

**Live from the Red Carpet!**



# **Region 7 Level 10 Championships**

April 25 and 26, 2009  
At the Boo Williams Sportsplex,  
5 Armistead Pointe Parkway, Hampton, VA 23666

The BEST gymnasts from Pennsylvania, New Jersey, Maryland, Delaware, West Virginia and Virginia  
*will receive the RED CARPET treatment by*  
**World Class Gymnastics!**



**2009 Region 7 Level 10 Championship**  
Hosted by World Class Gymnastics on April 25-26, 2009

**Meet Information**

**Location:** The meet is held at            Boo Williams Sportsplex            [www.boowilliamssportsplex.com](http://www.boowilliamssportsplex.com)  
5 Armistead Pointe Parkway  
Hampton, VA 23666

**Directions to the Boo Williams Sportsplex:** see “Directions” page in this packet.

**Tentative Session Schedule** (*subject to change*)

**Saturday, April 25, 2009**

Session 1: Junior A and B

10:30 Coaches Meeting

11:00 Open Stretch

11:30 March In

3:00 Awards

Session 2: Junior C and D

3:15 Coaches Meeting

3:30 Open Stretch

4:00 March In

7:00 Awards

**Sunday, April 26, 2009**

Session 3: Senior A and B

9:15 Coaches Meeting

9:30 Open Stretch

10:00 March In

2:00 Awards

Session 4: Senior C and D

2:15 Coaches Meeting

2:30 Open Stretch

3:00 March In

6:00 Senior Ceremony and Awards

**Admission Fees:** Per day - Adults \$10, Children \$5, Under 3 years old free.

**Coaches and Judges:** Hospitality at the meet and plan on a party Saturday night for coaches and judges.

**Floor Music:** CD's, if a copy, must be in CD-R format. CD-RW will not work.

**Equipment:** All equipment is AAI.

**Senior Biography Information:** All graduating seniors should complete the Senior Biography form, and fax it to (757) 595-1194 no later than Friday, April 10, 2009.

**Host Hotel:** The Newport News Marriott at City Center is a great hotel in the middle of the new City Center, which is filled with shops and restaurants, and is only minutes from the meet site. They are offering the rate of \$99 per night if you ask for “Region 7 L10 Meet” and make your reservation before April 10, 2009, by calling 1-866-329-1758. If space is still available after April 10, 2009, they will extend the rate. Address: 740 Town Center Dr. Newport News, VA 23606. *Thanks to the Newport News Marriott at City Center for being a supporter of the Regional Championship.*

**Clinic: Team 7 Edge Clinic** is held on Monday, April 27, for all gymnasts who have qualified to nationals and their coaches.

**Airports:** Newport News/Williamsburg International Airport (PHF) is less than 10 minutes from the host hotel. Norfolk International Airport (ORF) is approximately 45 minutes from the host hotel.

For meet updates, go to [www.worldclassgym.com](http://www.worldclassgym.com).

*World Class Gymnastics 709 Middle Ground Blvd, Suite 117-B, Newport News, VA 23606*  
*Phone: (757) 873-6440 Fax: (757) 595-1194 Email: [gysme2@aol.com](mailto:gysme2@aol.com)*

**2009 Region 7 Level 10 Championship**  
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**Senior Biography**

*Please write legibly. Fax this form to (757) 595 – 1194 no later than Friday, April 10.*

**SENIOR'S INFORMATION**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Team:** \_\_\_\_\_

**Future Plans:** (such as college, major, scholarships, etc)

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

**Comments from the senior:** \_\_\_\_\_

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

**COACHES' INFORMATION**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Give two words that describe your gymnast.** (Two words ONLY because we are going to make something for each senior and we can only use two words. ) Examples are “determined, talented,” “floor diva,” “ most dedicated.”

\_\_\_\_\_

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**Program Ads**

If you would like to place an ad for your gymnasts in the Region 7 Level 10 Championship program, please email the ad to [programad@wcgpa.com](mailto:programad@wcgpa.com) and mail this form with your check before **Wednesday April 8, 2009**.

