

# COACHES PACKET

## Level 8, 9, & 10 State Meet

### Host Club: Gymstrada Gymnastics

Go to [www.gymstrada.com](http://www.gymstrada.com) or [www.vausag.com](http://www.vausag.com) for additional Information and details.



**Wish Your Gymnast Good Luck at the State Meet!**

Click [ [Here](#) ] to Find Out How!

## COMPETITION SITE & EQUIPMENT

The Level 8, 9, & 10 State Meet will be held at Oscar Smith High School in Chesapeake, VA. AAJ Equipment will be used.

## HOTEL INFORMATION

Crowe's Housing Specialist (CHS) will be the point of contact for all hotel reservations for the Level 8, 9, & 10 State Meet. Please do not call the hotels directly. Cancellations/changes must be made through Crowe's Housing Specialist. Room blocks may **not** be available after February 25th, 2009, so please make your reservations early.

Hotels providing rooms for this year's state meet are:

**HYATT PLACE:** Hotel opened December 2008. Options for rooms are: 2 Queen Beds or a Hyatt Grand Bed (King) with Queen sleeper pullout, Indoor Pool, Restaurant, Coffeemaker, Refrigerator and a Continental Breakfast. More information on the Hyatt can be found [ [here](#) ].....\$112.00

**SPRINGHILL SUITES:** Hotel opened September 2008. Amenities include: 2 Double Beds with a pullout sofa, Complimentary Breakfast, 24-hr Convenience Mart for snacks, Indoor Pool, Fitness Center, Coffeemaker, Refrigerator and Microwave in each room.....\$120.00

**FAIRFIELD INN:** Hotel was renovated in August 2008. Amenities include: 2 Double Beds, Complimentary Continental Breakfast, Spacious Fitness Center, 24-hr Convenience Mart for snacks.....\$99.00

Please complete the [ [RESERVATION FORM](#) ] and forward to Crowe's Housing Specialist (CHS). Select your choice of hotels. If you are reserving a block of rooms for your gym please send a rooming list with names, arrivals and departures dates, credit card information to reserve rooms. February 25th, 2009 is the cut off for reservations. **Please reserve rooms ASAP; there is plenty of time to make changes!** Please fax your form to: (757) 587-3107 or email it to: [c.rooms@cox.net](mailto:c.rooms@cox.net).

State Meet Date	Qualifying Scores to State	Entry Deadline	Entry Fee	Host Club & Contact Information	Meet Site
<b>Level 8, 9 &amp; 10</b> March 28/29	L8 - 33.00AA L9 & 10 - 32.00AA <b>8.50 IES</b> (One Time)	<b>Monday, March 9<sup>th</sup> 2009</b>	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Gymstrada Gymnastics</u> Contact: Steve Garman, VAUSAG Chairman – <a href="mailto:vausag@aol.com">vausag@aol.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site - Outside Facility-Oscar Smith HS-Chesapeake Organized by VAUSAG State Board

## 2008-2009 State Meet Entry Procedures for Levels 8 -10

**\*Use the Online State Entry Forms found at [www.vausag.com](http://www.vausag.com).**

### Levels 8, 9 & 10 Entry Requirements:

- Qualifying score of a minimum of 33.00AA – Level 8
- Qualifying score of a minimum of 32.00AA or **8.50 for IES** – Level 9 & 10
- Declaration date of IES Status: January 15, 2009. Please see IES Section.
- 2008-2009 Level 8-10 State Meet Entry Fee - \$75.00
- The state entry form for LEVELS 8, 9 & 10 MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC BY

**MONDAY, MARCH 9, 2009.**

### How to enter Level 8-10 Virginia State Meets

- A level 8-10 gymnast may qualify to her state meet by attending **ANY** invitational meet and score at or above the state qualifying score for that level. The Judge's Cup may be used as a qualifying meet.
- OR**
- Level 8-10 gymnasts that were Regional/National level competitors during the 2007-2008 season may enter at the same level this year. Gymnasts who qualify by their 2007-2008 Regional/National status must be noted on the faxed/e-mailed and mailed team entry form.

