

Above the Bar Invitational February 22nd-23rd, 2025

**9701 Atlee Commons Drive
Ashland, VA 23005**

Athletes and Coaches will check in prior to parents being allowed in the gym. A 15-minute window is reserved to get them in the gym and on the floor to stretch. The specific times for check in for each session are on the session schedule.

Admissions:

Adult	\$ 15
Children (5-18) and Seniors	\$ 10
Children Under 5 are Free	

Good Luck Announcements

Purchased on Site—Get Creative—Support your Favorite Gymnast/Coach!

Big Prize Raffles:

\$500 Gift Card to IGC,
Half-off Week at Flip Fest (\$600 value)
\$450 in Tumbler Trak Equipment

Session Raffles:

\$50 Gift Card to Dicks Sporting Goods or
\$50 Gift Card to Ten-O
50/50 Raffles—Prize Depends on Your Cash Contributions!

Gymnastics T-Shirt Sales

Printed on Site!

Photography

We are also working on having Professional Photographers for Action Photography. You will be able to use their facial recognition technology to find your athlete's photos quickly. (Have a photo of your child available that you can upload to your account with them.) Orders will be shipped to your home after the competition. Flyer will be posted on the Website when Available.

Concessions

Concessions will be available at each session.

Local Hotels

avid hotel Richmond North - Ashland

10261 Washington Highway
Glen Allen, Virginia, 23059
804-800-5960

Fairfield Inn & Suites Richmond Ashland

11625 Lakeridge Parkway,
Ashland, VA, 23005
804.412.4800

Hampton Inn and Suites, Virginia Center

1101 Technology Park Drive
Glen Allen, VA 23059
804-261-2266

Country Inn & Suites® By Radisson, Hanover-Ashland, VA

11600 Lakeridge Parkway,
Ashland VA 23005
(804) 798-7378

SpringHill Suites by Marriott Richmond North/Glen Allen

9701 Brook Rd,
Glen Allen, VA 23059
(804) 266-9403

Directions from North to the Gym:

Rt. 95 South to Exit 86A towards Atlee onto Sliding Hill Road. Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

Directions from Beach areas and Williamsburg:

Take Rt 64 West and take Exit 200 towards US-60/Washington and merge onto Rt. 295N. In 13 miles, use the 2 left lanes to take exit 43A for I-95 toward Washington. Use the right lane to merge onto I-95 North. Take Exit 86-A-B right away and merge onto Sliding Hill Road (VA -656)

Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

From West and South West VA

Take I-64 East to Exit 177 for Interstate 295 North towards Airport/Washington/Norfolk. Go approximately 7.8 miles and take Exit 43-C-B-A for US I-95 toward Richmond/Washington. Continue to Exit 43 C and merge onto I-95 North towards Washington. Take Exit 86-A-B right away and merge onto Sliding Hill Road (VA -656)

Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

Area Restaurants

Kregger's Tap and Table

9523 Kings Charter Dr, Ashland, VA 23005

This cool, vibrant joint with a patio serves Southern-style pub grub, local craft beer & cocktails. Menu is on the Spicy Side.

Industrial Taphouse

10392 Leadbetter Rd, Ashland, VA 23005

Must try the Soft Pretzel with Beer Cheese! Sandwiches, salads, and a large beer list!

Vinny's Italian Grill

10221 Washington Hwy Suite A, Glen Allen, VA 23059

Islamorada Fish Company

11550 Lakeridge Pkwy, Ashland, VA 23005

Expansive seafood place in the Bass Pro Shop with a huge aquarium, fish trophies & rustic accents.

Mexico Restaurant

11670 Lakeridge Pkwy, Ashland, VA 23005

Red Robin Gourmet Burgers and Brews

10067 Brook Rd, Glen Allen, VA 23059

Chili's Grill & Bar

Creeks at Virginia Centre

9950 Brook Rd, Glen Allen, VA 23059

Gino's Ristorante Pizzeria

10118 Brook Rd, Glen Allen, VA 23059

Tasty Pizza and Italian Dishes.

Marty's Grill

9357 Atlee Rd, Mechanicsville, VA 23116

A Local Favorite! Loaded Tater Tots, Burgers, Sandwiches.

Arby's

10267 Washington Hwy, Glen Allen, VA 23059

Popeyes Louisiana Kitchen

10229 Washington Hwy, Glen Allen, VA 23059

Plus..... Many, Many More Favorites—Hello Google!