



## **2005 Men's & Women's Elite Canada Artistic Gymnastics**

**DECEMBER 7-11, 2005  
Gatineau, Quebec**

*presented by*

**Gymnastics Canada Gymnastique  
and the Fédération de gymnastique du Québec  
In association with the Gymélites**

### **Information Bulletin # 1**

#### **LOCAL ORGANIZING COMMITTEE**

Sylvain Boucher (Chairperson LOC)	Phone: (819) 778-7805 Email : <a href="mailto:poirier.boucher@sympatico.ca">poirier.boucher@sympatico.ca</a>
Jacynthe Harper (Competition Director-Women)	Phone: (819) 665-4194 Email: <a href="mailto:gymelites@globetrotter.net">gymelites@globetrotter.net</a>
Dave Fallon (Competition Director-Men)	Phone: (819) 665-4194 Email: <a href="mailto:gymelites@globetrotter.net">gymelites@globetrotter.net</a>

Fax : (819) 778-1836

#### **NATIONAL AND PROVINCIAL REPRESENTATIVES**

##### **Gymnastics Canada (GCG):**

Lise G. Simard (Program Director-WAG)	<b>Phone</b>	(613) 748-5637 ext 229
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##### **Fédération de gymnastique du Québec (FGQ):**

Serge Castonguay (Technical Director)	<b>Phone</b>	(514) 252-3043 ext 3488
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Lise Paradis (Director General)	<b>Phone</b>	(514) 252-3043 ext 3487
	<b>E-mail</b>	<a href="mailto:lparadis@gymnastique.qc.ca">lparadis@gymnastique.qc.ca</a>

Fax : (514) 252-3169

#### **COMPETITION SITE**

Palais de Congrès  
200, Promenade du Portage  
Gatineau (secteur Hull)

The competition for both disciplines will take place in the same gym. There will be separate floors for the two programs. There is no separate training gym at this facility.

## **ACCOMMODATION**

### **Main Hotel**

Four Points Sheraton  
35, rue Laurier  
Gatineau (secteur Hull), QC  
J8X 4E9  
Phone: (819) 778-6111  
Fax: (819) 778-3647

Less than 5 minute walk from the hotel to the competition site through interior corridors and the City Hall of Gatineau.

Refer to **Elite Canada** when making a reservation. The cost is \$109.00 + taxes per night (parking for one car per room included and \$10 per additional car per day) for single, double, triple or quadruple occupancy. Rooms should be booked before November 7<sup>th</sup>.

Check-in time: 15:00 PM  
Check-out time: 12:00 PM

Each team must make its own reservations. You must provide a credit card # for a guaranteed booking.

**\*\*\* RESERVATION DEADLINE - NOVEMBER 6, 2005 \*\*\***

### **Alternate hotel:**

Due to the amount of individuals that may be coming for this event, we have rented a number of rooms at an alternative hotel:

Holiday Inn Plaza la Chaudière  
2, rue Montcalm  
Gatineau (secteur Hull)  
J8X 4B4

Tel : 1 (800) 567-1962  
(819) 778-3880  
Fax : (819) 778-3309

Estimated Driving Time to Venue: 2 minutes  
Walking distance: about 10 minutes

Refer to **Elite Canada** when making a reservation. The cost of the room is: \$92.00 per night + tax (for single or double occupancy, \$15 for additional person). Parking is \$6 per day per car.  
Rooms should be booked before November 7<sup>th</sup>.

**ROOMING LIST FOR JUDGES**

GCG will reserve the rooms for all the judges, funded or self-funded. Each judge must ensure with the front desk that he/she is rooming with the assigned person unless he/she has already required a single room and will assume the extra cost. Otherwise the judge will be responsible for the extra cost.

**LOCAL TRANSPORTATION**

Clubs are responsible for their local transportation.

**AIRPORT/TRAIN/BUS PICK-UP AND DROP-OFF FOR JUDGES**

The Organizing Committee will pick judges up at the airport or bus station. A person with an Elite Canada sign will be waiting for you in the baggage claim area of the airport or the station. Be patient and wait at least 30 minutes from scheduled arrival time. If no one has met you within 30 minutes of arrival, please call Dave Fallon at (819)-665-4194 for further instructions.

