



USA GYMNASTICS.

LEVEL

10





# 2016 Level 6, 7 State Championships

## April 16-17, 2016

VA Techniques invites you to break out your funky disco moves at STUDIO 67 at the Level 6 and 7 State Championships. Groove down to the club at Radford University's Dedmon Center! Congratulations to all qualified gymnasts! Please check [www.vausag.com](http://www.vausag.com) and [www.vatechniques.com](http://www.vatechniques.com) for updates.

**Meet Location:** Radford University  
Dedmon Center  
101 University Dr  
Radford, VA 24142  
[www.radford.edu](http://www.radford.edu)

**Host Club:** VA Techniques  
(540)381-5151  
[www.vatechniques.com](http://www.vatechniques.com)

**Contact:** Steve Garman, VAUSAG Chair  
[vausag@gmail.com](mailto:vausag@gmail.com)  
3116 Knoll Drive  
Falls Church, VA 22042  
(703)241-1803

**Meet Director:** Cheryl Johnson  
[Cheryl@vatechniques.com](mailto:Cheryl@vatechniques.com)  
Please send all inquiries to Steve Garman.

**Session Times and Results:** Posted on [www.vausag.com](http://www.vausag.com) and [www.vatechniques.com](http://www.vatechniques.com)

**Coaches' Meetings:** Held at the beginning of each session

**Awards:** Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards

*Professional Members will be asked to show USAG Pro member cards at coach registration.*

*Please make sure everything is current – including safety certification, background check, U100 and pro membership.*

**2015-2016 State Meet Gate Fee Chart**

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

### BOOK HOTEL ROOMS EARLY!



[www.vatechniques.com](http://www.vatechniques.com)



# GOOD LUCK ADS

Please, select the level of your advertising in the 2016 Studio 67 State Championship program

QUARTER PAGE ad (4.25" x 5.5")	\$35
HALF PAGE ad (8.5" x 5.5")	\$60
FULL PAGE ad (8.5" x 11)	\$110

## ALL ADS ARE FULL COLOR!

Gymnast/Parent Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Billing Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

I will design my advertisement to print sizes  
**(email print ready high resolution .pdf to  
AdSales4VaTechniques@gmail.com by April 5).**

I would like the VTBC to design my ad for me  
for an extra \$25 per ad **(email your photo(s),  
preferences, and text to  
AdSales4VaTechniques@gmail.com by April 2)**

Cost of Ad Purchased: \_\_\_\_\_

+ Ad Design Fees (\$25 for design assist): \_\_\_\_\_

= Total: \_\_\_\_\_

Check\*      Credit Card(invoiced via PayPal)

\*Please, make a check payable to VA Techniques  
Booster Club (VTBC) and mark **"State Meet Ad"** on  
the check memo. You will receive a receipt and our  
Federal Tax ID # for tax purposes upon request.



Checks should be mailed to:  
VA Techniques Booster Club  
ATTN: AD SALES  
1550 Roanoke St.  
Suite C  
Christiansburg, VA 24073



[www.vatechniques.com](http://www.vatechniques.com)

# DIRECTIONS

## Radford University Dedmon Athletic Center

101 University Drive  
Radford, VA 24142

### From I-81 North

Take **exit 109** for VA-177 **toward Montgomery 600/Radford**

Slight right onto **VA-177 N/Tyler Rd**

Turn right onto **E. Main St**

Take the **1<sup>st</sup>** left onto **University Dr**

Drive right completely around Dedmon Center and park on lower side.

### From I-81 South

Take **exit 109** for VA-177 **toward Montgomery 600/Radford**

Turn left onto **VA-177 N/Tyler Rd**

Turn right onto **E. Main St**

Take the **1<sup>st</sup>** left onto **University Dr**

Drive right completely around Dedmon Center and park on lower side.

### From Tyler Avenue

Turn right onto **E. Main St**

Take the **1<sup>st</sup>** left onto **University Dr**

Drive right completely around Dedmon Center and park on lower side.

