

GYMNASTICS CANADA GYMNASTIQUE DIRECTIVE

ELITE CANADA 2016 MEN'S AND WOMEN'S ARTISTIC GYMNASTICS



**HALIFAX, NS
FEBRUARY 4-7, 2016
CANADA GAMES CENTRE**



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@gymcan.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>Sue Ashton – Artistic Gymnastics Program Coordinator sashon@gymcan.org 613-748-5637 ext. 227</p> <p>Mariève Millaire – Director of Events mmillaire@gymcan.org 613-748-5637 ext. 231</p>
ORGANIZING COMMITTEE	<p>Gymnastics Nova Scotia 5516 Spring Garden Road Halifax, NS, B3J 1G6 Phone: 902-425-5450 ext. 338</p> <p>Organizing Committee Chairs: Event Chair: Dan Macdonald Finance: Angela Gallant Logistics: Melanie Wallwork Technical: Mary Kikuchi (Shawn Healey & David Kikuchi) Scoring: Byron Topp Protocol: Susie Gallagher</p>
LOCATION	Halifax, NS
DATE	February 4-7, 2016

COMPETITION VENUE	Canada Games Centre 26 Thomas Randall Drive, Halifax, NS, B3S 0E2
APPARATUS SUPPLIED	The official supplier of gymnastics equipment for the event is Gymnova S.A. The apparatus supplied is as follows: 1 full set of men and women's artistic gymnastics competition equipment 1 additional beam for Thursday training day *Note: clubs are NOT authorized to bring their personal equipment.
MUSIC	Music will NOT be collected in advance. It will be played from CDs on-site. Please provide the music during Podium Training on Day 1 clearly marked with the Athletes Names, Category, Club and Province. I.e. Ellie Black – Senior – Alta Club, NS Coaches should have 2 copies of the music CD for EACH athlete.
INVITED MEMBERS	All members who meet the GCG eligibility requirements according to this document and to the MAG and WAG program manuals are invited to participate.
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>
ELIGIBILITY	<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>
REGISTRATION	<p>Registration Fee Athletes: 110\$ Coaches: 95\$</p> <p><u>Deadline:</u> January 14, 2016</p> <p>All clubs must register by completing the Excel registration form and returning it to Mariève Millaire (mmillaire@gymcan.org) and Angela Gallant (gns@sportnovascotia.ca) by January 14th, 2016.</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.</u> • All registrations and changes / additions to a current registration done after the deadline, will be charged a \$50 late fee per person.

	<ul style="list-style-type: none"> Withdraw due to injury, supported by a medical note, will be accepted with refund until January 21st. In the event that a gymnast 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. <p><u>Other documents – mandatory for registration</u> The waiver and medical forms must also be completed for every registered athlete.</p> <p><u>MEDICAL FORM</u> – please see document attached.</p> <p><u>WAIVER / ASSUMPTION OF RISK FORM</u> – please see document attached.</p> <p>All forms must be duly and fully completed. Incomplete forms will be charged a penalty fee of \$20 per registered participant.</p> <p>Written request for refund can be made to the attention of Mariève Millaire – mmillaire@gymcan.org until January 21, 2016. After this date, there will be NO reimbursement of the registration fee.</p> <p>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 21st – no refund.</p> <p>No registration will be accepted if received at the National Office after January 21, 2016 unless special dispensation is given by the AG Program Director. Late entries will replace athletes who withdraw after the draw is done.</p>
SCHEDULE	<p>You will find a draft detailed schedule at the end of the directive.</p> <p>Please note the final detailed schedule, as well as the draw, will be sent separately from GCG after the registration deadline.</p>
TRAVEL	<p>Boulevard Travel is pleased to offer special sport group rates on airfare for all participants.</p> <p>To secure the best available rate and to discuss booking details please contact:</p> <p><u>Boulevard Travel – 403-237-6233</u> 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</p>
LOCAL TRANSPORTATION	<p>Clubs travelling by air are to arrive at the Halifax Stanfield International Airport. (http://hcaa.ca/). The airport is approximately 30 minutes from the venue.</p> <p>Clubs are responsible for their own local transportation.</p>

