



MarVaTeens Parents Association  
proudly presents...

## The Nation's Capital Cup! March 6-7, 2010

A Women's USAG Invitational Meet  
Levels 4 through 10  
Modified Capital Cup Format

Meet Location: Prince George's Sports and Learning Complex  
8001 Sheriff Road  
Landover Maryland 20785  
(A 25,000 sq. ft. facility furnished with AAI equipment)

Schedule: Levels 7-10 compete Saturday March 6, 2010  
Levels 4-6 compete Sunday March 7, 2010  
Individual and Team awards after each session  
(Age groups will be determined by an even distribution within each level)

Special gift for each gymnast. Coaches Hospitality at the meet site.

Entry Fees: Levels 4-6 \$70/gymnast  
Level 7-10 \$90/gymnast  
Team \$45/level (top three scores count regardless of age)

Entry Deadlines: Full payment due by January 16, 2010  
No refunds after January 31, 2010 (substitutions only)  
Early registration prior to 10/31/09, a single level team fee will be waived.

**This meet traditionally fills and teams have unfortunately been turned away.  
Register early to avoid disappointment. Only full payment guarantees your spots.**

Host Club: MarVaTeens Gymnastics  
5636 Randolph Road  
Rockville, Maryland 20852  
301-468-9181 (301-468-9129 FAX)

Host Hotel: Radisson Hotel  
9100 Basil Court  
Largo, Maryland 20774  
301-773-0700  
(Mention the Nation's Capital Cup when making the reservations to receive a special rate.)

Meet Coordinator: Rich Carlblom  
admin@marvatotsnteens.com  
301-468-9181

**NATION'S CAPITAL CUP March 6-7, 2010**  
**REGISTRATION FORM**  
**Entry deadline: January 16, 2010**



Team: \_\_\_\_\_  
 USAG Club#: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Contact E-mail: \_\_\_\_\_

**Gymnast Entry Fees:**  
**Levels 4-6 \$70//gymnast**  
**Levels 7-Open: \$90/gymnast**  
**Team Fees: \$45/team/level**

Please submit registration form, gymnast roster, and check payable to **MVTPA** to:  
 MarVaTeens, Attn: Capital Cup Coordinator  
 5636 Randolph Road  
 Rockville, Maryland 20852  
 (Forms may be faxed to 301-468-9129, but registration will not be complete until payment is received.)

Coach Name	USAG Professional #	Safety Cert Exp Date

Level	Number of Gymnasts	Team Entry? (circle)	Amount Due per Level
4	X \$70	Y + \$45	
5	X \$70	Y + \$45	
6	X \$70	Y + \$45	
7	X \$90	Y + \$45	
8	X \$90	Y + \$45	
9	X \$90	Y + \$45	
Open	X \$90	Y + \$45	
Subtotal:			
Is it before 10/31/09? Then you get a discount! (- \$45)			
<b>Total Amount Due:</b>			

Contact: 301-468-9181 or [admin@marvatotsnteens.com](mailto:admin@marvatotsnteens.com) with any questions.

