



## Xcel Regional Invitational Competition Information May 31<sup>st</sup>, June 1<sup>st</sup>, and June 2<sup>nd</sup> - 2019

Berks East Gymnastics extends our congratulations to your gymnasts on qualifying to the 2019 Region 7 Xcel Invitational. We hope you have a great trip and look forward to seeing you at the end of May. Please continue to check the [www.berkseastparents.wildapricot.org](http://www.berkseastparents.wildapricot.org) website for continued updates.

- Host Club:** Berks East Gymnastics (610)495-2214  
[www.berkseastparents.wildapricot.org](http://www.berkseastparents.wildapricot.org)
- Meet Director:** Mike Vanim  
Please send all inquiries to [pagymnast@gmail.com](mailto:pagymnast@gmail.com)  
Phone: (610) 495-2214
- Competition Site:** Ursinus College – Floy Lewis Bakes Center  
601 E Main St  
Collegeville, PA 19426  
*\*See the directions page in this packet*
- Airports:** Philadelphia International Airport, 8800 Essington Ave, Philadelphia PA 19153  
is 50 minutes from the meet site.
- Awards:** Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session.
- Coaches Meeting:** There will be a coaches meeting at the beginning of each session.
- Schedule:** Will be posted on [www.berkseastparents.wildapricot.org](http://www.berkseastparents.wildapricot.org) and [www.pagymnastics.com](http://www.pagymnastics.com)
- Directions:** Please see the information located on the "Directions" page.
- Entry Fee(s):** The entry fee is \$95.00 per gymnast. Must use MEETMAKER to register for the meet. **Registration date is May 12<sup>th</sup> or when the meet is full.**  
The qualifying score is 34.50 for AA athletes. A \$25 late fee per gymnast will be applied for entries received after May 12<sup>th</sup>



**Entry Form:** Entry forms will be submitted electronically through meetmaker.com.

**Equipment:** Vault: Janssen Fritsen with 12cm mats  
Bars: AAI Elite Uneven Bars with 12 cm mats  
Beam: Mancino beam with 12 cm mats  
Floor: Mancino

Modified Capital Cup Format

**Floor Music:** Please select your music type when registering your athletes.

**Gate Fees:**

Ages	One Day	Two Day
Ages 5 & under	Free	Free
Ages 6 & up	\$10.00	\$15.00
Senior Citizens over 65	\$5.00	\$10.00

*\*\*All competitors may attend other sessions free of charge. Please have athlete badge with you.*

**Hotel Information:** See hotel information on the [berkseastparents@wildapricot.org](mailto:berkseastparents@wildapricot.org) website.

**Meet Updates:** Information and updates will be sent to the email on the registration through meetmaker.com

**Seniors:** Please make sure your graduating seniors fill out and return the bio information form to berkseast@gmail.com by May 12<sup>th</sup>, 2019.

**Scores:** Scores will be posted following the completion of each session and available online at [www.pagymnastics.com](http://www.pagymnastics.com).

**USAG Cards:** Coaches not pre-registers MUST HAVE your current USAG Pro-member card and photo ID at check in. PLEASE PRE-REGISTER ALL YOUR COACHES







# 2019 Xcel Regional Competition

## SENIOR INFORMATION FORM

Please have your senior athletes complete this form and return via email to [berkseast@gmail.com](mailto:berkseast@gmail.com). We must have this form by March 24th. If we do not have the form by this date we may not be able to recognize the senior for the meet.

NAME: \_\_\_\_\_

Email: \_\_\_\_\_ State: \_\_\_\_\_ Age Group: \_\_\_\_\_

PARENT'S NAMES: \_\_\_\_\_

CLUB: \_\_\_\_\_

COACHES: \_\_\_\_\_

YEARS IN GYMNASTICS: \_\_\_\_\_

CAREER HIGHLIGHTS: \_\_\_\_\_

\_\_\_\_\_

FUTURE PLANS and WORDS OF WISDOM FOR YOUNGER ATHLETES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Meet Site:**  
**Ursinus College**  
**601 E Main St**  
**Collegeville PA 19426**

