Ocean Tumblers Gymnastics Welcomes You

2015 Virginia Level 6 & 7 State Championships

Reach for the Stars

April 11-12, 2015

Ocean Lakes High School
885 Schumann Drive, Virginia Beach, VA 23454

Hosted By
Ocean Tumblers Gymnastics
Ocean Tumblers Gymnastics extends our congratulations to your gymnasts on qualifying to the 2015 Level 6 & 7 State Championships. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the oceantumblers.com and vausag.com website for continued updates.

Host Club: Ocean Tumblers Gymnastics  
(757) 547-0169  
www.oceantumblers.com  
www.vausag.com - Official Virginia USA Gymnastics Website

Meet Director: David Jerger (meetinfo@oceantumblers.com)  
Please send all inquiries to Steve Garman, VAUSAG State Chairman at vausag@gmail.com

Entries/Registration: Download Virginia State Entry Forms from www.vausag.com
- A separate entry is REQUIRED for each level (6 & 7)
- Gym or Booster Club Checks ONLY
- Please make all checks payable to VAUSAG
- Indicate High School seniors or graduating gymnasts on your entry form
- Senior Forms are available at www.vausag.com
- Note: Meet score sheets verifying state entry qualifying scores submitted from out-of-state meets only must be included with entry and payment

Mail to: Steve Garman  
3116 Knoll Drive  
Falls Church, VA 22042

Registration Fee: $100 per gymnast

Registration Deadline: Monday, March 23rd, 2015

Competition Site: Ocean Lakes High School  
885 Schumann Drive  
Virginia Beach, VA 23454
- See "General Directions" page in this packet

Directions: Please see the information located on the “General Directions” page

Hotel Information: See hotel information on www.oceantumblers.com or contact Erin Berry-Sams at erin.berry@oceantumblers.com

Gate Fees:

<table>
<thead>
<tr>
<th>Ages</th>
<th>One-Day</th>
<th>Two-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 12</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Ages 12 &amp; Up</td>
<td>$10.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>Senior Citizens</td>
<td>$5.00</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

- All competitors may attend other sessions free of charge. Please have athlete card in hand.

Program Ads: Please see attached program Ad Page for information and instructions.  
Information also available at www.oceantumblers.com
Awards: Individual Event and All-Around awards will be presented to each age group at the conclusion of each competition session. Awards will follow the Rules and Policies requirements.

Results: Results will be posted online at www.vausag.com following the conclusion of the Level 6 & 7 State Championship weekend.

Equipment: Provided by VAUSAG
Vault: AAI TAC/10 LZT Vault Table
20cm base mat, 82’x1-3/8” runway
AAI TAC/10 LZT Vault Boards
Bars: AAI ELITE Uneven Bars with Graphite E (soft) rails
12cm base mat
Beam: AAI ELITE RA Balance Beam
12cm base mat
Floor: American ELITE Artistic Floor Exercise System
8” skill cushions, 4” supplemental throw mats and sting mats available at every event

Session Schedule: Will be posted on www.vausag.com

Program Ads: Please see attached program Ad Page for information and instructions. Information also available at www.oceantumblers.com

Awards: Individual Event and All-Around awards will be presented to each age group at the conclusion of each competition session. Awards will follow the Rules and Policies requirements.

Results: Results will be posted online at www.vausag.com following the conclusion of the Level 6 & 7 State Championship weekend.

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

Coaches Sign-In: Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100.

Safety Consideration: For the safety and consideration of ALL athletes, coaches and spectators, no injured or sick athletes should participate in the competition.
# 2015 Virginia USA Gymnastics Level 6 & 7 State Championships

**HOTEL INFORMATION**

Host hotel information is also available online at oceantumblers.com.

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Rate</th>
<th>Release Date</th>
<th>Booking Link</th>
<th>Phone Number</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Courtyard Marriott South 2501 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$129</td>
<td>3/20/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 491-6222</td>
<td>Ocean Tumblers Gymnastics</td>
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<tr>
<td>Hilton Virginia Beach Oceanfront 3001 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$189</td>
<td>3/11/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 213-3000</td>
<td>Ocean Tumblers Gymnastics</td>
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<tr>
<td>SpringHill Suites Virginia Beach Oceanfront 901 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$159</td>
<td>3/10/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 417-3982</td>
<td>VAUSAG Ocean Tumblers Gymnastics</td>
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<tr>
<td>Fairfield Inn &amp; Suites Virginia Beach Oceanfront 1901 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$139</td>
<td>3/10/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 422-4885</td>
<td>VAUSAG Ocean Tumblers Gymnastics</td>
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<tr>
<td>Residence Inn Virginia Beach Oceanfront 3217 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$189</td>
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<td><a href="#">Click Here</a></td>
<td>(757) 425-1141</td>
<td>VAUSAG Ocean Tumblers Gymnastics</td>
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<tr>
<td>Holiday Inn &amp; Suites North Beach 3900 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$149</td>
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<td><a href="#">Click Here</a></td>
<td>(757) 428-1711</td>
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<td>Holiday Inn Express 2607 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$139</td>
<td>3/10/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 491-6900</td>
<td>VAU</td>
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<tr>
<td>Holiday Inn Oceanside 2101 Atlantic Ave Virginia Beach, VA 23451</td>
<td>$129</td>
<td>3/10/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 491-1500</td>
<td>VAU</td>
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<tr>
<td>Sheraton Virginia Beach Oceanfront Hotel 3501 Atlantic Avenue Virginia Beach, VA 23451</td>
<td>$149</td>
<td>3/10/15</td>
<td><a href="#">Click Here</a></td>
<td>(757) 425-9000</td>
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</table>
We are preparing a program booklet available for purchase especially for the Level 6 & 7 State Championships. The program includes the meet schedule, rotations, judges, and gyms competing. The program is viewed by hundreds of attendees!

