



**GYMSTARS
GYMNASTICS**
14088-K SULLYFIELD CIRCLE
CHANTILLY, VIRGINIA 20151
PHONE: 703-378-4966
FAX: 703-378-2914
www.chantillyacademy.com

1ST LEVEL 5 SECTIONAL

January 31st & February 1st 2009

CHINESE NEW YEAR CELEBRATION!!!

Meet Name	Dates	Level	Entry Fee	Entry Deadline	Notes
1 ST Level 5 Sectional	Jan 31 st & Feb 1 st	5	\$65.00 per gymnast All Levels	1/12/09	31.50 All Around Qualifying Score Required for Entry.

- ★ MAKE ALL CHECKS PAYABLE TO: CAPC
- ★ ALL ENTRIES MUST BE RECEIVED BY JANUARY 12, 2009
- ★ COACH'S & CLUBS PLEASE NOTE: DUE TO THE 1ST LEVEL 4 SECTIONAL BEING HELD THE SAME WEEKEND AT GMS IN MANASSAS - ANY SESSION REQUESTS MUST BE MADE AT TIME OF ENTRY IN ORDER TO BE ACCOMMODATED.
- ★ ACHIEVEMENT RIBBONS & SECTIONAL ALL-AROUND MEDALS PRESENTED
- ★ \$25.00 PER GYMNAST LATE FEE ASSESSED FOR LATE OR INCOMPLETE ENTRIES.
- ★ COACHES PLEASE COME TO SECTIONALS PREPARED TO ENTER YOUR ATHLETES TO THEIR STATE MEET AT THE CONCLUSION OF YOUR TEAM'S SECTIONAL SESSION. PAYMENT MUST BE MADE WITH A GYM OR BOOSTER CLUB CHECK MADE PAYABLE TO VAUSAG ONLY.

ENTRY FEE \$65.00 PER GYMNAST
ENTRY FEE DEADLINE: MONDAY, JANUARY 12, 2009

PLEASE FOLLOW ALL VAUSAG ENTRY GUIDELINES TO SECTIONAL MEETS.
ENTRIES MUST BE SUBMITTED VIA WEB BASED ENTRY FORM ONLINE AT WWW.VAUSAG.COM BY 1/12/09.
PAYMENTS MUST BE MAILED TO:

CA GYMNASTICS ATTN: MEET DIRECTOR
14088-K SULLYFIELD CIRCLE • CHANTILLY, VA 20151

MEET DIRECTOR: EUGENIA DREYER - 703-378-4966-GYM ✪ E-MAIL: EUGBJ4@AOL.COM
GYM CONTACT: ANNE FOSTER - 703-378-4284- DIRECT LINE ✪ E-MAIL: AEFSTARS@AOL.COM

EQUIPMENT:

VAULT:

L5-10 - PLATFORM VAULT INTO COVERED RESI-PIT LANDING - AAI LZT TAC 10 ELITE VAULT TABLE -1-AAI ADJ. SAFETY ZONE - 81' 6" RUNWAY, RUNWAY THICKNESS 5/8", AAI STRATUM BOARDS.
L4- 6X12 TIFFIN LEVEL 4 VAULT SYSTEM - 66' RUNWAY

BAR:

2 SETS AAI ELITE BARS - MATTED WITH 20 CM MATS

BALANCE BEAM:

2-AAI ELITE ADJUSTABLE BEAMS, MATTED WITH 18 CM MATS

FLOOR:

AAI STRATUM PALMER SPRING FLOOR WITH 2 INCH EVA FOAM & CUSTOM GMR CARPET - 54X42

**PLEASE NOTE: THE FLOOR EXERCISE AREA HAS AN 8" OVERLAP PADDED COLUMN OBSTRUCTION LOCATED 16' FROM THE CORNER. ALL COLUMNS ARE PADDED & HAVE POSED NO SAFETY ISSUES FOR ANY OF L4-10 GYMNASTS.

4" & 8" SKILL CUSHIONS & VARIED STING MATS ARE AVAILABLE.