**To Ursinus College from Philadelphia (Schuylkill Expressway):**

- Head northwest on I-76 W toward Exit 337 9.8 mi
- Take exit 327-328A-328B for US-202 N toward US-422 W/King of Prussia/W Chester/Pottstown 331 ft
- Take exit 328A on the left to merge onto US-422 W toward Pottstown 9.6 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville 1.9 mi
- Continue to follow PA-29 N/S Collegeville Rd .07 mi
- Slight left onto Park Ave 0.1 mi
- Continue onto W 5th Ave 240 ft
- Turn left onto E Main St/Ridge Pike 266 ft
- Take the 1st right, Destination will be on the left

**To Ursinus College from Philadelphia from Allentown/Bethlehem via I-476 (PA Turnpike Northeast Extension)**

- Head northwest on I-76 W toward Exit 337 9.8 mi
- Take exit 327-328A-328B for US-202 N toward US-422 W/King of Prussia/W Chester/Pottstown 331 ft
- Take exit 328A on the left to merge onto US-422 W toward Pottstown 9.6 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville 1.9 mi
- Continue to follow PA-29 N/S Collegeville Rd 0.7 mi
- Slight left onto Park Ave 0.1 mi
- Continue onto W 5th Ave 240 ft
- Turn left onto E Main St/Ridge Pike 266 ft
- Take the 1st right, Destination will be on the left

**To Ursinus College from Reading/Pottstown:**

- Head southeast on US-422 E 15.8 mi
- Take the exit toward Collegeville 0.4 mi
- Turn left onto PA-29 N/S Collegeville Rd/Phoenixville, Collegeville Rd, Continue to follow PA-29 N/S Collegeville Rd 1.9 mi
- Slight left onto Park Ave 0.7 mi
- Continue onto W 5th Ave 0.1 mi
- Turn left onto E Main St/Ridge Pike 240 ft
- Take the 1st right, Destination will be on the left 266 ft

**To Ursinus College from Delaware and points south:**

- Head northeast on I-95 N 6.0 mi
- Take exit 7 for Interstate 476 N toward Plymouth/Meeting 0.8 mi
- Merge onto I-476 N 15.8 mi
- Take exit 16B to merge onto I-76 W toward Valley Forge 4.2 mi
- Take exit 327-328A-328B for US-202 N toward US-422 W/King of Prussia/W Chester/Pottstown 331 ft
- Take exit 328A on the left to merge onto US-422 W toward Pottstown 9.6 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville 1.9 mi
- Continue to follow PA-29 N/S Collegeville Rd 0.7 mi
- Slight left onto Park Ave 0.1 mi
- Continue onto W 5th Ave 240 ft
- Turn left onto E Main St/Ridge Pike 266 ft
- Take the 1st right, Destination will be on the left

**To Ursinus College from PA Turnpike (exit 326):**

- Head southeast on I-76 E toward Exit 327 0.3 mi
- Take exit 328A for US-202 S/US-422 W/Swedestown Rd toward W Chester/Pottstown 417 ft
- Keep right at the fork, follow signs for US-422 W and merge onto US-422 W 8.8 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville, Continue to follow PA-29 N/S Collegeville Rd 1.9 mi
- Slight left onto Park Ave 0.7 mi
- Continue onto W 5th Ave 0.1 mi
- Turn left onto E Main St/Ridge Pike 240 ft
- Take the 1st right, Destination will be on the left 266 ft

### To Ursinus College from New Jersey North via I-78:

- Head west on I-78 W, Partial toll road Entering Pennsylvania 50.2 mi
- Take exit 53 to merge onto PA-309 N toward Tamaqua 1.8 mi
- Take the exit onto US-22 W toward Harrisburg 0.8 mi
- Take the exit onto I-476 S toward Philadelphia, Toll road 27.3 mi
- Take exit 31 for PA-63 toward Lansdale, Toll road 0.8 mi
- Turn right onto PA-63 W/Sumneytown Pike, Continue to follow PA-63 W 3.8 mi
- Turn left onto PA-113 S/Harleysville Pike/Souderton-Harleysville Pike, Continue to follow PA-113S 7.4 mi
- Turn left onto PA-29 S/Gravel Pike/Sumneytown Pike, Continue to follow PA-29 S 1.7 mi
- Turn right onto E Main St/Ridge Pike 0.6 mi
- Turn right, Destination will be on the left 266 ft

