***2023 USA Gymnastics***

***Trampoline & Tumbling***

***Virginia State Championship***

***DATE: Saturday – April 1, 2023***

***LOCATION: Paint Branch High School***

[14121 Old Columbia Pike, Burtonsville, MD 20866](https://www.bing.com/maps?cp=39.08671188354492%7e-76.94798278808594&name=Paint+Branch+High+School&where1=14121+Old+Columbia+Pike%2c+Burtonsville%2c+MD+20866&ppois=39.08671188354492_-76.94798278808594_Paint+Branch+High+School)

***MEET DIRECTOR: Carla He***

**Phone: 571-246-3760**

**E-mail: carlajhe@gmail.com**

**EVENTS: Individual Trampoline ( Levels 1-Elite)**

**Individual Tumbling ( Levels 1-Elite) Individual Double Mini Trampoline (Levels 1-Elite)**

**EQUIPMENT: (1) Euro Trampolines; (1) Double-Mini Trampoline (Euro DMT) (1) Rod Floor (84’ with 33’ run up)**

***ENTRY FEE: All Disciplines $115***

***\*\*This event is run by volunteers from all member teams. Add $45 per athlete for your team’s volunteer deposit, which will be refunded if your team's participation quota is met.***

***\*\*Two Separate checks***

***\*\*Please postdate the Volunteer deposit for April 1s and mark on the memo line on the memo line***

***\*\* Check payable to: USA Gymnastics (USAG).***

***Please mail your check to:***

***Carla He***

***545 McArthur Ter NE .***

***Leesburg, VA 20176***

***ENTRY DEADLINE: Sunday, Feb. 26, 2023***

***\*\* Please use usagym.org reservation system\*\****

***The meet is listed under Member Services > Meet Reservations >Search for Meets***

***The meet is listed under Discipline Type = TT and Select State = VA***

***LATE FEE: $25 per athlete after February 26***

***CHANGE FEE: $20 per change after March 12***

***Please send accurate registrations and verify team roster reports!***

***GATE FEE: $10 for 12 & Over (Cash Only)***

***AWARDS: Official State Medals 1st – 3rd, Ribbons 4th to 10th Place***

***VOLUNTEERS:  We need ALL HANDS-ON DECK to make this event successful. We are asking assistance in 2 ways: 1) work either set up, 2) work sessions during the meet***

***Please note: \*\*All Elite Athletes must volunteer if they are to be considered for state monetary consideration\*\****

***1 – 5 registered athletes = 2 person***

***6 - 10 registered athletes = 6 people***

***11-15 registered athletes =10 people***

***16 – 20 registered athletes = 15 people***

***21 - 30 registered athletes = 18 people***

***30+ registered athletes = 25 people***

***Training Schedule – Saturday morning 9:30am to 10:50am – SESSION 1 ATHLETETS ONLY***

Useful links:

Membership: <https://usagym.org/pages/membership/pages/membership_overview.html>

SafeSport Course: <https://usagym.org/pages/education/courses/U110/>

VA State Website: <https://www.va-tandt.com/>

Volunteer Signup: <https://www.signupgenius.com/go/30e054aaba62ca02-2023#/>

Hospitality Signup: <https://www.signupgenius.com/go/30e054aaba62ca02-hospitality#/>