

Ocean Tumblers Gymnastics
welcomes you to the

2010

Region VII

Level 9-10

Championships

"Where the Stars Shine"



Date:

April 9-11, 2010

Location:

Oscar Smith High School

1994 Tiger Trail

Chesapeake, VA 23320

Hosted By:

Ocean Tumblers

Gymnastics





Region VII Level 9-10 Championships

Ocean Tumblers Gymnastics extends our congratulations to your gymnasts on qualifying to the 2010 Region VII Level 9/10 Championships. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the [Ocean Tumblers](#) and [Region VII](#) website for continued updates.

- Host Club:** Ocean Tumblers Gymnastics
(757) 547-0169
www.oceantumblers.com
- Meet Director:** Diane Berry
Please send all inquiries to berrydb1@aol.com
Phone: (757) 439-1848 Fax: (757) 474-2221
- Competition Site:** Oscar Smith High School
1994 Tiger Trail
Chesapeake, VA 23320
**See the directions page in this packet*
- Airports:** Norfolk International Airport is 20 minutes from the meet site and 17 minutes from the host hotel, the Marriott Greenbrier.
- Age Groups:** Age groups will be posted on the regional website: [Region VII](#)
- Awards:** Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session in the auxiliary gym. Awards will follow the rules and policies requirements.
- Clinic:** **"Team Seven Edge"** for Level 10 JO National Qualifiers on Monday 8:15am - 1:00pm. ** See flyer in packet**
- Coaches Meeting:** There will be a coaches meeting at the beginning of each session.
- Competition Schedule:** Will be posted on [Ocean Tumblers](#) and the [Region VII websites](#)
- Directions:** Please see the information located on the "Directions" page



Entry Fee(s): The entry fee is \$100 per gymnast. ALL fees must be submitted along with the entry form. Make checks payable to Ocean Tumblers Team Association (OTTA). Only **one** check per club. Event specialists (IES) MUST pay full entry fee. The regional qualifying score is 34.00 for AA athletes and 9.0 for IES.

Entry Form: Please complete the enclosed entry form and submit to your State Chairman (SACC) at the conclusion of your state meet. State Chairman **MUST** overnight ALL entries Monday morning to:

Ocean Tumblers Gymnastics
Region VII Championships
1213 Hartford Court
Virginia Beach, VA 23464

Equipment: Vault: AAI Elite LZT/Tac10 with 20cm mats
Bars: AAI Elite Uneven Bars with 12 cm mats
Beam: AAI Elite with 12 cm mats
Floor: AAI Stratum
Capital Cup Format

Floor Music: CD's, if a copy it must be in CD-R format. CD-RW will not work

Gate Fees

Ages	One Day	Two Day	Weekend Pass
Ages 12 & under	Free	Free	Free
Ages 13 & Up	\$10.00	\$15.00	\$20.00
Senior Citizens	\$5.00	\$10.00	\$15.00

****All competitors may attend other sessions free of charge. Please have athlete badge with you.**

Hotel Information: See hotel information on the [Ocean Tumblers](#) website or contact [Victoria Crowe](#) at Crowe's Housing (757) 288-6123

Meet Updates: **ALL** communication WILL BE WITH COACHES LISTED ON ENTRY FORM prior to competition via email. Please be sure to submit A CURRENT email address with your entry.

Petition Forms: If you need to petition an athlete, the petition form may be sent to Myra Elfenbein. Email: region7rtc@comcast.net with a copy to your State Chairman (SACC). Click here for [Forms](#) and petition procedures.

Seniors: Please make sure your graduating seniors fill out and return the information form by March 30, 2010 (Fax: 757-474-2221). We also need a senior photo submitted via email by March 27, 2010 (email: berrrydb1@aol.com).



Scores: Scores will be posted following the completion of each session and available online on [Ocean Tumblers](#) and the [Region VII website](#).

USAG Cards: Coaches will be asked to show your USAG Pro-member card at sign-in.