### To Ursinus College from New Jersey West Central via US 202:

- Head south on NJ-31 S/US-202 S/Rte 31 S, Continue to follow US-202 S, Partial toll road, Entering PA 13.0 mi
- Slight right to stay on US-202 S 3.0 mi
- Slight left onto US-202 16.1 mi
- Slight right onto Swede Rd 0.9 mi
- Turn right onto W Germantown Pike 7.6 mi
- Continue onto E Main St/Ridge Pike 0.6 mi
- Turn right, Destination will be on the left 266 ft

### To Ursinus College from East Central via I-95:

- Head southwest on I-95 S, Toll road 3.7 mi
- Continue onto New Jersey Turnpike S, Partial toll road 8.8 mi
- Slight right onto I-276 W (signs for Pennsylvania Turnpike/Florence/US-130), Toll road, Entering PA 38.8 mi
- Take exit 326 to merge onto I-76 E toward Valley Forge/US-202/I-476/Philadelphia 1.1 mi
- Take exit 328A for US-202 S/US-422 W/Swedestord Rd toward W Chester/Pottstown 417 ft
- Keep right at the fork, follow signs for US-422 W and merge onto US-422 W 8.8 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville 1.9 mi
- Continue to follow PA-29 N/S Collegeville Rd 0.7 mi
- Slight left onto Park Ave 0.1 mi
- Continue onto W 5th Ave 240 ft
- Turn left onto E Main St/Ridge Pike 266 ft
- Take the 1st right, Destination will be on the left

### To Ursinus College from South:

- Head northwest on Atlantic City Expy W Toll road 11.2 mi
- Continue onto NJ-42 N 7.2 mi
- Continue onto I-76 W 2.0 mi
- Slight right onto I-676 N (signs for Camden/B Franklin Bridge), Partial toll road, Entering Pennsylvania 5.7 mi
- Take the exit onto I-676 W/U.S. 30 W toward Central Phila 1.5 mi
- Keep left at the fork, follow signs for I-76 W/US-30 W/Valley Forge and merge onto I-76 W/U.S. 30 W, Continue to follow I-76 W 16.7 mi
- Take exit 327-328A-328B for US-202 N toward US-422 W/King of Prussia/W Chester/Pottstown 331 ft
- Take exit 328A on the left to merge onto US-422 W toward Pottstown 9.6 mi
- Exit onto PA-29 N/S Collegeville Rd/Phoenixville Collegeville Rd toward Collegeville 1.9 mi
- Continue to follow PA-29 N/S Collegeville Rd 0.7 mi
- Slight left onto Park Ave 0.1 mi
- Continue onto W 5th Ave 240 ft
- Turn left onto E Main St/Ridge Pike 266 ft
- Take the 1st right, Destination will be on the left





# VENDORS & DINING INFORMATION

## Vendors include:

\*\*\* Sponsor – Alpha Factory

## Dining:

<b>Bonjung Japanese Restaurant</b> 50 W. 3rd Ave Collegeville, PA	610-489-7022	<a href="http://www.bonjungssushi.com">www.bonjungssushi.com</a>
<b>WIBS wings ribs and more</b> 1850 Collegeville Rd Collegeville, PA	610-489-1350	<a href="http://www.wibswingsribsmore.com">www.wibswingsribsmore.com</a>
<b>Thai Basil Bistro</b> 305 2nd. Ave. Collegeville, PA	610-489-3633	
<b>Elevation Burger</b> Providence Town Center	610-831-1360	<a href="http://collegeville.elevationburger.com">http://collegeville.elevationburger.com</a>
<b>Firebirds Wood Fire Grill</b> Providence Town Center	484-902-1850	<a href="http://www.firebirdsrestaurants.com">http://www.firebirdsrestaurants.com</a>
<b>Movie Tavern</b> Providence Town Center	610-831-9500	<a href="http://www.movietavern.com">www.movietavern.com</a>
<b>Kiwi Yogurt</b> Providence Town Center	484-902-8246	<a href="http://kiwifrozenyogurt.com">http://kiwifrozenyogurt.com</a>
<b>Rocco's Pizza Of Collegeville</b> 201 2nd Ave Collegeville, PA	610-831-0100	<a href="http://www.roccosbrickoven.net">www.roccosbrickoven.net</a>
<b>Phamous Phils BBQ</b> 3839 Germantown Pike Collegeville, PA	610-489-7675	<a href="http://www.phamousphilsbbq.com">www.phamousphilsbbq.com</a>
<b>Marzella's Pizza</b> 488 E. Main St Collegeville, PA	610-489-4946	
<b>The Olive Garden</b> Providence Town Center	610-831-8814	<a href="http://www.olivegarden.com">www.olivegarden.com</a>
<b>My Friend's Tavern</b> 315 E. Main St. Collegeville, PA	610-489-1808	<a href="http://www.myfriendstavern.com">www.myfriendstavern.com</a>
<b>Osteria</b> 3835 Germantown Ave Collegeville, PA	610-489-9886	<a href="http://www.osteriaevansburg.com">www.osteriaevansburg.com</a>
<b>PF Chang's</b> Providence Town Center	610-489-0110	<a href="http://www.pfchangs.com">http://www.pfchangs.com</a>
<b>Champps Sports Bar</b> Providence Town Center	610-454-1003	<a href="http://www.champps.com">www.champps.com</a>



