







Dear Friends and Families,

Welcome to the 17th Annual Astronaut Dave Brown Gymnastics Invitational, held over two weekends in our new state-of-the-art facility. This invitational hosts over 400 competing athletes, girls and boys, from Virginia and surrounding states.

Dave Brown was a gymnast at The College of William & Mary, who later attended the Eastern Virginia Medical School. After graduation, he joined NASA where he achieved one of the greatest honors, becoming a United States Astronaut. Tragically, he was among the heroes who perished in the Columbia Shuttle disaster.

This meet was created to honor the memory of Dave Brown. He believed gymnastics could provide opportunities for true scholar-athletes to have personal growth, with an emphasis on excellence and learning.

On behalf of the athletes, families, coaches and judges of Virginia, we thank you for your consideration and help, and for joining us for this exciting competition and the celebration of accomplishments.



Sincerely,

Pete & Cindy Walker Williamsburg Gymnastics

144-A Tewning Road Williamsburg, VA 23188 (757) 707-3070

gyminfo@williamsburggymnastics.com









Welcome to Williamsburg Gymnastics

Men's Teams

Above the Bar Gymnastics Academy

Ashland, VA

Apollo Gymnastics

Woodbridge, VA

Arlington Tigers

Arlington, VA

Capital Gymnastics

Burke, VA

Classics Gymnastics

Charlottesville, VA

Dreams Gymnastics

Williamsburg, VA

Dynamic Gymnastics

Crossroads, VA

Gym America

Herndon, VA

December 4 & 5

Hurricane Gymnastics Inc.

Chesapeake, VA

Paragon Gymnastics of Virginia

Fredericksburg, VA

Pure Gymnastics

Lynchburg, VA

Stafford Gymnastics Center

Fredericksburg, VA

Williamsburg Gymnastics

Williamsburg, VA

World Class Gymnastics

Suffolk, VA

Youth Sports Virginia Training Center

Woodbridge, VA

Women's Teams

Above the Bar Gymnastics Academy

Ashland, VA

Classics Gymnastics

Charlottesville, VA

Head Over Heels

Staunton, VA

Tidewater Gymnastics

Easton, MD

December 11 & 12

Twisters Gymnastics

Henrico, VA

Williamsburg Gymnastics

Williamsburg, VA

Xtreme Heights

Richmond, VA

Youth Sports Virginia Training Center

Woodbridge, VA









Mens Meet Schedule

- Modified Capitol Cup (Warm-up/compete)
- ❖ We will follow the Olympic order of events:
- Awards to follow competition.

Session I – Saturday, December 4th - Levels 4 & Silver

- 7:45 Check-In
- 8:00 Open stretch
- 8:20 Assemble at starting event/Opening Ceremony
- 8:25 Timed Warm-Ups begin with competition following immediately

Session II – Saturday, December 4th - Levels 5, Gold & Platinum

- 12:30 Check-In
- 12:45 Open stretch
- 1:05 Assemble at starting event/Opening Ceremony
- 1:10 Timed Warm-Ups begin with competition following immediately.

Session III - Saturday, December 4th - Levels 7-10

- 5:00 Check-In
- 5:15 Open stretch
- 5:35 Assemble at starting event/Opening Ceremony
- 5:40 Timed Warm-Ups begin with competition following immediately

Session IV - Sunday Dec. 5th - Levels 3 & Bronze

- 7:45 Check-In
- 8:00 Open stretch
- 8:20 Assemble at starting event/Opening Ceremony
- 8:25 Timed Warm-Ups begin with competition following immediately

Session V - Sunday Dec. 5th - Level 6

- 12:30 Check-In
- 12:45 Open stretch
 - 1:05 Assemble at starting event/Opening Ceremony
 - 1:10 Timed Warm-Ups begin with competition following immediately

Womens Meet Schedule on Next Page



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Womens Meet Schedule

- Modified Capitol Cup (Warm-up/compete)
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- Awards to follow competition.