1. Contact Information:

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Gymnast/Club Name: \_\_\_\_\_

2. Please select ad size:

Ad Size: \_\_\_\_\_ Full Page (approx. 10 ½" H x 8" W) Price: \$100.00  
\_\_\_\_\_ Half Page (approx. 5 ¼"H x 8" W) Price: \$60.00  
\_\_\_\_\_ 1/4 Page (approx. 5 ¼"H x 4" W) Price: \$40.00

3. Please select whether or not you are supplying the final ad copy of if we are helping to create the ad:

\_\_\_\_\_ I will supply my own ad copy. Final copy in Microsoft Word, Powerpoint, or Acrobat PDF file for any size ad, however PDF files are preferred for full page ads. When creating half page and ¼ page ads, please create your ad so that it easily fits into the space you are purchasing for a portrait oriented page.

\_\_\_\_\_ Please create the above size ad for me (add an additional \$5.00). If you want a picture in your ad, you must supply your own digital picture. The quality of the picture supplied will determine the clarity of the picture in the program. Ad copy to read as follows:

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

4. Submitting the ad and payment:

- a. Please complete this form, make a check payable to WCGPA, and mail to:

Program Ad L10 Regionals  
WCGPA  
709 Middle Ground Blvd, Suite 117-B  
Newport News, VA 23606

- b. Email [programad@wcgpa.com](mailto:programad@wcgpa.com) with the digital picture if we are creating the ad or the final copy per the requirements above.
- c. Please email and mail check/form no later than Wednesday April 8, 2009. *Ads received after that day may not make the cutoff to the printer.*

Hosted by World Class Gymnastics on April 25-26, 2009

## Directions

### Directions to Boo Williams Sportplex

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

5 Armistead Pointe Parkway  
Hampton, VA 23666

Boo Williams Sportplex is located at the intersection of **Armistead Ave. and Hampton Roads Center Parkway**. If you use a mapping software, enter the intersection since the address is too new for many mapping software.

For people traveling from Williamsburg and Points North:

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E.
3. Merge onto Hampton Roads Center Parkway and cross Armistead Ave to enter the Boo Williams Sportsplex parking lot.

For people traveling from Suffolk, Chesapeake:

1. Take I-664 North towards Newport News.
2. Merge onto I-64 West via exit 1A on the left toward Williamsburg/Richmond.
3. Merge onto VA-134 N/Magruder Blvd, via exit 262B toward NASA/Poquoson.
4. Merge right onto Hampton Roads Center Parkway and cross Armistead Ave to enter the Boo Williams Sportsplex parking lot.

For people traveling from Norfolk, Virginia Beach

1. Take onto I-64 West towards Hampton/Richmond
2. Merge onto VA-134 N/Magruder Blvd, via exit 262B toward NASA/Poquoson.
3. Merge right onto Hampton Roads Center Parkway and cross Armistead Ave to enter the Boo Williams Sportsplex parking lot.

### Directions to Newport News Marriott at City Center (Host Hotel)

740 Town Center Dr  
Newport News, VA 23606

1. From I-64, take exit 258A (J Clyde Morris Blvd), travel 0.6 miles,
2. Turn right onto Diligence Dr. travel 0.4 miles,
3. Turn right onto Thimble Shoals travel 0.1 miles,
4. Turn right onto Canon Blvd travel 0.1 miles,
5. Hotel on the left.

### Directions from the Marriott to Boo Williams Sportsplex

1. Reverse route to return to J. Clyde Morris Blvd (Rt 17)
2. Turn left onto J. Clyde Morris Blvd, and immediately take I-64 East.
3. Take exit 261B for Hampton Roads Center Parkway E.
4. Merge onto Hampton Roads Center Parkway and cross Armistead Ave to enter the Boo Williams Sportsplex parking lot.

### Directions from the Marriott to World Class Gymnastics for the Team 7 Edge Clinic (less than 1 mile)

1. Leaving the Newport News Marriott at Center, go NORTHEAST on Town Center Dr. toward Canon Blvd (less than .10 mile) Canon Blvd is the main road that runs behind the hotel.
2. Turn left onto Canon Blvd. Continue on Canon Blvd .3 miles.
3. Turn left onto Middle Ground Blvd at the light. Travel .4 miles.
4. Turn right into 709 Middle Ground Blvd. The complex is called Middle Ground Center. The building is beige with green trim. World Class Gymnastics is in Suite B-117, which is the next to the last business in the complex.

