



2010 Level 6 & 7 State Championships

HOST CLUB STATE MEET WEBSITE: <http://level6.snappages.com/>

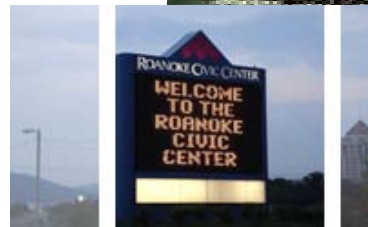
OFFICIAL VAUSAG STATE MEET WEB PAGE: <http://vausag.com/state-meet-information/2010-vausag-level-6-7-state-meet>

DATE: April 16-18, 2010

HOST CLUB: Roanoke Academy of Gymnastics, Roanoke, VA

MEET LOCATION:
[Roanoke Civic Center](#)
 710 Williamson Rd.
 Roanoke, VA 24016

SESSION TIMES: SEE NEXT PAGE



We are Cruising on into State!! All Aboard for April 16th-18th, 2010!

Roanoke Academy of Gymnastics is pleased to host the 2010 Virginia State Meet for Levels 6 & 7! The meet is being held this year at the [Roanoke Civic Center](#), in downtown Roanoke. Our Host Hotel, Hotel Roanoke, offers premier lodging less than a mile from the meet. Please see the **Hotel Information** tab for links to their website, as well as other accommodation options.

This year, you can recognize and honor your gymnast on their special day. We are offering Congratulatory Flower Bouquets as well as advertising space in our State Meet program. Please see the **Honor Our Gymnasts** tab for more information.

There is plenty to see and do after the meet as well. Downtown Roanoke offers something for everyone. Please see the **Visit Roanoke** tab for some sightseeing and restaurant options.

ADMISSION FEES WILL BE CHARGED EACH DAY OF THE MEET.

2010 State Meet Gate Fees:

2010 Sectional and State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities Only</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00





2010 Level 6 & 7 Virginia State Championships

SATURDAY APRIL 17, 2010

Session 1 - LEVEL 7 – AGES 11JR, 11SR & 14 YEARS

Open Stretch	8:00am
March In	8:25am
WU/Compete	8:35am
Awards	11:30pm

Session 2 - LEVEL 7 - AGES 12JR & 12 SR

Open Stretch	12:00pm
March In	12:25pm
WU/Compete	12:35pm
Awards	2:35pm

Session 3 - LEVEL 7 – AGES 13JR, 13SR, 15, 16 & 17 YEARS

Open Stretch:	3:00pm
March In	3:25pm
WU/Compete	3:35pm
Awards	5:15pm

Session 4 - LEVEL 7 – AGES 8, 9 & 10 YEARS

Open Stretch:	5:45pm
March In	6:10pm
WU/Compete	6:20pm
Awards	8:10pm

L7 TEAM AWARDS TO FOLLOW SESSION 4 AWARDS

SUNDAY, APRIL 18, 2010

Session 5 - LEVEL 6 - AGES 11JR, 11SR & 13 YEARS

Open Stretch:	8:00am
March In	8:20am
WU/Compete	8:30am
Awards	11:30am

Session 6 - LEVEL 6 - AGES 8 YRS, 9 YRS, 10JR & 10SR

Open Stretch:	12:00pm
March In	12:20pm
WU/Compete	12:30pm
Awards	2:30pm

Session 7 - LEVEL 6 - AGES 12JR, 12SR, 14, 15 & 16 YEARS

Open Stretch:	3:00pm
March In	3:20pm
WU/Compete	3:30pm
Awards	6:00pm

L6 TEAM AWARDS TO FOLLOW SESSION 7 AWARDS

**ATTENTION COACHES & CLUBS:
PLEASE SEE CLUB'S TEAM ROSTER
ONLINE AT WWW.VAUSAG.COM
FOR YOUR ATHLETES
AGE & SESSION ASSIGNMENTS.**



Hotel Information

- *Be sure to reserve your rooms by April 2nd, 2010 to get these rates.*

Hotel Roanoke & Conference Center

110 Shenandoah Ave., Roanoke, Virginia 24016

Tel: 1-540-985-5900 Fax: 1-540-853-8290

The historic Hotel Roanoke & Conference Center, A Doubletree Hotel, provides premiere lodging in beautiful, downtown Roanoke. It is located less than a mile from our meet location. When making your reservations, be sure to say you are with the Virginia USAG State Meet being held at the Civic Center. The meet rate is \$109 per night. Hotel Roanoke was built in 1882 and has been beautifully restored. The Tudor-style Hotel is proudly listed on the National Register of Historic Places

Directions from The Hotel Roanoke & Conference Center

TO: Roanoke Civic Center – 710 Williamson Road, Roanoke VA 24016
(540) 853-2241

Turn right out of the hotel self parking lot and turn right onto Wells Avenue.
Turn left at the traffic light onto Williamson Road – stay in the left lane.
Continue to the Roanoke Civic Center ahead on the left.