IMPORTANT INFORMATION REGARDING QUALIFICATION TO EASTERNS AND JO NATIONALS

✚ **EASTERN & JO NATIONAL QUALIFIERS & THEIR COACHES** MUST BE SIZED FOR OFFICIAL REGION VII APPAREL. ATHLETES MUST BE SIZED IMMEDIATELY FOLLOWING THEIR AWARDS SESSION. FIRST AND SECOND ALTERNATES ARE ALSO SIZED.

✚ **ALL EASTERN AND JO NATIONAL QUALIFIERS** NEED TO FILL OUT THE ENTRY PACKET IN FULL AND RETURN TO THE SCORING TABLE WITH PAYMENT. YOU WILL NEED SEPARATE CHECKS FOR LEVEL 9 AND LEVEL 10. REMEMBER IF YOUR LEVEL 10 ATHLETE ATTENDS THE "TEAM SEVEN EDGE" CLINIC ON MONDAY APRIL 12, 2010 THE REGION WILL COVER THE COST OF THE JO NATIONAL ENTRY FEE





◆Ocean Tumblers Gymnastics ◆E-mail: berrydb1@aol.com

◆Phone: 757.439.1848 ◆ Fax: 757.474.2221

SENIOR INFORMATION FORM

*Please have your senior athletes complete this form and return via fax to the number listed above. We must have this form by **March 30th**. If we do not have the form and picture by this date we will not be able to recognize the senior in the program.*

NAME: _____

Email: _____ State: _____ Age Group: _____

PARENT'S NAMES: _____

CLUB: _____

COACHES: _____

YEARS IN GYMNASTICS: _____

CAREER HIGHLIGHTS: _____

FUTURE PLANS and WORDS OF WISDOM FOR YOUNGER ATHLETES:

**** We are featuring seniors in the program. Please submit your senior picture via email to berrydb1@aol.com no later than Saturday March 27, 2010. Please put "State_Seniors name_picture" in the subject line (re: VA_Kelly Smith_picture)**





**GOOD LUCK ADVERTISING AND GOOD LUCK ADS
2010 Level 9 & 10 Regional Championships**

We are preparing a program booklet available for purchase especially for the Level 9 & 10 Region VII Regional Championships. The program includes the meet schedule, rotations, judges, gyms competing, and a special competitor bio section. The program is viewed by hundreds of attendees!

SIZES AVAILABLE:

GOOD LUCK LISTING TO FULL PAGE AD

Ex: "Good Luck Sara!! Love, Mom, Dad, & Tim"

- 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.

**** Any non-camera ready material must be received by March 25, 2010**

**** WE MUST HAVE YOUR CAMERA READY AD/ PAYMENT BY MARCH 27, 2010**

Business Card: \$25 3.5" X 2.25"	1/4 Page Ad: \$40 3.5" X 4.25"
Half Page Ad: \$60 7" X 4.5"	
Full Page Ad: \$100 7" X 9"	

Name/Business _____ Gymnast _____

Address _____ City _____ State _____

ZIP _____ Phone _____ Club _____ Region _____

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.

Mail checks to: Diane Berry - Ocean Tumblers, 1213 Hartford Court, Virginia Beach, Virginia 23464

Make Checks payable to: Ocean Tumblers





General Directions

To Oscar Smith High School from points north of Richmond:

Take 95S to 295S; merge onto 64-E towards Norfolk/Va Beach/Newport News, VA; 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 64W towards Chesapeake, Va Beach. Merge onto I-464S via **exit 291B** towards US-17 S/Elizabeth City/VA-168 Toll S/Outer Banks. Stay in the right lane and merge onto US-17S towards Elizabeth City. Turn left at the light onto VA-190/Great Bridge Blvd. Go approximately 1.4 miles, Oscar Smith High School is on your right and you will turn right onto Tiger Trail.