PLEASE USE NEW WEB BASED ENTRY FORM ONLINE AT WWW.VAUSAG.COM

www.chantillyacademy.com

CHANTILLY ACADEMY PARENTS CLUB IS THE PROUD SPONSOR OF ALL CAG HOME COMPETITIONS

2009 1st Level 5 SECTIONAL MEET ENTRY INFORMATION

* This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.

Sectional Date	Qualifying Scores	Entry Deadline	Entry Fee	Host Club Contact	Meet Site
1 ST Level 5 Jan 31/ Feb 1	31.50AA	Monday, Jan 12 th 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>Chantilly Academy Gymnastics</u> 14088-K Sullyfield Cir. Chantilly, VA 20151 Contact: Eugenia Dreyer/Anne Foster Eugbj4@aol.com / aefstars@aol.com (G)703-378-4966 (Fax)703-378-2914	Chantilly Academy Gymnastics
<p>Clubs and Coaches Please Note:</p> <ul style="list-style-type: none"> ★ The 1st Level 5 & 1st Level 4 Sectional are being held on the same weekend at 2 DIFFERENT locations. Included below is the Level 4 Sectional Host Club Information and Contact for your convenience. ★ If you have any scheduling requests please include them on your mailed entry form with payment in writing at time of entry. Every effort will be made between Chantilly Academy and GMS to accommodate your requests. Requests must be made as soon as possible. Thank you ahead of time for your planning and consideration. 					
1 ST Level 4 Jan 31/ Feb 1	31.50AA	Monday, Jan 12 th 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>GMS Gymnastics</u> 7226 Newmarket Ct. Manassas, VA 20109 Contact: Azin Youseffi manafi4@aol.com (Azin Cell)703-932-4773 (G)703-369-7800 (Fax)703-361-1906	GMS Gymnastics

- Entry Fee is **\$65.00/gymnast**
- **ALL** entries **MUST** be submitted to the host club using the online entry forms found at www.vausag.com by the entry deadline.
 - **1st SUBMIT ONLINE ENTRY FORM TO HOST CLUB** by the **entry deadline**.
 - **2nd MAIL** check to the host club within 24 hours of completed online entry. As long as entry has been received on or before entry deadline, next day postmarks on payments received are accepted.
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.
- **Remember: All entries MUST be made online & payments mailed to HOST club.**

Judges Cup may be used as a Sectional Meet for Levels 4 & 5. If using as a Sectional, Qualifying Scores and proper Sectional Entry procedure must be followed and submitted according to entry deadlines.

OR

Judges Cup may be used as an Invitational Meet for Levels 4-10. Please refer to Judges Cup Information.

This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.

5.1 2008-2009 SECTIONAL ENTRY INFORMATION & GUIDELINES

5.1.1 Entry Requirements

- Levels 4 & 5 - Score a minimum of a **31.50 AA** at a local or invitational meet.

5.1.2 Entry Fee

- **\$65.00/gymnast**
- **ONE CHECK MADE PAYABLE TO THE HOST CLUB**

5.1.3 Entry Form Guidelines

- Official sectional entry forms are available online at www.vausag.com ONLY.
- **ALL SECTIONAL ENTRY FORMS MUST BE COMPLETED IN THEIR ENTIRETY OR THEY MAY NOT BE SUBMITTED.**
- Your gymnasts are **NOT** considered entered in the meet until all of the information that is required is received!
- NO "Pending" entries are allowed.
- **ALL** entries **MUST** be **Entered Online AND Payments MAILED** to the host club by the entry deadline.
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.

5.1.4 Instructions for Online Entry Forms

AS OF NOVEMBER 2008, ALL SECTIONAL MEETS MUST BE ENTERED ELECTRONICALLY VIA VAUSAG'S ONLINE ENTRY FORM AVAILABLE AT WWW.VAUSAG.COM.

NOTE: ALL PROCEDURES WILL BE UPDATED AS NEEDED BASED ON LATEST ONLINE ENTRY FORM AVAILABLE. CHECK ONLINE INSTRUCTIONS FOR UPDATES.