Session I – Saturday, December 11th - Levels 4 & Silver

- 7:45 Check-In
- 8:00 Open stretch
- 8:20 Assemble at starting event/Opening Ceremony
- 8:25 Timed Warm-Ups begin with competition following immediately

Session II - Saturday, December 11th - Level 5-6 & Gold

- 12:30 Check-In
- 12:45 Open stretch
 - 1:05 Assemble at starting event/Opening Ceremony
 - 1:10 Timed Warm-Ups begin with competition following immediately

Session III - Saturday, December 11th - Levels 7-9, Platinum & Diamond

- 5:00 Check-In
- 5:15 Open stretch
- 5:35 Assemble at starting event/Opening Ceremony
- 5:40 Timed Warm-Ups begin with competition following immediately

Session IV – Sunday, December 12th – Levels 3 & Bronze

- 7:45 Check-In
- 8:00 Open stretch
- 8:20 Assemble at starting event/Opening Ceremony
- 8:25 Timed Warm-Ups begin with competition following immediately

Mens Meet Schedule on Previous Page











Williamsburg Gymnastics would like to thank the following businesses and people for their time, support, and donations.

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Williamsburg Gymnastics Parents & Families





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PLEASE NO Flash Photography



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Welcome to the future!

A deadly world ending cyber-virus is set to go off. Can you maneuver within this futuristic hacker's basement lair? Try catching all of our Retro References. Help solve eye-popping, ear-pleasing, and illuminating puzzles. This room is recommended for everyone.

Difficulty: # 3 out of 5 Players: 2 - 6





AAAAARGH you ready for a challenge? Welcome aboard our most difficult room!

Can you steal from the mighty Blackbeard before he returns? This room is unique in that there are no combination locks.

Difficulty: # 5 out of 5 (IT'S DIFFICULT) Players: 2 - 6



MASSACRE

Are you afraid of the dark?

Uh oh! What's that behind you? Is it your imagination or something worse? As detectives you must search the kill room of the Greeting Card Killer for clues leading to his next victim!

Can you save them and yourself in time? This is our dark and spooky room, it might not be appropriate for some children.

Difficulty: #3 out of 5 Players: 2 - 8



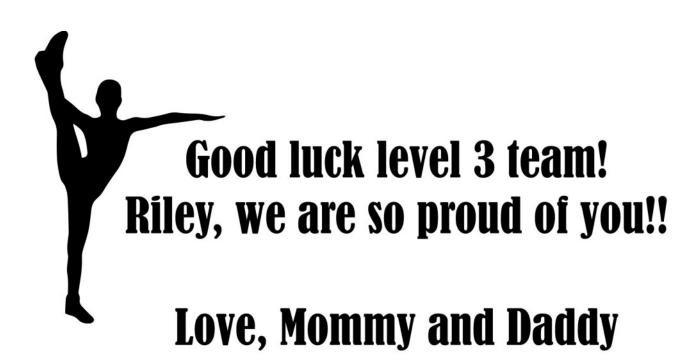
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"QUALITY MEANS DOING IT RIGHT WHEN NO ONE IS LOOKING."

HENRY FORD











Paul's Deli & Neighborhood Restaurant located in New Town

Like the other restaurants in the family this Williamsburg restaurant has roots dating back to the 1970's. The food is second to none. With a variety of choices from our famous subs and sandwiches to our one-of-a-kind Greek and Italian specialties, there is something on our menu for everyone. Owned and operated by George and Peter Tsipas, the restaurant is in the heart of a thriving business and residential community and it has the pizazz to compliment. A fresh, fun atmosphere with a large bar area and just the right amount of dining room seating, customers feel like they are part of a community when they come to Paul's.

We hope you'll find the time to pay us a visit, have a drink and enjoy dinner with family or friends very soon. You won't be sorry you stopped by.

Let us host your upcoming party. Call and ask about our Catering options. Like us on Facebook: @Paulsdelineighborhoodrestaurant

Call for Daily Specials!



Paul's Deli & Neighborhood Restaurant (757) 565-2380 4345 New Town Avenue, Suite 100 Williamsburg, VA 23188







DR. KATHERINE De Vries TPKG

West Point Family Medicine

Proud Sponsor of Williamsburg Gymnastics



We are so excited for you to be BACK IN ACTION!



GO JOHNNY!

