



## **Level 8 Regional Championship meet packet**

Region 7 and Centre Elite Gymnastics both wish to congratulate you on your qualification to the 2021 Level 8 Regional Championship competition. All information is published here and, if necessary, will be updated on the Region 7 website, Facebook page and via membership distribution when applicable. It is YOUR responsibility to stay informed!

- Date:** Friday June 11, 2021 through Sunday June 13, 2021.
- Host:** USA Gymnastics Region 7  
Assisted by Centre Elite Gymnastics
- Entry fee:** \$115.00 - Registration is OPEN!  
All registrations will be via MeetMaker
- Registration Deadline:** May 21, 2021 at 11:59pm  
\*Late entries will be considered on a case by case basis.
- Competition site:** The Nittany Valley Sports Centre  
177 Champion Drive  
State College, Pa 16803
- Hotel Information:** \*See attached list of hotels.
- Admission:** 3-4 spectators per athlete permitted.  
\*You may be asked to sign in and cross referenced to the athlete you are there to watch.
- Admission cost:** \$10.00 adult  
\$ 7.00 Seniors/Children under 10  
\*\*Cash and CC accepted for admission.
- Live streaming:** Through Datman Productions.  
Ticket sales for the live feed will be sold on the Region 7 website. Details coming soon.

**Awards:** Top 25% for individual event and All-Around awards will be presented to each age group at the conclusion of each competitive session.

**Results:** Scores will be posted to [meetscoresonline.com](http://meetscoresonline.com) and [myUSAGym.com](http://myUSAGym.com)

**Meet format:** Modified Capitol Cup

**Equipment list:** Mancino Equipment

**Apparel:** Region 7 provides every athlete with a GK leotard to wear during the competition.  
\*Apparel distribution begins 45min before the start of your open stretch.  
\*Once checked in, athletes and coaches will move to the holding area in Centre Elite Gymnastics gym space to change and wait for their session to start.

**Age division and Session schedule:** Will be posted on the Region 7 website no later than 2 weeks out of start of the competition.

**Senior ceremony:** Please submit Senior bio form (attached to end of this packet) to Centre Elite Gymnastics **no later than May 30, 2021.**

**Coaches food:** Bottled drinks, coffee and light snacks will be available throughout the weekend for coaches. Coach's credentials will be valid after each session for an amount TBD (amount will be told to you at the coaches meeting) toward the purchase of meals and larger snack items at the concession stand located just outside the competition arena.

**Safety considerations:** Please see the attached safety measures we will be taking. Please note, we ask you to take the responsibility to stay informed about any event specific updates by watching the Region 7 website.

**Questions:** Meet director = Jennifer Bortz, RACC  
Email: [JBortz7rac@gmail.com](mailto:JBortz7rac@gmail.com)  
Cell: 814-380-1195

# Senior Bio Information

Please submit a senior photo along with the following information: **NO LATER THAN MAY 30, 2021**

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

Club: \_\_\_\_\_

Level: \_\_\_\_\_

College Plans/Major, words of wisdom, tell us something fun about you and your gymnastics career:

This information can be sent to [Catelin@centreelitegym.com](mailto:Catelin@centreelitegym.com) and place **SENIOR BIO** in the subject line. **NO LATER THAN MAY 30, 2021**

# SAFETY PROTOCOLS

1. We will be following USA Gymnastics mask mandate for all regional championship competitions.
2. This COVID-19-specific risk mitigation plan has been informed by the following guidance:
  - Public Health Institution Guidance – CDC
  - Venue-specific guidelines
  - Local and regional COVID-19 regulations
  - USA Gymnastics protocols for domestic events and mask mandates

## **Pre-Event screening protocols:**

1. All event Participants and Attendees will not take part in the event if they have any signs or symptoms of COVID-19 or have been in close contact (per CDC definition) within 14 days of the event, with someone who is known or suspected of having COVID-19 disease.

