

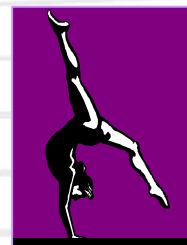


Stafford County
Virginia

ROYALS



LIGHTS, CAMERA, FLIP....



Dear Virginia Gymnasts,

Royals Gymnastics of Stafford, Virginia is proud to be sponsoring the Level 5 State Meet for 2010 at the Stafford High School on May 1st and 2nd. Enclosed we have provided information that will be helpful for you in planning your visit with us. We hope you will enjoy your time in the Historic Fredericksburg area.

As we prepare for this meet, we will be updating information on our web site, www.staffordroyals.com. You may also access this meet specific web site through the VAUSAG web site.

Enclosed please find: **Hotel Information**
 Information about placing a congratulatory ad in
 the program

Please refer to the above web site for any changes along with nearby attractions, restaurants, and directions to the competition venue.

We look forward to hosting this meet and seeing you there!

Best regards,
Stafford Royals Gymnastics
500 Nelms Circle
Fredericksburg, VA 22406
540-658-5115
www.staffordroyals.com.



2010 Level 5 VA State Championships

Meet Site: Stafford High School

33 Stafford Indians Lane-Stafford, VA 22554

SATURDAY, MAY 1ST, 2010

Session 1 - LEVEL 5 – Age Groups 7, 8-JR, 8-SR, 9-JR1

Open Stretch	8:00am
March In	8:20am
WU/Compete	8:30am
Awards	12:00pm

Session 2 - LEVEL 5 – Age Groups 9-JR2, 9-SR, 10-JR1

Open Stretch	12:30pm
March In	12:50pm
WU/Compete	1:00pm
Awards	4:30pm

Session 3 - LEVEL 5 – Age Groups 10-JR2, 10-SR1, 10-SR2

Open Stretch:	5:00pm
March In	5:20pm
WU/Compete	5:30pm
Awards	9:00pm

SUNDAY, MAY 2ND, 2010

Session 4 - LEVEL 5 – Age Groups 11 JR, 11 SR

Open Stretch:	8:30am
March In	8:50am
WU/Compete	9:00am
Awards	12:00pm

Session 5 - LEVEL 5 – Age Groups 12, 13 & 14 & Up

Open Stretch:	12:30pm
March In	12:50pm
WU/Compete	1:00pm
Awards	3:45pm

LEVEL 5 TEAM AWARDS PRESENTED FOLLOWING THE CONCLUSION OF SESSION 5 INDIVIDUAL AWARDS

LEVEL 5 LARGE CLUB / SMALL CLUB TEAM GUIDELINES - TBA

2010 State Meet Gate Fees:

2010 Sectional and State Meet Gate Fee Chart

**Charged in Outside Facilities Only*

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

Host Hotels for the Level 5 VAUSAG State Gymnastics Meet

Reserve your rooms by April 1st to guarantee these rates

Refer to "Level 5 State Meet Rate"

Country Inn & Suites

Warrenton Road, Fredericksburg, VA 22406

Tel: 1-540-656-2398

\$85 per night (includes breakfast)

The Country Inn & Suites is located along Interstate 95 between Washington D.C. and Richmond. It is close to downtown and local points of interest such as the Fredericksburg Expo and Conference Center, the University of Mary Washington, Kings Dominion Amusement Park, George Washington's childhood home (3 miles away) and the Marine Corps Base Quantico. The Country Inn & Suites' 85-room hotel features an indoor pool, free breakfast and high speed internet access.

Sleep Inn

595 Warrenton Road, Fredericksburg, VA 22406

Tel: 1-540-372-6868

\$65 per night

The Sleep Inn is located just off I-95. Downtown Fredericksburg is nearby, as are many of the area's historic attractions. Shopping, restaurants and other entertainment venues are just minutes away. Free continental breakfast is provided. 68 rooms, some non-smoking rooms, one handicap room. Free cable TV. Pay laundry service.

