

VAUSAG CLUB DIRECTORY - 10-27-11

| Club Name | Address | City | St. | Zip | USAG Club # | Club Contact(s) | E-mail | Web Address | Gym Phone | Home Phone | Fax |
|---|---|-----------------|-----|-------|-------------|---|---|----------------------------------|--------------|------------------------------|--------------|
| Aerial East | 8167 Mechanicsville Turnpike Suite A-E | Mechanicsville | VA | 23111 | 403956 | Tiffany Kirkham | info@aerialeastgym.com | www.aerialeastgym.com | 804-723-5264 | 804-803-0229 | 804-723-5267 |
| All American Gymnastics | 10406 Lakeridge Pkwy | Ashland | VA | 23005 | 027385 | Donna Koehler Debbie Allgood | | www.allsmiles-allamerican.com | 804-752-6445 | 804-746-2049 804-746-3239 | 804-752-8338 |
| Apex Gymnastics | 741-E Miller Dr SE -Suite I-1 | Leesburg | VA | 20175 | 024893 | Melanie Cuozzo | apexgymn@aol.com | www.apexgymn.com | 703-777-5344 | 703-615-7259 | 703-777-3894 |
| Apollo Gymnastics | 12700 Apollo Drive | Woodbrige | VA | 22192 | 177154 | Nancy McDonald | apollomeets@aol.com | www.apollogymnastics.com | 703-580-9144 | | 703-580-9146 |
| Arlington Aerials | Barcroft Sports & Fitness Ctr 4200 South Four Mile Run | Arlington | VA | 22206 | 023500 | Carly Meyer | cmeyer@arlingtonva.us | www.arlingtonaerials.org | 703-228-0707 | 703-380-3843 | 703-228-0714 |
| Arlington "Y" Angels | 3422 North 13th Street | Arlington | VA | 22201 | 024839 | Nancy Nunez | njan411@msn.com | | 703-527-4966 | | 703-525-2148 |
| Blue Ridge Gymnastics | 391 Figsboro Rd | Martinsville | VA | 24112 | 024800 | Hugh & Donna Gerlach | brgym@kimbanet.com | www.bluderidgegym.com | 276-666-1001 | 276-666-1001 | 276-632-9199 |
| Botetourt Gymnastics | P.O. Box 655 | Daleville | VA | 24083 | 026737 | Susan Powers | sgpbga@aol.com | www.botetourtgym.com | 540-966-4729 | 540-992-5966 | 540-966-3867 |
| Capital Gymnastic NTC | 10400 Premier Court | Burke | VA | 22015 | 023856 | Barry & Chrisy Neff / Sergio Galvez/Tish Decoud | c.gymnastics@att.net, gle@capitalgymnastics.net, sergio.capital@gmail.com, Ldecoud@hotmail.com | www.capitalgymnastics.net | 703-239-0044 | 703-405-3627 | 703-426-2648 |
| Cardinal Gymnastics | 5581 Guinea Road | Fairfax | VA | 22032 | 024279 | Olga & Guenna lakounine | giakounine@msn.com | www.cardinalgymnastics.com | 703-323-0088 | 703-730-5235 | 703-730-5235 |
| Chantilly Academy Gymnastics | 14088-K Sullyfield Circle | Chantilly | VA | 20151 | 024254 | Anne Foster | aefstars@aol.com | www.chantillyacademy.com | 703-378-4966 | 703-378-4284 | 703-378-2914 |
| Classics Gymnastics | 2327 Seminole Lane | Charlottesville | VA | 22901 | 025261 | Joe & Diana Gamma | tsukefly@aol.com | www.classicsgymnastics.com | 434-978-4720 | 434-985-4568 | 434-978-3505 |
| Competitive Edge | 483 Fort Collier Road | Winchester | VA | 22603 | 169797 | Tammy Crawford | cegymnastics@verizon.net | www.cegymnastics.com | 540-662-2686 | 540-327-9500 | 540-662-2686 |
| Creative Fitness | 1251 Little Timber Ridge | Buchanan | VA | 24066 | 027535 | Sharon Ford | gsbford@rbnet.com | | 540-254-2113 | | |
| DDC Gymnastics | 7572 Telegraph Rd | Alexandria | VA | 22315 | | | | www.dancensationsdancecenter.com | 703-203-6690 | | |
