

# Paragon Parents Association

February 11, 2010

Dear Virginia Level 8-10 Gymnasts,

Paragon Parents Association in Fredericksburg, Virginia is proud to be sponsoring the Level 8-10 State Meet for 2010 at Riverbend High School in Spotsylvania, Virginia. Enclosed we have copied some information that we think will be helpful for you in planning your visit with us. We hope you will enjoy your time in historic Spotsylvania, and make some time to visit the wonderful sites we have within minutes of the meet.

We are working hard to prepare for this meet. As things are updated, we will add them to our website. You can access information regarding the meet on our website, [www.paragonparents.org](http://www.paragonparents.org).

Enclosed please find:

- Hotel Information
- Program ad information
- Candy Grams pre-orders
- Information on local attractions

Please refer to the above website on any changes along with more detailed information.

We look forward to seeing you there!

Paragon Parents Association  
1285 Carl D. Silver Parkway  
#225  
Fredericksburg, VA 22401

**STATE MEET LOCATION:**

***Riverbend High School  
12301 Spotswood Furnace Rd  
Fredericksburg, VA 22407***

**DIRECTIONS:**

***From Richmond: I-95N to exit 130B (Plank Road/VA 3W toward Culpeper). Stay on Rt. 3 (Plank Road) approximately 4.5 miles. Turn right on Co. Rd. 620/Spotswood Furnace Road (less than 1/2 mile after Starbucks on right). Riverbend High is on right.***

***From Washington D.C.: I-95S to exit 130B (Plank Road/VA 3W toward Culpeper). Stay on Rt. 3 (Plank Road) approximately 4.5 miles. Turn right on Co. Rd. 620/Spotswood Furnace Road (less than 1/2 mile after Starbucks on right). Riverbend High is on right.***

***From Culpeper: Take Route 3 EAST (Fredericksburg Rd. /Germanna Hwy/VA-3E) towards Fredericksburg, approximately 28 miles. Turn left Co. Rd. 620/ Spotswood Furnace Road. Riverbend is on right.***

## Hotel for Level 8-10 VAUSAG State Gymnastics Meet

To help keep VAUSAG costs down on judge's hotels, as well as to give you a special rate, we have made an exclusive hotel deal with:

Residence Inn by Marriott  
60 Towne Centre Blvd.  
Fredericksburg, VA 22407

*We have reserved rooms as at special rate; deadline for special rate reservation is March 1.*

\*All rooms include **FREE** hot breakfast; amenities include indoor pool, whirlpool, and internet access.

Please call Residence Inn at: 540-786-9222 and mention "State Gymnastics Meet" or click on the links below to receive your discounted rate.

**1 Bedroom Suite, 1 King, Sofa bed  
109.00 (USD) per night**

**LINK:**

**<http://www.marriott.com/hotels/travel/FKRRI?groupCode=SGMSGMB&app=resvlink&fromDate=3/19/10&toDate=3/21/10>**

**Studio, 1 King, Sofa bed  
109.00 (USD) per night**

**LINK:**

**<http://www.marriott.com/hotels/travel/FKRRI?groupCode=SGMSGMA&app=resvlink&fromDate=3/19/10&toDate=3/21/10>**

**2 Bedroom Suite, Bedroom 1: 1 King, Bedroom 2: 1 Queen, Sofa bed  
149.00 (USD) per night**

**LINK:**

**<http://www.marriott.com/hotels/travel/FKRRI?groupCode=SGMSGMC&app=resvlink&fromDate=3/19/10&toDate=3/21/10>**

**\*\*Closest hotel to meet: Within 5 miles of meet, with 3 restaurants, Spotsylvania Towne Centre Mall within walking distance.**

**Many other hotels are available around the Fredericksburg/Spotsylvania Rt. 3 area.**

## **LOCAL ATTRACTIONS**

### **Shopping:**

#### **Spotsylvania Towne Centre Mall**

**Located within 5 minutes of Riverbend High. Includes a Costco, Belk, JcPennys, Dick's Sporting Goods, and Macy's, along with many smaller stores.**