### From 114 W/Peppers Ferry Rd Turn left onto **US**

**11**

Turn left onto **West Main St**

Turn left onto **University Dr**

Drive right completely around Dedmon Center and park on lower side.

### PARKING

All gymnasts should park on the lower side parking lot of the Dedmon Center and enter through the Riverside entrance.



## 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 USAG East/West Championships for Level 9 athletes and USAG Junior Olympic National Championships and National Invitational Tournament for Level 10 athletes.

State Championships are set up according to the USAG 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. At Level 8 States the VA Regional team by age group and All-Around are announced as well as Regional All-Star team members. Level 9 & 10 qualify by score to their regional meets and then by placement at Regionals to their national meet. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

#### **Xcel:**

This program is offered as an alternative USA Gymnastics competitive program offering individual flexibility to coaches & gymnasts. It allows our VA Clubs members a rewarding gymnastics experience. Achievement Ribbons for all Divisions, 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 which is 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 VAUSAG website on the day following the last session of competition at [www.VAUSAG.com](http://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.



## 5.2 2016 STATE MEET ENTRY DEADLINES, DATES, FEES & HOSTS

State Meet	Qualifying Scores	Entry Deadline	Entry Fee	Host Club & Contact Information	Meet Site
<b>Level 6 &amp; 7 April 16 &amp; 17 2016</b>	33.00AA	Monday, March 28 <sup>th</sup> 2016	<b>\$100-</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u><a href="#">Host Club: VA Techniques</a></u> Contact: Steve Garman, VAUSAG SAC- <u><a href="mailto:vausag@gmail.com">vausag@gmail.com</a></u> 3116 Knoll Drive Falls Church, VA 22042 (Cell) 703-217-9575	Site – Radford University – Radford, VA Organized by VAUSAG State Board

## 5.3 2016 State Meet Entry Procedures for Levels 3-10 & Xcel

### 5.3.1 Qualifying to State Meets in Virginia - Levels 3, 4, 5, 6, 7, 8, 9, 10 & All Xcel Divisions:

- A Level 3, 4, 5, 6, 7, 8, 9 & 10 gymnast may qualify to her state meet by attending **ANY** Invitational meet and score at or above the state qualifying score for that level. IES Level 8, 9 & 10 must follow IES guidelines for qualification. All Xcel Divisions **MUST** compete in a minimum of one sanctioned meet prior to State Meet.
- OR**
- Level 8-10 gymnasts that were Regional/National or NIT level competitors during the 2014-2015 season may enter at the same level this year. Gymnasts who qualify by their 2014-2015 Regional/National or NIT status must be noted on the faxed/e-mailed and mailed team entry form. All athletes should come prepared to compete.

*Note: For the safety and consideration of ALL the athletes, coaches & parents should not allow an injured or sick athlete to compete. Only professional members coaching & athletes who are competing in that session are allowed on the floor.*

### 5.3.2 STATE MEET ENTRY PROCEDURE FOR ALL STATE MEETS – LEVELS 3, 4, 5, 6, 7, 8, 9, 10 & ALL DIVISIONS OF XCEL

#### STATE ENTRY REMINDERS:

- Use State Entry Forms found at [www.vausag.com](http://www.vausag.com). A printable copy of the State Entry Form is available online.
- If qualifying scores are obtained at Out of State competitions, copies of those results must accompany state entries for verification.
- All Clubs **MUST** submit a **SEPARATE** entry form for **EACH** Level 3-10 and **EACH** Division of Xcel.

