



Dear Rhythmic Coaches, Parents and Gymnasts,

Rhythmflex Parents Association and Capital Rhythmics (formerly Rhythmflex) Gymnastics Club of Germantown, MD is hosting our **VII Annual Capital Challenge Invitational/Maryland State Championship** on March 5<sup>th</sup> - 7<sup>th</sup> of 2010, and we would like to extend an invitation for your Rhythmic club to attend. This year the competition will be held at the Trinity Center for Women and Girls in Sports at Trinity College in Washington, DC. This gym is the nation's largest facility dedicated to women and girls in sports providing a great venue for a rhythmic tournament with its beautifully finished wood floor, very high ceilings, and seating for over 1000 spectators.

Trinity College is located in northeast Washington, just 2.5 miles from the U.S. Capitol and Union Station, minutes from downtown, and close to Washington's Metrorail (Red Line, Brookland Station). It is easily accessible to all DC airports and other places of interest. Our host hotel, Crowne Plaza – Silver Spring offers a free shuttle service to/from the Metro and other places of interest. We are inviting teams from around the country and throughout the world, anticipating a great turnout out at all levels.

This year we will follow the last year format, i.e. MD State girls (Level 4 – 8) will be competing in the MD State Championship, while all of the girls will participate in the Capital Challenge competition. We hope your team will join us as this should be a great opportunity to compete and meet many of the best US and International rhythmic gymnasts.

Enclosed you will find registration forms and other information pertaining to our meet. Please, fill out the registration forms as completely as possible, and let us know if you consider attending. Our staff will be able to work with you to answer any question related to the meet. We are looking forward seeing you this March!

You can contact us electronically at:  
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Best Regards,

Irina Khurgin  
Meet Director, Rhythmflex Parents Association