### All Level 8-10 State Entries MUST be:

**1<sup>st</sup> E-MAILED:**

**E-MAIL ENTRY using Online Entry Form at [www.vausag.com](http://www.vausag.com)**

**2<sup>nd</sup> MAILED:**

**MAIL Completed Entries, Meet Score Sheets and payment made payable to VAUSAG by the deadlines indicated above to Steve Garman, VA SAC.**

(NOTE: Meet Score Sheets Verifying all Level 8, 9 & 10 state entry qualifying scores submitted must be included with entry and payment. This is especially critical for those scores submitted from out of state invites.)

All gym or booster club checks must be MADE PAYABLE TO **VAUSAG** by the deadlines indicated above and sent to:

**Steve Garman, VAUSAG SAC  
3116 Knoll Drive  
Falls Church, VA 22042**

## Requirements and Checklist for Level 8-10 State Meet Entry Forms:

- 1 All clubs must use the VAUSAG online entry forms at [www.vausag.com](http://www.vausag.com) to enter all L8-10 athletes to their state meet.**
- Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at [www.vausag.com](http://www.vausag.com) and at state meet coaches meeting.**
- Make checks payable to **VAUSAG**. Only Gym or Parents Club checks will be accepted. **ONE CHECK MAY BE USED TO PAY FOR ALL LEVELS.**
- Entries must be completed in their entirety with payment in full to be accepted. \$25.00 late fee per gymnast is added to any incomplete or late entries submitted.
- Pending Entries are NOT ALLOWED.
- Meet score sheets verifying all state entry qualifying scores submitted must be included with payment. This is especially critical for those scores submitted from out of state invites.
- NOTE: All L6-10 State Entries MUST be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter.**

## ATTENTION CLUBS & COACHES - IMPORTANT REGIONAL INFORMATION:

### ***Level 8-10 Regional Entries and Apparel Purchasing at States***

- All Clubs **MUST** be prepared to enter their Regional Qualifiers to each Levels Regional Championships at the conclusion of their state meet sessions. USAG Club Numbers MUST BE included on all Regional meet entry forms.
- For the 2<sup>nd</sup> year in a row VAUSAG SAC has voted to pay for all 2009 Virginia Level 8, 9 & 10 Regional Qualifiers.**
- Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table.** All Regional Qualifiers must be entered to their Regional meet at the conclusion of their state meet sessions.
- Separate entry forms are required for each level as they all have separate host clubs.
- Level 9 & 10's qualify by scoring a 34.00 AA total at States **or** by scoring a **9.00** on an event at States for declared IES gymnasts. **There are 8 JR & 8 SR age groups** for Level 9; AND 4 JR & 4 SR Age Divisions for Level 10. The Women's Program Manager determines and publishes age divisions prior to the Regional Championships.
- Level 8's qualify by placing in the top 8 AA places in the designated Regional Age Group of which there are 3 Junior and 3 Senior Age Groups. The top 6 All Around placements for each regional age group are considered the VA Regional Team. The 7<sup>th</sup> & 8<sup>th</sup> place All Rounders are placed on Regional All Star teams comprised of gymnasts from all

- states in Region 7. Alternates are named at the state meet and will be notified of their placement to Regionals at a later date.
7. If a club/coach has submitted a Level 9 or 10 All Around or IES athlete petition for Regional entry to the Regional Technical Chairperson, Myra Elfenbein, they may enter the petitioned gymnast on the official entry form marked specifically as "Petition Pending" along with payment in full. If petition is denied the RTCC will contact the regional meet director who will refund the entry fee.
  8. Copy your State Administrative Committee Chairperson on all petitions.
  9. NO petitions may be submitted for Level 8 athletes.
  10. NO petitions may be submitted at the State Meet for Level 9 or 10 athletes.
  11. **Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&P)**
  12. Proper petition procedure must be followed according to the rules set forth by USAG on pages 49 & 50 of the 2008-2009 Women's Program Rules and Policies and the Region 7 Technical Chair.
  13. All Clubs should be prepared to purchase Regional Apparel for gymnasts and coaches at the conclusion of the Level 8, 9 & 10 state meets for regional qualifiers. One gym or parents club check made payable to VAUSAG for all level 8, 9 & 10 apparel is acceptable and preferred.

