

GYMNASTICS CANADA GYMNASTIQUE WORKPLAN

ELITE CANADA 2009 MEN'S ARTISTIC GYMNASTICS



**GUILDFORD RECREATION CENTER
SURREY, BC,
FEBRUARY 24 – 26, 2009**



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| HOST FEDERATION | <u>Gymnastics BC</u> #230 – 3820 Cessna Drive Richmond BC V3B 0A2 Contact : Andree Montreuil or John Carroll Phone: 604-333-3496 Fax: 604-333-3499 Email : info@gymnastics.bc.ca Web : www.gymnastics.bc.ca |
| LOCAL ORGANIZING COMMITTEE | <u>Surrey Gymnastic Society</u> Mailing Address: #7 – 10051 155 Street Surrey, BC, V3R 0S1 Competition Contact: John Carroll Phone: 604-594-2371 Fax: 604-594-2022 Email: sgyms@telus.net Web: www.surreygym.com |
| GCG | <u>Gymnastics Canada Gymnastique</u> 1900 Promenade City Park Dr. Suite 120 Ottawa, ON K1J 1A3 Tel : (613) 748-5637 Fax: (613) 748-5691 e-mail : info@gymcan.org or agagnon@gymcan.org website: www.gymcan.org Jean-Paul Caron – President and CEO jpcaron@gymcan.org (613) 748-5637 poste 222 Jeff Thomson – MAG Program Director jthomson@gymcan.org (604) 224-5428 Annie Gagnon – Event Coordinator agagnon@gymcan.org (613) 748-5637 poste 231 |

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| LOCATION | Surrey, BC |
| DATE | From February 24 to February 26, 2009 |
| PRESENTATION THE CITY OF SURREY | <p>Surrey is the second largest city in British Columbia and located just 30 minutes east of Vancouver.</p> <p>Known as the City of Parks, Surrey has over 6,000 acres of passive and active parks, 15 golf courses and driving ranges, including the Northview Golf & Country Club, home to the former Air Canada Championship.</p> <p>As fast as Surrey is growing, it has also maintained its connection to its roots with approximately 35% of the land designated as agricultural and still being actively farmed today. Surrey offers its residents many recreational facilities and amenities centres. There are two major rivers that run through Surrey, the Nickomekl and Serpentine, each carving out integral lines throughout the city's part, present and its future.</p> |
| COMPETITION VENUE | <p>Guildford Recreation Centre</p> <p>15105 105th Street, Surrey, BC, V3R 7G8 Phone number: 604-502-6360 Fax number: 604-502-6361</p> |
| APPARATUS SUPPLIED | <p>The official supplier for the event is SA Sport. The apparatus supplied is as follow:</p> <p>1 full set of men's artistic gymnastics competition equipment</p> <p>*Note: clubs are NOT authorized to bring their personal boards or vaulting mat.</p> |
| INVITED MEMBERS | All members who meet the GCG eligibility requirements according to this document and to the MAG program manual are invited to participate. |
| EVENT FORMAT | <p>Purpose</p> <p>The purpose is:</p> <ul style="list-style-type: none"> -to identify HP Argo, Tyro, 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; ● National Team status <p>*Please note that Argo gymnasts are not required to attend Elite Canada in order to be selected for the Argo Age Group National Team. The Argo team is determined on the results of Canadian Championships only.</p> <p>Format of Argo, Tyro Junior and Senior competition</p> <p>Day 1: All-Around Day 2: All-Around</p> |
| ELIGIBILITY | <p><u>ATHLETES</u></p> <p>High Performance Argo, Tyro, Junior and Senior athletes who are in good standing with their Provincial/Territorial Association/Federation.</p> <p>In addition Junior athletes who are not a current Junior National Team member must score 73 points and Senior athletes who are not a current Senior National Team member must have scored 75 points prior to the event.</p> <p>Please note that an athlete attempting to move from the Levels program to compete in the Tyro, Junior or Senior category must also have written permission from the National Coach to do so. An athlete who does not have this permission will not be permitted to compete.</p> |