Judges must check out of the hotel Sunday at noon and bring their luggage to the judges' room at the competition venue. Arrangements will be made to get judges back to the airport or station after the competition. This information will be given to the judges on Saturday.

**SCHEDULE**

The tentative schedules for both Men's and Women's gymnastics is attached. The schedule will be finalized after the registration deadline.

**SCREENING ACTIVITY FOR WOMEN'S ARTISTIC GYMNASTICS**

The second screening activity for all the categories must be completed by **November 20, 2005**.

**ELIGIBILITY FOR WOMEN'S ARTISTIC GYMNASTS**

Female gymnasts must meet the requirements set out in Article 3.2 (section 3) of the Women's Program Manual.

**REGISTRATION**

The registration forms and the waiver form are in a separate file for each of Men's and Women's Gymnastics.

Completed registration forms and the waiver form for EACH GYMNAST AND COACH, along with registration fees must arrive at the National Office no later than **November 23, 2005**. **The check for the registration fee, made payable to Gymnastics Canada, MUST accompany the forms.**

**A copy of the Registration summary must also be faxed (514-252-3169) to the Fédération de gymnastique du Québec by November 23<sup>rd</sup>.**

Registration Fees (Women's and Men's):

Athletes	\$85
Men's Argo Gymnasts	\$65
Coaches	\$65

A club who wishes a reimbursement of the registration fee for an athlete who will not be at Elite Canada must notify GCG, attention to the program assistant (WAG/GAF – Sue Ashton; MAG/GAM – Denis Gauthier), in writing no later than November 23, 2005.

**THERE WILL BE NO REIMBURSEMENT OF THE REGISTRATION FEE AFTER NOVEMBER 23<sup>RD</sup>.**

An athlete not registered by the deadline will be authorized to compete if his/her registration form, the registration fee and the penalty fee (\$50.00) have arrived at the National Office no later than **November 30, 2005**.

No registration will be accepted if arrived at the National Office after **November 30, 2005** unless special dispensation is given by the specific Program Director. Late entries will replace athletes who withdraw after the draw is done.

**NCCP REQUIREMENT**

A coach must be certified NCCP Level 3 or have obtained a temporary exemption from the respective Program Director to be accredited and have access to the training, warm-up and competition floor. Please refer to section 6 of the Women's Program Manual and Article 5 of the Men's Program Technical Regulations for detailed information, deadlines and fees.

**ACCREDITATION**

Accreditation for gymnasts and coaches will be distributed at the Technical Meeting. Coaches are requested to wear their accreditation when on the floor as well as when coming to watch or they will be asked to pay admission. Proper attire is expected on the floor as per the respective program Regulations for all coaches. Judges will wear their uniform and do not require accreditation.

**EQUIPMENT**

Equipment for the competition will be Spieth Anderson. Clubs are not authorized to bring their personal beat boards or Yurchenko mat to the event.

Accelerator (coil) boards will be supplied as follows:

<b>Women's</b>	<b>Men's</b>
Vault: 3 Boards (spring configuration may not be altered) unless otherwise stated	Vault: 3 Boards (spring configuration may not be altered)
Beam: 2 Boards (spring configuration may not be altered) unless otherwise stated	Parallel Bars: 1 Board
Bars: 1 Board (spring configuration may not be altered) unless otherwise stated	

The Program staff will set the configuration of the springs for competition boards. The Gymnastics Canada Staff will proceed with the inspection of the equipment and the mats on Wednesday night. There will be no change to the equipment, equipment specifications and/or mats without the specific consent of the OC and the specific national program staff.

**MEDICAL AND PHYSIOTHERAPY**

A physiotherapist will be available during the training and competition sessions. A Medical Doctor will be on call. Each coach is responsible to have the necessary authorizations to have his/her athlete(s) treated.

**DOPING CONTROLS**

There will be Senior athletes drawn for doping controls following the Senior All-Around competition. There may be unannounced doping controls for Senior National Team members at any time.

