



# **2009-2010 Member Club Directory**



Updated 8-2009

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Aerial East Gymnastics****Address:** 8167 Mechanicsville Turnpike Suite E**City:** Mechanicsville, VA**Zip** 23111**USAG Club #:** **403956****Club Contact(s):** Tiffany Kirkham**E-Mail:** [info@AerialEastGym.com](mailto:info@AerialEastGym.com)**Web Site:** [www.AerialEastGym.com](http://www.AerialEastGym.com)**Gym Phone:** (804) 723-5264**Home Phone:** (804) 803-0229**Fax:** (804) 723-5267**Equipment: Vault** AAI**Bars** AAI Elite x 2; strap bar; single rail**Beam** AAI - Elite Reflex x 4**Floor** Paul Kemp Spring Floor**Mats** AAI & Carolina Gym Supply**Other** Rod Floor, Tumble Trak and Vault all with resi landing; string bed Nissan Frame tramp**Directions:****From I-95:**

- I-295 South to Mechanicsville Turnpike / 360 West (Exit 37B)
- Continue on 360 West for approximately 1.5 miles crossing over Elm Dr.
- Take next left at Cold Harbor Restaurant
- Gym is located in first brick building on the left after the restaurant

Updated 8/2009

**Club Name: All American Gymnastics****Address:** 11038 Airpark Rd**City, State:** Ashland, VA**Zip** 23005**USAG Club #:** **027385****Club Contact(s):** Donna Koehler, Debbie Allgood**E-Mail:****Web Site:** [www.allsmiles-allamerican.com](http://www.allsmiles-allamerican.com)**Gym Phone:** 804-752-6445**Home Phone:** 804-746-2049, 804-746-3239**Fax:** 804-752-8338**Equipment: Vault** AAI Table - 70' Runway**Bars** AAI**Beam** AAI Reflex**Floor** Foam Block and AAI Spring**Mats****Other****Directions:****From I-95:**

- Take Atlee Elmont Exit - Go Towards Atlee
- Follow Sliding Hill through 2 lights
- Take next Left onto Airpark Rd.
- Go to back of building – Suite #14

**Club Name: Apex Gymnastics****Address:** 741 Miller Dr SE - Suite I-1**City, State:** Leesburg, VA**Zip** 20175**USAG Club #:** **024893****Club Contact(s):** Melanie Cuozzo, Marty Newsom**E-Mail:** [apexgymn@aol.com](mailto:apexgymn@aol.com)**Web Site:** [www.apexgymn.com](http://www.apexgymn.com)**Gym Phone:** 703-777-5344**Home Phone:** 703-615-7259**Fax:** 703-777-3894**Equipment: Vault** AAI Table - 73' Runway-Landing into Resi**Bars** AAI Elite**Beam** AAI Elite**Floor** Palmer Spring**Mats** 4" Throw, 8" mats & sting mats**Other****Directions:****From Capital Beltway(I-495):**

- Take Dulles Access Rd-(Rte 267) to Dulles Greenway - continue past Dulles Airport to Leesburg, Exit 1B
- Take Rte 15N Bypass-go 1/2 mile to light Take Right onto Sycolin Rd
- Proceed one mile, turn Right onto Miller Dr. & at Leesburg Air Park, take 2nd Left (end of 1st bldg)

**OR****From Rte 7 West:**

- Take 7 West to Rte 15 South for 1/2 mile to light at Sycolin Rd
- Turn Left and proceed as above

updated 10/2007

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Apollo Gymnastics****Address:** 12700 Apollo Drive**City, State:** Woodbridge, VA**Zip** 22192**USAG Club #:** 177154**Club Contact(s):** Valerie Teets - Owner / Angela Cotton - Contact**E-Mail:** [apolloowner@aol.com](mailto:apolloowner@aol.com), [ApolloGymVA@aol.com](mailto:ApolloGymVA@aol.com)**Web Site:** [www.apollogymnasticsva.com](http://www.apollogymnasticsva.com)**Gym Phone:** 703-580-9144**Home Phone:****Fax:** 703-580-9146**Equipment: Vault** AAI Table-82' Runway**Bars** AAI & Speith**Beam** AAI Reflex**Floor** AAI Stratum**Mats** Sting Mats, 4" & 8" Mats**Other**

Updated 3/2009

**Directions:****From 66 East or West:**

- Exit #44-South (234 Prince William Co. Pkwy)
- Turn Left onto Hoadly Road
- Turn Right onto Apollo Drive

**OR****From 95 North or South:**

- Exit 158B (234 Prince William Co. Pkwy/Manassas)
- Note: Intersection at Old Bridge Road - PWCP turns Left
- Turn Left onto Hoadly Road
- Turn Left onto Apollo Drive

**Please Note: Do not Mapquest the gym's address - you will get lost!****Club Name: Arlington Aerials****Address:** 4200 South Four Mile Run**City, State:** Arlington, VA**Zip** 22204**USAG Club #:** 023500**Club Contact(s):** Carly Meyer, Tim Menger**E-Mail:** [cmeyer@arlingtonva.us](mailto:cmeyer@arlingtonva.us), [tc Wenger@verizonmail.com](mailto:tc Wenger@verizonmail.com)**Web Site:** [www.arlingtonaerials.org](http://www.arlingtonaerials.org)**Gym Phone:** 703-228-0707**Home Phone:** 703-532-0433-CM 703-534-8786-TM**Fax:** 703228-0714**Equipment: Vault** AAI Elite- 80' Runway 3/4" thick**Bars** AAI Elite-Super x-wide**Beam** AAI Reflex**Floor** Palmer Spring Elite**Mats** Both 4" & 8" mats available**Other****Directions:****From 95 North or South:**

- Take to 395 North to Exit #6 towards Shirlington
- Cross back over 395; Merge onto Shirlington Rd.
- At 2nd light turn Left onto S. Four Mile Run Dr.
- Go approx. 1 mile to 4200 S. Four Mile Run;
- Gym is on Left in Barcroft Sports & Fitness Ctr

**OR****From Rte.66 East:**

- Take Exit #69 to Washington Blvd/Lee Hwy, at light go straight onto Washington Blvd for 1.8 miles
- Turn Right onto George Mason Dr(Park on Right)
- Follow George Mason Dr. for approx. 2.8 miles
- Turn Left onto South Four Mile Run Drive for 1/4 of a mile to 4200 S. Four Mile Run Drive
- Gym is on Right in Barcroft Sports & Fitness Ctr

**Club Name: Arlington YMCA Angels****Address:** 3422 North 13th Street**City, State:** Arlington, VA**Zip** 22201**USAG Club #:** 024839**Club Contact(s):** Joe D'Emidio, Nancy Nunez**E-Mail:** [njan411@msn.com](mailto:njan411@msn.com)**Web Site:****Gym Phone:** 703-527-4966**Home Phone:** 703-241-0016-JD**Fax:** 703-525-2148**Equipment: Vault** AAI Spring**Bars** AAI Wide Spread**Beam** AAI Spring**Floor** AAI Spring**Mats****Other**

Updated 3/2009

**Directions:****From 495 North:**

- Take I-66 East; Exit Spout Run & Take Left at next light onto Spout Run
- Take 1st exit off Spout Run (Lorcum Lane-left exit)
- Right at 1st light onto Fillmore Street
- Gym is in 2nd bldg on Left

**OR****From George Washington Parkway:**

- Exit Spout Run
- Take Right on Lorcum Lane
- Take Right at 1st light onto Fillmore Street
- Gym is in 2nd bldg on left

**Club Name: Blue Ridge Gymnastics****Address:** 391 Figsboro Road**City, State:** Martinsville, VA**Zip** 24112**USAG Club #:** **024800****Club Contact(s):** Hugh & Donna Gerlach**E-Mail:** [brgym@kimbanet.com](mailto:brgym@kimbanet.com)**Web Site:** [www.blueridgegym.com](http://www.blueridgegym.com)**Gym Phone:** 276-666-1001**Home Phone:** 276-632-9199**Fax:** 276-632-9199

**Equipment:** **Vault** AAI Table- 77'4" Runway  
**Bars** AAI Super Wide  
**Beam** AAI Reflex  
**Floor** GMR 7" Foam Block  
**Mats** Assorted Sting Mats, 8" Mats  
**Other**

**Directions:****From I-81:**

- Take I-81 South to Roanoke
- Take 220S Exit to Martinsville/Collinsville (220S Bus). Go 1 mile, turn Left onto Rte 174 East, go 2.5 miles
- Turn Left onto Rte 108 North (Figsboro Rd). Gym is 400 yards on the Left

