



2017 Xcel Xtravaganza

April 22nd-23rd, 2017

Dear Coach,

You are invited to the 2017 Xcel Xtravaganza hosted by Gymstrada Gymnastics and the Gymstrada Parents Association. We will host this Xtra special meet in Gymstrada's 20,000 sq. ft. facility. Our facility is located at: 5644 Parliament Drive, Virginia Beach, VA 23462.

This meet will be Xtra fun with lots of giveaways for the gymnasts as well as coaches gifts. We also pride ourselves on great hospitality food during the meet, as well as a great competition atmosphere.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of March 20th, 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

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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:** All Divisions of Xcel
- Website:** www.Gymstrada.com
- Entries:** Make checks payable to Gymstrada Parents Association and mail all entries to:
Gymstrada ATTN: Nic Tolley
5644 Parliament Drive,
Virginia Beach, VA 23462
- Meet Director/Coordinator:** Nic Tolley email: NicTolley@gmail.com Phone number: 757-499-8591
- Entry Deadline:** March 20th, 2017
- Cancellation Deadline:** No Refunds after March 20th, 2017 for any reason
- Level Change Deadline:** April 13th, 2017
No swaps/changes after April 13th, 2017
- Late Fee:** \$10 per gymnast if entry is received after March 20th, 2017
- Competition Schedule:** Saturday April 22nd, 2017 from 8:00am – 10:00 pm
Sunday April 23rd, 2017 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after March 27th, 2017
- Host Hotels:** Host hotels are also listed in the hotel portion of this packet. Additional hotels listed on our website (www.gymstrada.com).
- Entry Fees:** **All Xcel Divisions: \$85.00 per gymnast**
- Team Trophy Entry Fees:** **\$50.00 per team** *All Xcel Divisions:* The 3 highest scores per event count towards team score
*You may only have 1 team per division entered. Clubs can win multiple Divisions.
*Team trophies will be given for the first, second, and third placed teams
- Competition Format:** Modified Capital Cup Format or Traditional Format
- Competition Location:** Gymstrada will host the 2014 Gymstrada Invitational in our main gym which is 20,000 square feet. This is called our “Kempsville location” and is located at 5644 Parliament Drive, Virginia Beach, VA 23462

Equipment:

VAULT: AAI Vault table, Tac/10
Base Mats: 20 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: 20 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)

Directions:

(From I-64 East) Take Newtown Exit (284-B). Then take Newtown Rd (South) Exit (15-A). Go right at the off-ramp light. Go to next signal and turn left onto Princess Anne Rd. Follow Princess Anne Road across the railroad tracks and turn left at the next signal on to Parliament Drive. Gymstrada is on the left.

Parking:

Please do not park in the CITGO gas station/Arrowhead Food Mart parking lot that is across the street from the gym. Please use our parking lot. If our parking lot is full, please park in the parking lot that is BEHIND the Arrowhead Food Mart. This parking lot is about a 30 second walk to the gym's front door.

Awards:

- Three to five age groups per Xcel division (depending on of entries per division)
- 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

Gifts:

All Gymnasts will leave with awards and gifts

Results:

Will be posted on our website (www.gymstrada.com) after the competition

Gymstrada uses Digital Scoring

Area Attractions:

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

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)

Town Center of Virginia Beach: (www.vabeachtowncenter.com)

Virginia Beach Restaurants Guide: (www.vbrestaurantguide.com)

Shopping: Lynnhaven Mall (www.Lynnhavenmall.com) MacArthur Center (www.shopmacarthur.com)

Naticus: (www.nauticus.org)

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

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

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Host Hotel Information

1. Courtyard Virginia Beach/Norfolk (Marriott) - \$99.00 per night

- 5700 Greenwich Road, Virginia Beach, VA 23462
- The Xcel Xtravaganza room block will end on 4/8/2017. Please make all reservations and changes on or before 4/8/2017.
- For Reservations:
 - Online
 - Booking Link: Found on our website (www.gymstrada.com)
 - Please use Group Code: Gymstrada
 - Phone
 - For Reservations, please call hotel directly – 757-490-2002 or call the Marriott reservations line – 1-800-321-2211. Please refer to GYMSTRADA event name and Group Rate (\$99.00 per night)
- Approximately a 1 Minute drive from hotel to Gymstrada (competition venue)
 - Hotel Website: <http://www.marriott.com/hotels/travel/orfvb-courtyard-virginia-beach-norfolk/>

2016-2017 Official Gymstrada Parents Association Entry Form

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All Xcel Division: \$85 per gymnast

Team Trophy Entry Fee : \$50 per Xcel Division

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						

Xcel Gymnasts: _____ X \$85 = _____

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

(Circle all Xcel Divisions that you are entering)

Total Entry Fee: \$ _____

Make club check payable to: Gymstrada Parents Association

Send entries to: Gymstrada Attn: Nic Tolley, 5644 Parliament Drive, Virginia Beach, VA 23462