



# **Level 9 Regional's**

## **April 17, 18, 19, 2009**

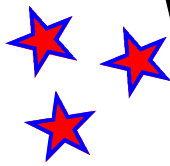
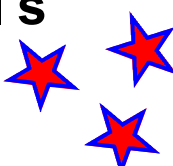
**The Parkettes National Gymnastics Training Center  
extends  
their congratulations to your gymnasts on qualifying  
to  
Level 9 Regional's.**

**We are looking forward to meeting you in Allentown.**

**In this packet you will find the following information:**

- \* Fact sheet**
- \* Entry form**
- \* Sr. Bio Sheet**
- \* Hotel Information**
- \* Directions to Parkettes Gym**

**Please continually check our website:  
[Parkettes.com](http://Parkettes.com) for continual updates.**

 **Welcome to the Level 9 Regional's** 

**Hosted by:**

**Parkettes National Gymnastics Training Center**  
**401 Martin Luther King Jr. Dr., Allentown, PA. 18102**

**Meet Director:** Julie Emerick  
**Phone:** 610-433-0011 ext. 228 **Fax:** 610-433-8948  
**E-Mail:** jemerick@parkettes.com

**Warm-up and Competition Equipment:**  
AAI Bars, Beam, Floor and Vault Table and Boards

**Entry Fee:** \$90.00 per gymnast  
**Qualifying States:** 34.00 at States

**Age Group Break Down:** will be determined by USAG.  
8 Jr. and 8 Sr. Divisions

**Awards:** Will be given as per Rules and Policy

**Meet Times:** The Parkettes will post meet times on our web site when determined.

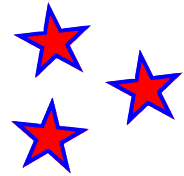
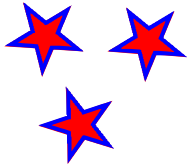
**Admission Fee:** \$8.00 adults, \$5.00 children

**Senior Bio's:** Please have all girls who will be graduating complete the Sr. Bio and return with a picture to the Parkettes Gym by April 7, 2009

**All correspondence for the meet will be done by email, Be sure to provide an email address on the registration form that will be checked frequently.**



# ***HOTEL INFORMATION***



## **The Official Hotel Headquarters for Parkettes**

**Holiday Inn and Conference Center  
7736 Adrienne Drive  
Breinigsville, PA 18031  
610-391-1000**

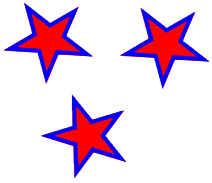
**Lodging for Parkette sponsored events will be \$99.00 per night**  
This special rate is exclusive for the Parkettes. Please "Parkette Rate."

### **From the Hotel to the Parkette Gym**

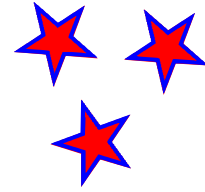
Exit on Adrienne Dr exit on to Route 100 next to the Burger King. .  
Turn Right onto PA-100. Merge onto US-222 N via the ramp on the Left toward Allentown. US-222 N becomes PA-222 N/ Hamilton Blvd. Continue STRAIGHT passing Dorney Park on your left. At Cedar Crest Blvd (Perkins on your right) count this as light #1, Continue to the 4<sup>th</sup> light, Turn right onto 24<sup>th</sup> Street. Follow this to 1<sup>st</sup> light turn left on to Martin Luther King Dr. Continue through 2 lights (Wachovia Bank sign will be on your left.) Pass the apartments on the left, Road will bend to the left, gym is immediately after on the left, our parking lot is across the street.

### **From the Parkette Gym to the Hotel**

From the parking lot across from the gym, turn left and continue down Martin Luther King Jr Drive, at the 3rd light turn right on to 24th Street. Follow to the end turning left on to Hamilton Blvd. This will become PA-222 bypass (Fred Jandl Hwy) Continue on this highway to Route 100 North. Turn right off the exit to Route 100 North go over the RR track. Turn Left on to Penn Drive, and immediately right on to Sycamore Rd. Follow around to the Holiday Inn.