**OR****From 58 West:**

- Follow 58 West business to Martinsville, when Rte 57 & 58 join take Right at light past Hardees & follow signs "To 174"
- At 4th light, turn Right onto Rte 108 (Figsboro Rd). Gym is 400 yards on the Left

**Club Name: Botetourt Gymnastics****Address:** P.O. Box 655**City, State:** Daleville, VA**Zip** 24083**USAG Club #:** **026737****Club Contact(s):** Susan Powers**E-Mail:** [sqpbga@aol.com](mailto:sqpbga@aol.com)**Web Site:** [www.botetourtgym.com](http://www.botetourtgym.com)**Gym Phone:** 540-966-4729**Home Phone:** 540-992-5966**Fax:** 540-966-3867

**Equipment:** **Vault** AAI Table- 78' Runway  
**Bars** CGS Wide Spread  
**Beam** AAI Reflex  
**Floor** Palmer Spring  
**Mats** Sting Mat & 2-8" mats  
**Other**

**Directions:****From I-81 North or South:**

- Take Exit 150 B
- Take 220 North about 1/2 mile
- Turn Right into Econo Lodge
- Gym driveway is on the Left

**Club Name: Capital Gymnastics NTC****Address:** 10400 Premier Court**City, State:** Burke, VA**Zip** 22015**USAG Club #:** **023856****Club Contact(s):** Barry Neff**E-Mail:****Web Site:** [www.capitalgymnastics.com](http://www.capitalgymnastics.com)**Gym Phone:** 703-425-5707**Home Phone:** 703-385-8132-Home Fax**Fax:** 703-426-2648

**Equipment:** **Vault** AMF- 90' Runway  
**Bars** Nessen, AMF Reflex  
**Beam** AAI Spring  
**Floor** AMF Spring x 2  
**Mats**  
**Other**

**Directions:****From 495 (Capital Beltway):**

- Exit Braddock Road West
- Go 2 miles - Left at light onto Guinea Rd; go 1/2 mile, take Left at light onto Guinea Rd (Again)
- Continue 1 mile (pass Bowl of America) take a Left at light
- Cross RR tracks, turn Right at first street onto Premier Ct
- Gym is the 2nd warehouse on the Right

Updated 8/2009

**Club Name: Cardinal Gymnastics**

Address: 5581 Guinea Road

City, State: Fairfax, VA

Zip 22302

USAG Club #: **024279**

Club Contact(s): Olga and Guenna Iakounine

E-Mail: [gjakounine@msn.com](mailto:gjakounine@msn.com)Web Site: [www.cardinalgymnastics.com](http://www.cardinalgymnastics.com)

Gym Phone: 703-323-0088

Home Phone: 703-730-5235

Fax: 703-323-0088-Call 1st

Equipment: **Vault** AAI Elite Table-66' Runway**Bars** AAI Wide Spread**Beam** AAI Reflex**Floor** Midwest Spring Floor**Mats** Sting Mat & 8" Mats**Other****Directions:****From I-495:**

- Exit Braddock Rd West - Take Left at Guinea Rd & Left at next light onto Guinea Rd (again)
- Go 1.5 miles & take a Left onto Sandy Lewis Dr.
- Near Large Shurgard Storage Sign - Gym is half way down on Right

**OR****From Rte 123:**

- Take Zion Rd to end at Guinea Rd (South of Braddock/North of Burke Ctr. Pkwy)
- Take Left onto Guinea Rd; go past Bowl America
- Take Right onto Sandy Lewis Dr; Take immediate Right into warehouse parking - Gym is half way down on the Right

**Club Name: Chantilly Academy Gymnastics**

Address: 14088-K Sullyfield Circle

City, State: Chantilly, VA

Zip 20151

USAG Club #: **024254**

Club Contact(s): Anne Foster-Director

Marnie Cunningham-Owner

E-Mail: [aefstars@aol.com](mailto:aefstars@aol.com)Web Site: [www.chantillyacademy.com](http://www.chantillyacademy.com)

Gym Phone: 703-378-4966

Home Phone: 703-378-4284

Fax: 703-378-2914

Equipment: **Vault** LZT Tac 10 AAI**Bars** AAI Elite Extra Wide Spread - 20cm mats**Beam** AAI Elite Beams - 18cm mats**Floor** AAI Stratum Palmer**Mats** 8", 4" & Sting Mats**Other**

updated 9/2007

**Directions:****From 95 North or South:**

- Take Rte 123 to Fairfax Co. Pkwy North (Rte 7100N) to either Rte 66W or Rte 50W - follow directions below:

**From Rte 66 West:**

- Exit Rte 28 North & go 4 miles to Rte 50 East Exit
- Turn Right at 1st light onto Sullyfield Circle.
- Continue into circle & Take 2nd Left past Westmore St. on Left (same bldg as Fireplace Solutions)

**OR****From Rt 50 West:**

- Go 4 miles from Frfx Co Pkwy, pass intersection of Rt 50 & Old Centreville Rd, take a Left at next light onto Sullyfield Circle
- Follow directions above

**Club Name: Classics Gymnastics**

Address: 2327 Seminole Lane

City, State: Charlottesville, VA

Zip 22901

USAG Club #: **024261**

Club Contact(s): Joe &amp; Diana Gamma

E-Mail:

[tsukefly@aol.com](mailto:tsukefly@aol.com)Web Site: [www.classicsgymnastics.com](http://www.classicsgymnastics.com)

Gym Phone: 434-978-4720

Home Phone: 434-985-4568

Fax: 434-978-3505

Equipment: **Vault** AAI Table - 76' runway**Bars** AAI Super X-wide**Beam** AAI Elite**Floor** Palmer Spring**Mats** Sting, 4" & 8" mats**Other****Directions:****From I-64 East or West:**

- Take exit 118B onto 29 North
- Follow 29 North Bypass until it exits onto 29 North towards Washington, D.C. Exit - *(Note: If you do not exit you will end up on 250 East bypass & be heading out of town. If you miss the exit, turn Left at the 1st light (Hydraulic Rd) and follow to the 2nd light to turn Right onto 29 North)*

- Go approx. 3 miles, turn Right at light onto Seminole Ln. (Walmart & Hilton Heights Dr on Left)

- Follow service road North to BIG parking lot; the gym is in 1st building on Right.

**OR****From I-66 West:**

- Take Rt 29 South (Gainesville/Warrenton Exit) to Charlottesville & follow directions above

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Competitive Edge****Address:** 483 Fort Collier Road**City, State:** Winchester, VA**Zip:** 22603**USAG Club #:** 169797**Club Contact(s):** Tammy Crawford, Marchelee Cleveland**E-Mail:** [cegymnastics@verizon.net](mailto:cegymnastics@verizon.net)**Web Site:** [www.cegymnastics.com](http://www.cegymnastics.com)**Gym Phone:** 540-662-2686**Home Phone:** 540-327-9500**Fax:** 540-662-2686**Equipment: Vault** AAI**Bars** AAI Superwide**Beam** Speith Spring**Floor** Palmer**Mats****Updated 9/2007** **Other** Loose Foam Pit, Tumble Trak, Spring Tumbling Strip**Directions:****From the EAST:**

- From East take Route 7W to Winchester
- Cross over I-81 and go approximately .3 miles
- Turn Right at Arby's on Fort Collier Rd, go .4 miles
- Bldg #483 on Right across from Signet Printing.

**From the NORTH:**

- Take I 81 South to Exit 315.
- Stay Right off exit & take a Right onto Berryville Ave and go approximately .3 miles
- Follow Directions Above.