ALL CLUBS MUST SUBMIT ALL ENTRIES USING THE ONLINE FORM:

1 – GO TO WWW.VAUSAG.COM

2 – FROM THE HOME PAGE LOCATE THE "FORMS" SIDEBAR CLICK ON "**SECTIONAL ENTRY**".

3 –USE THE "**VAUSAG MEET ENTRY FORM WIZARD**". FOLLOW ALL INTRUCTIONS FOR ENTERING AND SUBMITTING ONLINE ENTRY; AND MAILING PAYMENT TO HOST CLUB.

5.1.5 Late Entry Guidelines

- A late fee of **\$25.00/gymnast** is charged for any entries that are late, incomplete or filled out incorrectly. There will be **NO** exceptions to this policy.
- It is possible that you may be denied entry to a sectional meet if you enter less than 10 days in advance. Per the USAG R & P, denial should be based on the fact that all sessions are already full. If your late entries can be accommodated, your team may be placed in separate rotations/sessions at the meet director's discretion.
- Replacements (with an athlete in the same session/level/age division) may be made with no extra fee up to the start time of the timed warm-ups, as long as that athlete received a sectional qualifying score PRIOR to the entry deadline set forth for that individual Sectional meet.

This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.

5.1.6 Refund Policy

- Refunds must be requested in writing by submitting an official meet withdrawal via mail, fax or e-mail to the host club a minimum of ten days prior to the meet date.
- You may mail, fax or e-mail your meet withdrawals - please provide Club Name, Gymnast Name and Level.
- No refunds will be granted if requested less than ten days prior to the meet date.

5.1.7 Qualifying Opportunities

- All Level 4 and Level 5 competitors are allowed to **participate in 3 of the 4** scheduled state qualifying sectional meets ONLY. For further clarification, this means that **NO SINGLE PARTICIPANT may have more than 3 qualifying opportunities to make it to her state meet.**
- If using Judges Cup as a sectional, it will count towards the maximum of 3 qualifying opportunities. All proper entry procedures must be followed.
- Non Qualified Level 4 & 5 athletes have priority entry to ALL scheduled sectional meets considering all entry procedures have been followed correctly.

5.1.8 Sectional Meet Times

- Sectional times will be communicated through the sectional host club a minimum of one week prior to the meet date via e-mail or their official home web site. The state web site at www.vausag.com also posts sectional times and information.
- Coaches and club owners **ONLY** may call OR e-mail the HOST CLUB (if you have not already been notified). **NO PARENTS ARE ALLOWED TO CALL or E-MAIL HOST CLUBS!!**

5.1.9 Sectional to State Qualification Procedure for Levels 4 & 5

- Level 4 & 5 entry to their STATE meets MUST be made at the conclusion of each team's session at Sectionals. See the State Meet Packet in this Handbook for specific State Entry procedures.
- Please Note: All coaches and clubs must come to sectionals prepared with a Gym or Parents Club Check payable to VAUSAG to enter their qualified athletes to states.



* This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.

6.3 2009 State Meet Entry Procedures for Levels 4 & 5

6.3.1 Level 4 & Level 5 Entry Requirements

- Qualifying score of a minimum of **33.00 AA**
- Enter at the conclusion of Sectional Session
- 2008-2009 Level 4 & 5 State Entry Fee - **\$75.00**

6.3.2 How to enter Level 4 & 5 Virginia State Meets

- Entry to the STATE meet MUST be made at the conclusion of your team's session at Sectionals. ONLY Gym or Parents Club checks made payable to VAUSAG will be accepted.
- **Sectional Host Club will provide each club with their Sectional Results and a State Entry Form listing all their clubs State Qualifiers for approval and payment by coach.**
- The Sectional Meet Director conducts a Coaches meeting at the conclusion of each session for the purpose of entering gymnasts to the State Meet. Sectional Meet Directors are responsible for collecting all payments. Original Sectional entry form must be available to participating club coaches.
- **Checklist for Level 4 & 5 State Meet Entries:**
 - a. **State meet entries for all qualifiers must be approved by each teams head coach and returned with payment to the Sectional Meet Director.**
 - b. All checks MUST be made payable to **VAUSAG**.
 - c. Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.
 - d. **Approved** State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
 - e. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.
 - f. NO Pending Entries are allowed.