# **Level 9 Regional's 2009 Senior Bio**



**Please have your gymnasts who are seniors complete this form and return to Parkettes National Gymnastics Training Center, 401 Martin Luther King Jr, Dr, Allentown, PA. 18102, Attention: Level 9 Regional's before April 7, 2009.**

**Gymnasts Name:**

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**Team Name:**

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**Coaches Name:**

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**High School:**

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**College attending or future plans after graduation:**

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**Highlights of your gymnastics career:**

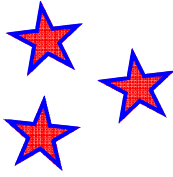
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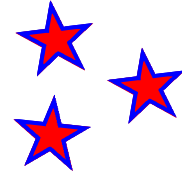
**Words of Wisdom you would pass down to your teammates:**

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## Directions to the Parkettes Gym



### **To the Parkettes Gym from Philadelphia and Points South (via PA 476/Northeast Extension)**

Begin Heading North on I-476 N  
Merge onto US-22 E via EXIT 56 toward PA-309/I-78 E/ALLENTOWN. 5.7 mi  
Merge onto PA-145 S toward 7TH STREET. 2.1 mi (stay to the right around the monument)  
Turn LEFT onto W UNION ST/PA-145. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn LEFT onto MARTIN LUTHER KING JR DR. 0.3 mi  
End at 401 Martin Luther King Jr Dr

### **To the Parkettes Gym from Harrisburg and Points West (via I-78)**

Begin heading East on I-78 toward ALLENTOWN.  
Merge onto US-22 E via EXIT 51 toward I-476/PA TURNPIKE/PA-309 N/LVI AIRPORT. 6.5 mi  
Merge onto PA-145 S toward 7TH STREET. 2.1 mi (stay to the right around the monument)  
Turn LEFT onto W UNION ST/PA-145. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn LEFT onto MARTIN LUTHER KING JR DR. 0.3 mi  
End at 401 Martin Luther King Jr Dr

### **To the Parkettes Gym from New Jersey and Points East (via I-78)**

Begin Heading West on I-78, Crossing in PA (18 miles after PA/NJ Border)  
Merge onto PA-145 N via EXIT 60B toward SOUTH 4TH ST. 3.9 mi  
Turn LEFT onto AUBURN ST/PA-145 N. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn RIGHT onto MARTIN LUTHER KING JR DR. 0.3 mi  
End at 401 Martin Luther King Jr Dr

### **To the Parkettes Gym from LVI Airport**

Begin Heading West on US-22  
Merge onto PA-145 S toward 7TH STREET. 2.1 mi (stay to the right around the monument)  
Turn LEFT onto W UNION ST/PA-145. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn LEFT onto MARTIN LUTHER KING JR DR. 0.3 mi  
End at 401 Martin Luther King Jr Dr

### **To the Parkettes Gym from Lancaster/Reading (via US-222)**

Begin Heading North on US-222  
Near Allentown, US-222N becomes PA-222 N. 3.7 mi  
Stay STRAIGHT to go onto W HAMILTON ST. 0.6 mi  
Turn RIGHT onto S 7TH ST/PA-145 S. 0.2 mi  
Turn LEFT onto W UNION ST/PA-145. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn LEFT onto MARTIN LUTHER KING JR DR. 0.3 mi  
End at 401 Martin Luther King Jr Dr

### **To the Parkettes Gym from the Pocono's (via PA-33)**

Begin Heading South on PA-33  
Exit West on US-22 towards Bethlehem/Allentown  
Merge onto PA-145 S toward 7TH STREET. 2.1 mi (stay to the right around the monument)  
Turn LEFT onto W UNION ST/PA-145. 0.1 mi  
Turn RIGHT onto LEHIGH ST/PA-145. 0.2 mi  
Turn LEFT onto MARTIN LUTHER KING JR DR. 0.3 mi