

**Ocean Tumblers
Gymnastics
welcomes you to the**

2012

**Region VII
Level 9 Regional
Championships**



Meet Me in London 2012



DATE:

**April 14th & April 15th,
2012**

LOCATION:

**Oscar Smith High School
1994 Tiger Trail
Chesapeake, VA 23320**

HOSTED BY:

**Ocean Tumblers
Gymnastics**



2012 Region VII Level 9 Regional Championships COMPETITION INFORMATION

Ocean Tumblers Gymnastics extends our congratulations to your gymnasts on qualifying to the 2012 Region VII Level 9 Regional Championships. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the www.oceantumblers.com and www.region7gymnastics.com websites 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 are posted on [USA Gymnastics - Women's Program Events page](#).

Awards: Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session in the Theater. Awards will follow the rules and policies requirements.

Coaches Meeting: There will be a coaches meeting at the beginning of each session.

Schedule: Will be posted on www.oceantumblers.com and www.region7gymnastics.com

Directions: Please see the information located on the "Directions" page

Entry Fee(s): The entry fee is \$100.00 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 (2 competition floors)
Modified Capital Cup Format
**per USAG, new graphite X rails will NOT be used in 2012 championships*

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
Ages 12 & under	Free	Free
Ages 13 & Up	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

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

Hotel Information: See hotel information on the oceantumblers.com website or contact [Diane Berry](mailto:berrydb1@aol.com) at berrydb1@aol.com

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). The form and petition procedures can be found at: <http://www.region7gymnastics.com/forms.htm>

Seniors: Please make sure your graduating seniors fill out and return the information form to Diane Berry (berrydb1@aol.com) by April 6, 2012. We also need a senior photo submitted via email by April 6, 2012 (email: OTAds@aol.com). *Senior photos will placed in the program free of charge if information is received by the April 6, 2012 deadline.*

Scores: Scores will be posted following the completion of each session and available online at www.oceantumblers.com and www.region7gymnastics.com

USAG Cards: Coaches are required to show your USAG Pro-member card at sign-in.



IMPORTANT INFORMATION REGARDING QUALIFICATION TO EASTERN CHAMPIONSHIPS

- EASTERN CHAMPIONSHIP QUALIFIERS AND THEIR COACHES** MUST BE SIZED FOR OFFICIAL REGION VII APPAREL. ATHLETES MUST BE SIZED IMMEDIATELY FOLLOWING THEIR AWARDS SESSION. FIRST ALTERNATES ARE ALSO SIZED BUT WILL NOT RECEIVE APPAREL UNLESS THERE ARE SCRATCHES IN THE REGIONAL SQUAD.
- ALL EASTERN CHAMPIONSHIP QUALIFIERS** NEED TO FILL OUT THE ONLINE ENTRY FORM AT THE CONCLUSION OF THE REGIONAL MEET. MORE INFORMATION TO COME



Meet Site:
Oscar Smith High School
1994 Tiger Drive
Chesapeake, VA 23320

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 & 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**
- 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**
- 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.



2012 Region VII Level 9 Regional Championships HOTEL INFORMATION

All host hotel information is available online at oceantumblers.com. Please click the hotel for more information.



Aloft Chesapeake
1454 Crossways Blvd.
Chesapeake, VA 23320
(757) 523-1500



Hyatt Place Chesapeake
709 Eden Way North
Chesapeake, VA 23320
(757) 312-0020



Courtyard Marriott
1562 Crossways Blvd.
Chesapeake, VA 23320
(757) 420-1700



Hampton Inn - Woodlake
701-A Woodlake Dr.
Chesapeake, VA 23320
(757) 420-1550



SpringHill Suites
1446 Crossways Blvd.
Chesapeake, VA 23320
(757) 410-9406



Hampton Inn - Battlefield
1421 N Battlefield Blvd
Chesapeake, VA 23320
(757) 819-5230



Fairfield Inn
1560 Crossways Blvd.
Chesapeake, VA 23320
(757) 420-1300



Marriott Chesapeake
725 Woodlake Dr.
Chesapeake, VA 23320
(757) 523-1500



2012 Region VII

Level 9 Regional Championships

VENDORS & DINING INFORMATION

Vendors include:

- Balloon Grams and meet memorabilia
- GK Leotards
- Fine Designs

Area Dining (by shopping center)

