

2024



Spring Fling



April 12 - 14th, 2024

Meet Location: Ocean Lakes High School

885 Schumann Drive Virginia Beach, VA 23454

Friday, April 12th, 2024

Session 1: Xcel Silver	
Check in:	5:15 PM
Open Stretch	5:30 PM
WU/Compete:	5:50 PM
Awards:	8:30 PM

Saturday, April 13th, 2024

Session 2: Level 3 & Xcel Silver	
Check in:	7:45 AM
Open Stretch	8:00 AM
WU/Compete:	8:20 AM
Awards:	11:00 AM

*Xcel Silver Team awards after this session.

Assigned Teams & Coaches Needed

Team Name	XS	Minimum # of Coaches
Aerial East	XS	2
Classics	XS	1
Gymstrada	XS	2
Ocean Tumblers-VB	XS	1
Paragon	XS	2
Williamsburg	XS	1

Assigned Teams & Coaches Needed

Team Name	Level 3 & XS	Minimum # of Coaches
Aerial East	Lv. 3	2
Chantilly Academy	Lv. 3	1
Classics	Lv. 3	1
Dynamic (L)	XS	1
Excalibur	Lv. 3	2
Hurricane	Lv. 3	1
Ocean Tumblers-Ches	Lv. 3. XS	2
VEGA	XS	1

Saturday, April 13th, 2024

Session 3: Level 3	
Check in:	11:00 AM
Open Stretch	11:15 AM
WU/Compete:	11:35 AM
Awards:	2:15 PM
*Level 3 Team awards after this session.	

Saturday, April 13th, 2024

Session 4: Level 2 & Xcel Bronze	
Check in:	2:15 PM
Open Stretch	2:30 PM
WU/Compete:	2:50 PM
Awards:	5:30 PM

Saturday, April 13th, 2024

Session 5: Xcel Gold & Platinum	
Check in:	5:30 PM
Open Stretch	5:45 PM
WU/Compete:	6:05 PM
Awards:	9:00 PM

Assigned Teams & Coaches Needed

Team Name	Level 3	Minimum # of Coaches
Chantilly Academy	Lv. 3	1
Dynamic (L)	Lv. 3	1
Flipateers	Lv. 3	1
Motion Gymnastics	Lv. 3	1
Ocean Tumblers-Ches	Lv. 3	1
Paragon	Lv. 3	2
VEGA	Lv. 3	1
VIGS	Lv.3	2
Williamsburg	Lv. 3	1

Assigned Teams & Coaches Needed

Team Name	Level 2 & XB	Minimum # of Coaches
Dynamic (L)	XB	1
Gymstrada	XB	2
Motion Gymnastics	Level 2	1
Ocean Tumblers-Ches/VB	XB	2
Paragon	XB	2
VEGA	XB	1
Williamsburg	Level 2 XB	2

Assigned Teams & Coaches Needed

Team Name	XG & XP	Minimum # of Coaches
Classics	XG XP	2
Dynamic (L)	XG	1
Gymstrada	XP	1
North Stars GA	XP	1

Xcel Gold Team awards after this session.

Sunday, April 14th

Session 6: Xcel Platinum, Diamond, Sapphire

Check in: 7:45 AM

Open Stretch 8:00 AM

WU/Compete: 8:20 AM

Awards: 10:30 AM

*Xcel Platinum, Diamond and Sapphire Team awards after this session.

Sunday, April 14th, 2024

Session 7: Level 4 & Xcel Gold

Check in: 10:30 AM

Open Stretch 10:45 AM

WU/Compete: 11:05 AM

Awards: 2:15 PM

Ocean Tumblers-Ches	XP	1
Ocean Tumblers-VB	XG	1
Paragon	XP	1
VEGA	XG	1

Assigned Teams & Coaches Needed

Team Name	XP	XD	XSa	Minimum # of Coaches
Aerial East	XP	XD	XSa	4
Classics		XD		1
Dynamic (L)	XP			1
Gymstrada		XD	XSa	1
North Stars GA	XP	XD	XSa	1
Ocean Tumblers - Ches		XD	XSa	1
Ocean Tumblers - VB	XP			1
Paragon		XD		1
VEGA	XP			1

Assigned Teams & Coaches Needed

Team Name	Level 4 & XG	Minimum # of Coaches
Aerial East	XG	2
Chantilly Academy	Lv. 4	1
Classics	Lv. 4	1
Dynamic (L)	Lv. 4	1
Excalibur	Lv. 4	2
Flipateers	Lv. 4	1
Hurricane	Lv. 4	1
North Stars GA	XG	1
Ocean Tumblers - Ches	XG	1
VEGA	Lv. 4	1
Williamsburg	XG	1

Sunday, April 14th, 2024		Assigned Teams & Coaches Needed		
Session 8: Level 4 & Xcel Gold		Team Name	Level 4 & XG	Minimum # of Coaches
Check in:	2:15 PM	Aerial East	Lv. 4	1
Open Stretch	2:30 PM	Gymstrada	XG	2
WU/Compete:	2:50 PM	Ocean Tumblers - Ches	Lv. 4	1
Awards:	6:00 PM	Ocean Tumblers - VB	XG	1
*Level 4 and Xcel Gold Team awards after this session.		Paragon	Lv. 4 XG	3
		VIGS	Lv. 4	2