| Dulles Gymnastics Academy | 45449 Severn Way #101 | Sterling | VA | 20166 | 453340 | Debbie Walk | info@dullesgymnasticsacademy.com | www.dullesgymnasticsacademy.com | 703-444-4966 | | |
| East Coast Gymnastics & Cheer | 1810 Roberts Street | Winchester | VA | 22601 | | Mandy VonFossen | mandyv79@gmail.com | www.ecgymnastics.com | 540-539-6198 | | |
| Elite Athletics | 1481 Bldg#2 Doss Road | Concord | VA | 24538 | | | | www.eliteathleticsva.com | 434-993-3533 | 434-221-6638 | 434-993-3544 |
| Excalibur Gymnastics | 5816 Arrowhead Dr. Suite 102 | Virginia Beach | VA | 23462 | 027329 | Gustavo Moure & Dena Walker | information@excalibur-gymnastics.com, dwalker@excalibur-gymnastics.com, gmoure@excalibur-gymnastics.com | www.excalibur-gymnastics.com | 757-499-8258 | | 757-499-8451 |
| Fairfax Gymnastics Academy | 3729 Pickett Road | Fairfax | VA | 22031 | 025560 | Roger & Kim Nelson | fairfaxgym@aol.com | | 703-323-8050 | 703-691-0669 | 703-323-8050 |
| Flipateers/ Riverview Gymnastics Newport News Parks & Rec | 125 City Farm Rd | Newport News | VA | 23602 | 026285 | Barbara Burriss | flipateers@nngov.com | www.nnparks.com | 757-886-2729 | 757-344-8598 | 757-886-2744 |
| Fluvanna Flyers | P.O. Box 145 | Palmyra | VA | 22963 | 026621 | Kathleen Walsh | kaywalsh@ntelos.net | www.friendshipgymnastics.com | 434-589-5867 | 434-971-9961 | |

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| Full Force Gymnastics | 13201 Littlefield Road | Chester | VA | 23836 | 024394 | Tegan Wray | tegnwray@comcast.net, fullforcegymnastics@yahoo.com | www.fullforcegymnastics.com | 804-530-1247 | 804-243-9925 | 804-530-1742 |
| Galax Gymnastics | 301 Shaw Street, Suite A | Galax | VA | 24333 | 024929 | Babsi Higgins | stillfippin2000@yahoo.com | | 276-238-0003 | 276-236-5841 | |
| GMS Institute | 7726 Newmarket Court | Manassas | VA | 20109 | 026034 | Azin Youseffi | manafi4@aol.com | www.gmskids.com | 703-369-7800 | 703-932-4773 | 703-361-1906 |
| Gymini Gymnastics | 292 Sunset Park Drive | Herndon | VA | 20170 | 023437 | Marty & Gwynne Comiskey | comiskey@erols.com | www.gyminigymnastics.com | 703-471-6088 | 703-437-7425 | 703-471-6088 |
| Gymnastics Barn - Majik Saints | 6809 River Road | Fredricksburg | VA | 22407 | 024480 | Jack & Linda Duncan | Duncangymnastics@aol.com, majiksaints@hotmail.com | | 540-786-2657 | | |
| Gym Inc. | 390 Salters Creek Rd | Hampton | VA | 23661 | 023854 | Wendy Hylton | whylton1@cox.net | www.gymnastics-inc.com | 757-723-4966 | 757-728-3623 | 757-788-8823 |
| Gymnastics World | 12384 Dillingham Square | Woodbrige | VA | 22192 | | | | | 703-763-3420 | | |
| Gym Quest | 3004-B Impala Place | Richmond | VA | 23228 | 071008 | Doug Lubking | lubkingGC@aol.com, gymquest@cavtel.net | www.gymquest.org | 804-262-9400 | 804-677-1785 | 804-262-2901 |
| Gymstrada Gymnastics | 5644 Parliament Drive | VA Beach | VA | 23462 | 023979 | Jeb Tolley & Nic Tolley | jtolley@exis.net, nictolley@gmail.com | www.gymstrada.com | 757-499-8591 | 757-495-9115 | 757-473-3886 |
| Hurricane Gymnastics | 409 Network Station | Chesapeake | VA | 23320 | 027662 | Tony Hampton | tony@hurrghym.hrcoxmail.com | www.hurricanegymnastics.com | 757-549-8181 | 757-434-9800 | 757-549-7452 |
