



USA GYMNASTICS®

Virginia

Virginia State Championships

Level 8-9-10

March 15-17, 2019

Hosted by World Class Gymnastics
Boo Williams Sportsplex, Hampton VA

2019 VA State Championships: Levels 8-9-10 Meet Information

- Dates:** March 15-17, 2019
The final schedule will be posted after the State Entry deadline. The *tentative* schedule:
Level 10: Friday afternoon and/or evening
Level 9: Saturday
Level 8: Sunday with the possibility of a Saturday session.
- Host Club:** World Class Gymnastics
343 Bell King Rd, Newport News, VA 23606
757-881-9920 gym 757-881-9923 fax
Email: Gymsme2@aol.com
www.worldclassgym.com
- For updates:** Go to www.vausag.com or www.worldclassgym.com.
- Contact:** Steve Garman, VASACC, email at VausagMeetEntries@gmail.com
- Meet Director:** Debbie Le Moal, email at gymsme2@aol.com
- Venue:** Boo Williams Sportsplex, 5 Armistead Pointe Parkway, Hampton VA 23666
<http://www.boowilliamssportsplex.com/> Directions on last page.
- Qualifying Info:** Qualifying scores to State:
Level 8: 33.00 AA 8.5 IES
Level 9: 32.00 AA 8.5 IES
Level 10: 32.00 AA 8.5 IES
Please refer to the **New Entry Instructions** in this packet or go to www.VAUSAG.com for the entry procedure. Please note that the entry process has changed.
- Entry Fee:** The entry fee is \$125 per athlete payable to VAUSAG. There is a \$25 late fee per gymnast for any entry that is submitted after the deadline or any entry that is incomplete. The deadline for entries to Level 8-9-10 State is **February 19, 2019**. Please refer to the **NEW Entry Instructions** in this packet or go to www.VAUSAG.com.

NEW Entry Instructions:

The new entry process for State Championships is a two-part system.

Here is a **brief overview** of the process.

Step 1: Enter your athlete in the appropriate state meet through Meet Reservation System at www.usagym.org. Athletes can be registered on MRS when they qualify. They are not officially entered until Step 2 is completed.

Step 2: Print a copy of the MRS entry and submit with entry fee to Steve Garman, VA State Chairman. The entry fee is \$125 per athlete and is due no later than **February 19, 2019**. Payment in full with a Gym or Parent's Club check only made payable to VAUSAG. Please send to:
Steve Garman, VASACC
3116 Knoll Drive
Falls Church, VA 22042

Please remember that your athletes are NOT entered into their state meet until qualifying scores have been verified, entry fee payment and applicable late fees have been received.

Getting Started: The easiest way to get started with Step 1 is to go to www.vausag.com, click on *Championships* tab, select *State Championships*, select *Levels 8-9-10 State Meet*, or follow this link: <http://vausag.com/state-meet-information/levels-8-9-10-state-meet>.

On the *Level 8-9-10 State Meet page*, you can create a link to take you directly to the USA Gymnastics Reservation System page to start your entry process.

MEET ENTRY: To create a link to take you directly to the USA Gymnastics Meet Reservation System page for this meet, member club Professional members designated as Club Administrators for their club may enter their USA Gymnastics Club ID number below, then click the button labeled "Generate link," which will then create the link to click on to go to the reservation page. If you have difficulty, please log into usagym.org in a separate tab and try the link again. Use your Club ID exactly as it appears in your usagym.org Club Administration profile.

Helpful hint: if you have link take you directly to the Meet Reservation system, click on EDIT to update Club/Contact info and Click on MODIFY to have list of athletes populate.

Or you can follow the complete instructions that can be found at www.VAUSAG.com, click on *VA USA Gymnastics Information* tab, select *VA Member Club Handbook*, go to section 5.3.2 VA State Entry Process or click on this link: http://vausag.com/wp-content/uploads/2018-2019-Viginia-Member-Club-Handbook_11-8-18.pdf.

Please look at the next page for Special Instructions for IES and athletes using 2018 Regional or National scores to enter.

New Special Entry Instructions for IES:

Step 1: enter on MRS system as stated previously.

Extra Step: Following your MRS entry submission, please immediately email Steve Garman, State Chairman and Rex Lacy at vausagmeetentries@gmail.com with a list of all IES gymnasts along with the events they will compete.

Step 2: print entry and include payment as stated previously.

NEW Special Entry Instructions athletes entering State using their 2018 L8, L9 or L10 Regional or L9 or L10 National score:

Step 1: enter on MRS system as stated previously.

Extra Step: Following your MRS entry submission, please immediately email Steve Garman, State Chairman and Rex Lacy at vausagmeetentries@gmail.com with a list of all athletes entering their state meet using their 2018 Regional or National score to qualify to this year's state meet.