6.3.3 Large Club / Small Club Team Awards for Levels 4 & 5

Level 4 & 5 State Meets - Large Club/Small Club Guidelines:

A team's Large Club/Small Club status is determined by the number of athletes per team entered in any one state meet and can change from one level to the next based on the number of total team entries for the Level 4 and Level 5 State Meet.

Large Club: Ten places are awarded for **Large Club – top 4 scores count.**

Small Club: **Five places** are awarded for **Small Club – top 3 scores count.**

Determination Date for Large Club/Small Club Designation:

- Ten days prior to the state meet date is the 2008 Large Club/Small Club Determination Date:
 - **Level 5 – Wednesday, April 29, 2009**
 - **Level 4 - Wednesday, May 6, 2009**
- Any small club may choose to compete as a large club.
- Please notify the state ASAP if you wish to be considered a large club for team awards.
- Small Clubs do not receive points for state standings in determining Compulsory Club of the Year.

PURPOSE OF SECTIONAL MEETS

The purpose of Sectional Meets is to qualify to the State Championships.

These meets are set up to run as efficiently as possible while allowing each team to have all of their gymnasts, regardless of level or age, compete at the same time. The following awards are presented during and at the conclusion of each session:

Levels 4 & 5 receive individual event achievement ribbons at the conclusion of each routine performed per USAG guidelines as follows:

Blue ribbon:	9.000 & above
Red ribbon:	8.000-8.975
White ribbon:	7.500-7.975
Yellow ribbon:	7.000-7.475
Green ribbon:	6.975 & below



Levels 4 & 5 receive a Virginia Sectional All-Around Achievement Medal at the conclusion of each session based on the following All-Around totals:

Blue ribbon medal:	36.000 A.A. & above
Red ribbon medal:	35.975-34.000 A.A.
White ribbon medal:	33.975 A.A. & below

All-Around scores announced at Sectionals represent the gymnasts' ranking in that session ONLY and do not give an accurate representation of their placement in the state.

No event or all around placement awards are given.

To see a complete ranking of all gymnasts in each age group competing at the sectional meet, please refer to the VAUSAG website on the day following the last session of competition at www.VAUSAG.com.

Gate Fees may be charged to all Sectionals held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

Sectional Hosts should include this statement in their programs.



This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.



DIRECTIONS:

FROM 95 SOUTH: TAKE 123 NORTH TO THE FAIRFAX COUNTY PARKWAY (RT. 3100 NORTH) TO EITHER ROUTE 66 WEST OR ROUTE 50 WEST & FOLLOW DIRECTIONS BELOW.

FROM RT. 50 WEST: Go approximately 4 miles to the intersection of Rt. 50W & Old Centreville Rd., go to the next light and turn LEFT onto Sullyfield Circle. (If you see exits for Rt. 28 N or S – you have gone to far!)
Go straight into Sullyfield Circle and pass Westmore St. on your left. Chantilly Academy is the next brick building after Creative Playthings on your LEFT. Turn left into the parking lot & look for meet signs.

FROM RT. 66 WEST: Exit Rt. 28 North and follow to the Rt. 50 East exit. Stay in the right lane off the exit ramp onto 50E. Take your 1st RIGHT at the 1st light onto Sullyfield Circle. Go straight into the circle and pass Westmore St. on your left. Chantilly Academy is the next brick building after Creative Playthings on your LEFT. Turn left into the parking lot & look for meet signs.

**14088-K Sullyfield Circle
Chantilly, VA 20151
703-378-4966-Phone
703-378-2914-Fax**

Go to www.chantillyacademy.com for more information

**PLEASE OBEY ALL "NO PARKING" SIGNS
IN PARKING LOTS SURROUNDING
CAG'S BUILDING. YOU WILL BE TOWED.
SEE THE ENCLOSED PARKING MAP FOR OPTIONS.**

From
Rt. 50

Walney Road

Walney Road From
Rt. 28

West Forest Street

Willard Road

NO PARKING IN ANY RESTRICTED PARKING SPACES!!!

