

**Ocean Tumblers
Gymnastics
welcomes you to the**

**2010
Level 4
State
Championships**

"Where the Stars Shine"



**Date:
May 8th & 9th 2010**

**Location:
Ocean Lakes High School
885 Schumann Drive
Virginia Beach, VA 23454-6878**

**Hosted By:
Ocean Tumblers
Gymnastics**



Virginia USA Gymnastics Level 4 State Championships

Ocean Tumblers Gymnastics extends our congratulations to your gymnasts on qualifying to the 2010 Level 4 State Championships. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the [Ocean Tumblers](#) and [VAUSAG](#) website for continued updates.

Host Club: Ocean Tumblers Gymnastics
(757) 547-0169
www.oceantumblers.com

Meet Director: Diane Berry
Please send all inquiries to berrydb1@aol.com
Phone: (757) 439-1848 Fax: (757) 474-2221

Competition Site: Ocean Lakes High School
885 Schumann Drive
Virginia Beach, VA 23454-6878
**See the directions page in this packet*

Session Times: Session Times will be posted on the state website at www.vausag.com

Awards: Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session. Awards will follow the rules and policies requirements.

Coaches Meeting: There will be a coaches meeting at the beginning of each session.

Competition Schedule: Will be posted on www.vausag.com and www.oceantumblers.com

Directions: Please see the information located on the "Directions" page

Gate Fees

Ages	One Day	Two Day	Weekend Pass
Ages 12 & under	Free	Free	Free
Ages 13 & Up	\$10.00	\$15.00	\$20.00
Senior Citizens	\$5.00	\$10.00	\$15.00

***All competitors may attend other sessions free of charge. Please have athlete badge with you.*

Hotel Information: See hotel information on the [Ocean Tumblers](#) website or contact [Victoria Crowe](#) at Crowe's Housing (757) 288-6123

Results: Results will be posted online at www.vausag.com following the conclusion of the Level 4 State Meet weekend.

Pro Member USAG Cards: Coaches will be asked to show your USAG Pro-member card at sign-in.



Ocean Tumblers Gymnastic School

A USAG National Training Center

Chesapeake, VA 757-547-0169
Virginia Beach, VA 757-468-1982



"Share the Magic"

2010 VIRGINIA LEVEL 4 STATE HOTELS

HOST CLUB: OCEAN TUMBLERS GYMNASTICS

MEET SITE: OCEAN LAKES HIGH SCHOOL

SATURDAY, MAY 8TH & SUNDAY, MAY 9TH 2010

CROWE'S HOUSING SPECIALIST (CHS)

Phone (757) 587-2131 • Fax (757) 587-3107 • E-Mail c.rooms@cox.net

PLEASE CONTACT CROWE'S HOUSING SPECIALIST TO RESERVE ROOMS, DO NOT CALL THE HOTEL DIRECTLY. CANCELLATIONS/CHANGES MUST BE MADE THROUGH CROWE'S HOUSING SPECIALIST. ROOMS ARE RESERVED FOR MAY 7-8, 2010.

HOLIDAY INN EXPRESS: Hotel is approximately 6.83 miles from the venue. All newly renovated (2009) Oceanfront rooms with balconies, 2 Queen beds, indoor heated pool and whirlpool, large fitness center, mini refrigerators, coffee maker, complimentary hot breakfast. 2 night stay is Required.....\$149.00

FAIRFIELD INN: Hotel is approximately 6.29 miles to the venue. Renovated in 2009, offering 2 double beds, microwave, coffee maker, complimentary continental breakfast. 2 night stay is required.....\$149.00

SHERATON OCEANFRONT: Hotel is approximately 7.41 miles to the venue. Ocean view rooms, 2 double beds, coffee maker, refrigerator, indoor pool, restaurant and fitness center. Complimentary hospitality room is available. 2 night stay is required.....\$139.00

COMFORT INN & SUITES OCEANFRONT: Hotel is approximately 6.36 miles to the venue. Newly renovated oceanfront rooms with balconies, 2 Queen beds, refrigerator, coffeemaker, Microwave. Other features include indoor pool, fitness center and a continental breakfast. 2 night stay required, 1st night charged in advance.....\$159.00

