



## Region VII - Level 8 Championships

### April 5, 6, 7 - 2019

Berks East Gymnastics extends our congratulations to your gymnasts on qualifying to the 2019 Level 8 Regional Championship. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the [www.berkseastparents.wildapricot.org](http://www.berkseastparents.wildapricot.org) [www.pagymnastics.com](http://www.pagymnastics.com) websites 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
- Regional Meet Questions:** Jen Bortz - [jbortz7rac@gmail.com](mailto:jbortz7rac@gmail.com)
- Competition Site:** 422 Sportsplex  
1400 Industrial Hwy  
Pottstown, PA 19464
- Airports:** Philadelphia International Airport, 8800 Essington Ave, Philadelphia PA 19153  
is 50 minutes from the meet site.
- Age Groups:** Age groups will be posted once all entries are received.  
State Competition session will be on Saturday Night
- 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:** **Athlete Rosters with age group and session assignments, as well as the meet schedule will be posted on the Region 7 website. -**  
<https://www.region7usagym.com/>
- Directions:** Please see the information located on the "Directions" page.
- Entry Fee(s):** The entry fee is \$105.00 per gymnast. Must use MEETMAKER to register for the meet. The qualifying score is 35.00 for AA athletes.
- Scores:** Scores will be streamed live online during the meet to [myusagym.com](http://myusagym.com) and [MeetScoresOnline.com](http://MeetScoresOnline.com), posted locally following each session, and final results will be posted on the Region 7 website.
- ALL INFORMATION:** Information will be posted on the Region 7 website first -  
<https://www.region7usagym.com/>



**Entry Form:** Entry forms will be submitted electronically through [meetmaker.com](http://meetmaker.com).

**Equipment:** Vault: Janssen Fritsen with 12cm mats  
Bars: AAI Elite Uneven Bars with 12 cm mats  
Beam: AAI Janssen Fritsen beam with 12 cm mats  
Floor: Mancino (2 competition floors)  
Modified Capital Cup Format

**Floor Music:** **All music must be in an electronic format.** Please have your music checked in as soon as you arrive.

**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](http://meetmaker.com)**

**Petition Forms:** If you need to petition an athlete, the petition form must be sent to JENNIFER BORTZ, RACC - [JBortz7rac@gmail.com](mailto:JBortz7rac@gmail.com)

**Seniors:** Please make sure your graduating seniors fill out and return the bio information form to [berkseast@gmail.com](mailto:berkseast@gmail.com) by March 18, 2019.

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

**USAG Cards:** Coaches MUST HAVE your current USAG Pro-member card at sign-in.





## 2019 Level 8 Regional Championships HOTEL INFORMATION

[Days Inn by Wyndham](#) - 1600 Industrial Highway, Pottstown, PA 19464 US

[Americas Best Value Inn Pottstown](#) - 29 E High Street, Pottstown, PA 19464 US

[Quality Inn](#) - 61 W King St, Pottstown, PA 19464 US

[Comfort Inn](#) - 99 Robinson Street, Pottstown, PA 19464 US

[Hampton Inn, Limerick](#) - 430 Linfield Trappe Rd, Limerick, PA 19468

## 2019 Level 8 Regionals Championship DINING INFORMATION

### Dining:

<b>Bonjung Japanese Restaurant</b> 50 W. 3rd Ave Collegeville, PA	610-489-7022	<a href="http://www.bonjungsushi.com"><u>www.bonjungsushi.com</u></a>
<b>WIBS wings ribs and more</b> 1850 Collegeville Rd Collegeville, PA	610-489-1350	<a href="http://www.wibswingsribsmore.com"><u>www.wibswingsribsmore.com</u></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"><u>http://collegeville.elevationburger.com</u></a>
<b>Firebirds Wood Fire Grill</b> Providence Town Center	484-902-1850	<a href="http://www.firebirdsrestaurants.com"><u>http://www.firebirdsrestaurants.com</u></a>
<b>Movie Tavern</b> Providence Town Center	610-831-9500	<a href="http://www.movietavern.com"><u>www.movietavern.com</u></a>
<b>Kiwi Yogurt</b> Providence Town Center	484-902-8246	<a href="http://kiwifrozenyogurt.com"><u>http://kiwifrozenyogurt.com</u></a>
<b>Rocco's Pizza Of Collegeville</b> 201 2nd Ave Collegeville, PA	610-831-0100	<a href="http://www.roccosbrickoven.net"><u>www.roccosbrickoven.net</u></a>
<b>Phamous Phils BBQ</b>	610-489-7675	<a href="http://www.phamousphilsbq.com"><u>www.phamousphilsbq.com</u></a>

