

GYMNASTICS CANADA GYMNASTIQUE DIRECTIVE

ELITE CANADA 2015 MEN'S AND WOMEN'S ARTISTIC GYMNASTICS



**TROIS-RIVIÈRES QC
JANUARY 30 – FEBRUARY 1, 2015
COMPLEXE SPORTIF ALPHONSE-DESJARDINS**



GCG	<p><u>Gymnastics Canada Gymnastique</u> 1900 Promenade City Park Dr. Suite 120 Ottawa, ON K1J 1A3 Tel : 613-748-5637 Fax: 613-748-5691 website: www.gymcan.org</p> <p>Peter Nicol – President and CEO pnicol@gymnca.org 613-748-5637 ext. 222</p> <p>Cathy Haines – Chief Technical Officer chaines@gymcan.org 613-748-5637 ext. 237</p> <p>Karl Balisch – Artistic Gymnastics Program Director kbalisch@gymcan.org 613-748-5637 ext. 229</p> <p>Mariève Millaire – Director of Events mmillaire@gymcan.org 613-748-5637 ext. 231</p>
ORGANIZING COMMITTEE	<p>FÉDÉRATION DE GYMNASTIQUE DU QUÉBEC 4545 avenue Pierre-de-Coubertin C.P.1000, Succ. M, Montreal, QC, H1V 3R2 Phone: 514-252-3043</p> <p>Organizing Committee Chairs: Event Co-Chair: Marylène Turp – mturp@gymqc.ca - 514-252-3043 ext. 3486 Logistics & Protocol: Vanessa Bernier Technical: Josée Gélinas Scoring: Christian Turp Judges: Hélène Laliberté (WAG), Bruno Martin (MAG)</p>
LOCATION	Trois-Rivières, QC
DATE	January 30th to February 1st, 2015
COMPETITION VENUE	Complexe sportif Alphonse-Desjardins (Tennis Pavillion) 260 Rue Dessureault, Trois-Rivières, Québec, G8T 9T9

APPARATUS SUPPLIED	<p>The official supplier of gymnastics equipment for the event is Gymnova Canada. The apparatus supplied is as followed:</p> <p>1 full set of men and women's artistic gymnastics competition equipment 1 additional beam for Thursday training day</p> <p>*Note: clubs are NOT authorized to bring their personal equipment.</p>
MUSIC	<p>Music will NOT be collected in advance. It will be played from CDs on-site.</p> <p>Coaches should have 2 copies of the music CD for EACH athlete.</p>
INVITED MEMBERS	<p>All members who meet the GCG eligibility requirements according to this document and to the MAG and WAG program manuals are invited to participate.</p>
EVENT FORMAT	<p><u>Purpose (MAG)</u> The purpose is:</p> <ul style="list-style-type: none"> -to identify Novice, Junior and Senior athletes for the competitive year; -to rank athletes as part of the system to have access to: <ul style="list-style-type: none"> ● The Sport Canada Athlete Assistance Program - Carding; ● Part of the selection process for major Games; ● National Team status <p>Format of Novice Competition Day 1: Podium Training – Physical Testing Day 2: Optional Routines Day 3: Compulsory Routines</p> <p>Format of Junior Competition Day 1: Podium Training – Physical Testing Day 2: Optional All-Around and Apparatus Qualification Day 3: Apparatus Finals</p> <p>Format of Senior Competition Day 1: Optional All-Around and Apparatus Final Qualification Day 2: Apparatus Finals</p> <p><u>Purpose (WAG)</u> The purpose is:</p> <ul style="list-style-type: none"> -to identify HP Senior, Junior and Novice athletes for the competitive year; -act as a selection activity for NT assignments -to rank athletes as part of the system to have access to: <ul style="list-style-type: none"> ● The Sport Canada Athlete Assistance Program - Carding; ● National Team status <p>Format of Senior competition Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Junior competition Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Novice competition Day 1: All-Around Day 2: All-Around for top 36 athletes</p>

