

Congratulations on qualifying to the 2006 Level 9 Eastern Championships!

Dear Gymnasts, Parents and Coaches:

Congratulations on your qualification to the 2006 Level 9 Eastern Championships! We realize many, many hours have been dedicated to achieving this step in your competitive season and we are honored to host this event for you. Our hope is to make this an event that will generate life long memories. We hope you will enjoy all aspects of the Easterns weekend from the Opening Banquet to touring the fabulous city of Nashville to our final medal ceremony.

The Championships are scheduled for April 20 – 23, 2006 and will be held at Memorial Gym at Vanderbilt University in Nashville, Tennessee. The facility is in the heart of downtown Nashville with a large variety of restaurants and activities to fill your time before and after competition. The facility is also a short 20-minute drive from Nashville International Airport for those of you who may be flying in for the weekend. For those of you that will be driving to our city we suggest leaving plenty of time for travel as construction on our freeways continues.

We look forward to being your host and invite you to explore the city while you are in town. We suggest the Frist Museum of Art, the Country Music Hall of Fame, a walk down historic 2nd Avenue, or a trip to Opry Mills Mall for some great shopping. Wherever you decide to spend your time, we suggest clothing that can be layered, as Nashville's weather is constantly changing this time of year!

Please take a few minutes to carefully review this packet, as there is important information and **deadlines** included. If there is any information not covered that you would like addressed, please do not hesitate to give us a call (615-822-8116) or send us an email to bobvalley_masters@hotmail.com. Also please regularly check our website at www.mastersgym.com/easterns for updated information.

We look forward to having you at the 2006 Level 9 Eastern Championships!

Sincerely,

The Master's Staff

Meet Host

The Master's

Meet Director – Robert Valley

Meet Contacts – Heather Crouch, Erin Herndon

Mailing Address – 175 Old Shackle Island Rd. #7, Hendersonville, TN 37075

Phone (615) 822-8116 Fax (615) 824-8724 Email: bobvalley_masters@hotmail.com

Meet Dates & Competition Times

The 2006 Level 9 Eastern Championships are to be held April 21st to April 23rd. The competition schedule is included.

Practice Times and Places

Limited practice times will be offered to the gymnasts competing over the weekend. Space is limited and is offered on a first-come-first-serve basis. Times can be schedule via a phone call only to Heather at The Master's at 615-822-8116. Email scheduling is NOT available to ensure that times are not overbooked. All gymnasts MUST be accompanied by a certified coach. The waiver included in the packet MUST be returned for any gymnasts practicing at The Master's gym.

Competition Site Practice Times – Thursday, April 20th 12:00 to 2:30 for Region 7/8 Gyms Only

Thursday, April 20th 2:30 to 5:00 for Region 5/6 Gyms Only

The Master's Gym Practice Times – Friday, April 21st 10:00 to 1:00

Saturday, April 22nd 10:00 to 1:00

Opening Ceremonies Banquet

The Master's Staff invites the gymnasts, families and coaches to our Opening Ceremonies Banquet on Thursday, April 20th at 6:00 pm at the Student Life Center on Vanderbilt Campus (walking distance from host hotel and competition site). Formal invitation and additional information are included in this packet.

Meet Facility

The Level 9 Eastern Championships will be held at Memorial Gym at Vanderbilt University. A map and directions are included in this packet.

Floor Music for National Competition

In an attempt to ensure proper working order of ALL floor music at the meet, we are asking coaches to turn in their entire team's music as early in the weekend as possible. The music will be copied from the original CD onto a digital play list in our computer. We also encourage coaches to send a copy of the music BEFORE the meet weekend to our gym address listed above (an email will be sent to verify receipt). This will allow us to copy the music before the festivities of the weekend begin. Music can be submitted on site at the coaches' table in the main competition area. Again, we ask that you submit your music as early in the weekend as possible. Thank you.

Equipment

AAI supplied by Midwest Gym Supply

Scoring System

The ProScore system will be provided and run by Meet Control – www.meetcontrol.com

Daily Admission

Adults: \$15.00 per Day (Ages 16 and Up) – Weekend Pass \$35.00

Children \$10.00 per Day (Ages 3-15) – Weekend Pass \$23.00

Easterns Competitors and Children under 3 = FREE

There will be no free admission or discounts for USAG registered athletes or coaches not participating in these Championships.

Emergency Numbers for Meet Site & Surrounding Area

Police, Fire, Medical Emergency ----- 911

Police Non-emergency----- 862-7400

Vanderbilt Hospital:

Adult Emergency ----- 322-0160

Child Emergency ----- 343-2996

Poison Control Center ----- 936-2034

Nashville & Davidson County Information----- 862-5000

Meet Suggested Restaurants

Logan's Roadhouse, 2400 Elliston Place, Nashville, TN 37202 – 615-320-1161

O'Charley's Restaurant, 3038 Sidco Drive, Nashville, TN 37204 – 615-256-8500

Steak Out, 5017 Nolensville Road, Nashville, TN 37211 – 615-445-3003

Whitt's BBQ, 5211 Alabama Ave, Nashville, TN 37204 – 615-385-1553

Michelangelo's Pizza, 2200 Elliston Place, Nashville, TN 37202 – 615-329-2979

Subway Sandwiches, 2817 West End Ave, Nashville – 615-329-1927

Vandyland, 2916 West End Ave, Nashville – 615-327-3868

Honey Baked Ham Company, 2817 West End Ave, Nashville – 615-321-0044

Papa John's Pizza, 2316 West End Ave, Nashville – 615-321-4000

Chick-Fil-A, 422 4th Avenue North, Nashville