<p>ACCOMMODATION</p>	<p><u>Official Hotels</u></p> <p>Future Inns Halifax 30 Fairfax Drive, Halifax, NS, B3S 1P1 902-443-7150 or 1-800-565-0700 www.futureinns.com E-mail: halifax@futureinns.com</p> <p>Rate: \$107 + taxes / night for 2 queen beds includes free Wi-Fi and parking Promo Code: Gymnastics Nova Scotia or 1602Gymnastics Must reserve by: January 14, 2016 Restaurant on-site 700m from venue</p> <p>Quality Inn and Suites 980 Parkland Drive, Halifax, NS, B2M 4Y7 902-444-6700 http://choicehotels.ca</p> <p>Rate: \$119 + taxes / includes deluxe continental breakfast, free Wi-Fi and parking Promo Code: Booked Under Gymnastics Canada Must reserve by: January 5, 2016 3.5km from venue</p> <p>Château Bedford 133 Kearny Lake Rd, Halifax, NS, B3M 4P3 902-445-1100 www.chateaubedford.ca E-mail: reservations@chateaubedford.ca</p> <p>Rate: \$110 + taxes /night for 2 queen beds / Includes hot and cold buffet breakfast, free Wi-Fi and parking Promo code: Gymnastics Nova Scotia Must reserve by: January 27th, 2016 3.5km from venue</p> <p>Westin Nova Scotian Hotel – downtown Halifax 1181 Hollis Street, Halifax, NS B3H 2P6 1-888-627-8553 www.thewestinnovascotian.com</p> <p>Rate: \$119 + taxes/night / includes free Wi-Fi, parking not included Promo code: Gymnastics Nova Scotia Must reserve by: January 4th, 2016 12km from venue</p>
<p>MEALS</p>	<p>Clubs are responsible for their meals.</p> <p>A hospitality room will be provided for the coaches and officials during training and competition.</p>
<p>ACCREDITATION</p>	<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 14th, 2016.</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 14th, 2016 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="411 1346 1106 1379">Registration</td> <td data-bbox="1114 1346 1546 1379">January 14, 2016</td> </tr> <tr> <td data-bbox="411 1384 1106 1417">Waiver and medical forms</td> <td data-bbox="1114 1384 1546 1417">January 14, 2016</td> </tr> <tr> <td data-bbox="411 1422 1106 1456">Payment</td> <td data-bbox="1114 1422 1546 1456">January 14, 2016</td> </tr> <tr> <td data-bbox="411 1460 1106 1494">Judges Travel Information and Names</td> <td data-bbox="1114 1460 1546 1494">January 14, 2016</td> </tr> <tr> <td data-bbox="411 1498 1106 1532">Late Registration</td> <td data-bbox="1114 1498 1546 1532">January 21, 2016 + \$50</td> </tr> </table>	Registration	January 14, 2016	Waiver and medical forms	January 14, 2016	Payment	January 14, 2016	Judges Travel Information and Names	January 14, 2016	Late Registration	January 21, 2016 + \$50
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**2016 ELITE CANADA - MEN'S ARTISTIC GYMNASTICS
PROVISIONAL SCHEDULE – OCTOBER 2015**

		<u>ACTIVITY</u>	<u>LOCATION</u>
Wed. 3	20:00	MPC Meeting	
Thu. 4	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. 5	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. 6	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. 7	9:30 – 10:30	National Team Meeting	
	10:30 – 12:00	NTD Debrief of Worlds and the Rio 2016 plan	

**2016 ELITE CANADA - WOMEN'S ARTISTIC GYMNASTICS
PROVISIONAL SCHEDULE – OCTOBER 2015**

	<u>ACTIVITY</u>		<u>LOCATION</u>	
Thu. 4	08:45 – 09:15	Novice General Warm-up Group 1 (by club)		
	09:15 – 10:50	Novice Training Group 1		
	09:30 – 11:00	Judges' Briefing Session		
	10:50 – 11:20	Novice General Warm-up Group 2 (by club)		
	11:20 – 12:44	Novice Training Group 2		
	13:00 – 13:30	Technical Meeting	Venue Room – GAF/WAG	
	13:30 – 14:00	Junior/Senior General Warm-up Flight 1 Training		
	14:00 – 16:35	Junior/Senior Training Flight 1 Training		
	16:45 – 17:15	Junior/Senior General Warm-up Flight 2 Training		
	17:15 – 19:07	Junior/Senior Training Flight 2 Training		
	19:30 – 21:30	NTCC meeting – For coaches of NT Athletes with NTD	Venue Room – GAF/WAG	
	Fri. 5	07:45 – 8:15	Open Training Junior & Senior	
		8:15 – 9:15	Judges' Meeting	Venue Room – GAF/WAG
		09:00 – 9:20	Novice Flight 1 General Warm-up	
9:30 – 12:00		Novice All-Around Day 1 Flight 1		
9:30 – 10:30		Meeting of the Junior and Senior NT Members (mandatory for athletes if at EC)	Venue Room GAM/MAG or #3	
12:00 – 12:20		Novice Flight 2 General Warm-up (on MAG Floor)		
12:30 – 15:00		Novice All-Around Day 1 Flight 2		
15:30 – 15:50		Senior General Warm-Up		
15:50 – 17:55		Senior Warm-Up		
16:30 – 17:30		Judges' Meeting		
18:00 – 21:30		Senior All-Around		
Sat. 6		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	Venue Room – GAF/WAG
		10:30 – 10:50	Junior General Warm-up	
	10:50 – 12:20	Junior Warm-up		
	11:30 – 12:30	Judges' Meeting	Venue Room – GAF/WAG	
	12:30 – 14:30	Junior All-Around		
	14:30	Junior AA Awards		
	15:30 – 16:30	Judges' Meeting	Venue Room – GAF/WAG	
	16:00 – 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.7	9:30 – 10:50	Jr. & Sr. AF Warm-Up (open format)	
		10:00 – 11:00	Judges' Meeting	Venue Room – GAF/WAG
11:00 – 13:30		Junior & Senior Apparatus Finals		
13:30		Junior & Senior Awards		