<b>Zoup</b> Providence Town Center	610-409-6100	<a href="http://www.zoup.com">www.zoup.com</a>
<b>Appalachian Brewing Company</b> 50 W. 3rd Ave. Collegeville, PA	484-973-6064	<a href="http://www.abcbrew.com">www.abcbrew.com</a>
<b>Collegeville Diner</b> 290 E. Main St. Collegeville, PA	610-409-9600	<a href="http://www.collegevillediner.com">www.collegevillediner.com</a>
<b>Tortuga's Mexican Eatery</b> 305 2nd Ave. Collegeville, PA	610-489-0600	<a href="http://www.tortugasmv.com">www.tortugasmv.com</a>
<b>DiVinci's Pub</b> 215 Main St. Collegeville, PA	610-831-1955	<a href="http://www.davincispub.com">www.davincispub.com</a>
<b>Speck's (chicken)</b> 3969 Ridge Pike Collegeville, PA	610-489-2110	<a href="http://www.speckschicken.com">www.speckschicken.com</a>
<b>Palermo's Pizza</b> 430 W. Main St. Trappe, PA	484-902-8396	<a href="http://www.palermospizzamenu.com">www.palermospizzamenu.com</a>
<b>Starbucks</b> Providence Town Center	610-489-3563	<a href="http://www.starbucks.com">http://www.starbucks.com</a>
<b>Qdoba</b> Providence Town Center	610-409-5615	<a href="http://www.qdoba.com">www.qdoba.com</a>
<b>Dunkin Donuts</b> 125 Gravel Pike Collegeville, PA	610-489-4343	<a href="http://www.dunkindonuts.com">www.dunkindonuts.com</a>
<b>Providence Town Center</b> Rt 422 and Rt 29		



# PLACES OF INTEREST



**Providence Town Center**  
Rt 422 and Rt 29  
Collegeville, PA 19426  
M-F 10-9, Sat 10-9:30, Sun 10-6

Located in Upper Providence Township in Montgomery County, Providence Town Center is the home to popular stores, such as Wegmans, Best Buy, Dicks, P.F.Changs, Olive Garden, Ulta, just to name a few.



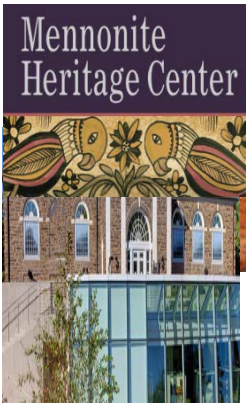
**Philadelphia Premium Outlets**  
18 W Lightcap Rd Ste 880  
Limerick, PA 19464  
(610) 495-9000  
M-Sat 10 - 9 pm, Sun 10 - 7 pm

Find impressive savings at designer and name brand outlet stores.



**Elmwood Zoo**  
1661 Harding Blvd  
Norristown PA  
610.277.3825  
Open Daily 10-4

Elmwood Park Zoo is dedicated to providing the community with varied learning experiences that encourage people to get involved in wildlife and environmental conservation activities.