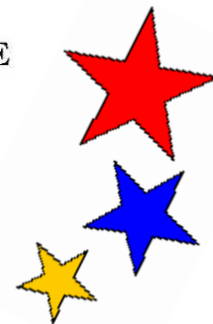
# ATTN ALL GYMS WITH SENIORS:

**Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at [www.vausag.com](http://www.vausag.com) and at state meet coaches meeting.**

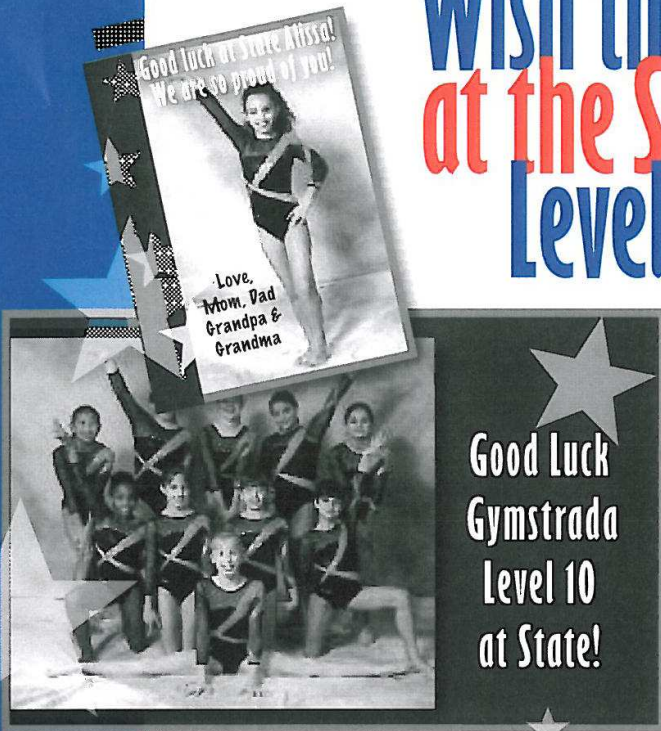
**ATTENTION ALL GRADUATING SENIORS  
PLEASE FORWARD A WALLET SIZE PICTURE  
FOR INCLUSION IN OUR SALUTE TO SENIORS PAGE  
TO:**

**GYMSTRADA GYMNASTICS  
ATTN: ERIN HULLS  
5644 PARLIAMENT DR.  
VIRGINIA BEACH, VA 23462**

**ANY QUESTIONS PLEASE CONTACT  
ERIN HULLS AT: [hepc1@cox.net](mailto:hepc1@cox.net)**

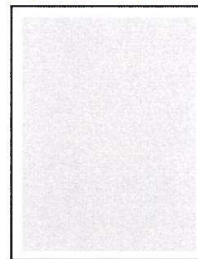


# Wish them Good Luck at the State Meet for Levels 8, 9 & 10.



Purchase an ad in the State Meet Program for your star gymnast and they'll be as proud as you.

## Rates & Sizes



### FULL PAGE - non bleed

7.5 x 10 inches  
\$100

### A - 1/2 page

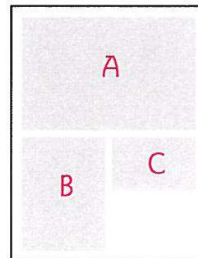
7.5 x 4.875 inches  
\$75

### B - 1/4 page

3.625 x 4.875 inches  
\$50

### C - 1/8 page

3.625 x 2.312 inches  
\$40



The state meet is for Levels 8, 9 and 10 and will be March 28, 2009, hosted by Gymstrada Gymnastics.

PLEASE EMAIL CUSTOM MADE AD in PDF FORMAT. All PDFs must be made with 300 dpi images that are cmyk, fonts need to be converted to outlines or imbedded in pdf. No TrueType fonts. Only Postscript or Open fonts can be used to make compliant PDFs.

Email ad to [bphad@cox.net](mailto:bphad@cox.net) or mail CD of Ad to:  
Buena Henry/State Meet Ad  
779 Suffolk Lane, Virginia Beach, VA 23452

If you need help creating your ad please email digital photo in jpg format and ad message to [bphad@cox.net](mailto:bphad@cox.net). Please reference your child's name and team in the subject of the email and mail in order form.