Battlefield Blvd Shopping Center
 1516 Sams Circle
 Chesapeake, VA 23320
Featuring: **Chick-fil-A**
 Skinny Dip
 Texas Roadhouse

Also:
 Applebee's Chuck E. Cheese
 CiCi's Pizza Gotti's Grinders
 TGI Friday's Wendy's

Great Bridge Shopping Center
 237 Battlefield Boulevard South
 Chesapeake, VA 23322
Featuring: **Chili's**
Also: Panera Bread

Greenbrier Shops
 501 Kempsville Road
 Chesapeake, VA 23320
Featuring: **Broken Egg Bistro**

Greenbrier Market Center
 1328 Greenbrier Parkway
 Chesapeake, VA 23320-1613
Featuring: **Buffalo Wild Wings**
 Jimmy John's

Also:
 Baker's Crust Boston Market
 Fazoli's Qdoba

Crossways Center
 1412 Greenbrier Parkway
 Chesapeake, VA 23320-2832
Including:

Chipotle	Cold Stone
Cracker Barrel	Firehouse Subs
Joe's Crabshack	Lonestar Steakhouse
Pop's Diner	Ruby Tuesday
Starbucks	Taste Unlimited
Tropical Smoothie	

Towne Place at Greenbrier
 725 Eden Way North
 Chesapeake, VA 23320
Including:
 Geisha Japanese Steakhouse
 Jason's Deli
 Jersey Mike's Subs
 Moe's Southwest Grill
 Spaghetti Eddie's Pizza Café

Greenbrier Mall
 1401 Greenbrier Parkway
 Chesapeake, VA 23320
Featuring: **Abuelo's**
Including:

Jillian's	Olive Garden
Red Robin	Smokey Bones

Greenbrier South
 801 Volvo Parkway
 Chesapeake, VA 23320
Featuring: **Subway**
Including:

El Loro	Haiku Sushi
Pizza Hut	Zero's

Volvo Parkway Shopping Center
 101 Volvo Parkway
 Chesapeake, VA 23320
Including:

Carrabba's Italian	Firehouse Subs
Five Guys Burgers	Starbucks





2012 Region VII Level 9 Regional Championships SENIOR INFORMATION FORM

Please have your senior athletes complete this form and return via fax to (757) 474-2221 OR email to berrydb1@aol.com. We must have this form by **April 6th**. 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 free of charge in the program. Please submit your senior picture via email to OTAds@aol.com no later than Friday, April 6th, 2012. Please put "State_Seniors name_picture" in the subject line (re: VA_Kelly Smith_picture)**





ADVERTISING AND GOOD LUCK ADS

2012 Level VII Regional Championships

We are preparing a program booklet available for purchase especially for the Region VII Level 9 Regional Championships. The program includes the meet schedule, rotations, judges, gyms competing, and a special senior 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 April 2nd, 2012**

SEND ALL AD & ARTWORK TO OTAds@aol.com

Business Card: \$25 3.5" X 2.25"	¼ Page Ad: \$40 3.5" X 4.25"
Half Page Ad: \$60 7" X 4.5"	
Full Page Ad: \$100 7" X 9"	

**** WE MUST HAVE YOUR CAMERA READY AD/ PAYMENT BY APRIL 6th, 2012.**

Name/Business _____ Gymnast _____

Address _____ City _____ State _____

ZIP _____ Phone _____ Club _____

E-Mail _____

- I want to order:
- \$15 Good Luck Listing \$25 Business Card
- \$40 ¼ Page Ad \$60 Half Page Ad \$100 Full Page Ad
- My camera ready art is enclosed.

SEND ALL AD & ARTWORK TO OTAds@aol.com

Make Checks payable to: **Ocean Tumblers Team Association**
 Mail To: Diane Berry - Ocean Tumblers
 1213 Hartford Court
 Virginia Beach, VA 23464





★ Club Entry Form ★ Level 9 Athletes

PLEASE FILL OUT AFTER EACH SESSION AS ATHLETES QUALIFY AND RETURN TO SCORING TABLE AT CONCLUSION OF STATE 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
Coaches Name	USAG #	BACKGROUND	SAFETY	EXPIRATION

ENTRY FEE: \$100.00

CHECKS MADE PAYABLE TO: OCEAN TUMBLERS TEAM ASSOCIATION (OTTA)

