



# 2011 ALL STAR OPTIONAL PROGRAM VIRGINIA STATE CHAMPIONSHIPS SESSION DAYS & TIMES

Saturday, May 21<sup>ST</sup> & Sunday, May 22<sup>ND</sup>



**Host Club:** Paragon Gymnastics – Fredricksburg, VA  
**Meet Site:** Sports Booth · 18 Blackjack Road · Stafford, VA 22405  
**Meet Info:** [www.vausag.com](http://www.vausag.com) OR [www.paragongymnastics.com](http://www.paragongymnastics.com)

## Saturday, May 21<sup>st</sup>, 2011

### Session I – VAOP INTERMEDIATE-Ages 8, 9, 11 and 12 years

8:00am - Stretch  
 11:15am - Awards

### Session II – VAOP INTERMEDIATE-Ages 10, 13, 14, 15, 16 & up and VAOP ADVANCED 10 to 11 years

11:45am - Stretch  
 3:30pm - Awards

### Session III – VAOP ADVANCED-Ages 12, 13, 14, 15, 16 & up and VAOP NOVICE Ages 12, 13 and 14 & up

4:00pm - Stretch  
 7:45pm - Awards

## Sunday, May 22<sup>nd</sup>, 2011

### Session IV – VAOP NOVICE-Ages 6, 8-JR and 8-SR

8:00am - Stretch  
 10:45am - Awards

### Session V – VAOP NOVICE-Ages 7, 10-JR and 10-SR

11:15am - Stretch  
 2:30pm - Awards

### Session VI – VAOP NOVICE-Ages 9-JR, 9-SR and 11years

3:00pm - Stretch  
 6:15pm - Awards

## Admission Fees:

**FREE** for Under 12yrs

**\$10.00** per person 12yrs & Older – 1 Day Pass

**\$15.00** per person 12yrs & Older – 2 Day Pass

**\$5.00** Senior Citizen Rate – 1 Day Pass

**\$10.00** Senior Citizen Rate – 2 Day Pass

## Program Ads:

See Program Brochure  
 Online at [www.vausag.com](http://www.vausag.com)  
 or

[www.paragongymnastics.com](http://www.paragongymnastics.com)



### REMINDERS FOR COACHES:

COACHES MUST COME PREPARED TO SHOW THEIR VALID USAG PRO MEMBERSHIP CARDS AT SIGN IN. IN ADDITION, PLEASE REVIEW USAG COACHING ATTIRE REGULATIONS:

- ★ At State meets and above, the coaches' dress code is as follows:  
 Athletic shoes with rubberized soles. Athletic warm-up pants or "Dockers-Style" pants (No jeans). Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts. Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts). No hats or visors.