**From the SOUTH:**

- Take I 81 North to Exit 315.
- Stay Right off exit & cross over I-81, go .3 miles
- Follow Directions Above

**Club Name: Creative Fitness****Address:** 1251 Little Timber Ridge**City, State:** Buchanan, VA**Zip:** 24066**USAG Club #:** 027535**Club Contact(s):** Sharon Ford**E-Mail:** [gsbford@rbnet.com](mailto:gsbford@rbnet.com)**Web Site:****Gym Phone:** 540-254-2113**Home Phone:****Fax:****Equipment: Vault****Bars****Beam****Floor****Mats****Other****Directions:**

Directions Not Available

**Club Name: DDC****Address:** 7572 Telegraph Road**City, State:** Alexandria, VA**Zip:** 22315**USAG Club #:****Club Contact(s):** Debbie Ludwick**E-Mail:** [daludwick@yahoo.com](mailto:daludwick@yahoo.com)**Web Site:** [www.dancensationsdancecenter.com](http://www.dancensationsdancecenter.com)**Gym Phone:** 703-203-6690**Home Phone:****Fax:****Equipment: Vault****Bars****Beam****Floor****Mats****Other****Directions:**

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**More Information to be Added**

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Excalibur Gymnastics****Address:** 5816 Arrowhead Dr. Suite 102**City, State:** Virginia Beach, VA**Zip** 23462**USAG Club #:** **027329****Club Contact(s):** Gustavo Moure and Dena Walker**E-Mail:** [information@excalibur-gymnastics.com](mailto:information@excalibur-gymnastics.com),[Dwalker@excalibur-gymnastics.com](mailto:Dwalker@excalibur-gymnastics.com)**Web Site:** [www.excalibur-gymnastics.com](http://www.excalibur-gymnastics.com)**Gym Phone:** 757-499-8258**Home Phone:** 757-436-6286-GM**Fax:** 757-499-8451**Equipment: Vault** AAI Fig Table, Fig Runway, L4 Vault System**Bars** AAI Super Wide**Beam** AAI Reflex**Floor** AAI Stratum Palmer**Mats** Sting, 4" & 8" mats**Other**

Updated 3/2009

**Directions:****From I-95, Richmond & Points North:**

- I-64 East towards Va Beach - at Rte 44E interchange, take Newtown Rd. exit from I-64

- Exit onto Newtown Rd. go South off ramp

- Cross Princess Anne Rd, Cross train tracks

- Turn Left onto Arrowhead Dr.(Past 7-11)

Gym is on Left; front door is on far side from road.

**OR****From Emporia or Points South or West:**

- Rte 58 E to I-64 towards Chesapeake/ Va. Beach Take Newtown Rd / Rte 44E exit to Newtown Rd.

- Go South off-ramp

- From this point follow directions above

**Club Name: Fairfax Gymnastics****Address:** 3729 Pickett Road**City, State:** Fairfax, VA**Zip** 22031**USAG Club #:** **025560****Club Contact(s):** Roger & Kim Nelson**E-Mail:** [fairfaxgym@aol.com](mailto:fairfaxgym@aol.com)**Web Site:****Gym Phone:** 703-323-8050**Home Phone:** 703-691-0669**Fax:** 703-323-8050**Equipment: Vault** AAI Table**Bars** AAI**Beam** AAI**Floor** Spiring**Mats****Other**

Updated 3/2009

**Directions:****From I-95:**

- Take I-495 towards Dulles Airport to Exit 6 (Little River Turnpike) to Fairfax; go several miles

- Take a Right onto Pickett Rd.(Drug Emporium & Roy Rogers)

- Go thru 3 traffic lights ; look for AAMCO sign

- Building is on the Right - Gym is at the far end of the warehouse

**Club Name: Flipateers/Riverview****Address:** 125 City Farm Rd.**City, State:** Newport News, VA**Zip** 23602**USAG Club #:** **026285****Club Contact(s):** Tanesha Scott**E-Mail:**[flipateers@nngov.com](mailto:flipateers@nngov.com)**Web Site:** [www.nnparks.com](http://www.nnparks.com)**Gym Phone:** 757-886-2729, 757-886-2730**Home Phone:** 757-269-1448**Fax:** 757-886-2744, 757-597-2904**Equipment: Vault** AAI Reflex**Bars** AAI Wide Spread & AAI U-Base**Beam** AAI Elite**Floor** Sting, 4" & 8" mats**Mats****Other**

Updated 10/2007

**Directions:****From I-64:**

- I-64 Exit Oyster Point Rd.

- Follow Oyster Point Rd, cross Jefferson Ave. & Warwick Blvd-name changes to Boxley Blvd

- At end of Boxley, Turn Left on Menchville Rd., go 1 mile

- Take a Right onto City Farm Rd.& follow brown & white signs that read "Gymnastics Center"

- Gym is beige building with green roof

Club Name: **Friendship Gymnastics -  
Fluvanna Flyers**

Address: P.O. Box 145  
City, State: Palmyra, VA  
Zip 22963  
USAG Club #: **026621**  
Club Contact(s): Kathleen Walsh  
E-Mail:

[info@friendshipgymnastics.com](mailto:info@friendshipgymnastics.com)

Web Site: [www.friendshipgymnastics.com](http://www.friendshipgymnastics.com)

Gym Phone: 434-589-5867

Home Phone: 434-971-9961

Fax: 434-589-4556

Equipment: **Vault** GMR Table, 70' runway

**Bars** AMF Wide

**Beam** AAI Reflex

**Floor** GMR Spring

**Mats** 8" mats

**Other**

Directions:

**From Richmond:**

- Take 64 West to Exit 136
- Turn Left (South) towards Palmyra (rt. 15)
- Go approximately 7 miles & Turn Right into Camp Friendship
- Follow signs to gym.

Club Name: **Galax Gymnastics**

Address: 301 Shaw Street, Suite A  
City, State: Galax, VA  
Zip 24333  
USAG Club #: **24929**

Club Contact(s): Babsi Higgins

E-Mail: [stillflippin2000@yahoo.com](mailto:stillflippin2000@yahoo.com)

Web Site:

Gym Phone: 276-238-0003

Home Phone: 276-236-5841

Fax:

Equipment: **Vault** AAI Table

**Bars** AAI

**Beam** AMF

**Floor** Carpet Foam

**Mats**

Updated 8/2009 **Other**

Directions:

**From I-81:**

- I-81 S via EXIT 1A on the LEFT toward ROANOKE
- Merge onto I-77 S via EXIT 81 toward CHARLOTTE NC
- Take the VA-620 exit, EXIT 19
- Turn RIGHT onto COULSON CHURCH RD
- Turn RIGHT onto CARROLLTON PIKE/US-221 S/US-58 W. Continue to follow US-221 S/US-58 W
- Turn LEFT onto CALDWELL ST
- Turn RIGHT onto SHAW ST
- 301 SHAW ST STE A is on the RIGHT

Club Name: **GMS Institute**

Address: 7726 Newmarket Court  
City, State: Manassas, VA  
Zip 20109  
USAG Club #: **026034**

Club Contact(s): Azin Youseffi

E-Mail: [manafi4@aol.com](mailto:manafi4@aol.com)

Web Site: [www.gmskids.com](http://www.gmskids.com)

Gym Phone: 703-369-7800

Home Phone: 703-932-4773

Fax: 703-361-1906

Equipment: **Vault** AAI Table

**Bars** AAI

**Beam** AAI Reflex

**Floor** Tiffin Foam Block

**Mats** Sting, 4" & 8" mats

**Other**

Directions:

**From 495 North/South:**

- Exit I-66 West towards Front Royal
- Exit 47 A South (Manassas 234)
- Right at first light (Ballsford)
- Immediate Right onto Newmarket Ct.
- Left at stop sign onto Prayer Ct.
- Immediate Right onto Nathan Ct.
- Gym is on Right (7229 Nathan Ct.)

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Gymini Gymnastics****Address:** 292 Sunset Park Dr.**City, State:** Herndon, VA**Zip** 20170**USAG Club #:** **023437****Club Contact(s):** Marty & Gwynne Comiskey**E-Mail:** [comiskey@erols.com](mailto:comiskey@erols.com)**Web Site:****Gym Phone:** 703-471-6088**Home Phone:** 703-437-7425**Fax:** 703-471-6088**Equipment: Vault** Speith Table-72' runway**Bars** AAI**Beam** AAI**Floor** AAI Statum Palmer**Mats****Other****Directions:****From 495 North/South:**

- Take Dulles Toll Road (Rte 267) West towards Dulles Airport
- Take Fairfax County Pkwy Exit
- Right onto Fairfax County Parkway
- Stay in Left lane for 1/2 mile - road sweeps to Left & ends at a light
- Right at this light & immediate Left into Sunset Business Park
- Gym is on the Left

**Club Name: Gymnastics Barn-Majik Saints****Address:** 6809 River Road**City, State:** Fredricksburg, VA**Zip** 22407**USAG Club #:** **024480****Club Contact(s):** Jack Duncan**E-Mail:****Web Site:****Gym Phone:** 540-786-2657**Home Phone:****Fax:****Equipment: Vault****Bars****Beam****Floor****Mats****Other** No Meets Held**Directions:**

Directions Not Available

**Club Name: Gymnastics, Inc.****Address:** 390 Salters Creek Rd.**City, State:** Hampton, VA**Zip** 23661**USAG Club #:** **023854****Club Contact(s):** Wendy Hylton**E-Mail:** [whylton1@cox.net](mailto:whylton1@cox.net)**Web Site:** [www.gymnastics-inc.com](http://www.gymnastics-inc.com)**Gym Phone:** 757-723-4966**Home Phone:** 757-728-3623**Fax:** 757-723-4966-G, 757-728-3623-H**Equipment: Vault** Speith Table, 80' runway**Bars** AAI**Beam** Nissen**Floor** Palmer Spring**Mats** Sting & 8" mats**Other****Directions:****From I-64:**

