

# 5th Annual ROCK STAR INVITATIONAL

hosted by

VA Techniques Gymnastics  
January 29 – 30, 2011



## Meet Location

Eastern Montgomery High School  
4695 Crozier Road  
Elliston, VA 24087

## Meet Format

Modified Capital Cup

## Equipment

AAI Equipment by WEGA

## Awards

Custom trophies, medals, and ribbons will be awarded to 50%+ 1 in each age group.

Banners will be awarded to the top three teams in each level.

The Kassidy Foster Memorial Award will be given to the gymnast achieving the highest event score at each level in each session.

One gymnast will win a camp scholarship for Flip Fest in Crossville, TN!

## Karaoke Contest

Gymnasts and coaches are invited to rip it up on the mic at our rockin' karaoke contest after the last rotation of each session and before awards. Celebrity judges will score costumes, lip synching, and overall performance. You must bring your own music and keep song under two minutes. Teams should register for contest and turn in music at the registration table prior to their session.

## VIP Passes

Athletes will be pampered like stars. The paparazzi will be snapping glamour shots on the red carpet. Their VIP pass will grant access to the exclusive gymnast lounge and can be flashed for a fashionable T-shirt.

## Contact Information

Cheryl Johnson  
540-381-5151  
cheryl@vatechniques.com

*Our competition is in honor and memory of Kassidy Foster, our friend and fellow gymnast. Kassidy, a 12-year old level 7 gymnast, passed Away on July 16, 2007, after battling osteosarcoma. Special awards are given in memory of Kassidy Including the Kassidy Foster Memorial Award given to the gymnast achieving the highest event score at each level in each session. "Sassy Kassy" awards are also given to the gymnasts that win the karaoke contests.*

## Levels

4-10, Prep Op

## Entry Fees

Prep Op	\$75/gymnast
Level 4-6	\$75/gymnast
Level 7-10	\$85/gymnast
Team	FREE!

## Entries Payable to VTBC

Virginia Techniques Booster Club  
Attn: Rock Star Invitational  
1550 Roanoke Street, Suite C  
Christiansburg, VA 24073

## Registration Deadlines

Registration deadline: January 7, 2011  
No refunds after January 19, 2011

## Hotels

### Holiday Inn Express

2725 Roanoke St  
Christiansburg, VA 24073  
(540) 382-6500  
Complimentary Continental Breakfast  
Indoor Pool  
9.8 miles from meet location - 12 minute drive

### Holiday Inn

450 Litchell Road  
Salem, VA 24153  
(540) 389-2424  
Complimentary Continental Breakfast  
11 miles from meet location - 17 minute drive

### Hawthorn Suites

1020 Plantation Road  
Blacksburg, VA 24060  
(540) 552-5636  
Complimentary HOT Breakfast Buffet  
Indoor Pool  
21 miles from meet location - 25 minute drive

## For more information

Visit our website at  
[www.vatechniques.com](http://www.vatechniques.com)

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Levels 4-10  
Prep Op

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Elliston, Va



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1550 Roanoke St.  
Suite C  
Christiansburg, VA 24073

FREE TEAM ENTRIES

KARAOKE WITH CELEBRITY JUDGES

HIGH ENERGY

T-SHIRTS FOR GYMNASTS

GYMNAST VIP LOUNGE

AAJ EQUIPMENT BY WEGA

FLIP FEST CAMP SCHOLARSHIP AWARDED

UNIQUE AWARDS



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