#### Levels 6 & 7 State Entry Requirements:

- Qualifying score of a minimum of **33.00AA – Level 6**
- Qualifying score of a minimum of **33.00AA – Level 7**
- 2016 Level 6 & 7 State Meet Entry Fee - \$100.00 per gymnast**
- Gym or Booster Club Checks **ONLY** made payable to VAUSAG
- The state entry form for **EACH LEVEL, 6 & 7, MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC BY MONDAY, MARCH 28, 2016.**



**All Levels 3-10 & All Divisions of Xcel State Entries MUST be:**

**1<sup>st</sup> E-MAILED:** E-MAIL ENTRY to BOTH Steve Garman & Rex Lacy at –  
[vausag@gmail.com](mailto:vausag@gmail.com) & [rdlacy@cox.net](mailto:rdlacy@cox.net)

**AND**

**2<sup>nd</sup> MAILED:** MAIL Completed Entries, Meet Score Sheets (out of state scores used for state meet qualification) and payments made payable to VAUSAG by the deadlines indicated on the previous page to:

**Steve Garman, VA SAC  
3116 Knoll Drive  
Falls Church, VA 22042**

1. Send Payment in full (including applicable late fees), with a gym or parent's club check ONLY made payable to VAUSAG.
2. Additional Entry Requirements for Levels 5, 6, 7, 8, 9, 10 & Divisions of Xcel
  - a. If qualifying scores are obtained out of state results must accompany state entries for verification.
  - b. **Level 8**, Level 9 & Level 10 IES athletes must be indicated on each entry as well as EVENT or EVENTS competing.
  - c. Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at [www.vausag.com](http://www.vausag.com) and at state meet coaches meeting.
3. NOTE: All L3, 4, 5, 6, 7, 8, 9, 10 & Xcel State Entries MUST 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.
4. Note: For the safety and consideration of ALL the athletes, coaches & parents should not allow an injured or sick athlete to compete. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor. Athletes who wish to compete in any USA Gymnastics sanctioned event must be affiliated with a current USA Gymnastics Member Club.



**USA GYMNASTICS.**  

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**VIRGINIA**  

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[www.vatechniques.com](http://www.vatechniques.com)



## CHRISTIANSBURG LODGING

*Hotel near shopping mall*



**\$97 per night**

**Holiday Inn**  
Christiansburg Blacksburg  
99 Bradley D  
Christiansburg, VA 24073  
12 miles, 22 minutes from the venue.

**(540)381-8100**

[www.holidayinn.com/cburgnorth](http://www.holidayinn.com/cburgnorth)

*Complimentary breakfast  
Indoor saltwater pool  
Wireless internet  
Fitness center  
Lounge  
Kem's Restaurant  
Walking distance to shopping and  
restaurants*

**Block released on  
March 16, 2016**

*Hotels near I-81, easy access to Radford*



**\$119 per night**

**Holiday Inn Express**  
Christiansburg  
2725 Roanoke Street  
Christiansburg, VA 24073  
15 miles, 22 minutes from the venue

**(540)382-6500**

[www.hiexpress.com](http://www.hiexpress.com)

*Complimentary breakfast  
Indoor pool  
Wireless internet  
Fitness center  
Business center*

**Block released on  
April 1, 2016**



**\$119 per night**

**Fairfield Inn & Suites**  
Christiansburg  
2659 Roanoke Street  
Christiansburg, VA 24073  
15 miles, 22 minutes from the venue

**(540)381-9596**

[www.marriott.com](http://www.marriott.com)

*Complimentary breakfast  
Wireless internet  
Fitness center*

**Block released on  
April 1, 2016**

***Mention "VAUSG – Level 6/7 State Championship" for advertised rates!***



[www.vatechniques.com](http://www.vatechniques.com)



## CHRISTIANSBURG LODGING



**\$114 per night**

### Hampton Inn

Christiansburg

380 Arbor Drive  
Christiansburg, VA 24073  
18 miles, 22 minutes from the venue

**(540)381-5874**

[www.hamptoninn.com](http://www.hamptoninn.com)