- Take exit #264 (I-664 downtown Newport News)
- Take first exit to Powhatan Pkwy
- Left at light at top of exit ramp
- Straight thru next light (re-entry for I-664)
- Next Left onto Salters Creek Rd (no light)
- Gym is 1/2 mile on Right
- Note: If you go over RR tracks you've gone to far

Updated 11/2007

**Club Name: Gymnastics World**

**Address:** 12384 Dillingham Square  
**City, State:** Woodbridge, VA  
**Zip** 22192  
**USAG Club #:**  
**Club Contact(s):** Juan Carlos Palma  
**E-Mail:**  
**Web Site:**  
**Gym Phone:** 703-763-3420  
**Home Phone:**  
**Fax:**

**Equipment:** Vault  
 Bars  
 Beam  
 Floor  
 Mats

**Added 8/2009** Other

**Directions:****From :**

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**More Information to be Added.**

**Club Name: Gym Quest**

**Address:** 3004-B Impala Place  
**City, State:** Richmond, VA  
**Zip** 23228  
**USAG Club #:** **071008**  
**Club Contact(s):** Doug Lubking  
**E-Mail:**

[lubkingGC@aol.com](mailto:lubkingGC@aol.com), [gymquest@cavtel.net](mailto:gymquest@cavtel.net)

**Web Site:** [www.gymquest.org](http://www.gymquest.org)  
**Gym Phone:** 804-262-9400  
**Home Phone:** 804-677-1785-Cell  
**Fax:** 804-262-2901

**Equipment:** **Vault** Speith Table, 87' runway  
**Bars** Carolina  
**Beam** Speith  
**Floor** Palmer Spring  
**Mats**

**Updated 9/2007** Other

**Directions:****From I-95:**

- Take I-64 West - Exit onto Staples Mill Rd. West
- Go 1.5 miles to Right onto Hilliard
- Left at first light to Impala Dr-Left to Impala Pl.
- Gym is on Right - Large Yellow Warehouse

**OR****From 64 East:**

- Exit onto Glenside
- Take Left at light at top of ramp
- Cross Broad & Staples Mill - Glenside changes name to Hilliard
- Left at next light onto Impala Dr. - follow directions above.

**Club Name: Gymstrada Gymnastics**

**Address:** 5644 Parliament Drive  
**City, State:** Virginia Beach, VA  
**Zip** #####  
**USAG Club #:** **023979**  
**Club Contact(s):** Jeb  
**E-Mail:** [jolley@exis.net](mailto:jolley@exis.net)  
**Web Site:** [www.gymstrada.com](http://www.gymstrada.com)  
**Gym Phone:** 757-499-8591  
**Home Phone:** 757-495-9115  
**Fax:** 757-473-3886

**Equipment:** **Vault** AAI Reflex  
**Bars** AAI Elite  
**Beam** AAI Elite  
**Floor** AAI Stratum Palmer  
**Mats** Sting, 4" & 8" mats  
**Other**

**Directions:****From I-64:**

- Take 64 East to 264 East Newtown Rd Exit towards VA Beach
- Take first Newtown Rd Exit (South)
- Bear Right at first traffic light.
- Take a Left on Princess Ann Rd at the traffic light.
- At next light bear Left onto Parliament Drive.
- Gym is on the Left (Citgo Gas Station across the street)

**Club Name: Hurricane Gymnastics****Address:** 200 Tintern Court**City, State:** Chesapeake, VA**Zip** 23320**USAG Club #:** **027662****Club Contact(s):** Tony Hampton**E-Mail:** [tony@hurrigym.hrcoxmail.com](mailto:tony@hurrigym.hrcoxmail.com)**Web Site:** [www.hurricanegymnastics.com](http://www.hurricanegymnastics.com)**Gym Phone:** 757-549-8181**Home Phone:****Fax:** 757-549-7452**Equipment:** Vault Elite Domestic Table, 120' runway

Bars AAI

Beam AAI

Floor Carolina Foam Block

Mats

updated 9/2007 Other

**Directions:****From I-64:**

- I-64 towards Chesapeake
- Exit onto Battlefield Blvd. South
- Right onto Volvo Pkwy (2nd light)
- First Right onto Tintern Street
- Second Left onto Tintern Ct.
- Long building on Right

**Club Name: King George Patriots****Address:** P.O. Box 743**City, State:** King George, VA**Zip** 22485**USAG Club #:** **025165****Club Contact(s):** Melissa Hood**E-Mail:** [kqpatriots@yahoo.com](mailto:kqpatriots@yahoo.com)**Web Site:****Gym Phone:** 540-775-5949**Home Phone:** 540-775-1870**Fax:** 540-775-5255**Equipment:** Vault AAI Table

Bars AAI

Beam AAI

Floor Foam Block

Mats Various mats

Other

**Directions:****From the South:**

- Follow I-95 north
- Take exit 104 (Route 207 E, US 301/Bowling Green/Fort A.P. Hill), Route 207 turns into 301 N, follow approx. 32.2 miles to Route 3
- Turn left on Route 3 West (there should be a 7-11 on the left corner and a Sheets across the intersection on the right) and follow approx. 3.2 miles
- Turn left on Saint Anthony's Road.
- Turn right into the parking lot road, then make an immediate left into the parking lot. There will be signs near the gym.

**From the North:**

- Take I-95 South
- Take exit 130A (Route 3 East), toward Fredericksburg, follow approx. 3.8 miles
- Turn Right onto Route 3 East, follow approx. 15.7 miles
- Turn Right onto Saint Anthony's Road (This turn will be at a stop light across from the King George High School)
- Follow Saint Anthony's Road to the church, then turn right, then make an immediate right onto the parking lot road, and turn left into the parking lot.

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Loudoun Gymnastics****Address:** 21586 Atlantic Blvd - Suite#130**City, State:** Sterling, VA**Zip** 20166**USAG Club #:** **259342****Club Contact(s):** Ping Wang**E-Mail:** [loudoungymnastics@msn.com](mailto:loudoungymnastics@msn.com)**Web Site:** [www.loudoungymnastics.com](http://www.loudoungymnastics.com)**Gym Phone:** 703-444-9298**Home Phone:****Fax:** 703-444-4791**Equipment:** **Vault****Bars****Beam****Floor****Updated 9/2007 Mats****Other****Directions:****From Route 7 East or West:**

- Take Route 28 South
- Turn Left onto Nokes Blvd, Turn Right onto Atlantic Blvd
- Pass through 3 traffic lights, make 1st Left into warehouse driveway, LGC is 21586 Ste#130

**Club Name: Lynchburg Academy of  
Gymnastics & Power Tumbling****Address:** 20106 Leesville Road**City, State:** Lynchburg, VA**Zip** 24502**USAG Club #:** **035080****Club Contact(s):** Lori Darter, Sandy Moon**E-Mail:** [gldarter@aol.com](mailto:gldarter@aol.com)**Web Site:****Gym Phone:** 434-239-8900**Home Phone:** 434-376-3355**Fax:** 434-239-8912**Equipment:** **Vault** AAI Table**Bars** Speith**Beam** Speith**Floor** Tiffin, Rod Floor, Cheer Floor**Mats****Other****Directions:****From 460:**

- 460 to Lynchburg
- Take the Airport Rd/Greenview Drive Exit
- Go toward Greenview Drive
- Make a Left at the 1st light onto Leesville Rd
- The gym is .2 of mile on the Right (Red & White bldg)

**Club Name: Lynchburg Elite****Address:** P.O. Box 4295**City, State:** Lynchburg, VA**Zip** 24502**USAG Club #:** **023674****Club Contact(s):** Dawn Steele**E-Mail:** [clubbodyco@aol.com](mailto:clubbodyco@aol.com)**Web Site:** [www.clubbodyco.com](http://www.clubbodyco.com)**Gym Phone:** 434-239-8311**Home Phone:** 434-528-4795**Fax:** 434-239-3112**Equipment:** **Vault** Table**Bars** Speith**Beam** AAI & Speith**Floor** Foam Block**Mats****Other****Directions:****From 460:**

- Take 460 Business/Timberlake Rd.
  - Timbrook Square Shopping Center is at 3rd stop light
- OR**

**From 29:**

- Take 460 Business/Timberlake Rd.
- Timbrook Square Shopping Center is at 3rd stop light

