



2011 LEVEL 5 VIRGINIA STATE CHAMPIONSHIPS SESSION DAYS & TIMES

Saturday, April 30th & Sunday, May 1st

Host Club: Paragon Gymnastics – Fredricksburg, VA
Meet Site: Sports Booth · 18 Blackjack Road · Stafford, VA 22405
Meet Info: www.vausag.com OR www.paragongymnastics.com



Saturday, April 30th, 2011

Session I – Ages 7-8, 10-JR1 & 10-JR2

8:30am - Stretch
11:45am - Awards

Session II – Ages 10-SR1, 10-SR2 & 11-JR1

12:00pm - Stretch
3:15pm - Awards

Session III – Ages 11-JR2, 11-SR1 & 11-SR2

3:30pm - Stretch
6:45pm - Awards

Program Ads:

See Program Brochure
Online at www.vausag.com or
www.paragongymnastics.com



Sunday, May 1st, 2011

Session IV – Ages 9-JR1, 9-JR2 & 9-SR

8:30am - Stretch
11:50am - Awards

Session V – Ages 12-JR, 12-SR & 13 & up

12:15pm - Stretch
3:30pm - 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

REMINDERS FOR COACHES:

- Coaches must come prepared to show their valid USAG Pro Membership Cards at Sign In.
- 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.