



November 12, 2009

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 5th - 7th 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 from all DC airports and other places of interest. Our host hotel, Crowne Plaza – Silver Spring, offers free shuttle service to/from the Metro and other places of interest. We are inviting teams from around the country and throughout the world, and we anticipate a great turnout out at all levels.

Enclosed you will find registration forms and other information pertaining to our meet. Please fill out the registration forms as completely as possible, so we will be able to provide you with information related to registration fees and other details. Our staff will work with you to answer any questions 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