Club Name: **Mecklenburg Co. YMCA**  
 Address: P.O. Box 1753  
 City, State: Clarksville, VA  
 Zip 23927  
 USAG Club #:   
 Club Contact(s):  
 E-Mail: [ymca@kerrlake.com](mailto:ymca@kerrlake.com)  
 Web Site: [www.kerrlake.com](http://www.kerrlake.com)  
 Gym Phone: 434-374-5858  
 Home Phone:  
 Fax: 434-374-9700  
 Equipment: **Vault**  
**Bars**  
**Beam**  
**Floor**  
**Mats**  
**Other**

**Directions:****From :**

- 
- 

Club Name: **Mountain Empire GTC**  
 Address: 320 Valley Street NW  
 City, State: Abingdon, VA  
 Zip 24210  
 USAG Club #: **024036**  
 Club Contact(s): Lisa Ann Greene  
 E-Mail: [lgreene33@aol.com](mailto:lgreene33@aol.com)  
 Web Site:  
 Gym Phone: 276-628-2099  
 Home Phone: 276-628-6190  
 Fax:  
 Equipment: **Vault**  
**Bars**  
**Beam**  
**Floor**  
**Mats**  
**Other**

**Directions:****From I-81:**

- Take Exit 17
- Take Cummings St & Turn Left onto Valley St
- Take Valley to corner of Valley & Russell Road
- Gym is on Corner - Enter on Valley Street

Club Name: **New River Valley**  
 Address: 100 Central Avenue - Central Park  
 City, State: Christiansburg, VA  
 Zip 24073  
 USAG Club #: **053343**  
 Club Contact(s): Christine Epperly-Lawless  
 E-Mail: [gymnastx@yahoo.com](mailto:gymnastx@yahoo.com)  
 Web Site: [www.nrvgym.com](http://www.nrvgym.com)  
 Gym Phone: 540-382-1114  
 Home Phone: 540-382-5568  
 Fax: 540-382-1055  
 Equipment: **Vault** AAI Table  
**Bars** AAI  
**Beam** AAI Elite, Nissen  
**Floor** Tiffin Spring  
**Mats**  
**Other**

**Directions:****From I-81 North to South (from Roanoke):**

- Exit 118-C to Christiansburg, take Right at bottom of ramp (Rte. 460/Roanoke St.), go .8 mile, veer Right at light to Bypass (460 W) to Blacksburg
- Go 1.9 miles, bear Right to Christiansburg/460 Business, take next exit to downtown; stay in far left lane to stoplight (corner of N. Franklin & Cambria St.)
- Take a Left onto Cambria St. and go .3 mile
- Take a Right onto Central Ave-past Marathon Gas.
- NRV Gymnastics is the first building on the Right

**OR****From Blacksburg:**

- Take the 460 Bypass East to downtown Christiansburg Exit (Business Rte 11)
- Follow directions above

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name:** **Northern Neck Gymnastics**      **Directions:**  
**Address:** P.O. Box 242      Directions Not Available  
**City, State:** Haynesville, VA  
**Zip** 22472  
**USAG Club #:**  
**Club Contact(s):** Janice Collins  
**E-Mail:** [collinsa@crosslink.net](mailto:collinsa@crosslink.net)  
**Web Site:**  
**Gym Phone:** 804-333-6327  
**Home Phone:** 804-529-5821  
**Fax:**  
**Equipment:** Vault  
**Bars**  
**Beam**  
**Floor**  
**Mats**  
**Other**

**Club Name:** **Northern Virginia  
Gymnastics Academy**      **Directions:**  
**Address:** 22446 Davis Dr.- Suite #109      **From 28 North or South:**  
**City, State:** Sterling, VA      • Exit Sterling Blvd  
**Zip** 20164      • Left at 2nd Light - Davis Drive  
**USAG Club #:** **025510**      • Gym is last building on Right (big white building)  
**Club Contact(s):** Mike & Faith Comini  
**E-Mail:** [cnvqa@aol.com](mailto:cnvqa@aol.com)  
**Web Site:** [www.nvgagym.com](http://www.nvgagym.com)  
**Gym Phone:** 703-430-5434  
**Home Phone:** 703-444-1529  
**Fax:** 703-430-5434  
**Equipment:** **Vault**    AAI Table, 104' runway  
**Bars**            Midwest Eagle XXL  
**Beam**            AAI Reflex  
**Floor**            Speith  
**Mats**  
**Other**

**Club Name:** **Novaks Gymnastics**      **Directions:**  
**Address:** 17535 Old Stage Coach Road      **From I-95:**  
**City, State:** Dumfries, VA      • Exit 152A (234 South towards Dumfries)  
**Zip** 22026      • At 2nd traffic light, continue to go straight,  
**USAG Club #:** **024503**      • Cross over Rte 1  
**Club Contact(s):** Jaroslava Novakova      • You are now on Old Stage Coach Rd.  
**E-Mail:** [novaksoffice92@aol.com](mailto:novaksoffice92@aol.com)      • Gym is 0.2 miles on the Left  
**Web Site:**  
**Gym Phone:** 703-221-5833  
**Home Phone:**  
**Fax:** 703-441-8933  
**Equipment:** **Vault**    AAI Reflex  
**Bars**            AAI Wide  
**Beam**            AAI Reflex  
**Floor**            Tiffin 7" Foam Block  
**Mats**  
**Other**

**Club Name: Ocean Tumblers  
Gymnastics****Address:** 912-A Professional Place**City, State:** Chesapeake, VA**Zip** 23320**USAG Club #:** **023993****Club Contact(s):** Diane Berry**E-Mail:** [berrymb1@aol.com](mailto:berrymb1@aol.com)**Web Site:** [www.oceantumblers.com](http://www.oceantumblers.com)**Gym Phone:** 757-547-0169**Home Phone:** 757-474-2220-DB**Fax:** 757-436-2724-Gym, 757-474-2221-DB**Equipment:** **Vault** AAI-Int'l & Domestic Table**Bars** AAI Elite**Beam** AAI Elite**Floor** Palmer Spring**Mats** Sting, 4" & 8" mats**Other****Directions:****From Points North:**

- I-95S to I-295S to I-64 East to VA Beach/Chesapeake
- 5 miles past I-64/I-264/Rte 44 interchange is exit 289 (Greenbrier Pkwy)
- Take 2nd Exit-Greenbrier Pkwy South 1.5 miles
- Take a Right onto Professional Place
- Gym is .3 mile on Right

**OR****From Franklin, Monitor-Merrimac 664 or Points South & West:**

- Take Mon. Merrimac 664;Rte 58 or 460 to I-64W
- Exit 289, Greenbrier Pkwy South & go 1.5 miles
- Take a Right onto Professional Place
- Gym is .3 mile on Right

**Club Name: Olympiad-Chesterfield****Address:** 7618 Whitepine Road**City, State:** Richmond, VA**Zip** 23237**USAG Club #:** **023508****Club Contact(s):** Carol Wolf**E-Mail:** [olympiadgym@juno.com](mailto:olympiadgym@juno.com)**Web Site:** [www.richmondolympiad.com](http://www.richmondolympiad.com)**Gym Phone:** 804-275-7986**Home Phone:** 804-276-3416**Fax:****Equipment:** **Vault****Bars****Beam****Floor****Mats****Other****Directions:**

Directions Not Available

**Club Name: Olympiad-Hanover****Address:** 10094 Leadbetter Place**City, State:** Ashland, VA**Zip** 23005**USAG Club #:** **026094****Club Contact(s):** Carol Wolf**E-Mail:** [olympiadgym@juno.com](mailto:olympiadgym@juno.com)**Web Site:** [www.richmondolympiad.com](http://www.richmondolympiad.com)**Gym Phone:** 804-550-3319**Home Phone:** 804-276-3416**Fax:** 804-550-2128**Equipment:** **Vault****Bars****Beam****Floor****Mats****Other****Directions:****From I-95 North:**

- Take Atlee/Elmont Exit, take a Left onto Sliding Hill Rd. (Same road when exiting)
- Continue over I-95, take Left at next light (Leadbetter Rd.); Left onto Leadbetter Place
- Gym is 3rd building on Right

**OR****From I-95 South:**

- Take Atlee Elmont Exit; bear Right onto Sliding Hill Rd. & follow directions above

**OR****From I-295 South:**

- Take I-95 North to Atlee/Elmont Exit
- Follow directions above

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Olympiad-Innsbrook****Address:** 5000-J Cox Rd - Suite 140**City, State:** Glen Allen, VA**Zip** 23060**USAG Club #:** **023508****Club Contact(s):** Carol Wolf**E-Mail:** [olympiadgym@juno.com](mailto:olympiadgym@juno.com)**Web Site:** [www.richmondolympiad.com](http://www.richmondolympiad.com)**Gym Phone:** 804-346-9089**Home Phone:** 804-276-3416**Fax:** 804-565-6432**Equipment:** **Vault****Bars****Beam****Floor****Mats****Other****Directions:****From I-95 North:**