## **Onsite at the Event:**

The Nittany Valley Sports Center is a 120,000 sq foot facility in which we will be using approximately 50,000 – 65,000 sq feet for this event. We will have plenty of space for social distancing. We will ask that you please be accountable for yourself in maintaining a 6' social distance from those around you.

## **Participants (Athletes/Coaches/Judges/meet personal):**

1. All participants will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. This check-in process will be influenced by established venue-specific approach.
2. All participants will wear facial coverings (per the USA Gymnastics mask mandate - attached), and practice social distancing at all time's - with the exception: while during the performance of gymnastics.
3. Facial coverings should be a 3-ply cloth mask or surgical mask and must cover the mouth and nose completely.
4. Athletes must properly wear a mask and maintain social distancing - with the exception: while during the performance of gymnastics.
5. Coaches must properly wear a mask (must cover the mouth and nose completely) and maintain social distancing except when spotting.

6. Judges and meet personal must properly wear a mask and maintain social distancing throughout the competition.
7. All participants must bring their own chalk, chalk bin and water bottle.
8. All participants must bring their own hand sanitizer.
9. All participants must bring their own water bottle with water in it and snacks for themselves only.
10. All participants must fully exit the facility upon completion of awards for that session for proper cleaning of the facility between sessions.
11. No athletes will be permitted to attend sessions they are not competing in.
12. No athletes will be allowed on the floor who are not competing.
13. A max of 2 coaches per club will be permitted on the direct field of play per session. Additional coaches will be asked to step aside to specified coach's corals while waiting for the events they coach. Please reach out to us directly if that is a problem for you. [JBortz7rac@gmail.com](mailto:JBortz7rac@gmail.com)
14. All coaches must leave the competition floor between each session and will be asked to check in again at the beginning of each new session.
15. Appropriate equipment will be cleaned per manufacturers guidelines before and after each session.
16. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions.
17. Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc.
18. Athletes must not spit on hands, grips or any other objects or surfaces.
19. Medical personnel will follow all safety guidelines while providing evaluations and treatments of acute injuries during the competition.

**Spectators:**

1. We will be limiting spectators to 3-4 per athlete. (subject to change)
2. All spectators will be required to check in at the admissions entrance by confirming which athlete they are there to support.
3. All spectators will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. This check-in process will be influenced by established venue-specific approach.
4. All spectators will wear facial coverings per USA Gymnastics mask mandate – attached here.
5. All interaction with anyone on the competition floor must be socially distanced.

# Area Hotels

## ***The Hotels at Williamsburg Square:***

The quality, brand-name hotels at Williamsburg Square provide the easiest access in and out of State College. Located immediately off Exit 71 of I-99/Rt. 322, these hotels are just 2 miles from the center of Penn State University's campus and is the closest hotel complex to the University Park Airport (SCE).

There are four popular restaurants adjacent to the hotel– Olive Garden, Outback Steakhouse, Texas Roadhouse and Cracker Barrel. Immediately across the street are two shopping complexes with stores such as Wegman's, Target, Dick's Sporting Goods, Kohl's and Home Goods and coming soon Sheetz convenience store/ gas station. All hotels offer a complimentary hot/cold breakfast, free wifi internet access and free parking.

- **Holiday Inn Express** 1925 Waddle Road, State College, PA 16803  
For Reservations Call 814-867-1800
- **Springhill Suites by Marriott** 1935 Waddle Road, State College, PA 16803  
For Reservations Call 814-867-1807
- **Hampton Inn and Suites by Marriott** 1955 Waddle Road, State College, PA 16803  
For Reservations Call 814-231-1899

## ***Fairfield Inn & Suites:***

With easy access to I-99/Rt. 322, the new Fairfield Inn and Suites by Marriott is located about 3 miles from the Penn State University campus and is just across the shopping complex from The Hotels at Williamsburg Square. Guest can enjoy the on-site fitness center and indoor pool or utilize the business center. Guests can enjoy the complimentary hot & cold breakfast buffet each morning as well as free wifi internet and parking. All guest rooms are equipped with refrigerators for added guest convenience.