To Oscar Smith High School from the Eastern Shore and Chesapeake Bay Bridge Tunnel:

From US-13 S, merge onto I-64E, Hampton Roads Beltway towards downtown Norfolk/Cheapeake/Suffolk (there are multiple lanes to merge onto I-64, you want to be sure to stay in the left hand merge lanes as the curb side takes you to Hampton), merge onto 464S via **exit 291B** and follow the directions above.

To Oscar Smith 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 291B and follow directions above.

From Oscar Smith High School to Greenbrier Parkway/Hotel Locations

Exit right out of the school parking lot onto Great Bridge Boulevard. Follow Great Bridge Boulevard through 6 stop lights. At the 6th stop light take a left onto Greenbrier Parkway. Greenbrier Parkway runs up to I-64.





The following are the locations of **hotels and restaurants** in the immediate vicinity of the Level 9/10 Regional Hotels and venue.

Hotels

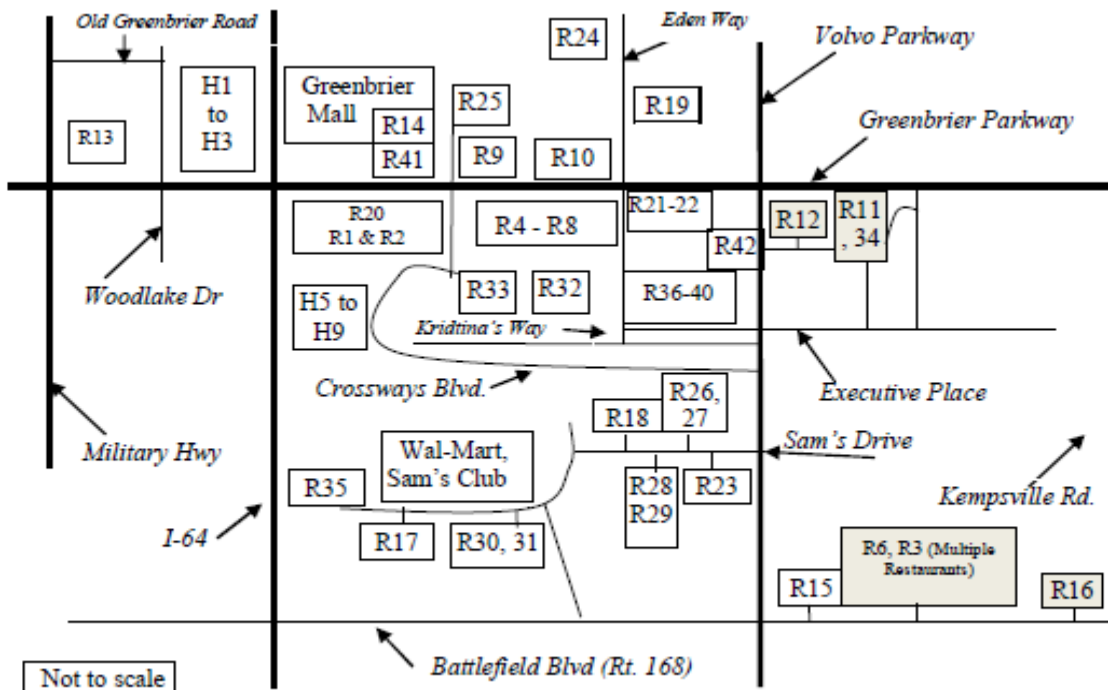
- H1 - Staybridge Suites
- H2 - Hampton Inn
- H3 - Wellesley Inn
- H4 - Hyatt Place Greenbrier
- H5 - Comfort Suites
- H6 - Fairfield Inn
- H7 - Courtyard Marriott
- H8 - Hilton Garden Inn
- H9 - Homewood Suites

Restaurants

- R1 - Cracker Barrel
- R2 - Lone Star Steakhouse
- R3 - Carrabbas , Firehouse Subs, 5 Guys Burgers and Fries & Starbucks
- R4 - Pop's Diner
- R5 - Ruby Tuesday's
- R6 - Starbucks
- R7 - Kyoto Japanese Steakhouse

