

2010
WESTERN
CANADIAN
GYMNASTICS
CHAMPIONSHIPS

Gymnastics
Saskatchewan



SASK ENERGY WESTERNS

BULLETIN 2 JANUARY 2010

Event Website: <http://gym-score-depot.ca/Westerns-2010/>

ORGANIZING COMMITTEE

Event Chairs	Cheryl Russell, Klara Miller
Technical	Karen Swanson, Sharon Crook
Results & Website	Stu Cram
Facility & Equipment	Lorne Templeton, Mark Kurmey
Delegate Services	Cheryl Russell, Melissa Clark, Gina Resler
Logistics	Dale Reed, Cliff McArthur, Sharon McArthur
Marketing & PR	Sherie Franklin, Alynn Brischuk, Jaylene Groff, Mark Mulatz
Medical	Kelly Lang
Volunteers	Tammy Uhersky, Kelly Brodner
Awards & Protocol	Pat Mulatz, Peggy Cram

SCHEDULE AND TECHNICAL

Thursday, April 28, 2010	Team Arrival, Team Training
Friday, April 30, 2010	Competition Day 1, Opening Ceremonies
Saturday, May 1, 2010	Competition Day 2, Athlete Closing Party
Sunday, May 2, 2010	Teams Depart

Please note changes to training times, and Argo boys competition time.

All categories of women will use the same warmup. Therefore men will begin warmup before the women. All groups will be sharing the floor, so warmup will be coordinated by the judges upon arrival at that event.

Thank you in advance for your cooperation.

January 25, 2010

WESTERNS 2010

TENTATIVE SCHEDULE OF EVENTS

DATE	TIME	MEN'S ARTISTIC	WOMEN'S ARTISTIC
Thursday, April 29, 2010	9:00 am – 11:30 am	Training Team Sask	Training Team Sask
	11:30 am – 2:00 pm	Training Team Manitoba	Training Team Manitoba
	2:00 pm – 4:30 pm	Training Team Alberta, Team Yukon	Training Team Alberta, Team Yukon
	4:30 pm – 7:00 pm	Training Team BC, Team NWT	Training Team BC, Team NWT
	8:00 pm – 8:30 pm	Technical Meeting Travelodge Hotel Arlington Room	
	8:00 pm – 12:00 am	Coaches and Officials Social Travelodge Hotel Burlington Room	
Friday, April 30, 2010	8:00 am – 8:30 am		CPP NOVICE & OPEN Warm Up (20 x 2 panels)
	8:30 am – 11:00 am		CPP NOVICE & OPEN Competition
	11:00 am – 1:00 pm	ARGO & LEVEL 4 AA Warm Up (45) (off the floor by 12:30 when girls will begin warm up)	
	12:30 pm – 1:00 pm		NATIONAL NOVICE Warm Up (19)
	1:00 – 4:30 pm	ARGO DAY 1 & LEVEL 4 AA Competition	NATIONAL NOVICE Competition
	4:30 pm – 6:00 pm	OPEN TEAM (includes National Youth and Open AA) Warm Up (43)	
	5:30 pm – 6:00 pm		NATIONAL OPEN Competition (23)
	6:00 pm – 10:00 pm	OPEN TEAM (includes National Youth and Open AA) Competition	NATIONAL OPEN Competition

DATE	TIME	MEN'S ARTISTIC	WOMEN'S ARTISTIC
Saturday, May 1, 2009	8:00 am – 8:30 am		CPP TYRO (14) & PRE-NOVICE (18) Warm Up
	8:30 am – 12:00 pm		CPP TYRO & PRE-NOV Competition (2 panels)
	12:00 pm – 1:30 pm	EVENT FINALS Warm Up	EVENT FINALS Warm Up
	1:30 pm – 5:30 PM	EVENT FINALS Competition Argo, Level 4, National Youth, National Open	EVENT FINALS Competition National Novice, National Open CPP Novice, CPP Open
	7:00 pm – 8:00 pm	Westerns Technical Review Meeting Travelodge Hotel Coach Room	
	8:00 pm – 12:00 am	Athletes Closing Party Travelodge Hotel Imperial Room Adults Closing Party Travelodge Hotel Arlington Room	
Sunday, May 2, 2009	Team Departure		

VENUE

Callie Curling Club
2225 Sandra Schmirler Way
Regina, SK S4W 1B6
www.callieclub.com

The Callie is a large curling facility, free span space of 30m x 45m (94ft x 147ft), with free parking, two locker rooms, hospitality rooms, a bar, and large viewing area. The facility is a 10 minute drive from a host hotel, a 2 minute drive from the airport, and one block from the QCK Gym Club facility.

EQUIPMENT

All equipment (AAI) will be supplied by Northern Athletic. **No other equipment is allowed.**

Many thanks to Northern Athletic for their sponsorship of this event.

Please visit the Westerns website for a list of equipment for sale.

HOST HOTEL

Travelodge Hotel and Conference Centre
4177 Albert Street
Regina, SK S4S 3R6
Phone 306-586-3443 or 1-800578-7878
Fax 306-586-9311
www.travelodgeregina.com

Please book rooms directly with the hotel, quoting block ID #300776.
Rooms must be booked by March 15th, 2010. Room rate is \$119.95 for all rooms.
There are many restaurants and fast food outlets within walking distance of the hotel.

ADMISSION AND TICKETS

Tickets will be available the door.
Ticket prices: \$8 per session or \$15 per day.
Program cost: \$5 each.

TRANSPORTATION

Please submit the attached travel itinerary forms as soon as possible, and no later than March 1st, for your team and for ALL your officials to ensure that our committee can arrange for transportation to and from the airport.

A shuttle service will be provided for officials between the hotel and the venue.

Official carrier/car rental is **Budget Car and Truck Rental**. Please refer to the flyer sent out in January, or visit the Westerns website for details and costs.

HOSPITALITY/SOCIALS

Meals for coaches and officials will be provided at the Callie during competition days.

Thursday April 29th

Welcome Social 8 pm – 12 pm

Travelodge Burlington Room

Friday April 30th

Tentatively, a hospitality Room will be open at the Travelodge (room TBD)

Saturday May 1st

Adults Closing Party 7 pm – 12 pm

Travelodge Burlington Room

Athlete's Dance & Pizza Night 7 pm – 12 pm

Travelodge Imperial Room

MEETINGS

Thursday, April 29th

Technical Meeting 8 pm – 9 pm

Travelodge Arlington Room

Saturday, May 1st

Westerns Review Meeting 7 pm

Travelodge Coach Room

MEDICAL

Full medical coverage will be provided by the Sport Science and Medical Council of Saskatchewan.

ENTRY FORMS

Entry forms are attached. Your cooperation in submitting entries and fees by the deadline of April 13, 2010 would be appreciated.

Please contact us if you require any more information or have any questions.

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Event Co-Chair

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Event Co-Chair

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