The list should include

ATHLETE'S NAME

NAME OF MEET (example, 2018 Level 8 Regionals)

SCORE FROM THAT MEET

Step 2: print entry and include payment as stated above.

See next two pages for a reprint of the VA Member Club Handbook of VIRGINIA STATE MEET ENTRY PROCEDURE.

5.3.2 Virginia State Meet Entry Procedures – Levels 3, 4, 5, 6, 7, 8, 9, 10 & All Divisions of Xcel – All Deadlines For Entries are 4 Weeks Prior To The State Meet Date.



IMPORTANT NOTE TO ALL CLUBS & COACHES: It is imperative with the size of our VA Meets that ALL Level 3, 4, 5, 6, 7, 8, 9, 10 & Xcel State Entries 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. ONLY professional members who are coaching and athletes who are competing in a session are allowed on the competition floor. Please plan accordingly.

1. ATTENTION ALL VIRGINIA CLUBS:

All Clubs MUST confirm that each athlete they intend to enter into their State Meet has achieved the qualifying score and have verified that the score results is accessible using the myUSAgym website or iOS Phone App prior to entering their athletes using the Meet Reservation System. Otherwise, the State Administrative Committee will be unable to confirm the athletes qualifying score and the athlete will NOT be entered into their State Meet. All sanctioned invitational meet hosts in Virginia should have reported the individual meet results to USA Gymnastics.

2. VA STATE ENTRY PROCEDURES – ALL CLUBS MUST USE USA GYMNASTICS MEET RESERVATION SYSTEM TO ENTER THEIR STATE MEET – SEE SECTION 7 – FORMS IN THE BACK OF THIS HANDBOOK FOR DETAILED INSTRUCTIONS:

- a. The USA Gymnastics Meet Reservation System MUST be utilized for all **State Meet Entries**. Go to : <https://usagym.org/pages/post.html?PostID=18319> for a copy of USA Gymnastics MRS instructions or you may contact member services for assistance at 1-800-345-4719.
- b. To use the **MEET RESERVATION SYSTEM** Go to www.usagym.org
- c. **LOGIN** using your USA Gym Member Login. A Club Administrator's Login is required to access a clubs Team Roster through MRS.
- d. Go to **MEMBER SERVICES**
- e. Go to the **CLUB ADMINISTRATION** Sidebar
- f. Scroll Down and Click on **MEET RESERVATIONS**. A list of all your registered meets appears.
- g. Scroll Down to the Bottom Right Hand Side of the Page and Click On **"SEARCH FOR MEETS"**.
- h. **SELECT** Discipline Type – "Women's Program" and State – "Virginia".
- i. Go to the **VA STATE MEET** Competition you wish to Enter your athletes in.
- j. **ENTER ALL ATHLETES WHO HAVE QUALIFIED** to their corresponding state meet.
- k. **THERE ARE NO CONTINGENCY ENTRIES.** DO NOT enter athletes who have not received a qualifying score or have an unapproved petition.
- l. **CLUB ADMINISTRATORS MUST** maintain their team roster for ease of entering all athletes to their respective level's state meet.
- m. **ENTER ALL COACHES** who will attend the competition. Each coach attending must appear on the pre-printed Coaches Sign In sheets. Please be prepared to produce your USA Gymnastics Professional Membership Card at Check In.
- n. **SUBMIT ENTRY** – upon submission of entry to the MRS a copy of what has been entered is emailed to the State & to your Club Administrator.
- o. **CLUB ADMINISTRATORS SHOULD PRINT A COPY OF THE NEW MEET RESERVATION OR REVISED MEET RESERVATION EMAIL TO ACCOMPANY PAYMENT MAILED TO STEVE GARMAN, VA STATE CHAIRMAN.**



- p. Please remember that your athletes are NOT entered in to their state meet until qualifying scores have been verified, entry fee payment and any applicable late fees have been received.
- q. After a club has submitted their entry, Club Administrators will still have access to **ADD OR SCRATCH GYMNAST'S OR ADD/REMOVE COACHES** UNTIL THE SPECIFIED STATE MEET ENTRY DEADLINE ONLY!
 - After the entry deadline Club Administrators will no longer be able to ADD gymnasts or coaches to the meet through the MRS.
 - See item **r.** for Late Entry Procedure for gymnasts.
 - If additional coaches need to be added after the entry deadline, please email their name, pro number and expirations to:
vausagmeetentries@gmail.com.

- r. **LATE ENTRY PROCEDURE:** A \$25.00 late fee per gymnast is charged for all incomplete, incorrect or late entries.
 - Late entries MUST be forwarded via the **VA State Meet Late Entry Form**.
 - This form can be found online at www.vausag.com.
 - Complete form and email to: vausagmeetentries@gmail.com, then mail with entry + late fees to State Chairman.