- R8 - Panera
- R9 - The Olive Garden
- R10 - Smokey Bones
- R11- Zero's Subs
- R12 - McDonald's
- R13 - Wendy's, Taco Bell, Pizza Hut Burger King, Subway, Denny's
- R14 - Mall Food Court
- R15 - Golden Corral
- R16 - Intl. House of Pancakes
- R17- Wendys
- R18 - Salsaritas & Pho 79
- R19 - Fuddrucker's
- R20 - Joe's Crab Shack & Taste Unlimited
- R21 - Buffalo Wild Wing
- R22 - Boston Market, Fazzoli's
- R23 - TGI Friday's
- R24 - Red Robin

- R25 - Friendly's
- R26 - Warrior Grill & Wild Wing Cantina
- R27 - Gotti's Grinders
- R28 - Tropical Smoothie
- R29 - CiCi's Pizza
- R30 – Applebees
- R31 - Chick-Fil-A
- R32 - Kelly's Tavern
- R33 - Chinese Buffet
- R34 - El Loro Mexican Rest.
- R35 - Texas Road House
- R36 - Geisha Japanese Steakhouse & Sushi
- R38 - Jason's Deli
- R39 - Moe's Southwest Grill
- R40 - Paraddock's Grille
- R41 - Abuela's Mexican Rest.
- R42 – Jimmy John's



TEAM SEVEN EDGE"

- Where:** Ocean Tumblers Gymnastics, 912A Professional Place, Chesapeake, VA 23320
*Directions to gym will be available at the meet site
- When:** Monday April 12, 2010
- Time:** 8:15am - 1:00pm
- Who:** All gymnasts who qualified to JO Nationals and their coaches
- Note:** All gymnasts attending this clinic must be accompanied by a coach from their gym
Preferably the coach that will be attending nationals

Free to all gymnasts, coaches, and judges. Region VII will pay entry fees to nationals for all gymnasts who attend the clinic with their coaches. This is a sanctioned event and Regional CPE's will be awarded to judges in attendance.

The objective of this camp is to unify the gymnasts and coaches in preparation for the best outcome at nationals. This year we will add a training day simulation to prepare for training at nationals. The gymnasts will then be grouped according to age group, and two age groups will rotate to each event. Team leaders will be assigned to each age group to help strategize equipment settings and warm-ups for each event. Warm-up format will be practiced at each event. Judges will be assigned to each event to review deductions from regionals.

Get ready for the fun! Be ready to start at 8:30 am SHARP!

Schedule:

8:15-8:30	Registration and Sign-In
8:30-9:00	Warm-up and Coaches' meeting
9:00-12:45	Camp Rotations
12:45-1:00	Closing of Camp
1:00	Departure

Registration forms for Team 7 Edge will be available at Regionals when you pick up for packets for JO Nationals.

**TOGETHER, EFFORT, ATTITUDE, MAGNIFICENT
GO REGION VII**





Ocean Tumblers Gymnastic School

A USAG National Training Center

Chesapeake, VA 757-547-0169
Virginia Beach, VA 757-468-1982



OCEAN TUMBLERS IS THE PROUD HOST OF THE

2010 Region VII Level 9 & 10 Regional Gymnastics Championships to be held the weekend of April 9-11, 2010 at Oscar Smith High School in Chesapeake, Virginia. The City of Chesapeake Office of Tourism is asking us to track our hotel usage. In order to assist us in monitoring the number of hotel rooms reserved in Chesapeake please use our housing coordinator below. If you do not see the hotel you would like please contact her. Please let us know where you stay. Thank you in advance for your help. Please send an email with your name, the name your hotel and number of rooms to: regionalshotel@gmail.com.