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**Restaurants and Activities**

**Restaurants:**

The Newport News Marriott at City Center is walking distance to restaurants and shops. Go to [www.citycenteratoysterpoint.com](http://www.citycenteratoysterpoint.com) for a complete listing.

Patrick Henry Mall and vicinity: Patrick Henry Mall is approximately 2.5 miles north on Jefferson Ave from the City Center area. Between City Center and Patrick Henry Mall there are many restaurants: McDonalds, Taco Bell, KFC, Chick-fil-A, TGI Fridays, Applebees, Outback, Cheddars, The Food Court, Ruby Tuesdays, Red Robin. For listing of stores in Patrick Henry Mall, go to [www.shoppatrickhenrymall.com](http://www.shoppatrickhenrymall.com). Across from the Mall on Hornsby Lane, restaurants include Cracker Barrel, Cheeseburger in Paradise and Carrabas.

Jefferson Commons area: Traveling between Patrick Henry Mall area and Jefferson Commons area is about 1 mile of many restaurants, including Paneras, Olive Garden, Red Lobster, Smokey Bones, Chili's Silver Dollar Diner.

**Activities:**

Busch Gardens Europe in Williamsburg will be open Fri/Sat/Sun. The theme park is about 20 minutes away. Go to [www.buschgardens.com](http://www.buschgardens.com).

Yorktown and Jamestown are both historic and fun. Yorktown is about 15 minutes and Jamestown is about 35 minutes away. For more information, go to [www.historyisfun.org](http://www.historyisfun.org).

Colonial Williamsburg is both a place of history and shops and restaurants, and about 30 minutes away. To learn more about the historical part, go to [www.history.org](http://www.history.org). For shops and restaurants within Colonial Williamsburg and across from the College of William and Mary, go to [www.merchantsquare.org](http://www.merchantsquare.org).

Virginia Beach is fun anytime of year. It is about 45 minutes to the resort/board walk area. For more information, go to [www.vbfun.com](http://www.vbfun.com).

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Please check our website [www.worldclassgym.com](http://www.worldclassgym.com) for meet updates, hotel information, directions.

*Meet Directors: Tami Harrison and Angee Carl Berry*  
**World Class Gymnastics** 709 Middle Ground Blvd, Suite 117-B, Newport News, VA 23606  
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### 2009 "TEAM SEVEN EDGE"

**Where:** World Class Gymnastics, 709 Middle Ground Blvd., Suite 117B, Newport News, VA 23606 (directions to gym will be available at regionals)

**When:** Monday April 27 (following Level 10 Regionals)

**Time:** 8:30am-1:00pm

**Who:** All gymnasts who have qualified to nationals and their coaches.

*Note: All gymnasts attending this clinic must be accompanied by a coach from their gym (preferably the coach that will be attending nationals)*

Free to all gymnasts, coaches and judges. Region 7 will pay entry fees to nationals for all gymnasts who attend the clinic with their coaches. This is a sanctioned event and Regional CPE's will be awarded to judges in attendance.

The objective of this camp is to unify the gymnasts and coaches in preparation for the best outcome at nationals. This year we will add a training day simulation to prepare for training at nationals. The gymnasts will then be grouped according to age group, and 2 age groups will rotate to each event. Team leaders will be assigned to each age-group to help strategize equipment settings and warm-ups for each event. Warm-up format will be practiced at each event. Judges will be assigned to each event to review deductions from regionals.

It will be a packed but productive morning!!! Be ready to start at 8:30 sharp.

#### Schedule:

8:15-8:30	Registration and Sign-in
8:30-9:00	Warm-up and Coaches' meeting
9:00-12:45	Camp Rotations
12:45-1:00	Closing of Camp
1:00	Departure

Registration forms for Team 7 Edge will be available at Regionals when you pick up your packets for nationals.

T	Together	
E	Effort	
A	Attitude	
M	Magnificent	<i>Go Region 7!</i>