



Welcome to 2023 CA Winter Island Getaway Invitational – we are looking forward to having all Gymnasts, Coaches Judges and Parents join us for a safe and successful event. Please see our Session Schedule, and Important Meet Reminders attached. Thank you!

We welcome the following clubs participating in this year's event:

APOLLO - WOODBRIDGE, VA
ARLINGTON AERIALS - ARLINGTON, VA
ASTRO GYMNASTICS - KING GEORGE, VA
CHANTILLY ACADEMY GYMSTARS - CHANTILLY, VA
CARDINAL GYMNASTICS - FAIRFAX, VA
EAST COAST GYMNASTICS – WINCHESTER, VA
ELITE ATHLETICS – FOREST, VA
EXPRESSIONS GYMNASTICS – ROMNEY, VA
MEGA-DC - LORTON, VA
OCEAN TUMBLERS - CHESAPEAKE, VA
SOUTHERN ELITE GYMNASTICS – RONCEVERTE, WV
SPLITS GYMNASTICS – BOONSBORO, MD
SHENANDOAH TUMBLERS GYMNASTICS – WINCHESTER, VA
YOUTH SPORTS - WOODBRIDGE, VA

Thank you so much and we look forward to seeing everyone at CAG soon, have a very Happy Thanksgiving!

1. PARENTS: MEET INFORMATION, SESSION SCHEDULE, AND FRIENDLY REMINDERS:

- a. Parents, please DO NOT contact the host club for competition information prior to the meet weekend. All communications should go through each individual club's management or coaches. Thank you!
- b. PLEASE - Do not bring a sick child to the competition. Follow safe hygiene practices always, including proper respiratory etiquette. If coughing or sneezing, please be considerate of others.
- c. Please arrive **ONLY at DESIGNATED "GYM OPEN TIMES" INDICATED FOR YOUR SESSIONS**. This will give parking lots & bleachers ample time to clear for your session. **PLEASE DO NOT PARK IN NO PARKING AREAS/PARKING LOTS AS YOUR CAR WILL BE TOWED.**
- d. Parents & Gymnasts follow meet signage for entry. Children attending must be able to remain in the seating area and must always be supervised. Limited seating is available.
- e. There is NO Check in for Gymnasts, please report to the competitive floor for your Open Stretch. Coaches will confirm all gymnasts are present or SCRATCHED at the Coaches Meeting.
- f. Only competing gymnasts are allowed on the competitive floor.
- g. Awards immediately follow the conclusion of each session.
- h. Team Awards are presented by Level or Division at the conclusion of each Session. Top 3 Event Scores count towards Team Score.

- i. CA Parents Club Fundraiser - CAPC Good luck grams and light concession/drink will be available as a fundraiser.
- j. There are very limited concessions such as bottled water, coffee, and light packaged snacks only. We ask that no outside food and drink be brought into the seating area. Please visit our local restaurants for food.

2. CERTIFIED MEDICAL PERSONNEL ARE SCHEDULED FOR EACH SESSION.

3. CHECK FOR LIVE RESULTS ON [MEET SCORES ONLINE](#) & MY USA GYM APP.

4. CAG'S PROSHOP FOR YOUR EVERY GYMNASTICS NEED IS AVAILABLE FOR YOUR HOLIDAY SHOPPING.

5. MEET LOCATION:

CHANTILLY ACADEMY GYMNASTICS

14088-K SULLYFIELD CIRCLE

CHANTILLY, VIRGINIA 20151

WEB ADDRESS: WWW.CHANTILLYACADEMY.COM

6. 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