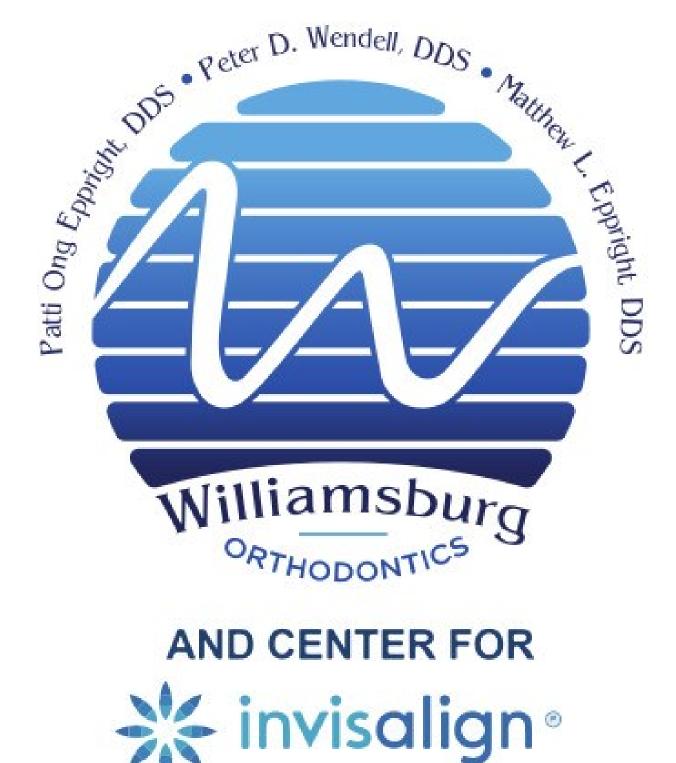


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Jeremy W. Baldwin, MD



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-Accepting New Patients-

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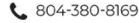




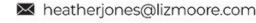








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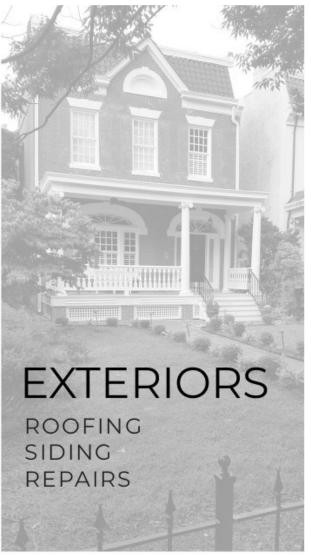












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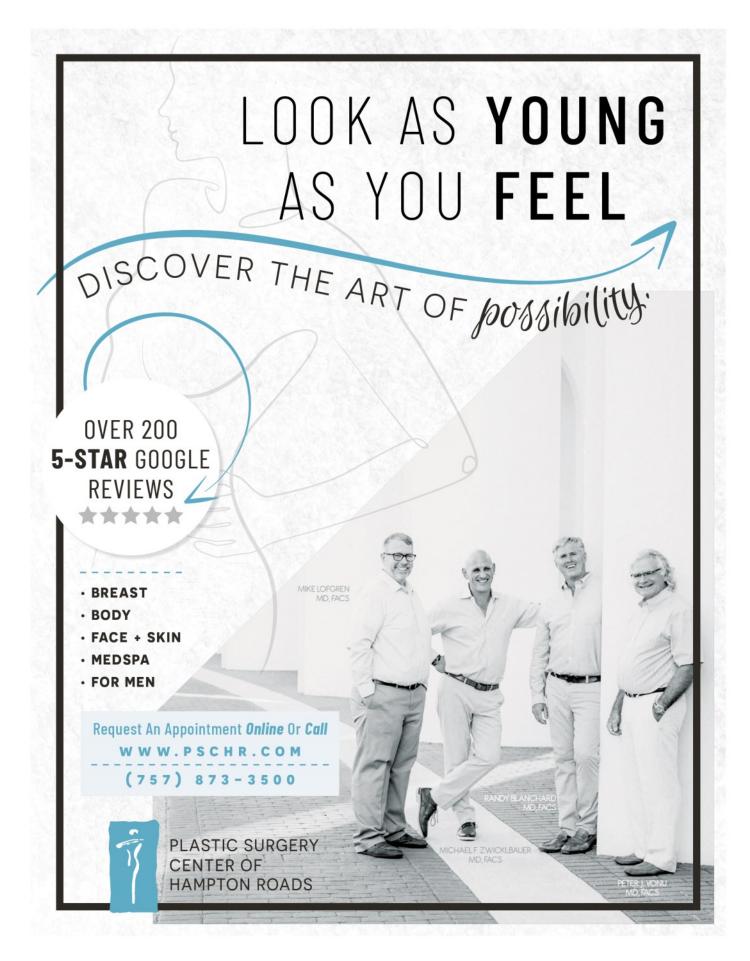




