CROWE'S HOUSING SPECIALIST (CHS)

Phone (757) 587-2131 • Fax (757) 587-3107 • E-Mail c.rooms@cox.net

PLEASE CALL CROWE'S HOUSING SPECIALIST TO RESERVE ROOMS; DO NOT CALL THE HOTEL DIRECTLY. CANCELLATIONS/CHANGES MUST BE MADE THROUGH CROWE'S HOUSING SPECIALIST. ROOMS HAVE BEEN RESERVED FOR APRIL 8-12, 2010. PLEASE CONTACT US ASAP TO RESERVE ROOMS FOR INDIVIDUALS AS WELL AS A BLOCK FOR YOUR ENTIRE GYM. If you wish to use a hotel not on the list, please contact Crowe's to get it added.

MARRIOTT CHESAPEAKE: The new Marriott is just 4 miles from Oscar Smith High School. As Chesapeake's only full service hotel, we offer 2 Restaurants, Starbucks, indoor pool, fitness center, free parking, and free wireless internet. The rooms include 2 double beds, refrigerator, coffeemaker, iron and board. Two night stay is required.....\$99.00

HYATT PLACE: Hotel opened December 1, 2008. The venue is approximately 4.38 miles from the Hyatt. The Hyatt features spacious guest rooms, two Queen Beds and a Queen Sofa pullout or a King bed with a Queen Sofa pull out. Amenities include single coffee maker, refrigerator, iron and board, microwaves are first come basis. Included to start your day is a Complimentary Continental Breakfast. The restaurant serves made to order food 24 hours a day. Indoor pool is available for your enjoyment\$ 109.00



HAMPTON INN: The venue is approximately 5.67 miles from the Hampton Inn. The Hampton Inn has newly renovated rooms which include 2 double beds, refrigerator, coffeemaker, microwave, iron and board as well as a Complimentary Breakfast Buffet. Free pass to a Local fitness center is available. One night charge in advance, 2 night stay is required

.....\$81.00

SPRINGHILL SUITES: The venue is approximately 6.08 miles from the Springhill Suites. The hotel offers spacious suites which include refrigerator, microwave and coffeemaker, iron and board. Complimentary breakfast is available to start out your day. On site Fitness Center and Indoor pool and a 24 hour mart are available. One night charge in advance, 2 nights stay is required..... \$ 109.00

COMFORT SUITES: The venue is approximately 5.76 miles from the Comfort Suites. The hotel offers 2 double beds, also including refrigerator, coffeemaker, microwave, iron and board. There is an on site fitness center and outdoor pool. Continental breakfast is available to start out your day. One night charge in advance, 2 night stay required.....\$79.00

FAIRFIELD INN & SUITES: The venue is approximately 5.34 miles from the Fairfield. The newly renovated hotel offers a spacious room with 2 double beds, also including refrigerator, coffeemaker, microwave, iron and board. A deluxe breakfast is available to start out your day. Fitness center is available for your enjoyment. One night charge in advance, 2 night stay is required..... \$ 89.00

ALOFT: The venue is approximately 6.03 miles from the Aloft. Spacious rooms with contemporary décor, 2 Queen Beds in each room including microwave, refrigerator, and coffeemaker, iron and board. On site fitness center and indoor pool is available for your pleasure. One night charge in advance, 2 night stay required.....\$ 99.00

HAMPTON INN & SUITES BATTLEFIELD: The venue is approximately 3.45 miles from the Hampton Inn. New Hotel opened in 2008. The hotel offers 2 Queen beds, coffee maker, also including indoor pool, fitness center and complimentary breakfast. One night charge in advance, 2 night stay is required\$77.00

STAYBRIDGE SUITES: the venue is approximately, 4.1 miles from the Staybridge Suites. New Hotel opened in 2008. Upscale residential style hotel with amenities of home. Amenities include 2 Queen beds and also rooms with one Queen and business center and home theater. Free hot breakfast buffet is included. 2 night stay is required \$104.00



Hilton Garden Inn: The venue is approximately 5.13 miles from the Hilton Garden Inn. The Hotels offers 2 double beds, refrigerator, coffee maker and microwave, also included Indoor pool, fitness center and restaurant. 2 night stay is required..... \$105.00

