

**Stafford Royals Gymnastics**  
presents



**March 24-26, 2017**

# 2017 Level 6/7 State Championships

## March 24-26, 2017

**Meet Location:**      **University of Mary Washington**  
Anderson Center  
Alvey Dr.  
Fredericksburg, VA 22401  
[www.umw.edu](http://www.umw.edu)

**Host Gym:**            **Stafford Royals**  
(540) 658-5115  
[www.staffordroyals.com](http://www.staffordroyals.com)

**Contact:**             **Steve Garman, VAUSAG Chair**  
vausag@gmail.com  
3116 Knoll Drive  
Falls Church, VA 22042  
(703) 241-1803

**Meet Director:**     **Ashley (Beth) Harris**  
[aharris@staffordcountyva.gov](mailto:aharris@staffordcountyva.gov)  
Please direct all questions to Steve Garman

**Session Times and Results:** Posted on [www.vausag.com](http://www.vausag.com) and [www.staffordroyals.com](http://www.staffordroyals.com)

**Coaches Meetings:** Held 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.

**Awards:** Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards.



<b><u>2016-2017 State Meet Gate Fee Chart</u></b>		
Age Group	One Day Pass	Two day Pass
Under 12	FREE	FREE
12 years and Older	\$10.00	\$15.00
Seniors	\$5.00	\$10.00

Cash Only

## Good Luck Ads!!!

**Please see attached program Ad Page for further information and instructions.**

Quarter Page Ad (4.25" x 5.5"): \$25  
 Half Page Ad (8.5" x 5.5"): \$60  
 Full Page Ad (8.5" x 11"): \$110

Payments can be made via check, or online via Paypal at [staffordroyals.com](http://staffordroyals.com).

**All ads must be submitted and paid in full by March 1, 2017.**

Questions can be directed to [media@staffordroyals.com](mailto:media@staffordroyals.com).

**Programs will be on sale during all sessions while supplies last!**

Information also available online at [www.staffordroyals.com](http://www.staffordroyals.com).

\*\*Please note that the pictures must be at least 300dpi in order for them to show up clearly in the program. When creating ads, please ensure that it fits easily into the size of ad you are purchasing. Please also remember that the quality of the picture supplied will determine the clarity of the picture in the program.



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



# Directions:

## University of Mary Washington

Anderson Center

Alvey Dr.

Fredericksburg, VA 22401

## Directions from I-95:

To reach the campus from Interstate 95, take Exit 130-A. Follow Route 3 East business to the traffic light for William Street. Make a left at the light. Follow William Street to the next traffic light and make a left onto College Avenue.

The UMW Fredericksburg Campus main gate is on the right at first light. Pass the UMW gate; turn right on U.S. 1. Turn right on Alvey Drive; follow signs to parking deck.

## Directions from U.S. 1:

To reach the Fredericksburg campus from U.S. 1 North, turn right at the intersection with College Avenue. To reach the parking deck, go through the intersection of U.S. 1 and College Avenue; turn right on Alvey Drive and follow the signs to the parking deck.

To reach the Fredericksburg campus from U.S. 1 South, turn left at the intersection with College Avenue. To reach the parking deck, turn left on Alvey Drive — the intersection is just prior to the intersection of U.S. 1 and College Avenue. Follow the signs to the parking deck.

## Directions from downtown Historic Fredericksburg or the train station:

From Caroline Street, turn left on Amelia Street. In seven blocks you will reach Washington Avenue. When you reach the end, turn left, go one block, then turn right on William Street (U.S. 3). Continue on William Street for several blocks until you reach College Avenue. Turn right onto College Avenue. The UMW Fredericksburg Campus main gate is on the right at first light. Pass the UMW gate; turn right on U.S. 1. Turn right on Alvey Drive; follow signs to parking deck.

**Parking:** UMW Garage located on Alvey Ln. Signs will be posted from garage to entrance for gymnasts and spectators.



## 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 USA Gymnastics East/West Championships for Level 9 athletes and USA Gymnastics Junior Olympic National Championships for Level 10 athletes.

State Championships are set up according to the USA Gymnastics 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. Level 8, 9 & 10 qualify by score to their regional meets and then Level 9 & 10 qualify 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 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 VA USA Gymnastics 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.