3. **ADDITIONAL STATE MEET ENTRY REQUIREMENTS:**

- a. Clubs L8, 9 & 10 IES Qualifiers or gymnasts entering their state meet using their 2018 L8, 9 or 10 Regional or L9 or L10 National score: Please email immediately following your MRS entry submission, both Steve Garman, State Chairman & Rex Lacy at vausagmeetentries@gmail.com:
 - i. A list of all IES gymnasts along with the events they will compete.
 - ii. All gymnasts entering their state meet using their 2018 Regional or National score to enter their state meet.
- b. **Petitions:** Please follow all State Meet petition guidelines in your USA Gymnastics Rules & Policies **pp.80, 82-83**.
- c. **Seniors:** Senior Forms are available online at www.vausag.com. All Senior Forms are due 3 weeks prior to each state meet. Complete a Senior Form for each HIGH SCHOOL SENIOR or GRADUATING gymnast from your club to be recognized at the Senior Presentation ceremony at their state meet. Please send all completed forms to the state chairman Steve Garman at vausag@gmail.com.

4. **PAYMENTS & SCRATCHES/REFUNDS:**

- a. Virginia State Meet Entry Fees are referenced in the above State Meet Chart on **p.21** and in Section 2, **pp.4-5** of your handbook on your Quick View Charts.
- b. All Payments MUST be accompanied by a copy of the New or Revised Meet Reservation Email from USA Gymnastics.
- c. Payment in full (including applicable late fees), with a Gym or Parent's Club Check **ONLY made payable to VAUSAG** must be mailed to the state chairman by the entry deadline indicated. One check may be sent with multiple entries.
Please send to:
 - Steve Garman, VA SAC**
 - 3116 Knoll Drive**
 - Falls Church, VA 22042**
- d. **Scratches & State Refund Policy:**
 - Only those athletes who SCRATCHED 10 days prior to the first day of the corresponding State Meet Weekend will be eligible for a refund.
 - Please email all SCRATCHES to vausagmeetentries@gmail.com.

Coaches: Coaches must be entered through the Meet Reservation System on www.USAGym.com. Coaches must present current USAGym Professional Membership credentials at check in. There will be a Coaches Meeting at the beginning of each session. Hospitality will be provided.

Meet Format: Modified Capital Cup

Equipment:
Vault Board: AAI TAC/10 Vault Board
Vault Tables: AAI TAC/10 Vault Table
Bars: AAI Elite Uneven Bars and Graphite E (soft) rails
Beam: AAI Elite RA Balance Beam, 12cm base mat
Floors: AAI Artistic Floor Exercise System
Mats: 8" skill cushions, 4" supplemental throw mats and sting mats available at every event.

Floor Music: All coaches MUST provide Floor Exercise music in digital format (MP3, computer, tablet, smart phone etc.). All electronic devices must have a display screen and must be on airplane mode, when applicable. ALL FLOOR MUSIC MUST BE IN DIGITAL FORMAT. CD playback equipment will not be provided.

Trainer: An onsite trainer will be available for all coaches and gymnasts during warm-ups and competition.

Gate Fees:

2018-2019 State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

Gymnasts competing at Level 8-9-10 Championships are not charged for any session.

Graduating Seniors **TWO THINGS for graduation seniors to do:** **1.** We would like all graduating seniors to send in a **head shot picture** so we can include in the program at no cost. Please follow the instructions on the PROGRAM AD INFO packet for the free headshot picture of the seniors. **2.** Please go to www.VAUSAG.com and look for Senior Form posted on the L8-9-10 State Championship page. The forms are online at www.vausag.com and are due **Friday, February 22.**

Program Ads: See information in this packet or at www.worldclassgym.com. Ads must be submitted and paid in full by **Friday, February 22.**

Host Hotels: **In Coliseum Central area**



COURTYARD MARRIOTT, 1917 Coliseum Dr., Hampton, VA 23666-4235. (757) 838-3300. \$99 per night plus tax, 2 Queen. Cut off 2/22/19. Ask for: *World Class Gymnastics*



HOLIDAY INN EXPRESS, 1813 West Mercury Blvd, Hampton, VA 23666 (757) 838-8484. \$119 per night plus tax, 2 Double beds. Cut off 2/13/19 by midnight. Ask for: *2019 World Class Gymnastics*



HILTON GARDEN INN, 1999 Power Plant Parkway, Hampton, VA 23666. (757) 310-6323. \$119 per night plus tax, 2 Queen. Breakfast included. Cut off 2/13/19. Ask for: *World Class Gymnastics*

5 VIRGINIA STATE MEET 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 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:

XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience in the state of 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 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. 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.