*Complimentary breakfast  
Wireless internet  
Fitness center  
Business center*

**Block released on  
March 17, 2016**

## BLACKSBURG LODGING

*Hotels near Virginia Tech*



**\$149 per night**

### Hilton Garden Inn

Blacksburg

900 Plantation Rd  
Blacksburg, VA 24060  
14 miles, 24 minutes from the venue

**(540)552-5005**

[www.blacksburg.hgi.com](http://www.blacksburg.hgi.com)

*Indoor pool  
Wireless internet  
Fitness center  
Business center*

**Block released on  
March 15, 2016**



**\$99 per night**

### Holiday Inn Express Blacksburg

1020 Plantation Road  
Blacksburg, VA  
14 miles, 25 minutes from the venue

**(540)382-6500**

[www.hiexpress.com](http://www.hiexpress.com)

*Indoor pool  
Wireless internet  
Fitness center  
Business center*

**Block released on  
March 16, 2016**

**Mention "VAUSG – Level 6/7 State Championship" for advertised rates!**



[www.vatechniques.com](http://www.vatechniques.com)





## RADFORD LODGING



### Best Western Radford Inn

1501 Tyler Avenue  
Radford, VA 24141  
*2.5 miles, 6 minutes from the venue.*

**(540)639-3000**

[www.bestwestern.com/radfordinn](http://www.bestwestern.com/radfordinn)

*Complimentary breakfast*  
including eggs, biscuit and gravy, hot/cold cereal, waffles,  
juice, danishes, fruit, and toast.

*Indoor pool*

*Hot tub*

*Wireless internet*

*Fitness center*

*Alejandro's Mexican Grill*



### Comfort Inn and Suites

2331 Tyler Road  
Radford, VA 24141  
*5 miles, 10 minutes from the venue.*

**(540)639-3333**

[www.radfordinnhotel.com](http://www.radfordinnhotel.com)

*Complimentary continental breakfast*

*Indoor pool*

*Hot tub*

*Wireless internet*

*Fitness center*

*Business center*



### LaQuinta Inn and Suites

1450 Tyler Avenue  
Radford, VA 24141  
*2.5 miles, 6 minutes from the venue.*

**(540)633-6800**

[www.lq.com](http://www.lq.com)

*Complimentary continental breakfast*

*Wireless internet*

*Fitness center*

*Pets welcome*

***Radford hotels did not offer block rates for this event.***

**BOOK YOUR HOTEL ROOMS EARLY!**



[www.vatechniques.com](http://www.vatechniques.com)



# DINING AND RESTAURANTS

Dining is available on Radford University campus, in Radford, and approximately 12-14 miles away in Christiansburg.  
This list is not exhaustive; many fast food restaurants are not listed.

## Radford University Restaurants

**dining locations 2015-2016**

**Outtakes**  
C.O.B.E. OUTTAKES  
Monday - Thursday  
8:00 am - 6:00 pm  
Friday  
8:00am - 5:00pm

**TERRACE SHOPS**

**au bon pain**  
Monday - Thursday  
7:00 am - 8:00 pm  
Friday  
7:00 am - 3:00 pm

**Wendy's**  
Monday - Thursday  
10:30 am - 8:00 pm  
Friday  
10:30 am - 7:00 pm  
Saturday  
12:00 pm - 7:00 pm

**PAPA JOHN'S**  
Monday - Thursday  
11:00 am - 8:00 pm  
Friday  
11:00 am - 3:00 pm

**DGC**  
Monday - Friday  
11:00 am - 9:00 pm  
Saturday - Sunday  
11:00 am - 9:00 pm

**NR NEW RIVER GRILLE HOUSE**  
Monday - Friday  
Lunch- 11:00 am - 2:00 pm  
Dinner- 5:00 pm - 8:00 pm

**dalton KITCHEN**  
Monday - Friday  
Breakfast- 7:00 am - 10:30 am  
Lunch- 11:00 am - 2:30 pm  
Dinner- 4:15 pm - 7:15 pm  
Saturday - Sunday  
Brunch- 10:30 am - 2:00 pm  
Dinner- 4:15 pm - 7:15 pm