## 5.2 2017 VA STATE MEET ENTRY DEADLINES, DATES, FEES & HOSTS

State Meet	State Qualifying Scores	Entry Deadline	Entry Fee	Host Club & Contact Information Go to <a href="http://www.vausag.com">www.vausag.com</a> for all State Announcements	Meet Site All Organized by VA USA Gym State Board
<b>Level 6 &amp; 7</b> <b>March 24, 25 &amp; 26 2017</b>	33.00AA	Monday, February 27 <sup>th</sup> 2017	<b>\$115-</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<b>Host Club: Stafford Royals</b> Contact: Steve Garman, VA SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (Cell) 703-217-9575	Site – Mary Washington Univ. – Anderson CTR. Fredricksburg

## 5.3 2017 State Meet Entry Procedures for Levels 3-10 & All Xcel Divisions

### 5.3.1 Qualifying to State Meets in Virginia - Levels 3, 4, 5, 6, 7, 8, 9, 10 & All Xcel Divisions:

- A Level 3, 4, 5, 6, 7, 8, 9 & 10 gymnast may qualify to her state meet by attending **ANY** Invitational meet and score at or above the state qualifying score for that level. IES Level 8, 9 & 10 must follow IES guidelines for qualification. All Xcel Divisions **MUST** compete in a minimum of one sanctioned meet prior to State Meet.  
**OR**
- A present Level 8, 9 or 10 who competed at the same level the previous year and competed in the previous year's Regional Championships (and achieved a score equal to or greater than the current year's respective State Meet qualifying score) may directly enter the current year's State Meet at her respective Level (**R&P p.81**). All athletes should come prepared to compete. Gymnasts who qualify to states by their 2015-2016 Regional/National status must be noted on the e-mailed state meet entry form. **See R&P Chapter 8, pp.79, 82-84 for petition details.**

### 5.3.2 STATE MEET ENTRY PROCEDURE FOR ALL STATE MEETS – LEVELS 3, 4, 5, 6, 7, 8, 9, 10 & ALL DIVISIONS OF XCEL – ALL DEADLINES FOR ENTRIES ARE SET AT 4 WEEKS PRIOR TO THE STATE MEET DATE.

#### **STATE ENTRY REMINDERS:**

- Use State Entry Forms found at [www.vausag.com](http://www.vausag.com). A printable copy of the State Entry Form is available online.
- If qualifying scores are obtained at Out of State competitions, copies of those results must accompany state entries for verification.
- All Clubs **MUST** submit a SEPARATE entry form for EACH Level 3-10 and EACH Division of Xcel.



### **Levels 6 & 7 State Entry Requirements:**

- Qualifying score of a minimum of **33.00AA – Level 6**
- Qualifying score of a minimum of **33.00AA – Level 7**
- **2017 Level 6 & 7 State Meet Entry Fee - \$115.00 per gymnast**
- Gym or Booster Club Checks ONLY made payable to VAUSAG
- The state entry form for EACH LEVEL, 6 & 7, MUST BE E-MAILED [vausagmeetentries@gmail.com](mailto:vausagmeetentries@gmail.com) & THEN MAILED TO STEVE GARMAN, VA SACC ***BY MONDAY, FEBRUARY 27, 2017.***

### **All Levels 3-10 & All Divisions of XCEL State Entries MUST be:**

- **1<sup>st</sup> E-MAILED:** E-MAIL ENTRY to BOTH Steve Garman & Rex Lacy at – [vausagmeetentries@gmail.com](mailto:vausagmeetentries@gmail.com)

AND

- **2<sup>nd</sup> MAILED:** MAIL Completed Entries, Meet Score Sheets (out of state scores used for state meet qualification) and payments made payable to VAUSAG by the deadlines indicated on the previous page to:

**Steve Garman, VA SAC**  
**3116 Knoll Drive**  
**Falls Church, VA 22042**

1. Send Payment in full (including applicable late fees), with a gym or parent's club check ONLY made payable to VAUSAG.
2. Additional Entry Requirements for Levels 5, 6, 7, 8, 9, 10 & Divisions of Xcel
  - a. If qualifying scores are obtained out of state results must accompany state entries for verification.
  - b. Level 8, Level 9 & Level 10 IES athletes must be indicated on each entry as well as EVENT or EVENTS competing.
  - c. Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at [www.vausag.com](http://www.vausag.com) and at state meet coaches meeting.
3. NOTE: All L3, 4, 5, 6, 7, 8, 9, 10 & Xcel State Entries MUST be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter.
4. Note: For the safety and consideration of ALL the athletes, coaches & parents should not allow an injured or sick athlete to compete. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor. Athletes who wish to compete in any USA Gymnastics sanctioned event must be affiliated with a current USA Gymnastics Member Club.



