



2016 EASTERN CANADIAN CHAMPIONSHIPS

May 5th to 9th, 2016

Men's Artistic Gymnastics | Women's Artistic Gymnastics
Trampoline & Tumbling

TEAM ONTARIO BULLETIN # 1

The organizing committee, along with Gymnastique Québec, is pleased to welcome athletes, coaches and officials to the 2016 Eastern Canadian Gymnastics Championships.

You will find below important information regarding your preparation to this competition which brings together women's and men's artistic gymnastics, as well as trampoline sports.

A warm welcome to all!

COMPETITION INFORMATION

DATES: May 7th and May 8th, 2016

Thursday, May 5 th	Arrival
Friday, May 6 th	Training & Elite Physical Testing
Saturday, May 7 th	Competition
Sunday, May 8 th	Competition & Banquet
Monday, May 9 th	Delegations Depart

COMPETITION VENUE: **Stade Telus**
University of Laval
2325 Rue de l'Université, Québec City, QC
<http://www2.ulaval.ca/en.html>

TEAM ONTARIO: Team Ontario will be made up of the following delegates in each discipline. A Head of Delegation will be assigned to each discipline.

TRA & TUM Athletes: Trampoline, Synchronized Trampoline, Tumbling and Double Mini Trampoline in Level 1 (12 & Under, 13 & Over)
Level 2, 3 and 4
Coaches: Comprised of personal coaches only

Managers: Club Coaches to Manage Athletes
Judges: 6 as selected by the Technical Committee

MAG Athletes: Four Team members plus two independents in the following categories; GCG Level 3 (age 11-12 and age 13+), GCG Level 4 (age 11-12 and age 13+). Six Team members in GCG Level 5.

Up to two Teams of five in the following categories;
GCG Elite 3 and Elite 4
One Team Coach/Manager per team will be selected (8 in total)
Judges: 2 as selected by the Judging Chairperson

WAG Athletes:
Teams of 4 athletes:
Level 7 Tyro, Novice, Open
Level 8 Tyro, Novice, Open
Level 9 A, B, C
Level 10 A, B *combined for Team Awards
Teams of 5 athletes:
Aspire 1 & 2
Team Coaches: 1 Team Coach/Manager per team will be selected (13 in total)
Judges: 3 as selected by the Technical Committee

Please note that the WAG CJO rules will be in effect for the WAG 2016 Eastern Canadian Championships.

TENTATIVE TRAINING SCHEDULE:

Friday, May 6th - T&T – 11:30am-1:00pm
MAG & WAG – 2:00pm-5:00pm

DRAFT COMPETITION SCHEDULE:

Attached

EQUIPMENT:

GYMNOVA

MEDICAL:

Physiotherapists will be available at all times during training and competition sessions. Team Ontario will be bringing at least one physiotherapist.

DRESS CODE:

All members of the Ontario delegation (including personal coaches) are required to wear the Team Ontario jacket and all athletes are required to wear the Team Ontario competitive attire. The Team Ontario jacket

and the Team Ontario competitive attire is the same as last year. All delegates must wear PLAIN BLACK PANTS (no logos, design, etc.).

Team Ontario jackets will be mailed from the Gymnastics Ontario office to each club address.

BANQUET:

Athletes: All athletes are invited to a dance on Sunday, May 8th, 2016 at 7pm at the Grand Salon of Laval's University. Dinner is not included.

Coaches/Officials: All Judges and Coaches are invited to a closing social on Sunday, May 8th, 2016 at 7 pm at the PUB at Laval's University. The athletes' banquet will be in the same building, both rooms are separated by a staircase, which will ease the athletes' supervision. Dinner is not included.

Judges: Officials are invited to an event on Saturday, May 7th at 8pm at the PUB at Laval's University.

MAG & WAG Team coaches will be expected to supervise the Ontario athletes. A schedule will be determined to arrange appropriate time slots.