Directions from the Roanoke Civic Center

TO: The Hotel Roanoke & Conference Center – 110 Shenandoah Avenue NE,
Roanoke VA 24016
(540) 985-5900

Turn right out of the Roanoke Civic Center parking lot onto Williamson Road.
Turn right at the traffic light onto Wells Avenue.
The Hotel Roanoke & Conference Center is on the left.

Turn left at the first hotel entrance to access the self parking lot immediately on the left or continue straight ahead past the self parking lot and up the hill to the hotel lobby entrance for valet parking.

Limited on-street parking is also available on Wells Avenue. The Conference Center entrance faces Wells Avenue.

* Mileage totals are approximate *

Holiday Inn Airport/Valley View Mall

3315 Ordway Dr. Roanoke, Virginia 24017

TEL: 1-540-362-4500 FAX: 1-540-362-4506

Holiday Inn Airport is 3.3 miles from the Civic Center. It is located near Valley View Mall and several restaurants. The rate is \$79.95 per night.

Directions from Holiday Inn Roanoke-Valley View

TO: Roanoke Civic Center – 710 Williamson Road, Roanoke VA 24016
(540) 853-2241

Turn left out of hotel parking lot onto Ordway Drive.
Turn left at traffic light onto VA-101 E/Hershberger Road – stay in right lane.
Merge onto I-581 S/US-220 S toward Downtown - go 2.9 miles.
Take Exit 4E onto US-460 E/Orange Avenue – stay in right lane.
Merge right at traffic light onto US-11 S/US-221 S/Williamson Road NE.
The Roanoke Civic Center is on the right.

Directions from the Roanoke Civic Center

TO: Holiday Inn Roanoke-Valley View – 3315 Ordway Drive NW, Roanoke VA 24017
(540) 362-4500

Turn left out of the Roanoke Civic Center parking lot onto Williamson Road.
Turn left at traffic light onto US-460 W/Orange Avenue – stay in right lane.
Merge right at first ramp onto I-581 N – go 2.9 miles.
Take Exit 3W onto VA-101 W/Hershberger Road – stay in right lane.
Turn right at traffic light onto Ordway Drive and continue to hotel on the right.

* Mileage totals are approximate *

Best Western Inn - Valley View Mall

5050 Valley View Boulevard, Roanoke, VA 24012

Toll Free: 1-800-431-5065 Fax: 540-362-2400

The Best Western offers amenities such as a 37" Flat Screen TV with premium channels, Refrigerator, Microwave, Leather Recliners with Ottoman and complimentary high-speed wireless Internet access, indoor pool and complimentary Hot Breakfast. The Virginia USAG meet rate is \$69.95 per night.

Directions from Best Western Inn at Valley View

TO: Roanoke Civic Center – 710 Williamson Road, Roanoke VA 24016
(540) 853-2241

Turn right out of hotel parking lot.
Turn left at stop sign onto Valley View Boulevard West.
Turn right at traffic light onto Valley View Boulevard – go 0.8 miles.
Valley View Boulevard merges onto I-581 S/US-220 S – go 1.9 miles.
Take Exit 4E onto US-460 E/Orange Avenue.
Merge right at traffic light onto US-11/Williamson Road – stay in right lane.
The Roanoke Civic Center is ahead on the right.

Directions from the Roanoke Civic Center

TO: Best Western Inn at Valley View – 5050 Valley View Boulevard, Roanoke VA 24012
(540) 362-2400

Turn left out of the Roanoke Civic Center parking lot onto Williamson Road.
Turn left at traffic light onto US-460 W/Orange Avenue – stay in right lane.
Merge right at first ramp onto I-581 N – go 2.6 miles.
Take Exit 3E onto VA-101 E/Hershberger Road – stay in right lane.
Immediately merge right at the overhead green directional sign Shopping Center onto Valley View North.
Continue to hotel on the right.

* Mileage totals are approximate *



Local Attractions and Restaurants

Roanoke City Farmer's Market - located downtown

[The Farmer's Market](#) is open year round. Not only do they provide fresh produce, but many artisans and craftsmen come from around the area sell their items at the market.



Center in the Square - located downtown

[Center in the Square](#) is Roanoke's cultural hub. It is located downtown on the market. It is the home of many museums, as well as the Mill Mountain Theater Company.



Mill Mountain Zoo and Star - located 10 minutes from downtown

Mill Mountain Star is a must see while you are in Roanoke! It is located atop Mill Mountain. Don't forget your binoculars! The view is outstanding!! After visiting the star, you can walk over to [Mill Mountain Zoo](#). It is open year round. They feature many animals, a gift shop, snack bar, and a small scale train that takes you on a ride through the Zoo.



Taubman Museum of Art - located downtown

The [Taubman Museum of Art](#) is the newest and most spectacular addition to downtown Roanoke. It features many exhibits as well as an Art Venture Interactive Family Gallery. Located on the first floor, children and families will enjoy hands-on activities that encourage creativity.



