



## **2017 Gymstrada Invitational**

**December 1<sup>st</sup>-3<sup>rd</sup>, 2017**

You are invited to the 2017 Gymstrada Invitational hosted by Gymstrada Gymnastics and the Gymstrada Parents Association. This will be our 27<sup>th</sup> year hosting the Gymstrada Invitational and it will be held at the Virginia Beach Convention Center. The Virginia Beach Convention Center is located at: 1000 19<sup>th</sup> Street, Virginia Beach, VA 23451.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. Host hotel will be Oceanfront and approximately one-two minutes from the Virginia Beach Convention Center. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of October 23<sup>rd</sup>, 2017 giving you plenty of time to make travel arrangements. We hope you can make it, and let me know if you have any questions!

Sincerely,

Nic Tolley and Gymstrada Gymnastics  
757-499-8591  
NicTolley@gmail.com

# 2017 Gymstrada Invitational

December 1<sup>st</sup>-3<sup>rd</sup>, 2017

*Coaches receive Prize money for team placement  
(All JO Levels and Xcel Divisions)*

*1<sup>st</sup> place Team-\$100, 2<sup>nd</sup> Place Team-\$50, 3<sup>rd</sup> Place Team- \$25*

*\*Prize money will be give out after all JO Levels / Xcel Divisions have competed*

**If you have any questions you may call the office at 757-499-8591 or email Nic Tolley at  
NicTolley@gmail.com**

**Host Club:** Gymstrada Gymnastics

**Competing Levels:** Levels 2-10 USAG and Xcel

**Website:** [www.Gymstrada.com](http://www.Gymstrada.com)

**Entries:** Make checks payable to Gymstrada and please mail all entries to:  
Gymstrada ATTN: Nic Tolley  
5644 Parliament Drive,  
Virginia Beach, VA 23462

**Meet Director/Coordinator:** Nic Tolley email: [NicTolley@gmail.com](mailto:NicTolley@gmail.com) Phone number: 757-499-8591

**Entry Deadline:** October 23<sup>rd</sup>, 2017

**Cancellation Deadline:** No Refunds after October 23<sup>rd</sup>, 2017 for any reason

**Level Change Deadline:** November 6<sup>th</sup>, 2017  
No swaps/changes after November 6<sup>th</sup>, 2017

**Late Fee:** \$10 per gymnast if entry is received after October 23<sup>rd</sup>, 2017

**Competition Schedule:** Friday December 1<sup>st</sup>, 2017 from 8:00am-10:00pm  
Saturday December 2<sup>nd</sup>, 2017 from 8:00am – 10:00 pm  
Sunday December 3<sup>rd</sup>, 2017 from 8:00 am – 10:00 pm  
\*\*session times will be posted on [www.gymstrada.com](http://www.gymstrada.com) after November 1<sup>st</sup>, 2017

**Entry Fees:** Levels 6 - 10 USAG \$115.00 per gymnast  
Levels 2 –5 USAG & Xcel \$105.00 per gymnast

**Team Trophy Entry Fees:** \$50.00 per team

*Level 2-10:* The 3 highest scores per event count toward team score.  
*All Xcel Divisions:* The 3 highest scores per event count towards team score

\*\*You may only have 1 team per level entered. Clubs can win multiple levels.  
\*\*Team trophies will be given for the first, second, and third placed teams

**Equipment:**

**VAULT:** AAI Vault table, Tac/10  
 Base Mats: 12 Centimeters  
 Run Way: 82'; Thickness: 1 & 3/8 inches  
 Resilite Level 3 vaulting system

**BARS:** AAI Competition Bars  
 AAI "soft blue Rails" will be used  
 Base Mats: 12 Centimeters

**BEAM:** AAI Competition Beam  
 Base mats: 12 Centimeters

**FLOOR:** AAI Spring floor  
 \*8" mats, 4" mats, and Sting mats available at every event  
 \* Multiple Spring Boards available  
 AAI Tac/10 LZT Stratum Vault Board  
 AAI Stratum Vault Board (Grey Carpet)

**Competition Format:** Modified Capital Cup Format

**Competition Location:** Gymstrada will host the 2017 Gymstrada Invitational at the Virginia Beach Convention Center, which is located at: 1000 19<sup>th</sup> Street, Virginia Beach, VA 23451. (<http://www.visitvirginiabeach.com/conventioncenter/>)

**Admission Fees:**

Ages	One Day	Weekend (3 Days)
Ages 5 & Under	Free	Free
Ages 6 - 12	\$15.00	\$20.00
Ages 13 & up	\$20.00	\$25.00
Senior Citizens (55 and over)	\$15.00	\$20.00

\*Cash and Credit Cards Accepted for admission Fees

**Awards:**

- Three to five age division per level (depending on number of entries per level)
- Medals: 50% on Individual events and 100% in the All Around
- Individual awards will be given after each session
- Team awards will be given after all gyms per level have competed