COURTYARD VIRGINIA BEACH OCEANFRONT NORTH: The venue is approximately 7.60 miles from the hotel. All newly renovated rooms are oceanfront with balconies with 2 Queen beds, refrigerator, coffeemaker, iron and board. Other features include an indoor pool, fitness center and restaurant... ..\$153.00

COURTYARD VIRGINIA BEACH OCEANFRONT SOUTH: The venue is approximately 6.79 miles to the hotel. All newly renovated rooms are oceanfront with balconies with 2 Double beds, refrigerator, coffeemaker, iron and board. Other features include an indoor pool, fitness center and restaurant.....\$153.00

HILTON VA. BEACH OCEANFRONT: The venue is approximately 7.07 miles to the hotel. Ocean view and city view rooms. Hotel opened in 2005. Featuring 2 double beds, coffeemaker,also indoor, seasonal outdoor pool, fitness center and restaurant. 1st night charged inadvance, 2 night stay required.....\$169.00

OCEANFRONT INN: The venue is approximately 7.03 miles from the hotel. Renovated in 2009. Featuring oceanfront rooms with balconies, 2 double beds, refrigerator, coffeemaker, indoor pool, restaurant and fitness center. 1st night charged in advanced, 2 night stay is required.....\$104.00

VIRGINIA BEACH RESORT HOTEL: The venue is approximately 12.07 miles to the hotel. All suite hotel on the Chesapeake Bay, rooms with balconies. renovated 2006. Featuring 2 double beds, refrigerator, coffeemaker, microwave, indoor/outdoor pool, fitness center and restaurant. 2 night stay is required.....\$139.00

HOLIDAY IN EXECUTIVE CENTER: The venue is approximately 14.87 miles from the hotel. Newly renovated rooms include a 37” flat screen TV. Plush new Queen beds, also including microwave, refrigerator, coffeemaker. New restaurant, indoor pool and fitness center available for your enjoyment.....\$ 89.00

HAMPTON INN NORFOLK-VA. BEACH: The venue is approximately 14.61 miles from the hotel. The rooms feature 2 double beds with a refrigerator, coffee maker, microwave. Other features include a complimentary continental breakfast, outdoor pool, and fitness center.....\$94.00

RESERVATION INSTRUCTIONS:

COMPLETE THE RESERVATION FORM BELOW AND FORWARD TO US. SELECT YOUR FIRST 3 CHOICES OF HOTELS. PLEASE FEEL FREE TO RESERVE A BLOCK OF ROOMS FOR YOUR ENTIRE GYM. PLEASE FAX INFORMATION TO: (757) 587-3107 OR EMAIL TO: C.ROOMS@COX.NET

HOTEL REQUEST FORM – OCEAN TUMBLERS MAY 7-8, 2010 ATTENTION: VICTORIA CROWE

◆ Name: _____ Gym: _____

◆
◆

◆ Contact name: _____ E-Mail: _____

◆ Daytime phone: (____) _____ - _____ Fax: _____ - _____

◆ Hotel Request: 1st choice _____ 2nd choice _____

◆

3rd choice _____

Arrival Date _____ Departure Date _____

◆ Number of rooms _____

◆ Credit Card Number _____ Exp. Date _____

◆

ROOMS WILL HAVE 2 BEDS UNLESS OTHERWISE SPECIFIED - MAKE ALL REQUESTS (NON SMOKING, ADJOINING, ETC) ON THE ROOMING LIST. REQUESTS ARE NOT GUARANTEED.



**ADVERTISING AND GOOD LUCK ADS
2010 Level 4 Virginia State Championships**

We are preparing a program booklet available for purchase especially for the Level 4 State Championships. The program includes the meet schedule, rotations, judges, gyms competing, and a special competitor bio section. The program is viewed by hundreds of attendees!

SIZES AVAILABLE:

GOOD LUCK LISTING TO FULL PAGE AD

Ex: "Good Luck Sara!! Love, Mom, Dad, & Tim"

- Ads should be submitted as black & white camera ready art in the correct size.
- An additional fee of \$30 will be charged for ads that are not camera ready &/or were not submitted in black & white.
- We regret we cannot return artwork

DO NOT FAX! We will accept e-mailed art.