For T&T, club/personal coaches will be expected to supervise their athletes at the banquet.

TEAM ONTARIO INFORMATION

SERVICES OFFERED:

Full Service Option includes:

Residence accommodations & Meal Plan
Competition Registration

WAG and MAG Team Coach/Managers and athletes are required to use the "Full Service Option".

Individuals are **FULLY** responsible for all travel to and from Quebec City as well as during the event.

No Services Option:

Registration Fee

The "No Service Option" is only available to TRA & TUM delegates and WAG and MAG personal coaches.

TRANSPORTATION: All delegates are responsible for their own travel to and from Quebec City as well as during the event.

There will not be any onsite transportation at the event as the competition venue, housing and meals are all on campus and within walking distance.

Team Coaches/Managers are eligible for travel reimbursement. The method of travel will be reimbursed to a maximum of \$650 (train/plane). For those taking the train or flying, mileage may be claimed to and from the airport/train station.

Team Coaches/Managers who choose to drive will be reimbursed their mileage for the distance of the trip.

Mileage is \$0.30 per km.

In order to be reimbursed, receipts **MUST BE PROVIDED WITH HST SHOWING** on the receipt. Participants will not be reimbursed for any items that do not have a receipt.

All receipts and reimbursement forms must be submitted no later than **June 10, 2016**. Items submitted **AFTER June 10th, 2016 will not be** eligible for reimbursement under any circumstances. Receipts and reimbursement forms must be submitted to the discipline Program Coordinator.

MEALS & HOUSING: Delegates utilizing the “Full Service Option” will be staying at the University of Laval Residences

Athletes will have double occupancy, coaches will have single occupancy.

Rooms are dormitory style with shared bathrooms/showers on each floor.

Drop-off and Pick-Up times (exact location TBA in Bulletin #2):

Drop Off – Thursday, May 5, 2016		Pick-Up – Monday, May 9, 2016	
T&T	4:00pm to 7:00pm	T&T	9:00am-10:00am
MAG	4:00pm to 7:00pm	MAG	9:00am-10:00am
WAG	4:00pm to 7:00pm	WAG	9:00am-10:00am

Meals Included are:

Thursday	Dinner
Friday	Breakfast, Lunch, Dinner
Saturday	Breakfast, Lunch, Dinner
Sunday	Breakfast, Lunch, Dinner
Monday	Breakfast

Meal Times:

Breakfast: 7:00am-9:30am
 Lunch: 11:00am-2:30pm
 Dinner: 4:30pm-6:30pm
 Late Dinner: Until 9:30pm. Delegates are eligible for Dinner OR Late Dinner but not both.

A Tim Horton's food truck will be at the competition site all week-end long for those who would like to buy cold or hot drinks.

ADDITIONAL INFORMATION FOR COACHES

TECHNICAL MEETING: A Technical Meeting for Team Coaches will take place on Friday, May 8th (Personal Coaches may attend this meeting). Times and location TBA.

COACH/JUDGE/

MANAGER SOCIAL: Sunday, May 8th – see information on page 3

REGISTRATION & PAYMENT SUMMARY

PAYMENT: Credit Card or one club cheque made payable to Gymnastics Ontario

REGISTRATION FEES:

	Full Service Option	No Service Option
Athletes	\$190 (meals/accommodation – double occupancy) + \$80+hst (registration) TOTAL: \$280.40	\$80 + hst N/A to WAG & MAG
Team Coaches	Full Funding	N/A
Personal Coaches	\$245 (meals/accommodation – single occupancy) + \$40+hst (registration) TOTAL: \$290.20	\$40 + hst

**REGISTRATION
DEADLINES:**

Tuesday, April 5th, 2016 12:00pm (T & T)
Friday, April 15th, 2016 4:00pm (WAG/MAG)

All registration fees and forms must be received by 4:00pm otherwise a late fee of \$25 per delegate will be charged.