**Results:**

Will be posted on our website ([www.gymstrada.com](http://www.gymstrada.com)) after the competition

**Area Attractions:**

Virginia Beach Convention Center: (<http://www.visitvirginiabeach.com/conventioncenter/>)

Beach Street USA: (<http://www.beachstreetusa.com/>)

Holiday Lights: (<http://www.beachstreetusa.com/festivals/mcdonalds-holiday-lights-beach>)

Virginia Beach Oceanfront: (<http://www.virginiabeach.com/attractions/oceanfront>)

The Official Virginia Beach tourism website (<http://www.visitvirginiabeach.com>)

Virginia Aquarium and Marine Science Center: ([www.virginiaaquarium.com](http://www.virginiaaquarium.com))

Town Center of Virginia Beach: ([www.vabeachtowncenter.com](http://www.vabeachtowncenter.com))

Virginia Beach Restaurants Guide: ([www.vbrestaurantguide.com](http://www.vbrestaurantguide.com))

Shopping: Lynnhaven Mall ([www.Lynnhavenmall.com](http://www.Lynnhavenmall.com)) MacArthur Center ([www.shopmacarthur.com](http://www.shopmacarthur.com))

Naticus: ([www.nauticus.org](http://www.nauticus.org))

The Children's Museum: (<http://www.childrensmuseumva.com/visit.html>)

Great Wolf Lodge: (<http://www.greatwolf.com/williamsburg/waterpark>)

### Host Hotel Information:

#### 1. SpringHill Suites Oceanfront (Marriott) –

- 901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.springhillsuitesvirginiabeach.com/>
  - For more information on the SpringHill Suites Oceanfront, see information sheet (included in packet)
  - Included with hotel - Free hot breakfast and parking
  - **MORE INFORMATION COMING SOON**

#### 2. Fairfield Inn and Suites Oceanfront (Marriott) -

- 1901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
  - Hotel Website: <http://www.marriott.com/hotels/travel/orfva-fairfield-inn-and-suites-virginia-beach-oceanfront/>
  - For more information on the Fairfield Inn and Suites Oceanfront, see information sheet (included in packet)
  - Included with hotel - Free hot breakfast and parking
  - **MORE INFORMATION COMING SOON**

#### 3. Hilton Virginia Beach Oceanfront -

- 3001 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.hiltonvb.com/>
- For more information on the Hilton Virginia Beach Oceanfront, see information sheet (included in packet)
  - **MORE INFORMATION COMING SOON**

**2017-2018 Official Gymstrada Gymnastics Entry Form**

<b>2017 Gymstrada Invitational</b>	<b>December 1<sup>st</sup>-3<sup>rd</sup>, 2017</b>	<b>Level 6-10: \$115 per gymnast, Level 2-5 &amp; Xcel: \$105 per gymnast</b>
<b>2018 Virginia Beach Classic</b>	<b>February 9<sup>th</sup>-11<sup>th</sup>, 2018</b>	<b>Level 6-10: \$115 per gymnast, Level 2-5 &amp; Xcel: \$105 per gymnast</b>
<b>Team Trophy Entry Fee : \$50 per Level (Levels 2-10 &amp; All Xcel Divisions)</b>		

Name of Meet Attending: \_\_\_\_\_ Date of Meet: \_\_\_\_\_

Team Name: \_\_\_\_\_ USAG Club #: \_\_\_\_\_

Team Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Club Phone #: \_\_\_\_\_ Club Fax #: \_\_\_\_\_

Team Contact: \_\_\_\_\_ Contact Email: \_\_\_\_\_ Contact Phone #: \_\_\_\_\_

Coaches First & Last Names	USAG # & Expiration	Safety Expiration	Background Check Expiration

#'s	Gymnasts Last Name	Gymnasts First Name	USAG #	Level	Date of Birth	US Citizen?
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Compulsory (Level 2-5) and Xcel: \_\_\_\_\_ X \$105 = \_\_\_\_\_

Optional (Level 6-10) Entries: \_\_\_\_\_ X \$115 = \_\_\_\_\_

Team Entries:   **2**   **3**   **4**   **5**   **6**   **7**   **8**   **9**   **10**   \_\_\_\_\_ X \$50 = \_\_\_\_\_

Xcel Team Entries:   **Bronze**   **Silver**   **Gold**   **Platinum**   **Diamond**   \_\_\_\_\_ X \$50 = \_\_\_\_\_

(Circle all Levels/Xcel Divisions that you are entering)

**Total Entry Fee:** \_\_\_\_\_ \$ \_\_\_\_\_

Make club check payable to: Gymstrada /Send entries to: Gymstrada Attn: Nic Tolley, 5644 Parliament Drive, Virginia Beach, VA 23462