YOU WILL BE TOWED!



Street Parking is available along Sullyfield Circle

Parking

CHANTILLY ACADEMY
X Entrance

Parking

Parking Saturday & Sunday Only

Parking

NO PARKING!!! YOU WILL BE TOWED!!!

Car Detailer

X
X
X

COACHES & CLUB OWNERS: PLEASE DISTRIBUTE TO ALL FAMILIES ATTENDING!

Sullyfield Circle

Parking

Parking

Contemporary Music

X

Brookfield Corporate Drive

Capital Expo Center

U.S. Post Office

○ ○ ○ - Stop Light

X - Available Parking Entrances

Parking

- Available Parking

X - NO Parking

1ST Level 5 Sectional Parking Information Guide:

1. Parking is available in all areas surrounding the immediate Chantilly Academy Building - 14088 Sullyfield Circle.
2. Please DO NOT PARK in any handicap, coned off, Car Detail lot OR any restricted parking spaces as you will be towed.
3. Street side parking is available along Sullyfield Circle.
4. Additional Parking is available on Saturday & Sunday in the parking lot across the "Grassy Knoll Area" marked on the map.

Note:
To park there, you must enter from Willard Road bear left and go to the back of the building. You will need to then WALK across the "Grassy Knoll Area" (15ft) to get to Chantilly Academy's building.



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14088-K SULLYFIELD CIRCLE CHANTILLY, VA 20151
WWW.CHANTILLYACADEMY.COM
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List of Hotels 2008-2009

HOST HOTEL: Hilton Washington Dulles Airport
http://www1.hilton.com/en_US/hi/hotel/IADAHF-Hilton-Washington-Dulles-Airport-Virginia/index.do
13869 Park Center Rd, Herndon, Virginia, United States 20171
Tel: 1-703-478-2900 Fax: 1-703-834-1996
CAPC Negotiated Rate \$89

Wingate by Wyndham - Chantilly - Dulles Airport
http://www.wingateinns.com/Wingate/control/Booking/property_info?propertyId=11962&brandInfo=WG
3940 Centerview Drive (Rt 50 & Rt 28) Chantilly, VA, 20151
Phone: 571-203-0999 Fax: 571-203-0998
Rates starting at \$57

Courtyard Dulles Airport Chantilly
<http://www.marriott.com/hotels/travel/iadca-courtyard-dulles-airport-chantilly/>
3935 Centerview Drive Chantilly, VA 20151
Phone: 703-709-7100 Fax: 703-709-8672
Rates starting at \$79

Staybridge Suites CHANTILLY - DULLES AIRPORT
<http://www.ichotelsgroup.com/h/d/sb/1/en/hotel/ctyll?requestid=14536>
3860 CENTERVIEW DRIVE CHANTILLY, VA 20151 UNITED STATES
Hotel Front Desk: 1-703-4358090 | Hotel Fax: 1-703-4359080
Rates starting at \$102

Holiday Inn Select CHANTILLY-DULLES-EXPO (ARPT)
<http://www.ichotelsgroup.com/h/d/sl/1/en/hotel/ctyva?requestid=14415>
4335 CHANTILLY SHOPPING CENTER CHANTILLY, VA 20151
Hotel Front Desk: 1-703-8156060 | Hotel Fax: 1-703-8152388
Rates starting at \$99

Fairfield Inn Dulles Airport Chantilly
<http://www.marriott.com/hotels/travel/iadfc-fairfield-inn-dulles-airport-chantilly/>
3960 Corsair Court Chantilly, Virginia 20151 USA
Phone: 1-703-435-1111 Fax: 1-703-435-3163
Rates starting at \$69

Comfort Suites
<http://www.choicehotels.com/ires/en-us/html/HotelInfo?hotel=VA319&promo=gglocal>
13980 Metrotech Dr. , Chantilly, VA, US, 20151
Phone: (703) 263-2007 Fax: (703) 263-2231
Rates starting at \$70

Hampton Inn Washington-Dulles Int'l Airport South
<http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml?ctyhocn=WASCNHX>
4050 Westfax Drive Chantilly, VA 20151
Phone: 703-818-8200 Fax: 703-968-6871
Rates starting at \$79

