

REGISTER ONLINE THROUGH USA GYM MRS

# LUCKY STARS INVITATIONAL

March 10th-12th, 2023



STERLING SILVER STAR CHARM - 1ST AA



14088-K SULLYFIELD CIRCLE - CHANTILLY, VA 20151 - 703-378-4966

ALL SESSIONS ARE MODIFIED TRADITIONAL FORMAT W/4 SQUADS - 1ST HALF WU/COMPETE FOLLOWED BY 2ND 1/2 WU/COMPETE

REQUIRED NUMBER OF COACHES NEEDED IS INDICATED IN SESSION ASSIGNMENT LISTING

UPDATED 3-6-23

Saturday, March 11, 2023

Assigned Teams & Coaches Needed:

<b>SESSION 1:</b>	Level 2, Level 3 & XSilver
<b>Gym Opens:</b>	1:15PM
Open Stretch:	1:45PM
WU/Compete:	2:00PM
Awards:	4:15PM

Team Name	Level 2, 3 & XS			MINIMUM # Coaches Required	EVENT *SUBJECT TO CHANGE
APOLLO		L3		1	VAULT
CAG		L3	XS	2	FLOOR
DYNAMIC		L3	XS	2	L3 VAULT/XS BEAM
ELITE	L2	L3	XS	1	BARS
FAIRFAX ACADEMY			XS	1	BEAM
NOVAKS		L3	XS	2	L3 BARS/XS BEAM

Saturday, March 11, 2023

Assigned Teams & Coaches Needed:

<b>SESSION 2:</b>	L6,7,8,9,10, XD&XSA
<b>Gym Opens:</b>	5:30PM
Open Stretch:	6:00PM
WU/Compete:	6:25PM
Awards:	9:30PM

Team Name	L6,7,8,9,10, XD&XSA			MINIMUM # Coaches Required	EVENT *SUBJECT TO CHANGE
CAG	L8	L9/10	XD/SA	3	L8-10 VAULT/XD/SA FLOOR
DYNAMIC	L7	L8		1	BEAM
NOVAKS	L6	L8	L9/10	2	L6 BEAM/ L8-10 BARS
YMCA ANGELS	L6/7	L8	L9	1	FLOOR
YOUTH SPORTS	L6		XD	1	FLOOR

DAYLIGHT SAVINGS BEGINS SUNDAY, MARCH 12TH - MOVE YOUR CLOCKS FORWARD 1 HOUR TO BE SURE YOU ARRIVE ON TIME TO YOUR SUNDAY SESSIONS! THANK YOU!

Sunday, March 12, 2023

Assigned Teams & Coaches Needed:

<b>SESSION 3:</b>	Level 4, 5 & XGold
<b>Gym Opens:</b>	8:30AM
Open Stretch:	9:00AM
WU/Compete:	9:15AM
Awards:	12:00PM

Team Name	L4, L5, XG			MINIMUM # Coaches Required	EVENT & FLIGHT TO CHANGE *SUBJECT TO CHANGE
ARL. AERIALS			XG	1	BEAM
CAG	L4	L5	XG	3	L4/5 VAULT/XG FLOOR
DYNAMIC	L4	L5	XG	2	L4/5 BARS/XG BEAM
ELITE			XG	1	BEAM
NOVAKS	L4	L5	XG	2	L4/5 BARS/XG FLOOR

Sunday, March 12, 2023

Assigned Teams & Coaches Needed:

<b>SESSION 4:</b>	XBronze & XPlatinum
<b>Gym Opens:</b>	1:00PM
Open Stretch:	1:30PM
WU/Compete:	1:45PM
Awards:	5:00PM

Team Name	XB & XP		MINIMUM # Coaches Required	EVENT & FLIGHT TO CHANGE *SUBJECT TO CHANGE
ARL. AERIALS		XP	1	VAULT
CAG	XB	XP	3	XB VAULT (10)/ BARS (15)/XP FLOOR
DYNAMIC	XB	XP	2	XB BEAM/XP BEAM
ELITE	XB	XP	1	BARS
LoCo Gymnastics Club	XB		2	FLOOR
NOVAKS	XB	XP	2	XB BEAM/ XP BEAM



GOOD LUCK GRAMS & LIMITED CONCESSION AND PROSHOP AVAILABLE

NO FLASH PHOTOGRAPHY - THANK YOU!

