with the coaches
- Attend scheduled in person team practices
- Attend online team meetings
- Be available for and attend meets if selected for the traveling team
- Prompt communication with the coaches, Director of Team Relations, and other board members as needed. This includes responding to messages, acknowledging updates, and confirming receipt of important information shared via text, email, team chats, or meetings.
- Participate in fundraising and promotional events - information on fundraising will be provided as they are being planned.

COMMUNICATION

- Microsoft Teams is our platform for all communication, where we will create one place for all of us to share information with one another. An invitation to join our “community” will be sent to the email you provide to us.
- A shared Google calendar will be used to track practices, meets, meetings, important events, etc. You will be emailed a link to the shared Google calendar.
- Coach Don will be the primary contact for all coaching-related matters:

donbrown422@gmail.com - (919)395-7342
- Vanessa Banks, Director of Team Relations, will be the primary contact for all team-related matters, ie: membership, meet travel, communication updates.

FORMS TO BE COMPLETED

Link to all forms: <http://ncairmengymnastics.com/gymnasts>

FORM	DUE DATE	COMMENTS
Waiver*	At May 17th practice	Complete if you did not attend practice on May 17th
Proof of Insurance*	At May 17th practice	Complete if you did not attend practice on May 17th
Letter of Commitment	August 1, 2025	
Airmen Intake Form	August 1, 2025	
Fort Bragg Access Form	August 1, 2025	Team Photo Location
\$300 Commitment Fee	August 1, 2025	Submit payment through website
USAG membership and required courses	August 15, 2025	

ATHLETE INQUIRY FORM

Each athlete will be required to provide a typed inquiry form to the coaches prior to each meet for potential use during competition.

NC AIRMEN LINKS

Airmen Website: <https://ncairmengymnastics.com/>

Instagram: https://www.instagram.com/nc_airmen

Facebook: <https://www.facebook.com/northcarolinaairmengymnastics>

GymACT Website: <https://www.gymact.org/>

Rankings: <https://roadtonationals.com/results/standingsGA/>

COACHES

Don Brown - Head Coach

Jim Miller - Assistant Coach

Chris Young - Assistant Coach

SUPPORTING COACHES

Stanislav Savitch (Zenith)

Nick Baker (Metrolina)

Ken Hahn (Hahn's Gymnastics)

Steve Lopacki (Triumph)

NC AIRMEN BOARD OF DIRECTORS

Marisha Fort President	marisha@ncairmengymnastics.com	919-721-5158
Vanessa Banks Treasurer Director of Team Relations	vanessa@ncairmengymnastics.com	336-250-8702
Walter Sulym At-Large	walter@ncairmengymnastics.com	919-412-6735