<p>ELIGIBILITY</p>	<p><u>MAG ATHLETES</u></p> <p>All current Senior National Team Members must attend the Elite Canada. This event is only open to Canadian gymnasts as defines in Article 1.6.3. Special situations may be considered but the MPS with a minimum of one (1) month prior written notice as per the carding regulations.</p> <p>Novice and junior athletes must participate in the physical tests at Elite Canada.</p> <p>A Start Value of 4.2 on each apparatus except Vault (4.4) is required for Junior athletes.</p> <p>A Start Value of 5.2 on each apparatus except Vault (4.8) is required for Senior athletes.</p> <p><u>WAG ATHLETES</u></p> <p>For information on the screening process and eligibility of athletes, please refer to section 5 of the WAG Program Manual.</p> <p><u>MAG/WAG COACHES</u></p> <p>All registered coaches must be certified NCCP 3 or have obtained an exemption in writing from the Men/Women’s Program Director. A coach who is employed on a full time basis by an organization based outside Canada is exempted from this requirement.</p>
<p>REGISTRATION</p>	<p>Registration Fee Athletes: 110\$ Coaches: 95\$</p> <p><u>Deadline:</u> January 8, 2015</p> <p>All clubs must register by completing the Excel registration form and returning it to Mariève Millaire (mmillaire@gymcan.org) and Josée Gélinas (jgelinas@gymqc.ca) by January 8th, 2015.</p> <p>A hard copy of the Excel registration form, completed waiver and medical forms, along with the payment must be RECEIVED at the GCG National Office (GCG – Attention: Mariève Millaire) by the deadline.</p> <ul style="list-style-type: none"> • Clubs will have the opportunity to modify (athletes and coaches only) their registration until the registration deadline. Additions of coaches or gymnasts will be charged the regular registration fee until the deadline. <u>We ask that all additions and/or changes be emailed to mmillaire@gymcan.org and jgelinas@gymqc.ca.</u> • All registrations and changes / additions to a current registration done after the deadline, will be charged a \$50 late fee per person. • Withdraw due to injury, supported by a medical note, will be accepted with refund until January 15th. In the event that a gymnasts is declared unable to compete after this deadline, and ineligible for refund, the club still has the obligation to inform GCG of this as soon as possible. Please send notification to mmillaire@gymcan.org and jgelinas@gymqc.ca.

Other documents – mandatory for registration

The **waiver and medical forms** (link below) must also be completed for every registered **athlete**.

MEDICAL FORM

WAIVER / ASSUMPTION OF RISK FORM

All forms must be duly and fully completed. Incomplete forms will be charged a penalty fee of \$20 per registered participant.

Written request for refund can be made to the attention of Mariève Millaire – mmillaire@gymcan.org until **January 8, 2015**. After this date, there will be NO reimbursement of the registration fee.

A participant not registered by the deadline may be authorized to compete upon payment of the registration fee plus a **\$50.00 penalty per registered participant (athlete and coaches) until January 15th – no refund**.

No registration will be accepted if received at the National Office after **January 15, 2015** unless special dispensation is given by the AG Program Director. Late entries will replace athletes who withdraw after the draw is done.

SCHEDULE

You will find a draft detailed schedule at the end of the directive.

*Please note the final detailed schedule, as well as the draw, will be sent separately from GCG after the registration deadline.

TRAVEL

Boulevard Travel (BLVD) is pleased to offer special sport group rates on airfare for all participants. You will find below the current negotiated BLVD rates.

DOMESTIC FLIGHTS – LOW FARE CHART								
Cities	Vancouver	Calgary/ Edmonton	Saskatoon	Winnipeg	Montréal	Toronto	Ottawa	Halifax
Vancouver	-	119	139	169	225	215	225	275
Calgary/ Edmonton	119	-	109	139	209	199	209	245
Saskatoon	139	109	-	139	209	199	209	235
Winnipeg	169	139	139	-	169	159	169	225
Montréal	225	209	209	169	-	-	-	139
Toronto	215	199	199	159	-	-	-	139
Ottawa	225	209	209	169	-	-	-	139
Halifax	275	245	235	225	139	139	139	-

*****EXAMPLES OF ONE WAY SPECIAL GROUP FARES / TAXES NOT INCLUDED / BASED ON AVAILABILITY**

****FOR GROUPS OF 10 OR MORE****

To secure the best available rate and to discuss booking details please contact:

Boulevard Travel – 403-237-6233

Sharon Phelps, Senior Group & Sport Travel Consultant

sharonp@boulevardtravel.com – 403-802-4270

Corinne Palin – Group Account Manager

corinnep@boulevardtravel.com or 403-802-4284

LOCAL TRANSPORTATION	<p>Teams can fly into two different airports.</p> <p>Pierre Elliott Trudeau International Airport – http://admtl.com</p> <ul style="list-style-type: none"> - 150km from Trois-Rivières - Car Rental : http://www.admtl.com/en/access/car-rental <p>Jean-Lesage Airport – Québec – http://www.aeroportdequebec.com/en/</p> <ul style="list-style-type: none"> - 130km from Trois-Rivières - Car Rental: http://www.aeroportdequebec.com/en/to-and-from-the-airport/car-rental-services/ - <p>Clubs are responsible for their own local transportation.</p>
ACCOMMODATION	<p>Official Hotel</p> <p>Hôtel Gouverneur Trois-Rivières 975 rue Hart, Trois-Rivières</p> <p>Our hotel is located in the down town core, two steps from the Old Port Drive and close to the business centre. A Free indoor parking garage as well as a gym are available to our clients. The entire team of <i>l'Hôtel Gouverneur Trois-Rivières</i> will be delighted to welcome you!</p> <p>A preferential rate of \$101 per night for single, double, triple or quad occupancy is reserved for participants for a two (2) bed room.</p> <p>For reservations please contact our central booking at 1-888-910-1111 or the hotel directly at 819-379-4550 by January 1st, 2015 with the following event code: Compétition de gymnastique GYM TRM.</p>
MEALS	<p>There is no meal plan for this event. Clubs are responsible to cover full board for their participants.</p> <p>A hospitality room will be provided for the coaches and officials during training and competition.</p>
ACCREDITATION	<p>The GCG accreditation procedures will apply. The system consists of colour coded categories and access zones. GCG reserves the right to take away any accreditation if the rules are not followed.</p> <p>Accreditation will be distributed upon arrival to the competition venue. The accreditation must be worn to access the venue and the competitive area.</p>
MEDICAL	<p>There will be a medical team on site throughout the competition.</p> <p>Doping control could be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.</p>

PROTOCOL & AWARD CEREMONIES	<p>The Canadian National Anthem will be played before the first session of competition.</p> <p><u>MAG Award Ceremonies</u> All categories- Top 3 athletes AA and per apparatus.</p> <p><u>WAG Award Ceremonies</u> Novice – Top 8 athletes AA and apparatus. The coaches of the medalists will be announced.</p> <p>Junior and Senior - Top 8 athletes AA and top 3 athletes per apparatus. The coaches of the gold medalists will be announced.</p> <p><u>Dress code on the awards podium</u> Athletes: Competitive uniform</p>								
JUDGES	<p>Names and travel information for self-funded or provincially funded judges are to be sent to Sue Ashton (sashton@gymcan.org) by January 8th, 2015.</p> <p>GCG will make the double occupancy reservations for ALL judges with the host hotel to ensure all judges are at the same hotel. Judges wanting a single room must request it in writing to Sue Ashton and will be responsible for the additional room cost which could be up to the full cost of the room.</p> <p>The organizing committee will provide local transportation to the judges (airport-hotel-venue). Flight information for provincially and self-funded judges must be received by January 8th, 2015 and sent to Sue Ashton.</p> <p>Meals will be provided to the judges at the competition venue between training and competition sessions. Judges will receive a per diem for meals not provided by the organizing committee.</p>								
DEADLINES	<table border="1"> <tr> <td data-bbox="395 1160 1107 1211">Registration</td> <td data-bbox="1107 1160 1565 1211">January 8, 2015</td> </tr> <tr> <td data-bbox="395 1211 1107 1263">Waiver and medical forms</td> <td data-bbox="1107 1211 1565 1263">January 8, 2015</td> </tr> <tr> <td data-bbox="395 1263 1107 1314">Payment</td> <td data-bbox="1107 1263 1565 1314">January 8, 2015</td> </tr> <tr> <td data-bbox="395 1314 1107 1314">Late Registration</td> <td data-bbox="1107 1314 1565 1314">January 15, 2015 + \$50</td> </tr> </table>	Registration	January 8, 2015	Waiver and medical forms	January 8, 2015	Payment	January 8, 2015	Late Registration	January 15, 2015 + \$50
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**2015 ELITE CANADA - MEN'S ARTISTIC GYMNASTICS
PROVISIONAL SCHEDULE – DECEMBER 2014**