- Take Atlee/Elmont Exit, take a Left onto Sliding Hill Rd. (Same road when exiting)
- Continue over I-95, take Left at next light (Leadbetter Rd.); Left onto Leadbetter Place
- Gym is 3rd building on Right

**OR****From I-95 South:**

- Take Atlee Elmont Exit; bear Right onto Sliding Hill Rd. & follow directions above

**OR****From I-295 South:**

- Take I-95 North to Atlee/Elmont Exit
- Follow directions above

**Club Name: Olympiad-Richmond****Address:** 10701 Trade Road**City, State:** Richmond, VA**Zip** 23236**USAG Club #:** **023508****Club Contact(s):** Carol Wolf**E-Mail:** [olympiadgym@juno.com](mailto:olympiadgym@juno.com)**Web Site:** [www.richmondolympiad.com](http://www.richmondolympiad.com)**Gym Phone:** 804-794-2813**Home Phone:** 804-276-3416**Fax:** 804-794-2827**Equipment:** **Vault** Speith Anderson-74' runway**Bars** AAI Elite**Beam** AAI Reflex**Floor** AAI Power Spring**Mats****Other****Directions:****From 64 West to 95 South:**

- Exit Powhite Pkwy/195 South to Toll Rd(.50 toll)
- Take Rte 60 Midlothian Tpk.West Exit (.25 toll);go 2.5 miles;turn Left onto Southlake Blvd (Arbys on Left);go .5 miles to 1st light
- Take a Left onto Trade Rd;Gym .25 mile on Right

**OR****From 95 North:**

- Exit 195 North Downtown Expressway
- Go thru .50 toll to Powhite Pkwy Express Toll Rd
- Follow directions above

**OR****From 64 East:**

- Exit Powhite Pkwy; Stay on Powhite Pkwy
- Follow directions above

**Club Name: Paragon Gymnastics****Address:** 1410 Central Park Blvd.**City, State:** Fredricksburg, VA**Zip** 22401**USAG Club #:** **024304****Club Contact(s):** Ken & Rise Wood**E-Mail:** [information@paragongymnastics.com](mailto:information@paragongymnastics.com)**Web Site:** [www.paragongymnastics.com](http://www.paragongymnastics.com)**Gym Phone:** 540-548-4966**Home Phone:** 540-834-1840**Fax:** 540-786-0436**Equipment:** **Vault** Table**Bars** AAI**Beam** AAI**Floor** er**Mats** 4" &**Other****Directions:****From I-95 North/South:**

- Take Rte 3W (Culpeper) Exit.
- Make a Right at the first light (Carl D. Silver Pkwy.)
- Make a Left at the 3rd light (Central Park Blvd.)
- Make immediate Right at M & S Studio Dr.
- Gym will be on Left between Wal-Mart & Ice Park.

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Pete's Gymnastics**

Address: c/o Youth Sports Gymnastics

City, State: Woodbridge, VA

Zip 22193

USAG Club #: **023874**

Club Contact(s): Pete Novgrad

E-Mail: [petiejay@cox.net](mailto:petiejay@cox.net)Web Site: [http://www.vastc.com/pete's\\_gymnastics.htm](http://www.vastc.com/pete's_gymnastics.htm) Alternate Mail Address:

Gym Phone:

P.O. Box 1522

Home Phone: 703-855-2437-Cell

Lorton, VA 22199

Fax:

Equipment: **Vault****Bars****Beam****Floor****Mats**updated 9/2007 **Other**

## Directions:

See Directions for Youth Sports Gymnastics

**Club Name: Premier Olympic  
Gymnastics Academy**

Address: 956 Richmond Tappahannock Hwy

City, State: Manquin, VA

Zip 23106

USAG Club #: **234650**

Club Contact(s): Jason Mabery

E-Mail: [premierolympicgym@aol.com](mailto:premierolympicgym@aol.com)

Web Site:

Gym Phone: 804-769-1195

Home Phone: 804-852-3360

Fax: 804-769-1195

Equipment: **Vault** AAI Tac 10 Table/AAI L4 Vault System**Bars** AAI Elite Wide Spread**Beam** AAI Elite Reflex**Floor** Palmer Spring**Mats** 20cm Mats-8" & 4" landing mats**Other** 10,000 Square Feet - A/C

## Directions:

**Points North/South of Richmond:**

- Take 95 N/S to 295 N/S to Exit #37B
- Gym is located 12.5 miles on the Right

**Points East/West of Richmond:**

- Take 64 E/W to 295 S/N to Exit 37B
- Gym is located 12.5 Miles on the Right

**Club Name: Richmond Twisters  
Gymnastics**

Address: 4207 Eubank Road

City, State: Richmond, VA

Zip 23231

USAG Club #: **025765**

Club Contact(s): Lisa Small

E-Mail: [dsmall901.cs.com](mailto:dsmall901.cs.com)Web Site: [www.richmondtwisters.com](http://www.richmondtwisters.com)

Gym Phone: 804-222-3547

Home Phone: 804-222-9108

Fax: 804-222-3547

Equipment: **Vault** AAI**Bars** Nissen**Beam** AAI**Floor** Tiffin**Mats** 4" throw mats**Other**

## Directions:

**From I-64 East/West:**

- I-64 to Richmond
- Take the Richmond International Airport Exit
- Follow Airport Dr. towards Airport
- Make a Right onto Eubank Rd.
- Proceed through 3 stop signs/light
- Cross over Glen Alden Dr.
- Gym is 2nd building on Left

**Club Name: River City Youth Fitness****Address:** 48 Plaza Drive**City, State:** Manakin Sabot, VA**Zip** 23103**USAG Club #:** **167808****Club Contact(s):** Holly Hamblen**E-Mail:** [info@rivercityyouthfitness.com](mailto:info@rivercityyouthfitness.com)**Web Site:** [www.rivercityyouthfitness.com](http://www.rivercityyouthfitness.com)**Gym Phone:** 804-784-1990**Home Phone:****Fax:****Equipment: Vault****Bars****Beam****Floor****Mats****Updated 8/2009 Other****Directions:****From I-64 (West):**

- Exit Rockville/Manakin
- Turn Left onto Route 623
- Turn Right onto Plaza Drive
- Gym is in the Green Warehouse on the Right

**From Route 250 West (Broad Street):**

- Turn Right onto Plaza Drive (approximately 2 miles West of Broad Street/288 Intersection)
- Gym is in the Green Warehouse on the Left

**Club Name: Roanoke Academy****Address:** 3825 Hite Street**City, State:** Roanoke, VA**Zip** 24014**USAG Club #:** **025103****Club Contact(s):** Dave Dickerson, Barb Jirka**E-Mail:** [rkegymnastics@aol.com](mailto:rkegymnastics@aol.com), [bljbr@aol.com](mailto:bljbr@aol.com)**Web Site:** [www.roanokegymnastics.com](http://www.roanokegymnastics.com)**Gym Phone:** 540-981-2211**Home Phone:** 540-772-0071-DD, 540-877-2850-BJ**Fax:** 540-981-1523-Gym, 540-977-1138-BJ**Equipment: Vault** AAI Table-82' runway**Bars** AAI Eltie**Beam** AAI Reflex**Floor** Palmer Spring**Mats** Sting, 4" & 8" mats**Other****Directions:****From I-81:**

- Take 581 South to Franklin Rd./Salem Exit -Rte 419
- Left onto Franklin, Pass Townside Plaza
- Left onto Townside Rd.
- Left onto Parliament (through Apt. complex).
- Left onto Hite St - Gym is on Right

**Club Name: Shenandoah Tumblers****Address:** 221 Commonwealth Court**City, State:** Winchester, VA**Zip** 22602**USAG Club #:** **023702****Club Contact(s):** Christine & Scott Kensinger**E-Mail:** [info@shenandoahtumblers.com](mailto:info@shenandoahtumblers.com)**Web Site:** [www.shenandoahtumblers.com](http://www.shenandoahtumblers.com)**Gym Phone:** 540-869-3207**Home Phone:** 540-888-4851**Fax:** 540-869-3208**Equipment: Vault** AAI Elite Table-84' Runway**Bars** AAI Elite**Beam** AAI Elite**Floor** 4" Palmer Spring**Mats** 12cm Competition, Sting, 4" & 8" mats**Other****Directions:****From the North:**

- Take I-81 South, Exit 310
- Take a Right onto Route 37 at exit ramp light.
- Immediately exit Right onto Route 11 North.
- Go approx. 1/8 mile turn Right onto Commonwealth Ct (CarQuest)-follow until it dead ends at Sportsplex.
- Enter at the main Sportsplex doors & proceed to the Right past the indoor field.

