



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

FINAL VAUSAG LEVEL 4 & 5 MULTI SECTIONAL



CHANTILLY ACADEMY PARENTS CLUB IS THE PROUD SPONSOR OF THE VAUSAG MULTI SECTIONAL

Meet Name	Dates	Levels	Entry Fee	Entry Deadline	Notes
FINAL VAUSAG LEVEL 4 & 5 MULTI SECTIONAL	April 10 th &11 th 2010	4 & 5	\$65.00	3-22-10	31.50AA – L4 31.00AA – L5 Qualifying Score Required for Entry

- ★ **MAKE ALL CHECKS PAYABLE TO: CAPC**
- ★ **ACHIEVEMENT RIBBONS & SECTIONAL ALL-AROUND MEDALS PRESENTED**
- ★ **ALL ENTRIES MUST BE RECEIVED BY MARCH 22, 2010**
- ★ **\$25.00 PER GYMNAST LATE FEE ASSESSED FOR LATE OR INCOMPLETE ENTRIES.**

ENTRY FEE \$65.00 PER GYMNAST

ENTRY FEE DEADLINE: MONDAY, MARCH 22, 2010

ENTRIES MUST BE RECEIVED 3 WEEKS PRIOR TO THE MEET BY MAIL OR FAX. 703-378-2914-FAX

MEET DIRECTOR: MARY THOMPSON ✪ E-MAIL: CHANTILLYGYM@VERIZON.NET

GYM CONTACT: ANNE FOSTER ✪ 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 ADJUSTABLE SAFETY ZONE - 81' 6" RUNWAY W/VAULT TABLE -AAI STRATUM BOARDS AVAILABLE - TAC 10 ROUND OFF MATS - BOTH SIZES AVAILABLE. L4- 6X12 TIFFIN LEVEL 4 VAULT SYSTEM RUNWAY THICKNESS 1 3/8'

BARS: 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 SIZED GMR CARPET FOR A 54X42 FT FLOOR

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

***4 & 8-INCH SKILL CUSHIONS & VARIED STING MATS ARE AVAILABLE.**

Visit our website for session times, entry forms, meet information & results!

www.chantillyacademy.com

2010 VAUSAG LEVEL 4 & 5 MULTI SECTIONAL ENTRY FORM

Check One: Level 4 Entry Level 5 Entry

*A Copy this Entry Form can be found online at www.vausag.com. Revised 2/19/10

PLEASE COMPLETE A SEPARATE ENTRY FORM FOR EACH LEVEL – INDICATE LEVEL ON FORM.

Team _____ USAG Club # _____ Gym Contact Name _____

E-mail _____ Phone (G) _____ (H /Cell) _____ (Fax) _____

Coach _____	USAG # _____	Safety Exp. _____	Background Ck Exp. _____
Coach _____	USAG # _____	Safety Exp. _____	Background Ck Exp. _____
Coach _____	USAG # _____	Safety Exp. _____	Background Ck Exp. _____
Coach _____	USAG # _____	Safety Exp. _____	Background Ck Exp. _____

GYMNAST NAME	USAG #	LEVEL	AGE	DOB	Qualifying Meet & Date	Score	IF PREVIOUSLY QUALIFIED TO STATE, LIST MEET/DATE
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
Total (#gymnasts x \$65.00) =						\$	

ENTRY FEE is **\$65.00/GYMNAST**. Late entries must include a **\$25.00/gymnast late fee**. Pay with **ONE** check payable to the **HOST** club – **Gym or Parents Club Check ONLY**. Entries must be completed in their entirety along w/ payment. **NO** pending entries allowed.