	<u>ACTIVITY</u>		<u>LOCATION</u>
Wed. 28	20:00	MPC Meeting	
Thu. 29	08:30 – 10:00	Junior & Senior Training	
	10:00 – 13:00	Novice Podium Training & <u>Physical Testing</u>	
	13:00 – 15:30	Junior Podium Training & <u>Physical Testing</u>	
	15:30 – 18:00	Senior Podium Training (MAG Judges recommended to attend)	
	18:30 – 19:00	Technical Meeting	
Fri. 30	08:30 – 9:30	Junior & Senior Training	
	09:30 – 11:00	Novice Warm up	
	11:00 – 13:30	Novice Competition (Optional)	
	13:30 - 15:00	Junior Warm up	
	15:00 - 17:30	Junior Competition + Award Ceremonies - All-Around	
	17:30 – 19:00	Senior Warm up	
	19:00 – 21:30	Senior Competition + Award Ceremonies – All-Around	
Sat. 31	09:00 – 10:30	Junior & Senior Training	
	10:30 – 12:00	Novice Warm up	
	12:00 – 14:30	Novice Competition (Compulsory) +Award Ceremonies	
	16:00 – 17:30	Junior & Senior Warm up (Apparatus Finals)	
	17:30 – 20:00	Junior & Senior AF Competition +Award Ceremonies	
Sun. 1	9:30 – 10:30	National Team Meeting	
	10:30 – 12:00	NTD Debrief of Worlds and the Rio 2016 plan	

**2015 ELITE CANADA - WOMEN'S ARTISTIC GYMNASTICS
PROVISIONAL SCHEDULE – DECEMBER 2014**

	<u>ACTIVITY</u>		<u>LOCATION</u>
Thu. 29	09:00 – 09:30	Novice General Warm-up	
	09:30 – 11:00	Judges' Briefing Session	
	09:30 – 12:30	Novice Training	
	12:45 – 13:30	Technical Meeting	
	13:30 – 14:00	Junior/Senior General Warm-up Flight 1	
	14:00 – 16:20	Junior/Senior Training Flight 1	
	16:30 – 17:00	Junior/Senior General Warm-up Flight 2	
	17:00 – 19:20	Junior/Senior Training Flight 2	
	19:30 – 21:30	NTCC meeting – For coaches of NT Athletes with NTD	
Fri. 30	08:00 – 9:15	Open Training Junior & Senior	
	9:00 – 10:00	Judges' Meeting	
	09:20 – 9:50	Novice General Warm-up	
	10:00 – 13:30	Novice All-Around Day 1	
	9:30 – 10:30	Meeting of the Junior and Senior NT Members (More information on this meeting will sent out)	
	13:30 – 15:30	Open Training Junior	
	15:30 – 16:00	Senior General Warm-Up	
	16:00 – 17:20	Senior Warm-Up	
	16:30 – 17:30	Judges' Meeting	
	17:30 – 21:00	Senior All-Around	
	21:00	Senior AA Awards	
Sat. 31	09:00 – 10:30	Open training Senior (sign-up with floor manager by Friday, 15:30 – 20\$ per athlete if no show)	
	09:00 – 10:30	BJC Meeting	
	10:30 – 11:00	Junior General Warm-up	
	11:00 – 12:20	Junior Warm-up	
	11:30 – 12:30	Judges' Meeting	
	12:30 – 14:30	Junior All-Around	
	14:30	Junior AA Awards	
	15:30 – 16:30	Judges' Meeting	
	15:50 – 16:20	Novice General Warm-Up	
	16:30 – 20:00	Novice All Around Day 2	
	20:00	Novice Awards	
20:30 – 21:30	Open training Senior (sign-up with floor manager by Saturday at 10:30) – 20\$ per athlete if no show)		
Sun.1	9:30 – 10:50	Jr. & Sr. AF Warm-Up (open format)	
	10:00 – 11:00	Judges' Meeting	
	11:00 – 13:30	Junior & Senior Apparatus Finals	
	13:30	Junior & Senior Awards	