**From the South:**

- Take I-81 North, Exit 310
- Take a Left onto Route 37 at exit ramp light.
- Immediately exit Right onto Route 11 North.
- Follow directions above

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Southside Gymnastics****Address:** 13201 Littlefield Street**City, State:** Chester, VA**Zip** 23836**USAG Club #:** **024394****Club Contact(s):** Pam & Cliff Dameron**E-Mail:** [cpdameron@comcast.net](mailto:cpdameron@comcast.net)**Web Site:****Gym Phone:** 804-530-1247**Home Phone:** 804-748-7257**Fax:** 804-748-7257

**Equipment:** **Vault** AAI Table  
**Bars** AAI Elite  
**Beam** AAI Elite  
**Floor** Tiffin Foam Block-7"  
**Mats** Sting, 4" & 8" mats  
**Other**

**Directions:****From I-95 South of Richmond & North of Petersburg:**

- Exit 61A - Rte 10 towards Hopewell
- Gym is 3 miles on Left - past Rivers Bend Shopping Ctr (Food Lion)

**OR****From I-295:**

- Exit 15B - Rt.10 West towards Chester
- Gym is 1/4 mile on the Right

**Club Name: Southwest Gymnastics****Address:** 10134 Clinchview Circle**City, State:** Lebanon, VA**Zip** 24266**USAG Club #:** **026672****Club Contact(s):** Lori Branham**E-Mail:** [pris\\_fletch@yahoo.com](mailto:pris_fletch@yahoo.com)**Web Site:****Gym Phone:** 276-794-7235**Home Phone:****Fax:** 276-889-1523

**Equipment:** **Vault**  
**Bars**  
**Beam**  
**Floor**  
**Mats**  
**Other**

**Directions:**

Directions Not Available

**Club Name: Stafford Royal Gymnastics****Address:** 500-I Nelms Circle**City, State:** Falmouth, VA**Zip** 22406**USAG Club #:** **024645****Club Contact(s):** Angela Regan, Stafford Co. Parks & Rec Dir.**E-Mail:** [gymnastics@co.stafford.va.us](mailto:gymnastics@co.stafford.va.us)**Web Site:** [www.staffordroyals.com](http://www.staffordroyals.com)**Gym Phone:** 540-658-5115**Home Phone:** 540-899-5441**Fax:** 540-374-1559

**Equipment:** **Vault** AAI & Janssen-Fritsen Table & L4 Vault System  
**Bars** AAI Elite Superwide  
**Beam** AAI Elite Reflex, Speith, JF  
**Floor** Resilite Coil Spring  
**Mats** Miscellaneous mats available  
**Other**

**Directions:****From I-95 North or South:**

- Take Route 17 North Exit 133B towards Warrenton
- Proceed on Route 17 North to 3rd light - Take a Right onto Falls Run Dr.
- Take first Left on Nelms Circle
- Follow Circle around to the 2nd bldg on Left to Stafford Gymnastics & Rec Center

updated 9/2007

Other

**Club Name: Triple "T" Sports Center****Address:** 619 East Constance Road**City, State:** Suffolk, VA**Zip** 23434**USAG Club #:** **082082****Club Contact(s):** Tyrone and Cheryl Burks**E-Mail:** [TTTGym@msn.com](mailto:TTTGym@msn.com)**Web Site:** [www.tttgym.com](http://www.tttgym.com)**Gym Phone:** 757-923-5150**Home Phone:** 757-538-2620**Fax:** 757-923-5185**Equipment: Vault** AAI Table - 70' Runway**Bars** Speith Pro Bar**Beam** Janssen & Fritsen**Floor** 2" Sp;ring**Mats****Updated 8/2009 Other** 30 ft Tumble Trak, 20 ft Air Trak, In ground Pit**Directions:****From Newport News and Hampton:**

- Take I-664 South to Rt. 58 West to Suffolk
- Take Downtown Suffolk Exitt
- Go through 4 stop lights, take immediate Left
- Take an additional Left to back side of bldg to gym parking lot and Entrance

**OR****From Norfolk and Virginia Beach:**

- Take I-64 West to Suffolk and follow directions above

**Club Name:****VA International Gymnastics****Address:** 2400 Oak Lake Blvd.**City, State:** Midlothian, VA**Zip** 23112**USAG Club #:** **024901****Club Contact(s):** Jim & Mary Roe**E-Mail:** [roej67@msn.com](mailto:roej67@msn.com)**Web Site:** [www.vigsgymnastics.com](http://www.vigsgymnastics.com)**Gym Phone:** 804-276-7039**Home Phone:** 804-739-0192**Fax:** 804-739-0192**Equipment: Vault** AAI Table**Bars** AAI Elite**Beam** AAI Elite**Floor** Palmer Spring**Mats** Sting, 4" & 8" mats available**updated 8/2009 Other****Directions: From D.C.:**

- **I-95 S to Richmond to Powhite Parkway (Rt. 76)**
- After 75 cent toll booth, go to traffic light at Charter Colony Pkwy.
- Turn left onto Charter Colony Parkway and proceed to next light at Genito Road.
- Turn left onto Genito Road.
- Go thru fire station light then Turn Left onto Oak Lake Blvd.
- Go about half a mile to 2400 Oak Lake Blvd.
- The gym is the large tan and green building on your left.

**OR****From Charlottesville:**

- **I-64 east to Route 288 toward Chesterfield.**
- Take Hull Street Road (Route 360) East exit towards Richmond
- Go to second light and Turn Left onto Warbro Road.
- Go through the first light at Genito Road & road becomes Oak Lake Blvd. Go about half a mile to 2400 Oak Lake Blvd.

**OR****From Virginia Beach:**

- **I-64 west to 95 South exit (exit sign will also say 5th Street)**
- Take I-95 South 1/4 mile to Downtown Expressway to Route 76 (Powhite Parkway) & Follow Directions from Above

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: Virginia Techniques**

**Address:** 221 Country Drive  
**City, State:** Christiansburg, VA  
**Zip** 24073

**USAG Club #:** 109677

**Club Contact(s):** Cheryl Johnson

**E-Mail:** [crisk@vt.edu](mailto:crisk@vt.edu)

**Web Site:** [www.vatechniques.com](http://www.vatechniques.com)

**Gym Phone:** 540-381-5151

**Home Phone:** 540-818-0187

**Fax:** 540-381-5261

**Equipment:** **Vault** AAI Table - 80ft Runway  
**Bars** AAI Elite  
**Beam** AAI Elite  
**Floor** Palmer Spring  
**Mats** Sting, 4" & 8" Mats available

updated 10/2007

**Other**

**Directions:****From I-81:**

- Exit 118B (460W Blacksburg)
- Follow 460W approx. 3.5 miles
- Exit 4B (Pepper's Ferry Rd./Radford), take Right at end of ramp
- Right at first light on Arbor Dr., Right at first light on North Franklin St
- Follow North Franklin St approx. .2 mile, Take Right on County Dr,
- Gym is on Left between CRC Plumbing Supply and Williams Electrical

**OR****From I-77 (Princeton, Pearisburg)**

- Follow 460E past Blacksburg, Follow directions above

**Club Name: Warrenton Gym Ctr Inc****Team Name - Gems**

**Address:** 365 West Shirley Ave

**City, State:** Warrenton, VA

**Zip** 20186

**USAG Club #:** 026411

**Club Contact(s):** Sue Henry

**E-Mail:**

**Web Site:**

**Gym Phone:** 540-347-7697

**Home Phone:** 540-349-4478

**Fax:** 540-349-4478

**Equipment:** **Vault**

**Bars**

**Beam**

**Floor**

**Mats**

updated 10/2007

**Other**

Please note the following request: Warrenton Gym Ctr competes under the name GEMS - please use this on for all meet documents.