As usual, athletes must be **EXTREMELY** careful with any substance they eat or drink, especially nutritional supplements, herbal compounds, vitamin preparations, etc.. In case of a doubt, please contact CCES.

Tel. 1-800-672-7775                      Tel. (613) 521-3340  
Fax (613) 521-3134                      E-mail info@cces.ca

**SENIOR ATHLETES:** if your physician has prescribed you a banned or restricted substance, consult him/her to seek an alternative substance which is permissible according to the IOC list. If you take the substance for a medically justified reason and there are no alternative medication, the CCES application form and declaration form must be completed and sent to CCES. CCES is instructing an applicant to pay particular attention to Section Two: Medical History. The forms can be found on the CCES website. Make sure you bring a copy of the CCES approval with you at Elite Canada.

The complete lists of IOC restricted and banned medications are also available on the CCES web-site at **www.cces.ca**. For any additional questions regarding medication, nutritional supplements or doping control procedures, please contact the Canadian Centre for Ethics in Sport.

## **AWARD CEREMONIES**

### Women's Artistic Gymnastics

- a) All-Around: the top **eight** athletes will receive an award;  
two coaches per medalist will receive a medal.
  
- b) Apparatus: the top **eight** athletes on each apparatus will receive an award;  
one coach per gold medalist will receive a medal.

### Men's Artistic Gymnastics

- a) All-Around: the top **three** athletes will receive an award;  
Coach of Gold medalist will receive a medal.
  
- b) Apparatus: the top **three** athletes on each apparatus will receive an award;  
one coach per gold medalist will receive a medal.

Athletes will take part in the award ceremony in leotard.

The head coach of each club is responsible to tell the respective Program Director who will receive the medal for each ceremony as soon as the results are circulated.

Coaches have the responsibility to report for the award ceremony on time. Coaches will not march with the athletes. They will line-up at the place designated by the Organizing Committee. They will march to the podium once their name is announced to receive their award. They will stand on the podium behind the athletes if there is space on the podium. The award to the coach(es) will be given **IMMEDIATELY AFTER** the award to his/her athlete. A coach must wear a training suit for the ceremony.

## **MEALS**

The OC will provide a hospitality room for the coaches during training and competition sessions according to a published schedule. Meals for judges will be provided at the gym when on duty.

**BULLETIN # 2**

The Bulletin will include the following:

- Σ Revised schedule if necessary
- Σ Training groups
- Σ Competition draws

The Bulletin will be e-mailed to provinces and clubs on November 23<sup>rd</sup> by each Program Director  
Please do not call ahead of time for any of the information listed above.



Lise Simard  
Women's Program Director

Jeff Thomson  
Men's Program Director

## WAG REMINDERS - FORMS TO SUBMIT

- 1) Except for carded athletes and athletes submitting a petition, the form "CONFIRMATION OF ACCEPTANCE OF HP STATUS" must be received at the National Office no later than Friday, **December 16, 2005**.

The form "Appendix NCP 1" is in Section 3 of the WP Manual.

- 2) Injured carded athletes who are not in attendance at Elite Canada must submit the proper medical certificate and related information to the Women's Program Director by **December 16, 2005** to be eligible for carding points. This is in line with their Athlete Agreement and the Carding Process.
- 3) Athletes who are in the Senior category for the first year and are absent from Elite Canada for reasons of illness or injury must submit the information requested in the Carding Process to the Women's Program Director by **January 30, 2006** to be eligible for retroactive carding points as stated in the Carding Process.
- 4) Current National Team members who are absent from Elite Canada must submit a petition to remain on the HP and NT lists. Ensure that the medical certificate and all necessary information is provided no later than Friday, **December 16, 2005**.

The form "Appendix NCP 2" is in the WP Manual.

- 5) Petitions to be on the HP list must be received at the National Office no later than **December 16, 2005** to be considered. Refer to article 3.4.9 in Section 3 of the WP Manual for procedures, and fee if an athlete was not registered for Elite Canada.

The form "Appendix NCP 2" are on pages NCP 12 and 13 of Section 3 of the WP Manual.