

2013 Rocking Rudolph Invitational

December 14th-15th, 2013

All Gyms who enter 40 or more Gymnasts to the 2013 Rocking Rudolph will receive a FREE High Definition Flat Screen Television Coaches Party on Saturday December 14th, 2013 (more info to come)

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: Levels 2-10 USAG and EXCEL

Website: www.Gymstrada.com

Entries: Make checks payable to Gymstrada and please 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: November 8th, 2013

Cancellation Deadline: No Refunds after November 8th, 2013 for any reason

Level Change Deadline: November 22nd, 2013
No swaps/changes after November 22nd, 2013

Late Fee: \$10 per gymnast if entry is received after November 8th, 2013

Competition Schedule: Saturday December 14th, 2013 from 8:00am – 10:00 pm
Sunday December 15th, 2013 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after November 8th, 2013

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: Levels 6 - 10 USAG **\$95.00 per gymnast**
Levels 2 –5 USAG & Excel **\$89.00 per gymnast**

Team Trophy Entry Fees: **\$50.00 per team**

Level 5-10: The 3 highest scores per event count toward team score.
Level 3-4: The 4 highest scores per event count towards team score.
Excel: No Team awards

**You may only have 1 team per level entered. Clubs can win multiple levels.
**Team trophies will be given for the first, second, and third placed teams

Equipment: **VAULT:** AAI Vault table, Tac/10
Base Mats: 12 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

Competition Format: Modified Capital Cup Format

Competition Location: Gymstrada will host the 2013 Rocking Rudolph 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

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 or four age division per level (depending on number of entries per level)
- 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

Coach Party: **Saturday December 14th, 2013 10:30pm-12:30am free food/drinks (more information to come)**

Results: Will be posted on our website (www.gymstrada.com) after the competition
[Gymstrada uses Digital Scoring](#)

Area Attractions:

Naticus: (www.nauticus.org)
Virginia Aquarium and Marine Science Center: (www.virginiaaquarium.com)
The Children's Museum: (<http://www.childrensmuseumva.com/visit.html>)
Great Wolf Lodge: (<http://www.greatwolf.com/williamsburg/waterpark>)
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)
Beach Street USA: (<http://www.beachstreetusa.com/>)
Virginia Beach Oceanfront: (<http://www.virginiabeach.com/attractions/oceanfront>)

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Host Hotel Information

1. Holiday Inn Oceanside Hotel - \$85.00 per night

- 2101 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- The Rocking Rudolph room block will end on 11/30/2013. Please make all reservations and changes on or before 11/30/2013
- For Reservations:
 - Online
 - Booking Website: <http://www.ihg.com/holidayinn/hotels/us/en/virginia-beach/orfat/hoteldetail?groupCode=roc>
 - Please use Group Code: ROC
 - Phone
 - For Reservations, please call 1-800-HOLIDAY to make reservations. Please do not call hotel directly, they do not have onsite reservations. Please refer to the 2013 Rocking Rudolph Invitational Group Code (ROC) and Group Rate (\$85.00 per night)
 - Please use Group Code: ROC
- Approximately a 15 Minute drive from hotel to Gymstrada (competition venue)
- Hotel Website: <http://vboceanside.com/>
- For more information on the Holiday Inn Oceanside Hotel, see information sheet (included in packet)

2. Holiday Inn Virginia Beach-Norfolk Hotel & Conference Center - \$74.00 per night

- 5655 Greenwich Road, Virginia Beach, VA 23462
- The Gymstrada Invitational room block will end on 11/29/2013. Please make all reservations and changes on or before 11/29/2013
- For Reservations:
 - i. Online
 - 1. Booking Website:
<http://www.holidayinn.com/redirect?path=hd&brandCode=hi&localeCode=en®ionCode=1&hotelCode=ORFGR&PMID=99801505&GPC=RCG&blpu=true>
 - a. Please use Group Code RCG
 - ii. Phone
 - 1. 757-499-4400
 - a. Please refer to the 2013 Rocking Rudolph Invitational Group Code (RCG) and Group Rate (\$74.00 per night)
- There is a restaurant located in the hotel- \$10 breakfast per person
- Approximately a 2 minute drive from hotel to Gymstrada (competition venue)
- Hotel Website: <http://www.hivabeachnorfolk.com/>
- For more information on the Holiday Inn Virginia Beach-Norfolk Hotel and Conference Center, see information sheet (included in packet)

***Additional Hotels on our website (www.gymstrada.com)**