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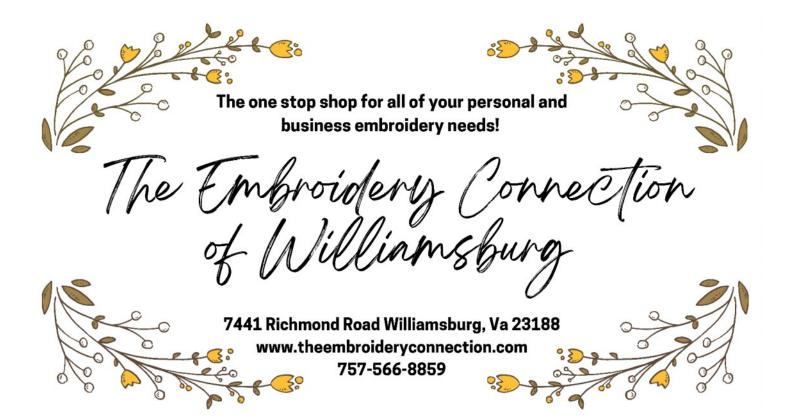
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contact@elsabormex.com











Williamsburg, \ shoptwotrolls.com









10 Harrison Avenue Williamsburg, VA 23185 757-229-3700

This year,

- 14,597 meals prepared
- 47,142 individuals served on our drive-thru food pantry
- 4,836 nights of emergency shelter provided
- 136 individuals housed from homelessness



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WilliamsburgHouseOfMercy.org

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10:30 AM SUNDAY SERVICE / 113 PALACE LANE. WILLIAMSBURG VA









Senior Salute — Class of 2022

Thank you for being a part of our family!

Emma Doherty













Trevor Eby

Hanover High School

Academic All-American

First place all-around for Regional Level 9

Qualified for and competed at National Championships—Level 10

Trevor will pursue a Bachelor of Science in computer science next year and hopes to continue competing.

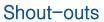




















Best wishes to Ayden and Atlee on your first meet this season! You both have been practicing so hard and will do great things!!

Can't wait to see you shine!

We love you and are so proud of you,

Ayden & Atlee!

Love, Pappy, Memaw, Auntie, Uncle Marco, Leila,

Leikin, Leveon, Mama, Daddy and Avery

Good Luck, Charlie Barber We Are Proud of You Love, Dad, Mom, Lucy, and Grammy Go Williamsburg Gymnastics!!

















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Be strong and courageous, Esther!

The Lord your God is with you, even at your first competition!!!

We are so proud of you! We love you!







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work and dedication, have a great and safe season! Love, Mom, Dad, Em and Alaina

We are very proud of your hard

Good Luck



Julia DeFelice



Congratulations, Evalyn Hart!

We are so proud of you and of all your accomplishments!

Have fun and enjoy your first competition!

We love you!

- Mom and Dad



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We are so proud of you!!



PATRICK WHITE







Nothing is impossible.
The word itself says
"I'm possible"...



Tyler, we are so proud of you!

Don't practice until you get it right: Practice until you can't get it wrong.

- The Lovelady Family







LANDEN WHITE

We are so proud of you!!









Believe in yourself and you will be unstoppable.



Way to go Abby, Lily and Alyssa!

"Reach for the stars, spread your wings and fly.

You never know what you can do 'til you try."

So proud of you all!



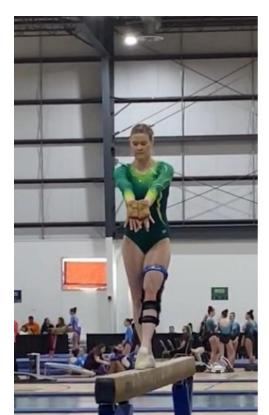
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Way to be, Stacey Lee! You, your attitude, hard work, persistence, and Williamsburg Gymnastics are a wonderfully effective combination!

Love, Mom & Dad Psalm 40:5



We are so proud of you!!





CARTER WHITE



You become what you believe.



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