## Attention all Graduating Seniors

PLEASE FORWARD A WALLET SIZE PICTURE FOR **FREE** INCLUSION IN OUR SALUTE TO SENIORS PAGE

Mail to: ERIN HULLS/Gymstrada Gymnastics  
5644 PARLIAMENT DR., VIRGINIA BEACH, VA 23462

ANY QUESTIONS PLEASE CONTACT  
ERIN HULLS AT : [hepci@cox.net](mailto:hepci@cox.net)

Make checks payable to:  
Gymstrada Parent's Association

Mail check and order form to: Buena Henry,  
779 Suffolk Lane, Virginia Beach, VA 23452

Deadline for all submissions: March 1, 2009  
Thank you so much and good luck to your teams.

## Please attach with order.

1. TEAM NAME/INDIVIDUAL GYMNAST NAME

2. CONTACT

3. PHONE

4. E-MAIL REQUIRED TO SEND PROOF

5. SIZE OF AD (PLEASE CHECK):  1/4 PAGE (\$50)  1/2 PAGE (\$75)

FULL PAGE (\$100)  SENIOR PHOTO (FREE)

**VIRGINIA**  
**LEVELS 8/9/10 STATE MEET**  
**March 28<sup>th</sup> and 29<sup>th</sup>**

Level 8/9/10 State Meet

Please attach with order.

1. Team name/Individual Gymnast name

\_\_\_\_\_

2. Contact \_\_\_\_\_

3. Phone \_\_\_\_\_

4. E-mail required to send proof \_\_\_\_\_

5. Size of Ad (please check):

\_\_\_\_\_ 1/4 page (\$50) \_\_\_\_\_ 1/2 page (\$75) \_\_\_\_\_ Full page (\$100)

\_\_\_\_\_ Senior Photo (no cost)

6. Is ad a pdf or do you need it created? \_\_\_\_\_

***DEADLINE FOR ALL SUBMISSIONS:***

***March 1, 2009***

***MAKE CHECKS PAYABLE TO GPA***

Thank you so much and good luck to your teams.

**VIRGINIA  
LEVELS 8/9/10 STATE MEET  
March 28<sup>th</sup> and 29<sup>th</sup>**

**GOOD LUCK ADS  
SPONSORED BY:  
GYMSTRADA PARENTS ASSOCIATION**

**PRICES**

**FULL PAGE: \$100 (7.5" x 10")  
HALF PAGE: \$75.00 (7.5" x 4.875")  
QUARTER PAGE: \$50 (3.625" x 4.875")**

**PLEASE EMAIL CUSTOM MADE AD (PDF FORMAT) TO:  
Buena Henry [bphad@cox.net](mailto:bphad@cox.net) OR MAIL CD of Ad:**

**Gymstrada Gymnastics  
Attn: Buena Henry  
5644 Parliament Dr.  
Virginia Beach, VA 23462**

**If you need help creating your ad please email digital photo and message or mail to  
above address, we will create the ad and send you back a proof for your approval.**

**PLEASE PUT STATE GOOD LUCK AD AND GYM NAME OR GYMNAST'S  
NAME IN SUBJECT BOX**

**ATTENTION ALL GRADUATING SENIORS  
PLEASE FORWARD A WALLET SIZE PICTURE  
FOR INCLUSION IN OUR SALUTE TO SENIORS PAGE  
TO:**

**GYMSTRADA GYMNASTICS  
ATTN: ERIN HULLS  
5644 PARLIAMENT DR.  
VIRGINIA BEACH, VA 23462**

**ANY QUESTIONS PLEASE CONTACT  
ERIN HULLS AT: [hepc1@cox.net](mailto:hepc1@cox.net)**

## PURPOSE OF STATE MEETS IN VIRGINIA

The purpose of the Level 4-10 State Meets in Virginia is to provide a culminating competition in the format of a championship event for Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Meets for Levels 8-10 are also used as a qualifier to Regional Championships for Levels 8-10; and onto USAG East/West Championships for Level 9 athletes and USAG Junior Olympic National Championships and **National Invitational Tournament** for Level 10 athletes.

State Championships are set up according to the USAG Women's Rules and Policies and the guidelines set forth by the both the Regional and Virginia State Administrative Committees.

### Awards Presented at Virginia State Meets:

#### **Level 4 & 5:**

Event Achievement Awards, Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards – both Large Club and Small Club are presented.

#### **Level 6 & 7:**

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

#### **Level 8-10:**

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Regional Qualifiers are announced.