# Dining Options:

## Local to the Wingate and Country Inn Hotels:

**Chipotle Mexican Grill:** 28 S Gateway Dr. Fredericksburg, VA 22406

**Freddy's Burgers and Fries:** 28 S Gateway Dr. Fredericksburg, VA 22406

**Panera Bread:** 24 S Gateway Dr. Fredericksburg, VA 22406

**Subway:** 15 S Gateway Dr. Fredericksburg, VA 22406

**Tropical Smoothie Café:** 15 S Gateway Dr, Fredericksburg, VA 22406

**Aladin:** Mediterranean restaurant; 27 S Gateway Dr, Fredericksburg, VA 22406

**Dunkin' Donuts:** 551 Warrenton Rd, Fredericksburg, VA 22406

**Pancho Villa Mexican Restaurant:** 754 Warrenton Rd Fredericksburg, VA 22406

**Chick-fil-A:** 1094 International Pkwy, Fredericksburg, VA 22406

## Local to the Meet Venue and Hyatt Place Hotel:

**Eagle Village:** shopping center across the street from UMW with shopping and restaurants galore.

For a listing of eating establishments and a virtual tour visit <http://www.eaglevillage.com/shop>

**Downtown Fredericksburg:** offers numerous options less than 2.5 miles away including Italian, German, Thai, BBQ and more. Check out all the options at [www.visitfred.com/listings/wine-dine](http://www.visitfred.com/listings/wine-dine)

**Central Park and Spotsylvania Towne Center Mall:** less than four miles away.

<https://www.spotsylvaniatownecentre.com/>

<http://www.shopatcentralpark.com/>

**McDonalds:** 1212 Jefferson Davis Hwy, Fredericksburg, VA 22401







2017 Virginia USA Gymnastics
Level 6/7 State Championships
Advertisement Order form

We are preparing a program booklet available for purchase especially for the Level 6/7 State Championships. This program will be viewed by hundreds of attendees!

AD Sizes available:

- Quarter Page Ad (4.25" x 5.5"): \$25
Half Page Ad (8.5" x 5.5"): \$60
Full Page Ad (8.5" x 11"): \$110




- Ads should be submitted as black and white images.
Please note that the pictures must be at least 300dpi in order for them to show up clearly in the program.
Ads may be paid for online via Paypal at StaffordRoyals.com or by mailed check.
Faxed submissions will not be accepted.
All Ads must be received and paid in full by March 1, 2017.

Send all ad artwork to media@staffordroyals.com include in the subject line "Level 6/7 State championship ad."

Name/Business \_\_\_\_\_ Gymnast \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_
Zip \_\_\_\_\_ Phone \_\_\_\_\_ Club \_\_\_\_\_
E-Mail \_\_\_\_\_

Make Checks Payable to: SPGA
Send Payments to: Stafford Royals Gymnastics
(Include a copy of this form) Attn: Level 6/7 ad sales
500 Nelms Cir.
Fredericksburg, VA 22406-1118

# Host Hotel information

 <p>\$89/night</p> <p><b><u>Wingate by Wyndham</u></b>                  20 Sanford Dr.                  Fredericksburg, VA 22406                  (540) 638-8000                  3.5 miles from venue</p> <p>Please call and mention "Level 6/7 State                  Gymnastics Meet" to secure rate</p> <p>Free Breakfast Buffet                  Fitness Center                  Free WiFi                  Business Center</p>	 <p>Starting at \$90/night</p> <p><b><u>Country Inn and Suites</u></b>                  656 Warrenton Rd                  Fredericksburg, VA 22406                  (540) 656-2398                  3.8 miles from venue</p> <p><a href="https://www.countryinns.com/level6and7st">https://www.countryinns.com/level6and7st</a></p> <p>Complimentary Breakfast                  Indoor Pool                  Fitness Center                  Free High-Speed Internet Access                  Business Center</p>	 <p>\$109/night</p> <p><b><u>Hyatt Place Fredericksburg                  at Mary Washington</u></b>                  1241 Jefferson Davis Highway,                  Fredericksburg, VA 22401                  (540)735-9649                  Less than one mile from venue</p> <p><a href="http://fredericksburg.place.hyatt.com/en/hotel/home.html?corp_id=G-GYNN">http://fredericksburg.place.hyatt.com/                  en/hotel/home.html?corp_id=G-GYNN</a></p> <p>Complimentary breakfast                  Heated Indoor pool                  Complimentary WiFi</p>
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Please Book Hotel Rooms Early