SEE NEXT PAGE FOR VISITING TEAM INFORMATION

## FRIENDLY REMINDERS TO VISITING TEAMS & THEIR FAMILIES:

- 1 - SESSION TIMES WILL BE STRICTLY FOLLOWED. GYM ENTRY WILL NOT BE ALLOWED UNTIL SCHEDULED "GYM OPENS" TIME.
- 2 - PLEASE BE CAREFUL IN THE PARKING LOT AND DO NOT PARK IN NO PARKING ZONES OF OTHER BUILDINGS PARKING LOTS. YOU WILL BE TOWED.
- 3 - PLEASE DO NOT BRING A SICK CHILD TO THE COMPETITION. ALL VISITORS SHOULD FOLLOW PROPER RESPIRATORY ETIQUETTE. THANK YOU!
- 4 - PARENTS PLEASE DO NOT TO CONTACT THE GYM FOR MEET INFORMATION PRIOR TO THE MEET WEEKEND. ALL COMMUNICATIONS SHOULD GO THROUGH THEIR CLUB OWNERS, GYM CONTACTS OR HEAD COACHES.
- 5 - THERE IS NO CHECK IN FOR GYMNASTS, PLEASE REPORT TO THE COMPETITIVE FLOOR TO THEIR STARTING EVENT SEATING AREA FOR YOUR OPEN STRETCH. COACHES WILL CONFIRM ALL GYMNASTS ARE PRESENT OR
- 6 - CA Parents Club Fundraiser - CAPC GOOD LUCK GRAMS & WATER WILL BE AVAILABLE AS A FUNDRAISER. Cash, Venmo and PayPal Only.
- 7- INDIVIDUAL & TEAM AWARDS ARE PRESENTED BY LEVEL/DIVISION IMMEDIATELY FOLLOWING THE COMPLETION OF COMPETITION. THE TOP 3 SCORES ON EACH EVENT COUNT TOWARDS THE TEAM SCORE.
- 8 - MEET LOCATION:  
CHANTILLY ACADEMY GYMNASTICS  
14088-K SULLYFIELD CIRCLE  
CHANTILLY, VIRGINIA 20151  
WEB ADDRESS: WWW.CHANTILLYACADEMY.COM
- 9- HOTELS NEAR CAG:  
[https://www.google.com/search?q=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&rlz=1C1FHFk\\_enUS976US976&oq=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&aqs=chrome..69i57.10441j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&rlz=1C1FHFk_enUS976US976&oq=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&aqs=chrome..69i57.10441j0j7&sourceid=chrome&ie=UTF-8)



[WWW.CHANTILLYACADEMY.COM](http://WWW.CHANTILLYACADEMY.COM)



## **ACTION REQUIRED – COACHES – Session Schedule with Required number of coaches is above.**

- Note: On the session schedule required are indicated. Please be on time to supervise your athletes.
  - Rotations sheets are attached for starting events.
  - Format is Modified Traditional - There is one set of equipment with 4 squads. Each squad's 1st Half of the group will Warm Up & Compete followed by the 2nd Half of the group Warm Up & Compete.
  - Please work with your fellow clubs. In each half of the group please compete in Level/Division Order. (I.e. - All XB's then All XG's in your squad etc.). Clubs will continue to rotate to the next event as soon as it's available.
  - Visiting club coaches please park in reserved spaces in the back of the building & follow meet signage for entry.
  - Check in at the meet directors' station near the blue cubbies. Coaches, please have your membership card QR code ready to be scanned for ACTIVE STATUS confirmation. Pick up Meet Gifts & pay balances or pick up refunds due.
- Floor Music must be downloaded onto a mobile for competitions. Accessing music via cellular or internet connections at competitions is not allowed. Be sure your device is on airplane mode not to cause interruption of music. CAG will have the 2021-2029 Compulsory L2-5 available for all clubs.
- Coaches Meetings will be 5 minutes into the Open Stretch. Coaches, please confirm all your gymnasts are present or scratched at the coaches meeting.