**AD SIZES AVAILABLE:**

- Ads should be submitted as black & white camera ready art in the correct size.
- An additional fee of $30 will be charged for ads that are not camera ready &/or were not submitted in black & white.
- We regret we cannot return artwork

DO NOT FAX! We will accept e-mailed art.

*Non-camera ready material must be received by 3/23/15
*Camera-ready ads must be received by 3/30/15
**All Payments due 3/30/15

SEND ALL AD & ARTWORK TO OTAds@aol.com

Name/Business__________________________________________Gymnast__________________________________________

Adress____________________________________________City____________State____

ZIP________Phone________________Club______________________________

E-Mail________________________________________________________________________

I want to order:

☐ $15 Good Luck Listing            ☐ $25 Business Card

☐ $40 1/4 Page Ad     ☐ $60 Half Page Ad     ☐ $100 Full Page Ad

☐ My camera ready art is enclosed.

SEND ALL AD & ARTWORK TO OTAds@aol.com

Make Checks payable to: Ocean Tumblers
Mail To: Diane Berry - Ocean Tumblers
         1213 Hartford Court
         Virginia Beach, Virginia 23464
2015 Virginia USA Gymnastics
Level 6 & 7 State Championships

GENERAL DIRECTIONS

Competition Site:
Ocean Lakes High School
885 Schumann Drive
Virginia Beach, Virginia 23454

To Ocean Lakes High School from points north of Richmond:
- Take I-95S to I-295S; merge onto I-64E towards Norfolk/Va Beach/Newport News
- Merge onto I-664S via exit 264 towards downtown Newport News/ Suffolk/ Chesapeake
- Go through the Monitor Merrimac Memorial Bridge Tunnel - stay on I-664S
- Take exit 15B for I-64W towards Chesapeake, Va Beach
- Take exit 284B to merge onto I-264E towards Va Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Old Dam Neck Road
- Take the 3rd right onto Da Vinci Drive
- Take the 1st left onto Schumann Drive

To Ocean Lakes High School from Route 460/58E
- US 460/58E becomes US-13N/460E/58E; merge onto 664S, take exit 15B for 64W towards Chesapeake/ Va. Beach
- Take exit 284B to merge onto I-264E towards Va Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Old Dam Neck Road
- Take the 3rd right onto Da Vinci Drive
- Take the 1st left onto Schumann Drive

From Ocean Lakes High School to Hotel Locations
- Head west on Schumann Drive
- Turn right onto Da Vinci Drive, then turn left to continue on Da Vinci Drive
- Continue onto Old Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Dam Neck Drive
- Turn right onto General Booth Blvd
- Continue on General Booth Blvd, which turns into Pacific Avenue at Rudee Inlet
5 STATE PACKET

5.1 PURPOSE OF STATE MEETS

The purpose of the Level 3-10 & Xcel State Meets in Virginia is to provide a culminating competition in the format of a championship event for Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Meets for Levels 8-10 are also used as a qualifier to Regional Championships for Levels 8-10; and onto USAG East/West Championships for Level 9 athletes and USAG Junior Olympic National Championships and National Invitational Tournament for Level 10 athletes.

State Championships are set up according to the USAG Women’s Rules and Policies and the guidelines set forth by the National, Regional and Virginia State Administrative Committees.

Awards Presented at Virginia State Meets:

**Level 3 & 4:**
Event Achievement Awards, Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards presented.

**Level 5, 6 & 7:**
Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

**Level 8-10:**
Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Regional Qualifiers are announced. At Level 8 States the VA Regional team by age group and All-Around are announced as well as Regional All-Star team members. Level 9 & 10 qualify by score to their regional meets and then by placement at Regionals to their national meet. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

**Xcel:**
This program is offered as an alternative optional program for our VA Clubs members to participate competitively in the sport of gymnastics in Virginia. **Achievement Ribbons for Bronze, Silver & Gold Divisions Only.** Division Age Group Event Placement Awards and Division Age Group All-Around Awards are presented. NO Team Awards are presented.

Please Note: All state qualifiers who attend a state meet receive a state gift which is presented at the conclusion of their competitive session.

To see a complete ranking of all gymnasts in each level and age group competing at a state meet, please refer to the VAUSAG website on the day following the last session of competition at [www.VAUSAG.com](http://www.VAUSAG.com). Team rankings for appropriate levels are also available.

Gate Fees are charged to all State Meets held in an outside facility. All gate fee rates for State meets are set by the Virginia State Administrative Committee.

State Hosts should include this statement in their programs.