

2010 REGION 5
RHYTHMIC GYMNASTICS CHAMPIONSHIPS
Hosted by Excalibur Gymnastics and the Rhythmic Gymnastics Parents Association

Dates: May 1-2, 2010

Competition Venue: Salem High School
1993 Sundevil Dr.
Virginia Beach, VA 23464

Entry Fees: Level 4 - \$65.00
Level 5/6 - \$85.00
Level 7/8/9/10 - \$105.00
Group - \$60.00

\$25.00 Late Fee per athlete, Entry Fees are non-refundable

Registration: All entries must be received by: **March 1st, 2010**
Please send registration forms and ONE check per team payable to

D1/D2 Forms: 5 copies of D1/D2 forms for Level 7-10 must be received by:
April 17th, 2010

Awards: INDIVIDUAL AWARDS: As per USAG
TEAM AWARDS: 1st – 3rd place (see attached description)

Schedule: Final schedule of competition will be emailed to all participating teams approximately 2 weeks prior to competition and will be posted on the Excalibur Website:
www.excalibur-gymnastics.com

Hotel Accommodations: Crowe's Housing Specialist (CHS) ask for Victoria
Phone (757)288-6123 or Fax (757)587-3107
Email: c.rooms@cox.net
Please see below

CROWE'S HOUSING SPECIALIST (CHS)

Phone (757) 288-6123 •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. PLEASE CALL FOR INDIVIDUAL RESEVATIONS OR BLOCK FOR YOUR GYM.

HOST HOTEL:

THE WESTIN: HOTEL IS 6.34 MILES FROM THE VENUE. ALL ROOMS FEATURE HIGH SPEED INTERNET ACCESS AND FLAT SCREEN TV. THERE ARE 2 QUEEN BEDS, REFRIGERATOR AND COFFEE MAKER IN EACH ROOM. THE WESTIN OFFERS A HEATED INDOOR POOL, WHIRLPOOL AND THE WESTIN WORKOUT GYM AND RESTAURANT. RESTAURANTS AND SHOPPING ARE AVAILABLE WITHIN WALKING DISTANCE. THERE IS A 2 NIGHT STAY REQUIRED.....\$119.00

HOLIDAY INN EXECUTIVE CENTER: HOTEL IS 7.26 MILES FROM THE VENUE. NEWLY RENOVATED, BRAND NEW ROOMS INCLUDE 37" FLAT SCREEN TV, PLUSH NEW BED AND BEDDING. (2 QUEEN BEDS), UPSCALE BATHROOM AND DÉCOR, MICROWAVE AND MINI REFRIGERATOR IN EACH ROOM. NEW RESTAURANT ASHLEY'S BISTRO RECENTLY OPENED. INDOOR AND OUTDOOR POOL AVAILABLE AS WELL AS WELL AS A NEWLY RENOVATED FITNESS CENTER. TRANSPORTATION PROVIDED WITHIN 5 MILE RADIUS INCLUDING TO AND FROM THE AIRPORT. THERE IS A 2 NIGHT STAY REQUIRED.....\$109.00

HAMPTON INN NORFOLK-VA. BEACH: THE HOTEL IS 7.02 FROM THE VENUE. THE ROOMS FEATURE 2 DOUBLE BEDS WITH A REFRIGERATOR, COFFEEMAKER AND MICROWAVE. OTHER FEATURES INCLUDE A COMPLIMENTARY CONTINENTAL BREAKFAST, OUTDOOR POOL AND FITNESS CENTER. THERE IS A 2 NIGHT STAY REQUIRED.....\$119.00