**Menonite Heritage Center**  
565 Yoder Rd  
Harleysville PA  
215-256-3020  
Tues-Fri 10-5 pm; Sat 10-2 pm

A museum and historical library dedicated to preserving and sharing the stories of Menonite faith and life in eastern Pennsylvania.



**Wharton Esherick Museum**  
1520 Horseshoe Trail  
Malvern, PA 19355  
610-644-5822  
Tours by appt ONLY

A National Historic Landmark for Architecture, his hilltop studio/residence, with more than 200 of his works on exhibition, has been preserved much as it was when the artist lived and worked there.



**Berman Museum of Art at Ursinus College**  
601 E. Main Street  
Collegeville, PA 19426-1000  
610-409-3000  
Tues-Fri 10-4; Sat/Sun noon to 4:30

Named for the late philanthropists Philip and Muriel Berman, the Museum is regarded as one of the nation's finest small college art museums. The museum program is fully accredited by the American Association of Museums and houses over 4,000 paintings, prints, drawings, sculpture, decorative, and cultural objects representing a broad array of art historical genres.

**Valley Forge National Historical Park**

1400 North Outer Line Drive  
King of Prussia, PA 19406  
Park grounds 7:00 AM to dark  
Visitor Center 9:00-5:00 PM daily

Valley Forge was the site of the 1777-78 winter encampment of the Continental Army. The park commemorates the sacrifices and perseverance of the Revolutionary War generation and honors the ability of citizens to pull together and overcome adversity during extraordinary times.

**Jenkins Arboretum**

631 Berwyn Baptist Road  
Devon, PA 19333  
Phone: (610) 647-8870  
Open Daily 9-4

Jenkins Arboretum & Gardens is one of eastern Pennsylvania's great horticultural and environmental assets. As a botanical garden, the Arboretum maintains a collection of trees, shrubs, wildflowers and ferns in a tranquil, naturalistic landscape.

**Evansburg State Park**

851 May Hall Rd.  
Collegeville, PA 19426-1202  
610-409-1150

A State Park, its main natural feature, the Skippack Creek, has dissected the land into ridges and valleys that create feelings of enclosures and provide scenic views.

**John James Audubon Center at Mill Grove**

1201 Pawlings Road  
Audubon, PA 19403  
(610) 666-5593  
Museum Hours: Tues-Sat 10-4, Sun 1-4  
Sanctuary: Tues-Sun 7-Dusk

Today, 175 acres of Mill Grove's original estate remains largely as Audubon found it - a haven for birds and wildlife. The property boasts more than seven miles of trails and stunning views of the Perkiomen Creek.

**Norristown Farm Park**

2500 Upper Farm Road  
Norristown, PA 19403  
610-270-0215

Norristown Farm Park is a working farm in continuous use since colonial times. The 690-acre park is home to 71 species of wildlife, fish, reptiles and amphibians; 173 species of birds; 89 species of trees; and 216 species of wildflowers. Here you will find hiking trails, a trout nursery, picnic areas, and 15 historic buildings on the property, the earliest dating from 1764.

**Augustus Lutheran Church**

717 West Main Street  
Trappe, PA 19426  
Phone: (610) 489-9625  
Mon-Fri 9:00 a.m. - 3:00 p.m

The first church building of Augustus Lutheran Church is still standing and is the oldest unchanged Lutheran Church building in continuous use in the United States.

**Valley Forge Casino Resort**

1160 First Avenue  
King of Prussia PA 19406  
610.354.8118

The Valley Forge Casino Resort is the region's only full-amenity gaming resort with live table games and all the latest and greatest slot machines.





**Pennypacker Mills**

5 Haldeman Rd.  
Schwenksville, PA 19473-1844  
(610) 287-9349  
Open Tues-Sat 10am - 4pm, Sun 1 - 4

Pennypacker Mills was the summer estate of former Pennsylvania Governor Samuel W. Pennypacker. It was and is a 135-acre working "Gentleman's Farm." The landscaped 15 acres, which was reserved for family recreation and the mansion, are the subject of the site today.



**Footlighters Theater**

58 Main St  
Berwyn PA  
610-296-9245

Footlighters Theater is a non-profit community theater. Founded in 1929, Footlighters Theater is the Main Line's oldest community theater providing theater arts productions for the region.