****E-Mail to berrydb1@aol.com**

**** Any non-camera ready material must be received by April 30TH, 2010**

**** WE MUST HAVE YOUR CAMERA READY AD/
PAYMENT BY MAY 3RD, 2010**

Business Card: \$25 3.5" X 2.25"	1/4 Page Ad: \$40 3.5" X 4.25"
Half Page Ad: \$60 7" X 4.5"	
Full Page Ad: \$100 7" X 9"	

Name/Business _____ Gymnast _____

Address _____ City _____ State _____

ZIP _____ Phone _____ Club _____ Region _____

E-Mail _____

I want to order \$15 Good Luck Listing \$25 Business Card
 \$40 1/4 Page Ad \$60 Half Page Ad \$100 Full Page Ad

My camera ready art is enclosed.

Mail checks to: Diane Berry - Ocean Tumblers, 1213 Hartford Court, Virginia Beach, Virginia 23464

Make Checks payable to: Ocean Tumblers



General Directions

Ocean Lakes High School
885 Schumann Dr,
Virginia Beach, VA 23454
(757) 721-4110



** Note to all participants if you use Mapquest to obtain driving directions please note that those directions indicate you take Route 410. That route number is not marked on the road in Virginia Beach. The local name for that road is Holland Road and you will go through 14 stop lights once you exit the interstate.

From I-64 East

- 64 E towards NORFOLK/VA BEACH to 264 E towards VA BEACH
- Take exit 21 A – First Colonial Road South go through the stop lights and this turns into Oceana Blvd. You will see signs for NAS Oceana. Stay on this road 4.2 miles until you come to the intersection of Oceana and General Booth.
- Take a right onto General Booth Blvd. Go .5 miles and stay to your left. There are two turning lanes; it's best to be in the right lane of the left hand turn lanes.
- Take a left onto Dam Neck Rd.
- Take your first right onto Upton Rd (after you turn you will see an Elementary School on the left hand corner).
- Take your first left onto Old Dam Neck Rd
- Take a right onto DaVinci
- Take first left onto Schumann Drive. Ocean Lakes High School is on your right. There are two entrances to the school; the 2nd entrance will allow you to park closer to the gym located on the left hand end of the school building.

From the West

- Take I-81 N to exit 221 I-64 E towards RICHMOND to 295 S via exit 177
- Merge onto I-64 E via EXIT 28A toward NORFOLK / VA BEACH
- Merge onto I-264 E via EXIT 284A toward VA BEACH.
- Follow the directions above

From the North

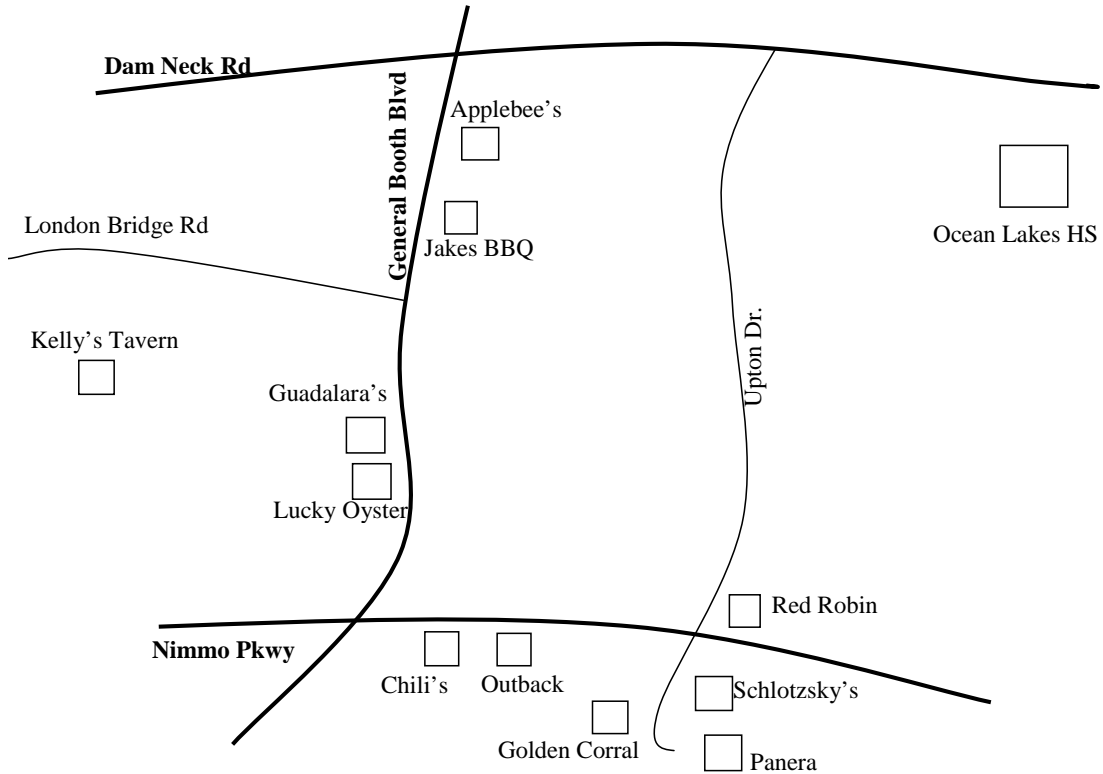
- Merge onto I-95 S towards FREDERICKSBURG
- Merge onto I-295 S via EXIT 84A on the left towards ROCKY MOUNT NC
- Merge onto I-64 E via EXIT 28A towards NORFOLK/VA. BEACH
- Merge onto I-264 E via EXIT 284A towards VA. BEACH
- Follow the directions above