**BONNIE SHOPS**

**hissho**  
Monday - Wednesday  
11:00 am - 8:00 pm  
Thursday - Friday  
11:00 am - 2:00 am  
Saturday  
12:00 pm - 2:00 am  
Sunday  
12:00 pm - 12:00 am

**Widel Green's**  
Monday - Friday  
11:00 am - 9:00 pm  
Saturday  
12:00 pm - 1:00 am  
Sunday  
12:00 pm - 12:00 am

**pinkberry**  
Monday - Sunday  
11:00 am - 10:00 pm

**Starbucks**  
Monday - Friday  
7:00 am - 10:00 pm  
Saturday  
9:00 am - 10:00 pm  
Sunday  
10:00 am - 10:00 pm

**Chick-fil-c**  
Monday - Thursday  
7:30 am - 12:00 am  
Friday  
7:30 am - 1:00 am

**AU BON PAIN KIOSK**  
Monday - Thursday  
8:00 am - 11:30 pm  
Friday  
8:00 am - 3:00 pm  
Sunday  
1:00 pm - 5:00 pm

<http://www.dineoncampus.com/radford>

## Radford Area Restaurants



1003 East Main St.



Sandwiches

510 E. Main Street



Coffee Shop  
1026 Clement St.



Italian  
709 W. Main St.



Bar and Grill  
218 Tyler Ave.



33 West Main St.



103 Third Ave.



6633 Viscoe Rd.

## Christiansburg Area Restaurants

(approximately 12-15 miles from meet venue, near shopping mall)



105 Peppers Ferry Rd



75 Peppers Ferry Rd



295 Peppers Ferry Rd



Mexican Bar and Grill  
200 Laurel St.



150 Laurel St.



2590 N. Franklin St.



2610 N. Franklin St.



Japanese Steakhouse  
120 Arbor Dr.



2457 N. Franklin St.



[www.vatechiques.com](http://www.vatechiques.com)