**Directions:**

Off Rt. 29 in Warrenton (on Left) - Across from Fauquier Hospital

**Club Name: Williamsburg Gymnastics**

**Address:** 113 Patrick Henry Drive

**City, State:** Williamsburg, VA

**Zip** 23185

**USAG Club #:** 025796

**Club Contact(s):** Pete Walker

**E-Mail:** [cincwalker@cox.net](mailto:cincwalker@cox.net)

**Web Site:** [www.williamsburggymnastics.com](http://www.williamsburggymnastics.com)

**Gym Phone:** 757-221-3410

**Home Phone:** 757-564-0694

**Fax:** 757-221-3412

**Equipment:** **Vault** AAI Table

**Bars** AAI

**Beam** AAI

**Floor** AAI

**Mats**

updated 9/2007

**Other**

Williamsburg Gymnastics-W&M Hall Athletics  
P.O. Box 8795  
Williamsburg, VA 23187

**Directions:****From North:**

- Take I-95 South to Richmond to I-295 to I-64 East
- Exit #238 Camp Peary – take Right onto 143
- Go to next light – take Right onto 60 West
- Left onto Richmond Rd.
- Pass Food Lion Shopping Ctr. & turn Right onto Brooks St.
- Park in the W&M Hall lot; Enter W&M Hall through Main Entrance

**OR****From South:**

- I-64 West to Williamsburg
- Exit #238 Camp Peary – take Left onto 143
- Follow directions above

**Club Name: Windsor Gymnastics**

Address: P.O. Box 159

City, State: Windsor, VA

Zip 23487

USAG Club #: **197823**

Club Contact(s): Pat Tribby

E-Mail: [windsorgym@verizon.net](mailto:windsorgym@verizon.net)

Web Site:

Gym Phone: 757-242-4900

Home Phone: 757-242-3825

Fax: 757-242-4900

Equipment: Vault

Bars

Beam

Floor

Mats

Other

**Directions:****From Norfolk/Va Beach:**

- Take 64 towards Suffolk to 58 to 460 to Petersburg Exit
- Go towards Petersburg-take for 10 miles into town of Windsor - Gym is on Left before Burger King

**OR****From Richmond/Petersburg:**

- Take 460 East to Windsor
- Gym is on the corner of 460 and 258

**OR****From the Peninsula:**

- Take 664 to 58 towards Suffolk to 460 to Petersburg Exit & follow directions above

**Club Name: WISC Gymnastics & Cheer**

Address: 5700 Warhill Trail

City, State: Williamsburg, VA

Zip 23188

USAG Club #: **218229**

Club Contact(s): Keisha Thompson, Natalie Vidnovic

E-Mail: [kthompson@thewisc.com](mailto:kthompson@thewisc.com)Web Site: [www.thewisc.com](http://www.thewisc.com)

Gym Phone: 757-253-1947

Home Phone: 423-218-1030

Fax: 757-253-6467

Equipment: Vault

Bars

Beam

Floor

Mats

updated 9/2007 Other

**Directions:****From Richmond & Points North:**

- Take I-64 East to Williamsburg/Hampton/Norfolk
- Take VA 646 exit, #234 to VA 199/Lightfoot-merge Right on to 199
- Go .3 mile to Longhill Rd Exit- Turn Right, go through light (7-11 on Rt.). Go 1 mile.
- Pass Lafayette HS, take next road to Warhill Tr.(look for sign that says District Park Sports Complex).At end of park, WISC on Right.

**OR****From Newport News/Hampton/Virginia Beach:**

- Take I-64 West towards Williamsburg
- Take Exit 242A Williamsburg/Busch Gardens/Jamestown - merge onto 199W
- After 5th light, go 2 miles & Exit Longhill Rd.
- Turn Left at Longhill Rd; go through light (7-11 on Rt). Go 1 mile & follow directions above

**Club Name: Woods Gymnastics**

Address: 13409 Beverly Ford Rd.

City, State: Elkwood, VA

Zip 22718

USAG Club #: **231531**

Club Contact(s): Katherine Johnson

E-Mail: [info@woodsgymnastics.com](mailto:info@woodsgymnastics.com)Web Site: [www.woodsgymnastics.com](http://www.woodsgymnastics.com)

Gym Phone: 540-825-0050

Home Phone: 703-475-5307

Fax:

Equipment: Vault

Bars

Beam

Floor

Mats

updated 10/2007 Other

**Directions:****From the North (Warrenton, Opal, Remington, etc.):**

Take Rt. 29 South past Opal and Remington. When you cross the Culpeper County line, make your next Right at the traffic light onto Beverly Ford Road (*you'll see a sign for Culpeper Municipal Airport on your right and Elkwood Crossing Nursery will be on your left*). Stay on Beverly Ford Road and stay straight PAST Airpark Dr. and make your next Right into our driveway at 13409.

**• From the South (Culpeper, Brandy Station, etc.):**

Take Rt. 29 North past Brandy Station. Turn Left at the next traffic light onto Beverly Ford Road (*you'll see a sign for Culpeper Municipal Airport just before the traffic light and Elkwood Crossing Nursery will be on your right at the intersection*). Stay on Beverly Ford Road and stay straight PAST Airpark Dr. and make your next Right into our driveway at 13409.

## Virginia USA Gymnastics 2009-2010 Club Directory

**Club Name: World Class Gymnastics****Address:** 709 Middle Ground Blvd.-Ste B-117**City, State:** Newport News, VA**Zip** 23606**USAG Club #:** **017853****Club Contact(s):** Tami Harrison**E-Mail:** [tamiatworldclass@aol.com](mailto:tamiatworldclass@aol.com)**Web Site:** [www.worldclassgym.com](http://www.worldclassgym.com)**Gym Phone:** 757-873-6440**Home Phone:** 757-422-6221**Fax:** 757-595-1194

**Equipment:** **Vault** AAI Table  
**Bars** AAI Elite & Speith  
**Beam** AAI Elite 800 Series & Speith  
**Floor** Midwest Spring  
**Mats** Sting & 8" mats available  
**Other**

**Directions:****From 64 East or West:**

- Jefferson Ave. East Exit
- Merge onto Jefferson Avenue; follow 2 miles
- Left onto Middle Ground Blvd.
- Gym is 1/2 mile on the Left

**Club Name: Worldwynd Gymnastics****Address:** P.O. Box 2551**City, State:** Chesapeake, VA**Zip** 23327**USAG Club #:** **027735****Club Contact(s):** Conrad Gumbs, Betty Dixon**E-Mail:** [worldwyndgym@hotmail.com](mailto:worldwyndgym@hotmail.com)**Web Site:****Gym Phone:** 757-377-7747 - Betty Dixon**Home Phone:****Fax:**

**Equipment:** **Vault**  
**Bars**  
**Beam**  
**Floor**  
**Mats**  
**Other**

updated 10/2007

**Directions:** TBA**Club Name: Youth Sports Gymnastics, VASTC****Address:** 14023 Noblewood Plaza**City, State:** Woodbridge, VA**Zip** 22193**USAG Club #:** **024571****Club Contact(s):** Paul Feclura**E-Mail:** [jbcoach@aol.com](mailto:jbcoach@aol.com)**Web Site:** [www.vastc.com](http://www.vastc.com)**Gym Phone:** 703-590-8400**Home Phone:** 703-244-4599**Fax:** 703-590-5055

**Equipment:** **Vault** Table & L4 Vault System  
**Bars** AAI Elite Super Wide  
**Beam** AAI Reflex  
**Floor** Palmer Elite Spring Floor  
**Mats** Sting & 8" Mats available  
**Other**

**Directions:****From 95 North or South:**

- Take the Prince William Pkwy Exit 158 (to Manassas)
- Take Prince William Parkway down 7 traffic lights
- After the 7th light, the gym will be located in the Prince William Commons Shopping Ctr on Right hand side
- Gym is next to Food Lion (between BJ's and Bally's Total Fitness)
- Look for the "Youth Sports" Sign on the front of the building

## Virginia USA Gymnastics 2009-2010 Club Directory

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Club Name:  
 Address:  
 City, State:  
 Zip  
 USAG Club #:  
 Club Contact(s):  
 E-Mail:  
 Web Site:  
 Gym Phone:  
 Home Phone:  
 Fax:  
 Equipment: **Vault**  
               **Bars**  
               **Beam**  
               **Floor**  
               **Mats**  
               **Other**

**Directions:**

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Club Name:  
 Address:  
 City, State:  
 Zip  
 USAG Club #:  
 Club Contact(s):  
 E-Mail:  
 Web Site:  
 Gym Phone:  
 Home Phone:  
 Fax:  
 Equipment: **Vault**  
               **Bars**  
               **Beam**  
               **Floor**  
               **Mats**  
               **Other**

**Directions:**

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Club Name:  
 Address:  
 City, State:  
 Zip  
 USAG Club #:  
 Club Contact(s):  
 E-Mail:  
 Web Site:  
 Gym Phone:  
 Home Phone:  
 Fax:  
 Equipment: **Vault**  
               **Bars**  
               **Beam**  
               **Floor**  
               **Mats**  
               **Other**

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**Directions:**