2019 VA State Championships: Levels 8-9-10

Program Information for Graduating Seniors and Good Luck Ads

Graduation Seniors: Please email a head shot so that we can include you in the senior section of the program. Email to worldclassprograms@outlook.com. In the subject line write, SENIOR and your name. In the body of the email, write (1.) your name, (2.) your team, (3.) your high school name and (4.) name of college you will be attending if you know already. Please read the rest of the form for general information about pictures. No charge to be included in the Senior Section. **Deadline Friday, February 22, 2019.**

Good Luck Ads: Reserve your space for a State Championships Good Luck Advertisement!! All ads must be submitted and **paid in full by Friday, February 22, 2019.** Ads received after that date may not make the cutoff to the printer.

Contact Name: _____

Telephone: _____

Email Address: _____

Gymnast's Name: _____

Gymnast's Club: _____

Ad Size

_____ Full page (approx. 8.5x5.5 vertical)	\$100	\$ _____
_____ Half page (approx. 5.5x4.25 horizontal)	\$75	\$ _____
_____ Quarter page (approx. 2.75x1.88 vertical)	\$50	\$ _____
_____ Make it a color ad for only \$25 more!	\$25	\$ _____

STEP 1: Mail this form and payment to
Program Ad: VA State Championships
WCGPA
343 Bell King Rd, Newport News, VA 23606

STEP 2: email completed and ready to go ad to worldclassprograms@outlook.com. Put your gymnast's name in the Subject line and a copy of this form in the email so we can correctly identify you.

Pictures must be at least 300dpi. Provide final ads in these formats: pdf, Microsoft Word, PowerPoint or Publisher. When creating your ad, keep in mind the size of the ad you are purchasing. The quality picture supplied will determine the clarity in the program. If you selected a black and white ad, but sure there is enough contrast in the picture so the gymnast doesn't "disappear" into the background.

Restaurants and Activities

Restaurants, Shopping and Movies:

The Boo Williams Sportsplex is located in Coliseum Central area and near Peninsula Town Center, a premier new-style shopping center with shops, restaurants, and a movie theater. www.peninsulatowncenter.com In Coliseum Central there are plenty of malls, restaurants and activities. To see shops and activities in Hampton, go to www.visithampton.com.

Williamsburg and surrounding areas have tons of shopping and quality outlet malls. People travel from far and wide to shop in Williamsburg. www.visitwilliamsburg.com Williamsburg is an easy 20 to 30 minute drive. Go West on I64 and follow the signs.

Norfolk, about a 35 minute drive going on I64 East, one of the biggest malls in the area. MacArthur Center is a great way for a shopper to spend the day. www.shopmacarthur.com/

Activities:

Yorktown and Jamestown are both historic and fun. Yorktown is about 15 minutes and Jamestown is about 35 minutes away. For more information, go to www.historyisfun.org.

Colonial Williamsburg is both a place of history and shops and restaurants, and about 30 minutes away. To learn more about the historical part, go to www.history.org. For shops and restaurants within Colonial Williamsburg and across from the College of William and Mary, go to www.merchantsquare.org.

Virginia Beach is fun anytime of year. It is about 45 minutes to the resort/board walk area. For more information, go to www.vbfun.com .

Busch Gardens Williamsburg is OPEN on Saturday, March 16, 2019 from 10:00 am to 6:00 pm! Busch Gardens is about 20 minutes away. For more info go to www.seaworldparks.com and click on Busch Gardens Williamsburg.

Come for the CHAMPIONSHIPS, but have a little fun in our area too!



Directions & Parking: Boo Williams Sportsplex

Boo Williams Sportsplex is located at the intersection of Armistead Ave and Hampton Roads Center Parkway . 5 Armistead Pointe Parkway, Hampton, VA 23666.

<http://www.boowilliamssportsplex.com/> look under *Plan Your Visit*

For people traveling from Williamsburg and Points North

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E
3. Merge onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Suffolk, Chesapeake

1. Take I-664 North toward Newport News
2. Merge onto I-64 West via exit 1A on the Left toward Williamsburg/Richmond
3. Merge onto VA-134 N/MAGRUDER BLVD. via exit 262B toward NASA/Poquoson
4. Turn Right on Hardy Cash Drive
5. Turn Left on Coliseum Drive
6. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Norfolk, VA BEACH

1. Begin on I-64 West toward Hampton/Richmond
2. Merge onto VA-134 North/MAGRUDER BLVD via exit 262B toward NASA/Poquoson
3. Turn Right onto Hardy Cash Dr.
4. Turn Left onto Coliseum Drive
5. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.