| King George Patriots | P.O. Box 743 | King George | VA | 22485 | 025165 | Melissa Hood | kgpatriots@yahoo.com, mhood@mtcs.com | | 540-775-5949 | 540-633-3545 | 540-664-9007 |
| King George Alt Mailing: | 9100 Saint Anthony's Rd | King George | VA | 22485 | | | | | | | |
| Loudoun Gymnastics Center | 21586 Atlantic Blvd - Suite#130 | Sterling | VA | 20166 | 259342 | Ping Wang | info@lounoungymnastics.com | www.loudoungymnastics.com | 703-444-9298 | 443-538-2213 | 703-444-4791 |
| Lynchburg Elite | P.O. Box 4295 | Lynchburg | VA | 24502 | 023674 | Dawn Steele | clubbodyco@aol.com | www.clubbodyco.com | 434-239-8311 | 434-528-4795 | 434-239-3112 |
| Mecklenburg Co. YMCA | P.O. Box 1753 | Clarksville | VA | 23927 | | | ymca@kerrlake.com | www.kerrlake.com | 434-374-5858 | | 434-374-9700 |
| Mountain Empire GTC | 320 Valley Street NW | Abingdon | VA | 24210 | 024036 | Lisa Ann Greene | lgreene33@aol.com | www.me-gymnastics.com | 276-356-1242 | 276-628-6190 | |
| New River Valley Gymnastics | 100 Central Avenue-Central Park | Christiansburg | VA | 24073 | 053343 | Christine Epperly-Lawless | gymnastx@yahoo.com | www.nrvghym.com | 540-382-1114 | 540-382-5568 | 540-382-1055 |
| Northern Neck Gymnastics | P.O. Box 242 | Haynesville | VA | 22472 | | Janice Collins | collinsa@crosslink.net | | 804-333-6327 | 804-529-5821 | |
| Northern Virginia Gymnastics Academy | 22446 Davis Dr - Suite #109 | Sterling | VA | 20164 | 025510 | Faith & Mike Comini | cnvga@aol.com | www.nvgagym.com | 703-430-5434 | 703-444-1529 | 703-430-5434 |
| Novaks Gymnastics | 17535 Old Stage Coach Rd | Dumfries | VA | 22026 | 024503 | Jaroslava Novakova | novaksoffice92@aol.com | www.novaksgymnastics.com | 703-221-5833 | | 703-441-8933 |
| Ocean Tumblers Gymnastics | 912-A Professional Place | Chesapeake | VA | 23320 | 023993 | Diane Berry | berrydb1@aol.com | www.oceantumblers.com | 757-547-0169 | 757-474-2220 | 757-436-2724 |
| Olympiad-Richmond (Main Gym) | 10701 Trade Road | Richmond | VA | 23236 | 023508 | Carol Wolfe | rogc10.0@gmail.com | www.richmondolympiad.com | 804-794-2813 | 804-276-3416 | 804-794-2827 |
| Olympiad-Hanover | 10094 Leadbetter Place | Ashland | VA | 23005 | 023508 | Carol Wolfe | rogc10.0@gmail.com | www.richmondolympiad.com | 804-550-3319 | 804-276-3416 | 804-550-2128 |
| Olympiad-Innsbrook | 5000-J Cox Road-Ste 140 | Glen Allen | VA | 23060 | 023508 | Carol Wolfe | rogc10.0@gmail.com | www.richmondolympiad.com | 804-346-9089 | 804-276-3416 | 804-565-6432 |
| Paragon Gymnastics | 1410 Central Park Blvd | Fredricksburg | VA | 22401 | 024304 | Rachael Heard/ Ken&Rise Wood | information@paragongymnastics.com | www.paragongymnastics.com | 540-548-4966 | 540-834-1840 | 540-786-0436 |

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| Pete's Gymnastics | Send all information to Youth Sports or to the alternate address listed below | Woodbridge | VA | 22193 | 023874 | Pete Novgrad | petiejay@cox.net | www.vastc.com/pete'sgymnastics.htm | | 703-855-2437 | |
| Pete's Gymnastics | P.O. Box 1522 | Lorton | VA | 22199 | | | | | | | |
| Premier Olympic Gymnastics Academy | 956 Richmond Tappahannock Hwy | Manquin | VA | 23106 | 234650 | Jason Mabrey | premierolympcgy@aol.com | www.pogagym.com | 804-769-1195 | 804-852-3360 | 804-769-1195 |