3839 Germantown Pike Collegeville, PA

**Marzella's Pizza** 610-489-4946

488 E. Main St Collegeville, PA

**The Olive Garden** 610-831-8814

Providence Town Center

[www.olivegarden.com](http://www.olivegarden.com)

**My Friend's Tavern** 610-489-1808

315 E. Main St. Collegeville, PA

[www.myfriendstavern.com](http://www.myfriendstavern.com)

**Osteria** 610-489-9886

3835 Germantown Ave Collegeville, PA

[www.osteriaevansburg.com](http://www.osteriaevansburg.com)

**PF Chang's** 610-489-0110

Providence Town Center

<http://www.pfchangs.com>

**Champps Sports Bar** 610-454-1003

Providence Town Center

[www.champps.com](http://www.champps.com)

**Zoup** 610-409-6100

Providence Town Center

[www.zoup.com](http://www.zoup.com)

**Appalachian Brewing Company** 484-973-6064

50 W. 3rd Ave. Collegeville, PA

[www.abcbrew.com](http://www.abcbrew.com)

**Collegeville Diner** 610-409-9600

290 E. Main St. Collegeville, PA

[www.collegevillediner.com](http://www.collegevillediner.com)

**Tortuga's Mexican Eatery** 610-489-0600

305 2nd Ave. Collegeville, PA

[www.tortugasmv.com](http://www.tortugasmv.com)

**DiVinci's Pub** 610-831-1955

215 Main St. Collegeville, PA

[www.davincispub.com](http://www.davincispub.com)

**Speck's (chicken)** 610-489-2110

3969 Ridge Pike Collegeville, PA

[www.speckschicken.com](http://www.speckschicken.com)

**Palermo's Pizza** 484-902-8396

430 W. Main St. Trappe, PA

[www.palermospizzamenu.com](http://www.palermospizzamenu.com)

**Starbucks** 610-489-3563

Providence Town Center

<http://www.starbucks.com>

**Qdoba** 610-409-5615

Providence Town Center

[www.qdoba.com](http://www.qdoba.com)

**Dunkin Donuts** 610-489-4343

125 Gravel Pike Collegeville, PA

[www.dunkindonuts.com](http://www.dunkindonuts.com)





# 2019 Level 8 Regionals Championship

## 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 18th. If we do not have the form by this date we will 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: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 2019 Level 8 Regional Championships

## 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

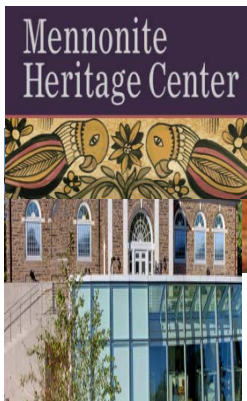
Find impressive savings at designer and name brand outlet stores.



### **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.



### **Mennonite 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 Mennonite 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.



## DIRECTIONS

The 422 SportsPlex is conveniently located just off of the Armand Hammer Exit of U.S. Route 422 in Pottstown.

### From points West (Reading, PA)

Take Route 422 E. past Route 100, then take exit for Armand Hammer Blvd exit.  
 Turn left at stop sign at end of ramp. (Industrial Hwy) The 422 SportsPlex is on left 500 feet ahead.

### From points East (King of Prussia, PA)

Take Route 422 W., exit at Armand Hammer Blvd.  
 Go straight thru stop light at end of ramp. The 422 SportsPlex is on left 1000 feet ahead.

### From points North (Boyertown, Allentown, PA)

Take Route 100 South to Route 422 E. Travel 1.6 miles on 422 to exit for Armand Hammer Blvd.  
 Turn left at stop sign at end of ramp.(Industrial Hwy) The 422 SportsPlex is on left 500 feet ahead.

### From points South (Exton, West Chester, PA)

Take Route 100 N. to Route 422. Travel 1.6 miles on 422 to exit for Armand Hammer Blvd.  
 Turn left at stop sign at end of ramp. (Industrial Hwy) The 422 SportsPlex is on left 500 feet ahead.