



Level 7 State Competition COMPETITION INFORMATION April 23, 24 - 2016

Berks East Gymnastics extends our congratulations to your gymnasts on qualifying to the 2016 Level 7 State Competition. 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 www.pagymnastics.com websites for continued updates.

- Host Club:** Berks East Gymnastics
(610)495-2214
www.berkseastparents.wildapricot.org
- Meet Director:** Mike Vanim
Please send all inquiries to pagymnast@gmail.com
Phone: (610) 495-2214
- Competition Site:** Ursinus College - Field House
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.
- Age Groups:** Age groups will be posted on PA USAGym - pagymnastics.com.
- Awards:** Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session in the upstairs gymnasium. Awards will be distributed per state guidelines.
- Coaches Meeting:** There will be a coaches meeting at the beginning of each session.
- Schedule:** Will be posted on www.berkseastparents.wildapricot.org and www.pagymnastics.com
- Directions:** Please see the information located on the "Directions" page.
- Entry Fee(s):** The entry fee is \$100.00 per gymnast. Must use MEETMAKER to register for the meet. The qualifying score is 33.00 for AA athletes. A \$25 late fee per gymnast will be applied for entries received after April 9th



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: 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 website.

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

Petition Forms: If you need to petition an athlete, the petition form must be sent to Donna Guenther (SACC). Email: somertongymnastics@gmail.com

Seniors: Please make sure your graduating seniors fill out and return the bio information form to berkseast@gmail.com by April 6, 2016.

Scores: Scores will be posted following the completion of each session and available online at the www.pagymnastics.com.

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



USA GYMNASTICS®

Pennsylvania

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



2016 Level 7 State Competition

HOTEL INFORMATION

Courtyard by Marriott Philadelphia Valley Forge/Collegeville

\$109.00

80 rooms per night (25 double queen, 55 king with pull-out)

Discounted group rate: \$109 (with breakfast available to purchase in the Bistro)

Rate including breakfast: \$129

No attrition Rates are non-commissionable

Notes: The client might also like to know we are located less than 3 miles from Ursinus College and are conveniently located across the street from the Providence Town Center, home too many great shops and restaurants, as well as Movie Tavern and Wegman's.

[Book your group rate for berks East Gymnastics - April](#)

Crowne Plaza - Valley Forge/Liberty Conference Center

\$129.00

Link: [2016 Level 7 PA State Gymnastics Meet](#)

Fairfield Inn Philadelphia - Valley Forge

\$119.00

Link: [Book your group rate for 2016 Level 7 PA Sate Gymnastics Meet](#)

Holiday Inn Express Hotel & Suites - King of Prussia

\$109.00

20 doubles – Friday, Saturday, Sunday

No attrition with 30-day cutoff. Quoted rate is non-commissionable.

Hot breakfast buffet included in rate. Info sheet attached.

Link: [Level 7 PA State Gymnastics](#)

Hilton Garden Inn---Valley Forge/Oaks

\$119.-\$129.

2016 Level 7 State Competition

VENDORS & DINING INFORMATION

Vendors include:

- **GK Leotards**
- **Fine Designs**
- **Team Photo**

Dining:

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

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



USA GYMNASTICS®

Pennsylvania



2016 Level 7 State Competition

SENIOR INFORMATION FORM

Please have your senior athletes complete this form and return via email to berkseast@gmail.com. We must have this form by April 6th. 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: _____



2016 Level 7 State Competition

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.



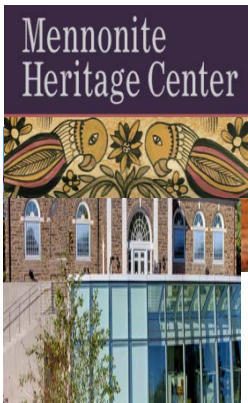
Philadelphia Premium Outlets
18 W Lightcap Rd Ste 880
Limerick, PA 19464
(610) 495-9000
M-Sat 10 - 9 pm, Sun 10 - 7 pm

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.



USA GYMNASTICS®

Pennsylvania