#### **Central Park**

**Located near I-95, includes the home of Paragon Gymnastics, as well as Wal Mart, Target, Border's, Kohl's, and other major retailers. New: Wegman's grocery store.**

#### **Old Town Fredericksburg**

**Like antiques or unusual finds? Historic Fredericksburg has rows of shops along several historic streets. Within 10 minutes of I-95. Includes Vera Bradley retailers as well as a Made in Virginia Store.**

#### **Harrison Road Crossing**

**Smaller new retail center located within minutes of Riverbend High School. Includes a Giant Food store, gas station, and other smaller stores.**

### **Restaurants:**

#### **Spotsylvania Towne Centre Mall**

**Red Lobster, Green Turtle, Fredericksburg Pub, Firebirds, McDonalds, mall food court.**

#### **Central Park**

**Numerous restaurants: Qdoba, Noodles and Company, Olive Garden, TGI Fridays, Fuddruckers, IHOP, Chipotle, Starbucks, Bonefish, and more!**

#### **Old Town Fredericksburg**

**Many wonderful locally owned unique restaurants!**

#### **Harrison Road Crossing**

**Starbucks, Ben & Jerry's ice cream, Bridge's Brick Oven Pizza, and Subway.**

### **Attractions:**

**Spotsylvania: Numerous Civil War battlefields, including: Spotsylvania, Wilderness, and Chancellorsville. Also includes Spotsylvania Confederate Cemetery, Spotsylvania Courthouse, and other historic sites.**

**Fredericksburg: Kenmore Manor (home of George Washington's sister), Mary Washington House (home of Washington's mother), Rising Sun Tavern (owned by Washington's brother), Hugh Mercer Apothecary, a great local museum, hundreds of historic homes, as well as Fredericksburg battlefield and Fredericksburg National Cemetery, Fredericksburg Confederate Cemetery, and much more!**

**Near Fredericksburg: just north of Fredericksburg: Chatham Manor, Ferry Farm (George Washington grew up here), and Belmont (home of artist Gary Melcher).**

**PROGRAM ADS**

**Paragon Parents Association, who is hosting the Virginia State Championship meet for Levels 8-10, is offering parents and gymnasiums the opportunity to place a congratulatory ad in the program that will be printed for the State Meet.**

**When submitting an ad, please make sure you have completed all the information below and are submitting a "camera-ready" photo or expression of congratulations. Paragon will NOT do editing or designing of ads.**

**ADS NEED TO BE RECEIVED BY MARCH 15 WITH APPROPRIATE PAYMENT**

**Name of Company or Individual placing ad:**

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**Address:**

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**PERSON TO CONTACT:** \_\_\_\_\_

**Phone number and Email:**

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**Size of Advertisement (circle one):**

**Full Page (approx. 7 1/2x10")      \$100      Half Page:      \$60**

**Quarter Page      \$40      Business Card: \$30**

**If you have questions, please contact Heather Campbell at 540-220-6246 (leave message).**

**Return ads to Paragon Parents Association, 1285 Carl D. Silver Parkway #225  
Fredericksburg, VA 22401 with appropriate payment.**

**Ads can be emailed to: [ghoecampbell@verizon.net](mailto:ghoecampbell@verizon.net) but will NOT be processed until payment is received.**

**Candy Grams**

**PREORDER your Congratulatory Rose Bouquet today! All bouquets will be delivered to the gymnast at awards.**

**There will be a limited number of flowers available at the meet for purchase.**

**\$5 for one LIVE tie-dyed rose with heather flowers**



**OR**

**\$20 for 5 tie-dyed rose with heather flowers**

**ALL ORDERS MUST BE RECEIVED BY MARCH 5TH!**

**Send the below form and check payable to PPA or Paragon Parents Association, 1285 Carl D. Silver Parkway #225 Fredericksburg, VA 22401, ATTEN: Jessica Parker**

**# of Roses:** \_\_\_\_\_

**Amount of payment:** \_\_\_\_\_

**NAME OF GYMNAST:** \_\_\_\_\_

**Home Gym:** \_\_\_\_\_

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

**Message to Gymnast:** \_\_\_\_\_

\_\_\_\_\_

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