From Ocean Lakes High School to Hotel Locations

- Take RIGHT out of parking lot onto SCHUMANN DR
- Turn LEFT onto DA VINCI DR.
- Turn RIGHT onto OLD DAM NECK RD
- Turn LEFT onto UPTON DR.
- Turn RIGHT onto DAM NECK RD.
- Turn LEFT onto GENERAL BOOTH RD & GENERAL BOOTH BECOMES PACIFIC AVE
TAKE A RIGHT ONTO ATLANTIC AVE TO ALL HOTELS.



Maps of Local Restaurants, VA Beach Area and Boardwalk AND Web Site for VA Beach Area Restaurants, Tourism Guides and much more – see list on next page:



2010 Level 4 Virginia State Championships Ocean Tumblers Host Club Dining Suggestions

Restaurant Dining Suggestions

Aldo's Ristorante

1860 Laskin Road, (Hilltop). (757) 491-1111

Offering the finest Italian cuisine in Va. Beach, and a wine selection that has been awarded by Wine Spectator Magazine.

Giovanni's Pizza & Pasta

20th Street & Atlantic Ave. (757) 425-1575

Italy may be over 4000 miles away, but your appetite will never know. Family owned and operated since 1966, and featuring: Calzones, Stromboli, Lasagna, Chicken, Veal, Seafood, Grinders, and a variety of health conscious dishes.

Il Giardino Ristorante

910 Atlantic Ave. at 10th Street: (757) 422-6464

Authentic brick oven focaccia, veal, seafood, pasta, fine desserts and wine offer an amazing dining experience at Virginia Beach's premier Italian Ristorante! Twilight specials, piano bar, open air cafe, valet parking.

The Isle of Capri Restaurant

39th Street and Atlantic Avenue. (757) 428-2411

Magnificent Italian cuisine and a panoramic sixth story view of our long sandy beach make The Isle of Capri your best choice for oceanfront dining.

Bella Monte

1201 Laskin Road. (757) 425-6290

Gourmet Pizza, Pasta, Sandwiches and other deli selections. Dine in our casual cafe or take-out.

Coyote Cafe & Cantina:

972-A Laskin Road (757) 425-8705

Annual winner of the Best of the Beach award, the Coyote Cafe is a local's favorite featuring the finest in southwestern cuisine with a beach-town flair.

Guadalajara Mexican Restaurant Oceanfront and Hilltop Locations (757) 491-1613

With two locations, Guadalajara is the best Mexican restaurant in Va. Beach. Everything about your visit will be perfect from the drinks to the food to the service and atmosphere. Tell them "pa-lone" sent you!

Beach Bully

601 19th Street (757) 422-4222

Authentic pit-cooked bar-b-que and chicken. Lunch and dinner daily.

Frankie's Place For Ribs

408 Laskin Road. (757) 428-7631

You've got to eat 'em to believe 'em! Come in and discover why people from all over rave about our famous baby back ribs, beef ribs, barbequed chicken, juicy steaks, fresh fish, and hamburgers.