Hyatt Place Dulles Airport – South
(formerly Amerisuites; newly renovated)
<http://dullesairportsouth.place.hyatt.com/hyatt/hotels/place/index.jsp>
4994 Weststone Plaza Chantilly, VA 20151
Tel: (703) 961-8160 Fax: (703) 961-8163
Rates starting at \$63

Westfields Marriott Washington Dulles
<http://www.marriott.com/hotels/travel/iadwf-westfields-marriott-washington-dulles/>
14750 Conference Center Drive Chantilly, VA 20151
Phone: 703-818-0300 Fax: 703-818-3655
Rates starting at \$99

Hilton Washington Dulles Airport

13869 Park Center Rd, Herndon, Virginia, United States 20171

Tel: 1-703-478-2900 Fax: 1-703-834-1996



DIRECTIONS FROM CHANTILLY ACADEMY GYMNASTICS TO THE WASHINGTON DULLES HILTON

- Start out going **NORTHEAST** on **SULLYFIELD CIR** toward **LEE JACKSON MEMORIAL HWY/US-50 E**.
- Turn **LEFT** onto **LEE JACKSON MEMORIAL HWY/US-50 W**. Get into **FAR RIGHT TURNING LANE**.
- Merge **RIGHT** onto **Route 28 NORTH** toward **DULLES AIRPORT**.
- Exit **Right** **MCLEAREN RD/VA-668 E**.
- Go to **1st Light** and Turn **LEFT** onto **TOWERVIEW RD**.
- Turn **LEFT** onto **PARK CENTER RD**.

DIRECTIONS FROM WASHINGTON DULLES HILTON TO CHANTILLY ACADEMY GYMNASTICS

- Exit Hilton Parking – Take **RIGHT** onto **PARK CENTER RD**.
- At Light Take **RIGHT** onto **TOWERVIEW RD**.
- At Light Take **RIGHT** onto **MCLEARAN RD/VA-668-W**.
- Go **OVER** overpass to Exit onto **Route 28 SOUTH**
- Exit onto **LEE JACKSON MEMORIAL HWY/US-50 E**. – Stay in **Right Lane**
- Turn **RIGHT** onto **SULLYFIELD CIRCLE**
- Take your **2nd LEFT** after **Westmore Street** into **CAG's parking lot**.
- **CAG's address is 14088-K Sullyfield Circle · Chantilly, VA 20151**.

Nearby Food & Restaurants

Sully Plaza- Rt 50 & Centerville Road

within 1 mile east of the gym

IHOP
Baha Fresh
Buon Appetito
Golden China
Jerry's Pizza
KFC
Otani Japanese Steak House
Ruby Tuesdays
Taco Bell
Wendy's
China Cafe
Backyard Grill

Chantilly Crossing- Rt. 50 & Lee Road

within 1.5 miles west of the gym

Chipotle
Cici's Pizza
Famous Daves Bar-B-Que
Five Guys
Quizno's
Red Robin
Starbucks

Centerview Drive and Rt. 50

within 0.5 mile of gym across Sullyfield Circle

Bob Evans
Longhorn Steakhouse
Damon's Grill

Dulles Expo Center- Willard Road & Rt 28

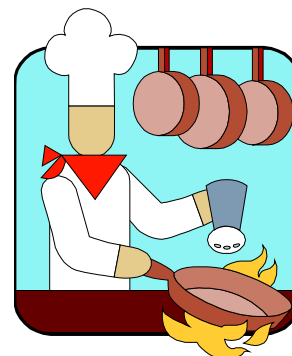
within a mile from the gym

Arby's
Bob O's
Burger King
Chick-fil-A
McDonalds
Taco Bell
Wendy's
Willard's Barbeque
Hooter's

Westfields Blvd & Stonecroft Blvd –

Westone Plaza *within a mile from the gym*

Applebee's
Foster's Grille
Moe's
Texas Roadhouse
Eggspectations



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Eugenia Dreyer – CAG Meet Director – eugbj4@aol.com