Restaurants

There are many restaurants located in downtown Roanoke, as well as near Valley View Mall. Click on the buttons below to view our lists. We recommend calling first, as sometimes restaurants close without our knowledge. See Next Page for lists of Restaurants.

RESTAURANTS NEAR CIVIC CENTER AND IN DOWNTOWN ROANOKE

**pricier restaurants

Downtown:

Aesys'	505 Campbell Ave.	344-7525
**Alexander's	105 S Jefferson St.	982-6983
Alejandro Mexican Grill	127 Campbell Ave.	400-7053
**Arzu's	213 Williamson Rd	982-7160
Awful Arthur's	108 Campbell Ave	344-2997
Corned Beef and Co. Bar and Grill	107 Jefferson St.	342-3354
Fork in the City	551 Marshall Ave	345-FORK
**Frankie Rowlands Steak House	104 Jefferson St.	527-2333
Horizon Bar and Grill	215 Market St.	342-5133
LaFinca (Mexican)	27 W Campbell Ave	343-0801
Martins Downtown	413 1st St. (dinner only on Sat.)	985-6278
Nawab (Indian)	118 Campbell Ave.	345-5150
Nico's Restorante and Café	125 Campbell Ave.	342-4444
Subway		
**The Mix One 6 Club	16 Campbell Ave	344-4497
**Table Fifty	309 Market St.	904-2350
Near Civic Center:		
El Cocqui Caribbean	1502 Williamson Rd	342-6784
McDonalds	Civic Center	
New York Deli	2802 Williamson Rd	366-0935
The Little Chef	1307 Williamson Rd	982-0779
Wendy's	1419 Williamson Rd	

RESTAURANTS AT VALLEY VIEW

Restaurants at Valley View Roanoke, Virginia

Abuelo's (Mexican)	4802 Valley View Blvd	265-3555
Applebee's	4942 Valley View Blvd	563-5213
Buffalo Wild Wings	4802 Valley View Blvd	366-9464
Carrabba's Italian Grill	4802 Valley View Blvd	265-0961
Chic Fil A	(Valley View Mall & next to WalMart)	
Hibachi Express (Japanese)	4802 Valley View Blvd	265-8689
IHOP	4764 Valley View Blvd	265-4289
Logan's Roadhouse	4740 Valley View Blvd	265-7055
O'Charley's	4765 Valley View Blvd	563-9870
Olive Garden (Italian)	1925 Valley View Blvd	362-0417
Panera Bread	4802 Valley View Blvd	366-3700
Red Palace (Chinese)	5030 Valley View Blvd	265-8848
Red Robin	4802 Valley View Blvd	265-5930
Ruby Tuesday	4753 Valley View Blvd	265-9301
Smoke Bones BBQ and Grill	4803 Valley View Blvd	563-0042
Sbarro Pizza	(Valley View Mall)	
Shakers	1909 Valley View Blvd	366-4783
Starbucks Coffee	4501 Valley View Blvd	
Subway	4801 Valley View Blvd	362-1330
Texas Steakhouse	5025 Valley View Blvd	265-1809
TGIF	4869 Valley View Blvd	362-1475
Zero's Subs	4760 Valley View Blvd	265-5700



Roanoke Academy of Gymnastics, who will be hosting the Virginia State Championship meet for Level 6-7, is offering parents the opportunity to place a congratulatory ad in the program that will be printed for the State Meet.

When submitting an ad, please make sure that you have completed all the information below and are submitting a "camera-ready" photo or expression of congratulations.

ADS NEED TO BE RECEIVED BY MARCH 26 WITH APPROPRIATE PAYMENT

Name of Company or Individual placing ad:

Address:

PERSON TO CONTACT (if questions):

Phone number:

Size of Advertisement (circle one)

Full page (7 ½" X 10")	\$100	Half Page (7 ½" X 5")	\$60
Quarter page (3 ½" X 5")	\$40	Business Card (3 ½" X 2")	\$30

If you have questions, you may call the gym at 540-981-2211.

Return ads to Roanoke Academy of Gymnastics 3825 Hite St., Roanoke, VA 24014 with appropriate payment.

Ads can also be emailed to scavendish@cox.net but will not be processed until payment is received.

Roanoke Academy of Gymnastics
Is proud to present the
VIRGINIA STATE LEVEL 6 and 7 MEET



PREORDER your Congratulatory Flower Bouquet today.
All bouquets will be delivered to your gymnast at awards.
(Only a limited amount will be available for purchase at time of meet)

\$ 13.00 for a 6 Carnation bouquet

Send the below form and check payable to RABC to Roanoke Academy of
Gymnastics, 3825 Hite Street, Roanoke, VA 24014
ATTN: Allyson Leftwich

NAME of gymnast: _____

Home Gym: _____

Message to gymnast: _____

ALL ORDERS MUST BE RECEIVED BY APRIL 3rd!!!