Mary's Restaurant

616 Va. Beach Blvd, (17th Street). (757) 428-1355

Serving Breakfast and Lunch daily, Mary's features daily lunch specials, Bar-B-Que, and other delicious southern specialties.

Doc Taylor's

207 23rd Street between Atlantic and Pacific (757) 425-1960

Located next to Tautogs in a renovated beach house, Doc Taylor's has quickly become a local's favorite for breakfast.

Hot Tuna

2817 Shore Drive (757) 481-2888

Come by and find out why Southern Living Magazine says that "Hot Tuna" is the place to stop when in Virginia Beach. Hot Tuna serves only the freshest yellowfin tuna available. We are also famous for our Black Angus beef and pasta dishes. The variety of the hottest local entertainment also explains why we are voted #1 by the local Choice Awards.

The Inlet Restaurant

3319 Shore Drive (757) 481-7300

Excellent fresh local seafood, steaks and pasta served daily on the deck with the best waterfront view anywhere. Named "One of the Top 500 Restaurants" by Hospitality Magazine. No one will cater your affair, large or small, with more elegance and care in this breathtaking setting.

Waterman's

225 5th Street and the Boardwalk (757) 428-3644

With the most spectacular view of the ocean from every table, hardwood grilled seafood and steaks, and the friendliest service at the beach, Waterman's is the one place you don't want to miss! Upstairs in the only oceanfront nightclub at the beach, The Attic is a great place to dance the night away to the best DJ's in the area!

Five-0-One City Grill

501 Birdneck Road. (757) 425-7195

Our open kitchen features some of the best seafood, steaks and pasta you will find in Va. Beach. A local fine-dining favorite!

Laverne's Seafood Restaurant

7th Street & Atlantic Ave. (757) 428-6836

Laverne Burlage brings you the freshest seafood on the Oceanfront. Enjoy our spectacular ocean view while you dine in our dining room, or in one of our two Outdoor Cafes. Full menu includes; fresh seafood, raw bar, steaks, great appetizers, salads and more.

Tautogs at Winston's Cottage

205 23rd Street between Atlantic and Pacific

(757)422-0081

Tautog's Restaurant(s) is a casual dining establishment featuring exceptional fish and seafood entrée's soups, salads, sandwiches and desserts...served by the friendliest people in town.

Rudee's Restaurant and Raw Bar

227 Mediterranean (757) 425-1777

Rudee's is a local's favorite known for its fresh seafood, steamed shrimp, thick juicy steaks, house specials, and over-stuffed sandwiches. Our casual atmosphere, wonderful view and delicious food are a feast for your senses.

The Jewish Mother

31st Street & Pacific Ave. (757) 422-5430

"Eat, you'll feel better," especially at the Jewish Mother. Breakfast served all day, Deli, 90 beers, entertainment nightly.

Otani

1532 Laskin Road (757) 425-0404

JAPANESE - Flames, comedy and banter are all part of the experience at **Otani**. The chef's prepare the food in front of your eyes while you dine around Hibachi-style tables. **Otani** also has a lunch buffet and sushi bar. Located in the Hilltop East Shopping Center close to the oceanfront.

Fast Food Dining Options

The following fast food restaurants are located on General Booth Blvd if you head back towards the oceanfront from Ocean Lakes High School.

Chick-Fil-A

International House of Pancakes

Hardees

Dairy Queen

Wendy's

Subway

Once you cross the Rudee Inlet Bridge and are at the Oceanfront on Pacific Ave:

Pizza Hut at 18th Street

McDonald's and Zeros Subs at 21st Street

Wendy's at 22nd Street

Starbucks at 31st Street

Chicho's Pizza 35th Street (a local favorite – very spicy sauce)

Taste Unlimited 36th street



To First Landing State Park



Virginia Beach

Atlantic Ocean

Fishing Pier

Rudee Inlet

To Sandbridge Beach

40th

Pacific Ave.

31st

Atlantic Ave.

BOARDWALK

Laskin Rd.

58

21st St.

264

Birdneck Rd.

19th St.

Virginia Beach Blvd.

17th

14th

Lake

Norfolk Ave.

9th

Holly

General Booth Blvd.

2nd