1st E-MAIL or FAX & 2nd MAIL entries to HOST club

1st Level 4/5 Multi Sectional Dec. 12/13	2nd Level 4/5 Multi Sectional Judges Cup-Feb. 27/28	3rd Level 4/5 Multi Sectional March 13/14	4th Level 4/5 Multi Sectional April 10/11
Hurricane Gymnastics 409 Network Station Chesapeake, VA 23320 Fax: 703-361-1906 E: tony@hurrigym.hrcoxmail.com	Virginia NAWGJ c/o Morgan Carraway 1213 Hartford Court VA Beach, VA 23464 Fax: 757-474-2221 E: moewam@aol.com	Virginia International Gymnastics 2400 Oak Lake Blvd Midlothian, VA 23112 Fax: 804-739-0192 E: meetdirector@Vigsgymnastics.com	Chantilly Academy Gymnastics 14088-K Sullyfield Cir. Chantilly, VA 20151 Fax: 703-378-2914 E: chantillygym@verizon.net

SECTIONAL 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
4th Multi Sectional Level 4/5 April 10/11	31.50AA-L4 31.00AA-L5	Monday, March 22 nd 2010	\$65.00 MAKE PAYABLE TO HOST CLUB	<u>Chantilly Academy Gymnastics</u> 14088-K Sullyfield Cir. Chantilly, VA 20151 Contact: Mary Thompson/Anne Foster chantillygym@verizon.net / aefstars@aol.com (G)703-378-4966 (Fax)703-378-2914

Entry Fee

- **ONE CHECK MADE PAYABLE TO THE HOST CLUB**
- 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 ENTRY FORM E-MAILED OR MAILED 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.

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.

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.

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.

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.

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!**

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.

2010 State Meet Entry Procedures for Levels 4 & 5

Level 4 & Level 5 Entry Requirements

- Level 4 Qualifying score of 33.00 AA
- Level 5 Qualifying score of **32.50 AA**
- Enter at the conclusion of Sectional Session
- 2010 Level 4 & 5 State Entry Fee - **\$75.00**

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** 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:

- State meet entries for all qualifiers must be approved by each teams head coach and returned with payment to the Sectional Meet Director.
- All checks MUST be made payable to **VAUSAG**.
- Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.
- Approved State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
- 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.
- NO Pending Entries are allowed.

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

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:

Level 4 & 5

<u>Blue ribbon medal:</u>	<u>36.000 A.A. & Above</u>
<u>Red ribbon medal:</u>	<u>35.975-33.500 A.A.</u>
<u>White ribbon medal:</u>	<u>33.475 A.A & below</u>

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

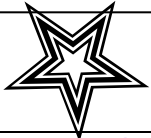
Walney Road From
Rt. 28

West Fore Street

Willard Road

NO PARKING IN ANY RESTRICTED PARKING SPACES!!!

YOU WILL BE TOWED!



Street Parking is available along Sullyfield Circle

Parking



Parking

Car
Detailer

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

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

**Parking
Saturday & Sunday Only**

Grassy Knoll Area

Sullyfield Circle

Parking

Parking

Contemporary Music

○ ○ ○ - Stop Light

X - Available Parking Entrances

Parking

- Available Parking

X - NO Parking

Brookfield Corporate Drive

Capital Expo Center

U.S. Post Office

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.



GYMSTARS GYMNASTICS

14088-K SULLYFIELD CIRCLE CHANTILLY, VA 20151
WWW.CHANTILLY ACADEMY.COM
PHONE: 703-378-4966 FAX: 703-378-2914

List of Hotels 2009-2010

Hilton Washington Dulles Airport

http://www1.hilton.com/en_US/hi/hotel/IADAHHF-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
Rates starting at \$79

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 \$59

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 \$69

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: 1-703-435-8090 | Hotel Fax: 1-703-435-9080
Rates starting at \$95

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: 1-703-815-6060 | Hotel Fax: 1-703-815-2388
Rates starting at \$85

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 \$69

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 \$69

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 \$62

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

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
Cicis Pizza
Famous Daves Bar-B-Que
Five Guys
Quiznos
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
Hooters



Westfields Blvd & Stonecroft Blvd –

Westone Plaza *within a mile from the gym*

Applebees
Foster's Grille
Moe's
Texas Roadhouse
Eggspectations



14088-K SULLYFIELD CIRCLE • CHANTILLY, VA 20151

www.chantillyacademy.com

PHONE: 703-378-4966 • FAX: 703-378-2914

Mary Thompson – CAG Meet Director – chantillygym@verizon.net