Level 8 States the VA Regional team is determined by age group and All-Around. Top 6 All Around placements in each of the 6 Regional Age Groups are the VA Regional Team – 7<sup>th</sup> & 8<sup>th</sup> place AA are Regional All-Star team members. In addition Alternates Qualifiers are announced.

Level 9 & 10 qualify to their Regional Championships by a score of 34.00 for All Around competitors and a 9.00 for Individual Event Specialists and then by AA placement at Regionals to their national meet.

Senior appreciation awards are presented to all our graduating Virginia gymnasts.

Please Note: All state qualifiers who attend a state meet receive a state gift which is presented at the conclusion of their competitive session.

To see a complete ranking of all gymnasts in each level and age group competing at a state meet, please refer to the VAUSAG website on the day following the last session of competition at [www.VAUSAG.com](http://www.VAUSAG.com). Team rankings are also available.

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

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State Hosts should include this statement in their programs.



# **OSCAR SMITH HIGH SCHOOL 1994 TIGER DRIVE CHESAPEAKE, VIRGINIA 23320**

## **DIRECTIONS TO MEET VENUE**

### **From the Peninsula**

1. Take Interstate 64 East to Interstate 664 South.
2. Return to Interstate 64 by taking Exit 15B (towards Chesapeake and Virginia Beach).
3. Travel over the Elizabeth River Bridge.
4. Take Exit 292 (Dominion Boulevard), the first exit after the bridge.
5. At the end of the exit ramp, turn right onto Great Bridge Boulevard (Route 190 East).
6. Continue straight on Great Bridge Boulevard crossing Dominion Boulevard in the process.
7. After about 1.5 miles, the school will be on the right.

### **From Downtown Norfolk**

1. Take Interstate 464 South towards Chesapeake.
2. Interstate 464 will intersect Interstate 64; continue straight, however, and take Exit 15B (Dominion Boulevard/Route 190) at the end of Interstate 464.
3. At the first stoplight, make a left onto Great Bridge Boulevard (Route 190 East).
4. After about 1.5 miles, the school will be on the right.

### **From Suffolk**

1. Take US Route 58 East, and continue as it becomes US Route 13 North.
2. Merge with Interstate 664 South and continue to Interstate 64 West (towards Chesapeake and Virginia Beach).
3. Take Exit 292 to Dominion Boulevard (Route 104 South).
4. At the first stoplight, make a right onto Great Bridge Boulevard (Route 190 East).
5. After about 1.5 miles, the school will be on the right.

### **From Virginia Beach**

1. Take Interstate 264 West towards Norfolk.
2. Merge onto Interstate 64 East toward Chesapeake/Suffolk.
3. Take Exit 291B towards Elizabeth City (US Route 17)/Dominion Boulevard (Route 104 South).
4. Circle around the interchange and take Exit 15B (Dominion Boulevard/Route 190).
5. At the first stoplight, make a left onto Great Bridge Boulevard (Route 190 East).
6. After about 1.5 miles, the school will be on the right.

### **From North Carolina or Southern Chesapeake**

1. Take the Great Bridge Boulevard bypass (168 Bypass North) and exit at Battlefield Boulevard South (Great Bridge Boulevard Business), which is the second Battlefield Boulevard exit.
2. Stay in the right lane and turn right at the stoplight onto Great Bridge Boulevard (Route 190 West).
3. After about an eighth of a mile, the school will be on the left.

### **Parking**

Team buses should enter at the western entrance, before the school's stoplight if heading east on Route 190. Team buses will park inside the stadium.

All other traffic should enter at the school's stoplight (Tiger Drive). Please drive to the back of the school to the parking lot by the football field. When that fills, shuttle buses will run from a parking area in River Walk (an adjacent development). There should be no need to pay for parking.

<b>2008 - 2009 Sectional and State Meet Gate Fee Chart</b>		
<i>*Charged in Outside Facilities Only</i>		
<b>Age Group</b>	<b>One Day Pass</b>	<b>Two Day Pass</b>
<b>Under 12</b>	<b>FREE</b>	<b>FREE</b>
<b>12 years &amp; older</b>	<b>\$10.00</b>	<b>\$15.00</b>
<b>Senior Citizens</b>	<b>\$5.00</b>	<b>\$10.00</b>