HOMEWOOD SUITES BY HILTON: The venue is approximately 5.08 miles from the Homewood Suites. The hotel offers a room with a King bed with a sofa pullout, refrigerator, coffeemaker, microwave, also included complimentary breakfast, and fitness center. 2 night stay required\$115.00

COURTYARD BY MARRIOTT CHESAPEAKE : The venue is approximately 5.12 miles from the Courtyard. The hotel offers 2 Queen beds, also including refrigerator, coffeemaker, microwave, iron and board. The Courtyard Café is open for breakfast—buffet is 8.95. On site fitness center and indoor pool available for your enjoyment. One night charge in advance, 2 night stay is required.
..... \$89.00

SEE DIRECTIONS TO RESERVE ROOM AND REGISTRATION FORM BELOW

DIRECTIONS FOR ROOM RESERVATIONS

COMPLETE THE RESERVATION FORM BELOW AND FORWARD TO US. SELECT YOUR FIRST 2 CHOICES OF HOTELS. PLEASE FEEL FREE TO RESERVE A BLOCK OF ROOMS FOR YOUR ENTIRE GYM. PLEASE FAX INFORMATION TO: (757) 587-3107 OR EMAIL TO: C.ROOMS@COX.NET

HOTEL REQUEST FORM – OCEAN TUMBLERS APRIL 8-12, 2010
ATTENTION: VICTORIA CROWE

- ◆ **Name:** _____ **Gym:** _____
- ◆ **Contact name:** _____ **E-Mail:** _____
- ◆ **Daytime phone:** (____) _____ - _____ **Fax:** _____ - _____
- ◆ **Hotel Request: 1st choice** _____ **2nd choice** _____
- ◆ **Arrival Date** _____ **Depart Date** _____ **Number of Rooms** _____
- ◆ **Credit Card Number** _____ **Exp. Date** _____

ROOMS WILL HAVE 2 BEDS UNLESS OTHERWISE SPECIFIED - MAKE ALL REQUESTS (NON SMOKING, ADJOINING, ETC) ON THE ROOMING LIST. REQUESTS ARE NOT GUARANTEED.





★ Club Entry Form Level 9 Athletes ★

PLEASE FILL OUT AFTER EACH SESSION AS ATHLETES QUALIFY AND RETURN TO MEET HOST AT CONCLUSION OF REGIONAL CHAMPIONSHIPS. PLEASE PRINT CLEARLY!

CLUB NAME: _____
 CLUB NUMBER: _____
 CLUB ADDRESS: _____
 CITY/ STATE/ZIP: _____
 COACHES EMAIL: _____ COACHES CELL PHONE: _____

ATHLETE NAME	USAG #	DOB	AGE GROUP	SENIOR Y/N
COACHES NAME	USAG PRO # & EXP. DATE	SAFETY CERT EXP. DATE	BACKGROUND CHECK EXP. DATE	

ENTRY FEE: \$100.00

CHECKS MADE PAYABLE TO OCEAN TUMBLERS TEAM ASSOCIATION (OTTA)





★ Club Entry Form Level 10 Athletes ★

PLEASE FILL OUT AFTER EACH SESSION AS ATHLETES QUALIFY AND RETURN TO MEET HOST AT CONCLUSION OF REGIONAL CHAMPIONSHIPS. PLEASE PRINT CLEARLY!

CLUB NAME: _____
 CLUB NUMBER: _____
 CLUB ADDRESS: _____
 CITY/ STATE/ZIP: _____
 COACHES EMAIL: _____ COACHES CELL PHONE: _____

ATHLETE NAME	USAG #	DOB	AGE GROUP	SENIOR Y/N
COACHES NAME	USAG PRO # & EXP. DATE	SAFETY CERT EXP. DATE	BACKGROUND CHECK EXP. DATE	

ENTRY FEE: \$100.00
CHECKS MADE PAYABLE TO OCEAN TUMBLERS TEAM ASSOCIATION (OTTA)

