



April 30<sup>th</sup> – May 1<sup>st</sup>



## Virginia USAG Gymnastics Level 5 State Championships

Paragon would love to congratulate all gymnasts to the 2011 Level 5 Championships. We hope you have a wonderful time while in Fredericksburg and look forward to seeing you in April! Please continue to check the Paragon Parent Association and VAUSAG websites for continued updates.

**Host Club:** Paragon Training Center  
(540)548-4966  
[www.paragongymnastics.com](http://www.paragongymnastics.com)

**Meet Director:** Rachel Heard  
Please send all inquiries to Steve Garman, VAUSAG State Chairman at [vausag@aol.com](mailto:vausag@aol.com)

**Competition Site:** Sports Booth  
18 Blackjack Road  
Stafford, VA 22405  
*Directions for facility can be found on the directions page.*

**Session Times:** Session times will be posted on the state website at [www.vausag.com](http://www.vausag.com).

**Awards:** Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session.

**Coaches Meeting:** There will be a coaches meeting at the beginning of each session.

**Competition Schedule:** Will be posted on [www.vausag.com](http://www.vausag.com) and [www.paragongymnastics.com](http://www.paragongymnastics.com)

**Directions:** Please see the information located on the directions page.

### Gate Fees:

Ages	One Day	Two Day
Ages 12 & under	Free	Free
Ages 13 & up	\$10	\$15
Senior Citizens	\$5	\$10

**\*\*\*All competitors may attend other sessions free of charge. Please have athlete badge with you.\*\*\***

**Hotel Information:** See hotel information on the Paragon Parent Association website or contact Kemie Smith at [meets@paragonparents.org](mailto:meets@paragonparents.org).

**Results:** Results will be posted on the [www.vausag.com](http://www.vausag.com) following the conclusion of the Level 5 Meet weekend.

**Pro Member USAG Cards:** Coaches will be asked to show your USAG Pro-member card at sign-in.



## Area Hotel and Restaurants

The following are the locations of hotels and restaurants in the Central Park/Fredericksburg Area.

### [Residence Inn by Marriott Fredericksburg](#)



Hotel Info: 866-767-0278  
average nightly rate \$150

### [Homewood Suites Fredericksburg](#)



Hotel Info: 866-538-1314  
average nightly rate \$114

### [Hilton Garden Inn Fredericksburg](#)



Hotel Info: 866-538-6252  
average nightly rate \$101

### [Kenmore Inn](#)



Hotel Info: 866-538-9298  
average nightly rate \$175

## Restaurants

Asian Bistro  
Bonfish Grill  
Carrabba's Italian Grill  
Cheeseburger in Paradise  
Chic-Fil A  
China Jade  
CiCi's Pizza  
Cracker Barrel  
Crave Frozen Yogurt  
Edible Arrangements  
IHOP  
Joe's Crab Shack  
McDonalds  
Ruby Tuesday's  
Subway  
Sunset Thai  
TGI Friday's  
Tito's Diner  
Tropical Smoothie



## Advertising and Good Luck Ads 2011 Level 5 State Championships

We are preparing a program book available for purchase especially for the Level 5 competitors. This program is viewed by over 500 people during this weekend. The program includes: meet schedule, rotations, judges and gyms competing.

Company/Gymnast Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

ZIP \_\_\_\_\_ Phone: \_\_\_\_\_ Club Name \_\_\_\_\_

Email: \_\_\_\_\_

**Good Luck Ads: (Make checks payable to Paragon Parents Association or PPA)**

Ex. "Wishing my shining star good luck" from your family.

Full page color: \$100 \_\_\_\_\_  
 Full page b/w: \$80 \_\_\_\_\_  
 1/2 page color: \$50 \_\_\_\_\_  
 1/2 page b/w: \$40 \_\_\_\_\_  
 1/4 page b/w: \$25 \_\_\_\_\_

**Company Ads:**

Full Page Color Ad: \$125.00 _____	Full Page Black and White Ad: \$100.00 _____
Half Page Color Ad: \$75.00 _____	Half Page Black and White Ad: \$60.00 _____
Quarter Page Black and White Ad: \$40.00 _____	Business Card Black and White Ad: \$30.00 _____

The \_\_\_\_\_, agree to the above sponsorship/advertising for the Level 5 States Meet being held on April 30 – May 1, 2011. I agree to have payments and camera ready art work in to the Paragon Parents Association (PPA) by no later than **April 15, 2011**.

\_\_\_\_\_  
 Authorized Signature (Company)                      Date                      PPA Member Signature                      Date

**Note:** Checks are to be made payable to the Paragon Parents Association and mailed to PPA, ATTN: Level 5 States 1285 Carl D Silver Pkwy #225, Fredericksburg, VA 22401. Returned checks are charged a \$25 fee per occurrence. Art work and questions may be emailed to: [meets@paragonparents.org](mailto:meets@paragonparents.org) attention Stacy DiMattio.



## General Directions to Sports Booth

### **From points South of Richmond:**

Merge onto I-95 N toward WASHINGTON. Take the CENTREPORT PKWY exit, EXIT 136, toward VA-8900 / US-1 / STAFFORD AIRPORT. Go 0.4 mi and turn RIGHT onto CENTREPORT PKWY. Turn RIGHT onto JEFFERSON DAVIS HWY / US-1 N. Go 1.5 mi and turn LEFT onto BLACKJACK RD. 18 BLACKJACK RD is on the RIGHT. If you reach WAREHOUSE DR you've gone a little too far

### **From points North of Stafford:**

Take I-95 N towards Richmond. Take the VA-630 exit, EXIT 140, toward STAFFORD. Turn LEFT onto VA-630 / COURTHOUSE RD. Turn RIGHT onto JEFFERSON DAVIS HWY / US-1. Turn RIGHT onto BLACKJACK RD. 18 BLACKJACK RD is on the RIGHT. If you reach WAREHOUSE DR you've gone a little too far.

### **From Central Park/Hotel Locations:**

Take I-95 N toward WASHINGTON. Take the CENTREPORT PKWY exit, EXIT 136, toward VA-8900/US-1/STAFFORD AIRPORT. Turn RIGHT onto CENTREPORT PKWY. Turn RIGHT onto JEFFERSON DAVIS HWY/US-1 N. Turn LEFT onto BLACKJACK RD. 18 BLACKJACK RD is on the RIGHT. If you reach WAREHOUSE DR you've gone a little too far.