Comfort Inn – Quantico (off Rt. 610 Stafford)

20 Salisbury Drive, Stafford (540) 659-8999

\$95 per night (includes breakfast)

Guests of this Stafford hotel will enjoy deluxe continental breakfast, weekday paper, local calls and coffee in the lobby, the fitness center and seasonal outdoor pool. Hotel features a business center, free high-speed Internet access in all rooms and computer hook-ups, a refrigerator, microwave, coffee maker, hair dryer, iron and ironing board. Some rooms have whirlpool bathtubs. Handicap accessible and non-smoking rooms are available.

Wingate by Wyndham Fredericksburg – (off Rt. 17 Fredericksburg)

20 Sanford Drive Fredericksburg, VA 22406

Tel: 1-540-368-8000

\$75 per night (includes breakfast)

All rooms have high speed Internet connection both wired and wireless. Free local calls and long-distance access. On-demand and Internet television options. Free USA Today and express checkout in every room. Indoor pool and fitness center. Continental breakfast and evening dessert bar.

Wingate By Wyndham – Stafford (off Rt. 610)

15 Salisbury Drive, Stafford, VA 22554

Tel: 1-540-659-3600

\$75 per night (includes breakfast)

Each room includes free high-speed internet access, free local calls and long distance access, express checkout, and a free USA Today. The guestrooms have separate workspace, a refrigerator and microwave. Standard guest services include an expanded complimentary breakfast, free use of the fitness center and whirlpool, indoor pool, free airport shuttle, and guest valet and laundry services.

Hampton Inn – Stafford

2925 Jefferson Davis Highway, Stafford, VA 22554

Tel: 1-540-657-0999

\$85 per night (includes breakfast)

The Hotel Which Is In The Northeast Quadrant Of Route 610 I 95 Interchange Along U.s. Route 1 In The Aquia Harbor Business Center. It Is Within Walking Distance Of Carlos O'Kellys' Restaurant, Kentucky Fried Chicken, McDonald's, Mick's Restaurant, Pizza Hut, And Theatres. There Is Secured Parking Adjacent To The Hotel. Many Of Our Rooms Feature Views Of The Countryside.

Reserve your rooms by April 1st to guarantee these rates!

There are many other hotels available in the Stafford/Fredericksburg area.

DIRECTIONS TO:

STAFFORD HIGH SCHOOL

33 Stafford Indians Lane, Fredericksburg, VA 540-371-7200

FROM RT. 17, RT. 3 AND POINTS SOUTH

I-95 North toward WASHINGTON. Take the CENTREPORT PKWY exit, EXIT 136, toward VA-8900/US-1/STAFFORD AIRPORT. 0.4 mi

Turn RIGHT onto CENTREPORT PKWY. 0.7 mi

Turn LEFT onto JEFFERSON DAVIS HWY/US-1 S. 0.2 mi

Turn RIGHT onto ENON RD. 0.4 mi

Turn LEFT onto STAFFORD INDIANS LN. 0.1 mi

Keep LEFT at the fork to continue on STAFFORD INDIANS LN. 0.1 mi

33 STAFFORD INDIANS LN is on the LEFT.

DIRECTIONS FROM:

FROM RT. 610, STAFFORD AND POINTS NORTH

I-95 South toward Richmond. Take the CENTREPORT PKWY exit, EXIT 136, toward VA-8900/US-1/STAFFORD AIRPORT. 0.4 mi

Turn Left onto CENTREPORT PKWY. 0.7 mi

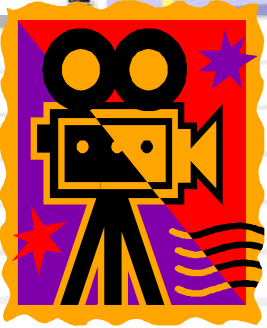
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Program Ads

Royals Gymnastics of Stafford, Virginia who will be hosting the Virginia State Championship Meet for Level 5, 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 you have completed all the information below and are submitting a "camera-ready" photo or expression of congratulations.

ADS NEED TO BE RECEIVED BY APRIL 8th 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 Maureen Posillico 540-220-5908 or the gym at 540-658-5115.

Return ads to Stafford Royals, 500 Nelms Circle, Fredericksburg, VA 22406 with appropriate payment by April 8th. Ads can also be emailed to carae1026@aol.com but will not be processed until payment is received.