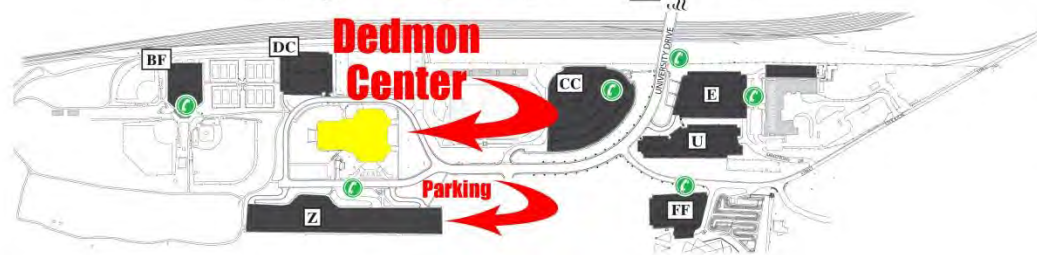
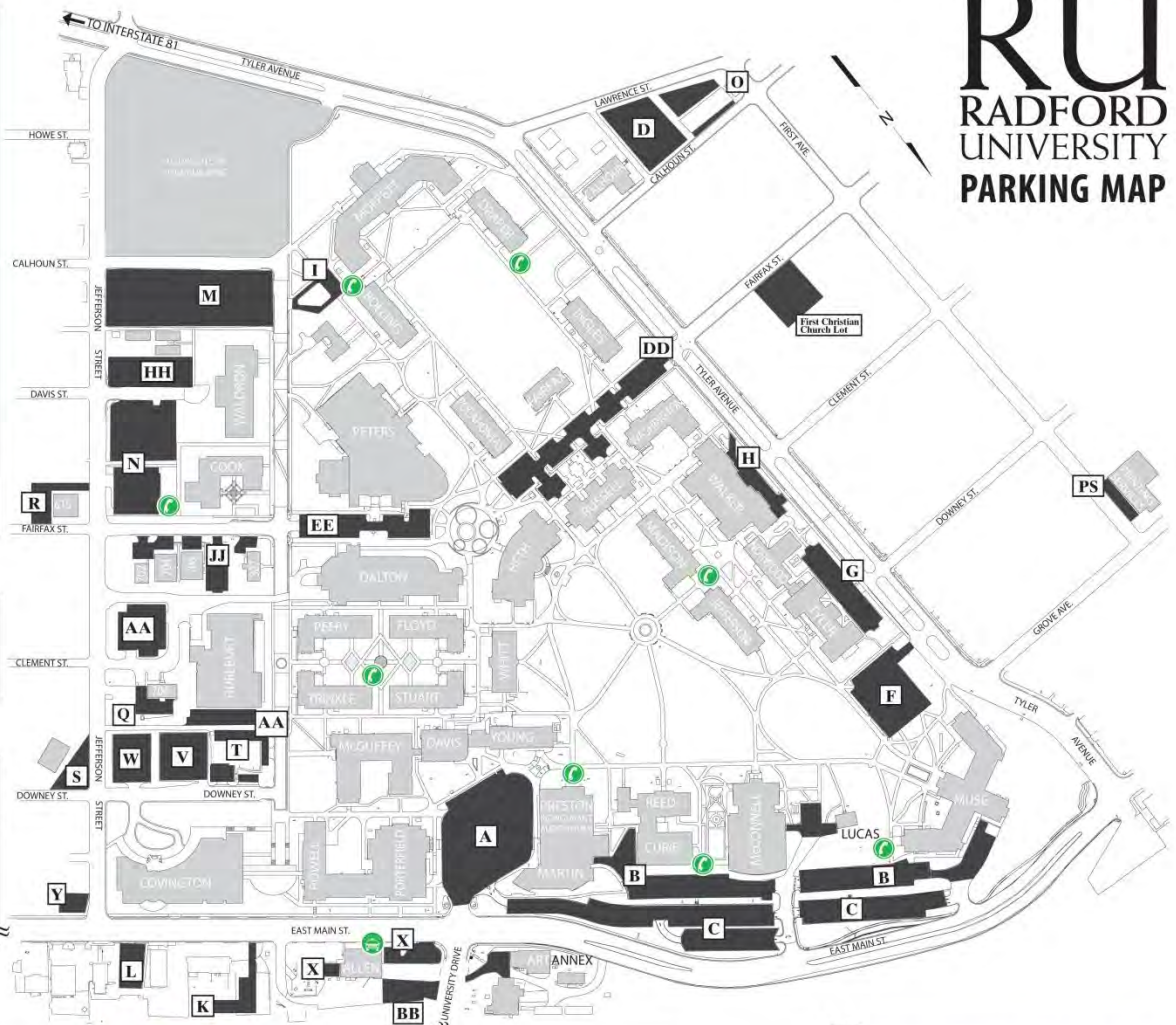
# RU RADFORD UNIVERSITY PARKING MAP


**IMPORTANT:** Use of university parking lots requires an appropriate permit issued by the Parking Services Office. The parking designations on this map are subject to change. Individual lots are identified by letter and current parking designations are posted at the entrance to each lot or appropriate spaces within the lot.

**VISITORS:** All visitors are required to obtain a visitor permit to parking on campus. Visitor permits can be obtained from the RU Police Department, in the Allen Building, at the intersection of East Main Street and University Drive.

Parking: (540) 831-6361  
Police: (540) 831-5500.

 Emergency Phone  
 Police Department



 Handicapped Parking is available in designated parking lots as indicated or marked either permanently or temporarily. Only persons with valid Disability Plates or Placards may use these spaces.

If all handicapped parking is full in a particular area, eligible persons may also use metered parking spaces without having to pay the meter.

Faculty/Staff and Students with proper Disability Plates or Placards, while eligible to park in these areas, are still required to purchase an RU Parking Permit and have it displayed while parked on campus.