Immediately outside the front door of the hotel is Otto's Pub and Brewery and Barrel 21. Otto's Pub and Brewery serves great local dishes along with their own craft brewed beers. Barrel 21, the sister restaurant next door (which is also owned by Otto's) offers a more adult menu.

- **Fairfield Inn & Suites** 2215 N. Atherton Street, State College, PA 16803  
For Reservations please call 814-238-3871

## ***Hampton Inn State College:***

Less than 10 minutes away from the competition site. Guests can enjoy the newly renovated rooms, on site fitness center, and complimentary hot breakfast buffet. All rooms feature refrigerators for added guest convenience.

Immediately outside of the front door of the hotel is Tailgate Sports Grill, a newly renovated restaurant providing a local, friendly vibe for central PA residents and visitors. Tailgate Sports Bar and Grill has a fabulous, lively atmosphere, creating unique eating areas for good food and nightly fun.

- **Hampton Inn State College** 1101 East College Avenue, State College, PA 16801  
For Reservations please call 814-231-1590

# Local Dining and Points of Interest

## Dining

**Olive Garden:** 1945 Waddle Road, State College [www.olivegarden.com](http://www.olivegarden.com)

**Outback Steakhouse:** 1905 Waddle Road, State College [www.outbacksteakhouse.com](http://www.outbacksteakhouse.com)

**Texas Roadhouse:** 1885 Waddle Road, State College [www.texasroadhouse.com](http://www.texasroadhouse.com)

**Cracker Barrel Old Country Store:** 215 Colonnade Blvd., State College [www.crackerbarrel.com](http://www.crackerbarrel.com)

**Otto's Pub and Brewery:** 2235 N. Atherton Street, State College [www.ottospubandbrewery.com](http://www.ottospubandbrewery.com)

**Barrel 21 Distillery and Dining:** 2255 N. Atherton Street, State College [www.barrel21distillery.com](http://www.barrel21distillery.com)

**The Field Burger & Tap:** 1 Country Club Lane, State College [www.toftrees.com](http://www.toftrees.com)

**Applebees:** 12 Colonnade Way, State College [www.restaurants.applebees.com](http://www.restaurants.applebees.com)

**Red Lobster:** 1670 N. Atherton, State College [www.redlobster.com](http://www.redlobster.com)

**Champs Sports Grill:** 1611 N. Atherton Street, State College [www.champssportsgrill.net](http://www.champssportsgrill.net)

**Happy Valley Brewing Company:** 137 Elmwood Street, State College [www.happyvalleybeer.com](http://www.happyvalleybeer.com)

## Points of Interest

**Nittany Lion Shrine:** The Nittany Lion, sculpted from a large block of Indiana limestone by noted sculptor Heinz Warneke, was presented by the class of 1940. Located near the Recreation Building on the Penn State main campus, the Lion Shrine is one of the most popular places on campus and is said to be the most photographed site on campus.

<http://www.psu.edu/ur/about/nittanyshrine.html>

**The Berkey Creamery:** For over 150 years, the Creamery has been a landmark at Penn State. Some of the biggest names in ice cream making - including Ben & Jerry, Baskin-Robbins and Haagen-Dazs - have attended the Creamery's legendary ice cream short course, held for just 6 days a year, to learn how to craft the perfect ice cream. [Www.creamery.psu.edu](http://www.creamery.psu.edu)

**Penn State All Sports Museum:** Located in the southwest corner of Beaver Stadium, the Penn State All Sports Museum offers visitors a firsthand look at the athletic history, heritage, and traditions of one of the greatest universities in the nation. Take a peek inside Beaver Stadium from the Mount Nittany Club and view the multiple exhibits throughout the two level, 10,000 sq ft facility. [Www.gopsusports.com/museum](http://www.gopsusports.com/museum)

**Downtown State College:** Downtown State College is the premier business, cultural and entertainment destination in Centre County. Need retail therapy? The downtown shops feature an eclectic mix of both retail chains and independent local shops. Famished after a day of shopping? The downtown restaurant scene has something for everyone, from the casual diner to the cultured foodie.