Registration Checklist to Include

- 1) Completed Club Registration Form
- 2) Apparel sizes (on registration form)
 - a. Eastern Championships T-Shirt size for athletes and coaches
 - b. Gymnastics Ontario T-Shirt size for coaches
 - c. Gymnastics Ontario hoodie size for athletes
- 3) Payment for Service Option Fees for all athletes and personal coaches by one club cheque payable to Gymnastics Ontario. Credit card will also be accepted.
- 4) Eastern Championships Event Waiver Form (athletes and coaches)
- 5) Track Jacket Order Form (if required)
- 6) Jagwear Team Ontario Competitive Suit Order Form (if required, forms go directly to Jagwear)

REFUND POLICY:

Written requests for refund can be made to the attention of Jenna Gleza; events@gymnasticsontario.ca until April 30, 2015 by 4:00 pm. After this date, no refund requests will be accepted for registration fees. Refunds for housing and meal plan will be subject to additional charges as determined by Gymnastics Ontario. The refund policy includes medical scratches and extraordinary circumstances

SPECTATOR INFORMATION

PARENTS/FAMILIES: Parents are allowed to book parallel trips but must understand that the athletes are there as part of Team Ontario and parents are at the event as spectators. Parents are not permitted in the Team rooms or to join team activities. Athletes may be allowed to see family & friends after they have competed.

SPECTATORS: Entry fees:
 ADULT (16 and older) = 10\$ / day, 18\$ / 2 days, 24\$ / 3 days
 CHILDREN (6-15) = 5\$ / day, 8\$ / 2 days, 10\$ / 3 days
 5 and younger = Free

HOTELS: For those delegates choosing to book their own accommodations, please see a list of possible hotels below.

Preferential rates have been negotiated with the following hotels for all participating teams. Families are responsible for booking their own accommodations. We strongly recommend that you stay at one of the listed hotels to ensure an enjoyable stay. Reserve early!

Hôtels Jaro

7 locations to serve you better
 For information: www.hotelsjaro.com
 1-800-567-5276
 Mention Eastern Championships 2016

Hôtel Classique

For information: 1-800-463-1885
 Group code: 444801
 For group reservation:
 Stéphane Rancourt
srancourt@hotelclassique.com or 418-780-1388

Hôtel Clarion Québec

For information: <http://www.clarionquebec.com>
 1.800.463.5241 Ext. 6110
 Ask for Laury Latulippe

Hôtel Pub Universel

For information : www.hoteluniverselqc.ca
 1.800.463.4495
 Group code : 279782
 Ask for Pascal Pineault

Palace Royal	https://goo.gl/maps/s58tq4ueBGG2
Hôtel Plaza Hôtel Québec	https://goo.gl/maps/2Ydi6ewdSj52
Hôtel Québec INN	https://goo.gl/maps/bX6vjvQKDzN2
Hôtel Must	https://goo.gl/maps/Mgmm3buUAA42
Hôtel Lindbergh	https://goo.gl/maps/uZ3fqr255Xp
Auberge Québec	https://goo.gl/maps/iznkCvoPybs
Hôtel Clarion Québec	https://goo.gl/maps/qjynfaKf4Dz
Hôtel Classique	https://goo.gl/maps/7BxK9sd89uF2
Hôtel Universel Québec	https://goo.gl/maps/to23XP9UU8L2

AREA ATTRACTIONS:

AQUARIUM DE QUÉBEC: <http://www.sepaq.com/ct/paq/>
 PLAINS OF ABRAHAM AND SURROUNDING: <http://www.ccbnnbc.gc.ca/fr/>
 OLD-QUEBEC: <http://www.quebecregion.com/fr/region-quebec/vieux-quebec/>
 MUSÉE DE LA CIVILISATION: <https://www.mcq.org/fr/>
 LAURIER QUEBEC MALL: <http://www.laurierquebec.com/>