

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

ALL SESSIONS WILL BE MODIFIED CAPITAL CUP FORMAT (WARM-UP / COMPETE)

Saturday, April 10, 2010

SESSION 1:	
Open Stretch:	8:00AM
March In:	8:20AM
Warm-Up/Comp	8:30AM
Awards:	11:15AM

Assigned Teams & Coaches Needed:

Team Name	Levels	Split	# Coaches
ARLINGTON 'Y' ANGELS	5		1
CAPITAL	5	9/9/3	3
CA GYMSTARS	5	10/6	2
GMS	5	9/4	2
GYMINI	5	9/3	2
KING GEORGE PATRIOTS	5		1
WOODS GYMNASTICS	5		1

Saturday, April 10, 2010

SESSION 2:	
Open Stretch:	12:30PM
March In:	12:50PM
Warm-Up/Comp	1:00PM
Awards:	4:00PM

Assigned Teams & Coaches Needed:

Team Name	Levels	Split	# Coaches
ALL AMERICAN	5		1
ARLINGTON AERIALS	5		1
BOTETOURT	4		1
CLASSICS	5		1
COMPETITIVE EDGE	4 5	1/2	2
DDC	5		1
ELITE ATHLETICS	5		1
FLUVANNA FLYERS	4		1
GALAX GAINERS	4		1
GYM QUEST	5		1
GYMSTRADA	5		1
HURICANE	4 5		1
KING GEORGE PATRIOTS	4		1
LOUDOUN	4	9/3	2
LYNCHBURG ACADEMY	4		1
MAJIK SAINTS	5		1
NVGA	4 5	3/1	2
RICHMOND OLYMPIAD	4 5	3/2	2
RICHMOND TWISTERS	5		1
SHENANDOAH TUMBLERS	5		1
YOUTH SPORTS	5		1

Saturday, April 10, 2010

SESSION 3:	
Open Stretch:	5:15PM
March In:	5:35PM
Warm-Up/Comp	5:45PM
Awards:	8:15PM

Assigned Teams & Coaches Needed:

Team Name	Levels	Split	# Coaches
ALL AMERICAN	4		1
ARLINGTON AERIALS	4		1
CLASSICS	4		1
DDC	4		1
ELITE ATHLETICS	4		1
GMS	4	9/9	2
GYM QUEST	4		1
MAJIK SAINTS	4		1
RICHMOND TWISTERS	4		1
ROANOKE ACADEMY	4		1
SHENANDOAH TUMBLERS	4		1
VA TECHNIQUES	4 5		1
YOUTH SPORTS	4		1

(Session Assignments Continued)

Sunday, April 11, 2010

SESSION 4:

Open Stretch:	8:30am
March In:	8:50am
Warm-Up/Comp	9:00am
Awards:	11:30am

Assigned Teams & Coaches Needed:

Team Name	Levels	Split	# Coaches
APEX	5	9/9/9/9	4
CARDINAL	5	9/4	2
GYM INC	4 5		1
FLIPATEERS	4 5		1
LOUDOUN	5		1
PREMIER OLYMPIC	5		1
SOUTHSIDE GYMNASTICS	5		1
WARRENTON GEMS	5		1
WILLIAMSBURG	4 5		1

Sunday, April 11, 2010

SESSION 5:

Open Stretch:	12:45PM
March In:	1:05PM
Warm-Up/Comp	1:15PM
Awards:	3:45PM

Assigned Teams & Coaches Needed:

Team Name	Levels	Split	# Coaches
CAPITAL	4	9/9/4	3
CARDINAL	4	9/9	2
CA GYMSTARS	4	9/7/3	3
FAIRFAX ACADEMY	4		1
OCEAN TUMBLERS	4 5		1
STAFFORD ROYALS	4 5		1
WISC	4		1

All numbers are based on entry data as of 3/30/10

Meet Reminders to all Clubs and Coaches:

- 1- See the www.chantillyacademy.com or www.vausag.com websites for details and results.
- 2- Mary Thompson - chantillygym@verizon.net is the contact and Martha Behrend and Butch Villafior are the onsite meet directors for the Flower Power Multi Sectional Weekend.
- 4- Please remind parents not to contact the gym for information. All communications should go through your club owners, gym contact or head coaches. Gym Arrival should be no earlier than 15 minutes prior to scheduled session time. Thanks!
- 5- Coaches are obligated to maintain USA Gymnastics Professional Membership, Safety Certification and Background Checks. In addition, all credentials must be visibly displayed at all sanctioned competitions.
- 6- A Certified Athletic Trainer will be at all sessions.
- 7- Please come prepared to enter your state meet following your team's last competitive session. A gym or booster club check made payable to VAUSAG is required.
- 8- Required number of coaches for each session are indicated in the Session Assignment Listing.

Thanks & we look forward to having you at CAG's 2010 Flower Power Multi Sectional!

CHANTILLY ACADEMY PARENTS CLUB IS THE PROUD SPONSOR OF ALL CAG HOME COMPETITIONS

www.chantillyacademy.com

CAG Scoring System offers a Text or E-Mail Messaging of Your Gymnast's Event scores! Please Inquire at Gymnast Check In!