

**WELCOME TO THE
2010 LEVEL 8 REGIONALS
"AMERICAN IDOL"**

DATE: APRIL 24th and 25th

HOST: ACPR GYMNASTICS
P.O. BOX 248
CHURCHVILLE, MD. 21028

COST: \$90 PER GYMNAST

CHECKS PAYABLE TO: "CHURCHVILLE REC COUNCIL"

MEET SITE: CHURCHVILLE RECREATION CENTER
111 GLENVILLE RD.
CHURCHVILLE, MD. 21028

EQUIPMENT:	VAULT	AAI TABLE - TAC 10 WITH 12CM MATS NARROW ZONE MAT
	BARS	AAI ELITE - WITH 12 CM MATS
	BEAM	AAI REFLEX - WITH 12 CM MATS
	FLOOR	PALMER SPRING FLOOR
	BOARDS	STRATUM
	MATS	4' THROW AND STING MATS 8" SKILL CUSHIONS IN 5'X10' AND 6'X12'

FORMAT: CAPITOL CUP IN SEPARATE GYMS

MEET DIRECTORS: STEVE and DANITA CORNELISON
e-mail: corngym@comcast.net
website: acprgymnastics.com
GYM: 410/836-2080, HOME 410/638-1593,
FAX 410/638-3856

ADMISSION: \$8.00 - ADULTS
\$12.00 - TWO DAY PASS
\$4.00 - CHILDREN 6 - 12 YEARS
FREE - CHILDREN 5 AND UNDER

**ACPR GYMNASTICS
DIRECTIONS AND HOTEL INFORMATION**

From North - Take I-95 south to exit 89 (Havre de Grace). Turn right onto Route 155 West and travel approximately 6 miles. Turn left onto Glenville Rd. Make immediate left into Churchville Rec Complex. Building is on your left.

From South - Take I-95 north to Exit 80. Turn left onto Route 543 North and travel for 1.8 miles. Turn right onto Route 136 (Calvary Rd.) and travel approximately 4 miles. Turn right onto Route 22 and travel .3 of a mile to Glenville Rd. Turn left onto Glenville Rd. and travel .2 of a mile and turn right into the Churchville Rec Complex. Building is on the left.

There is a parking lot across from the building and another parking lot beyond the tennis courts.

Churchville Rec Center
111 Glenville Rd.
Churchville, MD. 21028
Phone # for the day of the meet only - 410/836-8841

Hotels at Exit 80

Country Inn and Suites - Host Hotel
1435 Handlir Dr., Belcamp, MD. 21017
Extended Continental Breakfast
410/297-9444 - website - www.countryinns.com/riversidemd
Rooms are blocked until April 1st - use the name ACPR
Special Rate: \$109.00/night - Doubles and Kings

Springhill Suites by Marriott
1420 Handlir Dr., Belcamp, MD. 21017
Full Breakfast and Indoor Pool
410/297-4970
Rooms are blocked until April 1st - use the code G2037
Special Rate: \$129.00/night - Kings with pullout sofa

Candlewood Suites
4216 Philadelphia Rd., Bel Air, MD. 21015
All rooms have a full kitchen and there is a convenience store on premises
410/914-3030
Rooms are blocked until April 9th - use the name ACPR
Special Rate: \$89.00/night - Double or Queen Studios

TIMES FOR LEVEL 8 REGIONALS

SATURDAY, APRIL 24, 2010		SESSION 1: Junior A
7:30AM	8:00AM	REGISTRATION & LEOTARD FITTING
8:00AM	8:30AM	STRETCH AND BAR SET
8:05AM	8:15AM	COACHES MEETING
8:30AM	8:45AM	MARCH - IN
8:45AM	9:00AM	WARM-UP, FIRST FLIGHT
9:00AM	11:30AM	COMPETE
11:30AM	12:00PM	AWARDS

SATURDAY, APRIL 24, 2010		SESSION 2: Junior B
12:15PM	12:45PM	REGISTRATION & LEOTARD FITTING
12:45PM	1:15PM	STRETCH AND BAR SET
12:50PM	1:00PM	COACHES MEETING
1:15PM	1:30PM	MARCH-IN
1:30PM	1:45PM	WARM-UP, FIRST FLIGHT
1:45PM	4:15PM	COMPETE
4:15PM	4:45PM	AWARDS

SATURDAY, APRIL 24, 2010		SESSION 3: Junior C
5:00PM	5:30PM	REGISTRATION & LEOTARD FITTING
5:30PM	6:00PM	STRETCH AND BAR SET
5:35PM	5:45PM	COACHES MEETING
5:45PM	6:00PM	MARCH-IN
6:00PM	6:15PM	WARM-UP, FIRST FLIGHT
6:15PM	8:45PM	COMPETE
8:45PM	9:15PM	AWARDS

SUNDAY, APRIL 25, 2010		SESSION 4: Senior A
7:30AM	8:00AM	REGISTRATION & LEOTARD FITTING
8:00AM	8:30AM	STRETCH AND BAR SET
8:05AM	8:15AM	COACHES MEETING
8:30AM	8:45AM	MARCH - IN
8:45AM	9:00AM	WARM-UP, FIRST FLIGHT
9:00AM	11:30AM	COMPETE
11:30AM	12:00PM	AWARDS

SUNDAY, APRIL 25, 2010		SESSION 5: Senior B
12:15PM	12:45PM	REGISTRATION & LEOTARD FITTING
12:45PM	1:15PM	STRETCH AND BAR SET
12:50PM	1:00PM	COACHES MEETING
1:15PM	1:30PM	MARCH-IN
1:30PM	1:45PM	WARM-UP, FIRST FLIGHT
1:45PM	4:15PM	COMPETE
4:15PM	4:45PM	AWARDS

SUNDAY, APRIL 25, 2010		SESSION 6: Senior C
5:00PM	5:30PM	REGISTRATION & LEOTARD FITTING
5:30PM	6:00PM	STRETCH AND BAR SET
5:35PM	5:45PM	COACHES MEETING
5:45PM	6:00PM	MARCH-IN
6:00PM	6:15PM	WARM-UP, FIRST FLIGHT
6:15PM	8:45PM	COMPETE
8:45PM	9:15PM	AWARDS

SENIOR INFORMATION FORM

Please have your Senior Athlete fill out the form below and return it to us by fax, 410/638-3856 or e-mail corngym@comcast.net by April 8th. They can then be included in the senior awards.

Senior Name: _____

Team: _____

State: _____ Age Group: _____

Parent's Names _____

Coaches: _____

of years in gymnastics _____ e-mail _____

Gymnastics Career Highlights _____

Scholastic and non-gymnastic accomplishments _____

Future plans and words of wisdom for younger athletes _____