| Richmond Twisters Gymnastics | 502 Byrd Industrial Drive | Richmond | VA | 23231 | 025765 | Lisa Small | twistercoach@comcast.net | www.richmondtwisters.com | 804-562-5701 | 804-690-3445 | |
| River City Youth Fitness | 48 Plaza Drive | Manakin-Sabot | VA | 23103 | 167808 | Holly & Fletcher Hamblen | info@rivercityyouthfitness.com | www.rcyf.com | 804-784-1990 | 804-364-4830 | 804-784-5880 |
| Roanoke Academy | 3825 Hite Street | Roanoke | VA | 24014 | 025103 | Dave Dickerson | rkegymnastics@aol.com | www.roanokegymnastics.com | 540-981-2211 | 540-772-0071 | 540-981-1523 |
| Shenandoah Tumblers | 221 Commonwealth Court | Winchester | VA | 22602 | 023702 | Chris & Scott Kensinger | info@shenandoahumblers.com | www.shenandoahumblers.com | 540-869-3207 | 540-888-4851 | 540-869-3208 |
| Southwest Gymnastics | 209 Clinchview Circle | Lebanon | VA | 24266 | 026672 | Lori Branham | mlhbranham@vmicro.net | NA | 276-794-7235 | | NA |
| Stafford Royals Gymnastics | 500 Nelms Circle | Fredricksburg | VA | 22406 | 024645 | Angela Regan, TJ Weaver | gymnastics@staffordcountyva.gov, tjweaver@staffordcountyva.gov | www.staffordroyals.com | 540-658-5115 | 540-899-5441-A 540-479-1736-T | 540-374-1559 |
| Triple "T" Sports Center | 619 East Constance Road | Suffolk | VA | 23434 | 082082 | Tyrone & Cheryl Burks | TTTGym@msn.com | www.TripleTGym.com | 757-923-5150 | 757-538-2620 | 757-923-5185 |
| VA International Gymnastics | 2400 Oak Lake Blvd | Midlothian | VA | 23112 | 024901 | Jim & Mary Roe | roej67@msn.com | www.vigsgymnastics.com | 804-276-7039 | 804-739-0192 | 804-739-0192 |
| VA Techniques | 1550 Roanoke Street - Ste C | Christiansburg | VA | 24073 | 109677 | Cheryl Johnson | cheryl@vatechniques.com | www.vatechniques.com | 540-381-5151 | 540-818-0187 | 540-381-5261 |
| Warrenton Gym Gems | 365 West Shirley Ave #A | Warrenton | VA | 20186 | 026411 | Sue Henry | warrentongymgems@aol.com | www.warrentongymnastics.com | 540-347-7697 | 540-349-4478 | 540-349-4478 |
| Williamsburg Gymnastics | 113 Patrick Henry Drive | Williamsburg | VA | 23185 | 025796 | Pete & Cindy Walker | info@williamsburggymnastics.com | www.williamsburggymnastics.com | 757-564-0694 | | 757-221-2989 |
| Windsor Gymnastics | 37 W. Windsor Blvd PO Box 159 | Windsor | VA | 23487 | 197823 | Pat Tribby | windsorgym@verizon.net | | 757-242-4900 | 757-567-0338 | 757-242-4900 |
| WISC Gymnastics & Cheer | 5700 Warhill Trail | Williamsburg | VA | 23188 | 218229 | Natalie Barnett | nbarnett@thewisc.com | www.thewisc.com | 757-253-1947 | | 757-253-6467 |
| Woods Gymnastics | 13409 Beverly Ford Rd | Elkwood | VA | 22718 | 231531 | Katherine Johnson | info@woodsgymnastics.com | www.woodsgymnastics.com | 540-825-0050 | 703-475-5307 | |
| World Class Gymnastics | 343 Bell King Rd | Newport News | VA | 23606 | 017853 | Tami Harrison Debbie LeMoal | gymsme2@aol.com | www.worldclassgym.com | 757-881-9920 | | 757-881-9923 |
| World Class Gymnastics Too | 1000 Bowen Parkway, Suite D | Suffolk | VA | 23435 | | Tami Harrison Debbie LeMoal | gymsme2@aol.com | www.worldclassgym.com | 757-488-5050 | | 757-881-9923 |
| Youth Sports Gymnastics, VASTC | 14023 Noblewood Plaza | Woodbridge | VA | 22193 | 024571 | Paul Feclura | jbcoach@aol.com | www.vastc.com | 703-590-8400 | 703-244-4599 | 703-590-5055 |