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| | <p>Argo and Tyro athletes must have passed the Physical tests as set out by the National Coaches. At the present time there is no minimum competition score requirement for the Argo or Tyro categories to compete at Elite Canada.</p> <p><u>COACHES</u></p> <p>All registered coaches must be certified NCCP 3 or have obtained an exemption in writing from the Men'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: \$90 Coaches: \$75</p> <p>The waiver and medical forms (attached) must also be completed for every registered participant (athletes and coaches)</p> <p>Deadline: January 15, 2009.</p> <p>The registration form (attached), waiver and medical forms, along with the payment must be RECEIVED at the National Office (GCG) by the deadline. The registration forms must also be sent via email to the attention of Denise Gauthier-dgauthier@gymcan.org.</p> <p>A hard copy of the registration must join the waiver and medical forms and payment. Payment can be done by cheque, made payable to "Gymnastics Canada Gymnastique", or by credit card by completing the credit card information section on the registration form under "financial info". A 5 percent fee applies for credit card payment. All documents and payment MUST be sent to the attention of Denise Gauthier at GCG.</p> <p>All forms must be duly and fully completed. Incomplete forms (i.e. missing birthday, NCCP numbers, missing or incomplete medical and/or waiver forms, etc.) will be charged a penalty fee of \$20 per registered participant.</p> <p>Written request for refund can be made to the attention of Denise Gauthier (GCG) until February 15, 2009. 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). No registration is accepted if received at the National Office less than ten days before the first day of competition.</p> <p>No registration will be accepted if received at the National Office after February 9, 2009 unless special dispensation is given by the MAG Program Director. Late entries will replace athletes who withdraw after the draw is done.</p> | | | | | | | | | | | | | | | | |
| SCHEDULE | <p>Tuesday, February 24, 2009 Open Training will be available from 10:00 AM to 6:00 PM</p> <p>Wednesday and Thursday, February 25 + 26, 2009</p> <table border="0"> <tr> <td>Session I</td> <td>HP Argo and Tyro</td> </tr> <tr> <td>10:00 AM – 12:00 PM</td> <td>Warm Up</td> </tr> <tr> <td>12:00 PM – 3:00 PM</td> <td>Competition</td> </tr> <tr> <td></td> <td><i>Awards to follow on Day 2</i></td> </tr> <tr> <td>Session II</td> <td>Junior and Senior</td> </tr> <tr> <td>4:00 PM – 6:00 PM</td> <td>Warm Up</td> </tr> <tr> <td>6:00 PM – 9:00 PM</td> <td>Competition</td> </tr> <tr> <td></td> <td><i>Awards to follow on Day 2</i></td> </tr> </table> | Session I | HP Argo and Tyro | 10:00 AM – 12:00 PM | Warm Up | 12:00 PM – 3:00 PM | Competition | | <i>Awards to follow on Day 2</i> | Session II | Junior and Senior | 4:00 PM – 6:00 PM | Warm Up | 6:00 PM – 9:00 PM | Competition | | <i>Awards to follow on Day 2</i> |
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| EVENT TRANSPORTATION | <p>Both the Vancouver International and Abbotsford International Airports are possible to fly into to get to Surrey. Flying into Abbotsford is generally easier as it is a smaller airport with less traffic. The drive from Abbotsford to the host hotel is approximately 30 minutes. The drive from the Vancouver Airport is about 60 minutes.</p> <p>All participants are responsible for their own ground transportation. For information, the competition venue is across the street from the host hotel.</p> |
| LOCAL TRANSPORTATION | <p>For excursions into Vancouver and other activities there is local transit available from the nearby shopping centre.</p> |
| ACCOMMODATION | <p><u>HOST HOTEL:</u></p> <p>Sandman Suites Guildford: 10608 151A Street, Surrey, BC, V3R 1J8 Phone: 604-582-7263 (toll free: 1+800+SANDMAN) Fax: 604-582-7264 Email: salesguildford@sandman.ca Web site: www.sandmanhotels.com</p> <p>The cost per suite in this hotel is \$110.00 per night. A suite has a kitchen, separate bedroom, hide-a-bed couch and laundry room.</p> <p>This hotel is a 2 minute walk to the competition venue.</p> <p>30 rooms have been blocked. To make a reservation, call the toll-free reservation line at 1+800+SANDMAN and quote "SGS Elite/Invitational" to obtain the group rate. Reservations must be made before January 20, 2009. After this date, rates and availability are not guaranteed.</p> <p>HOTEL #2:</p> <p>Sheraton Vancouver Guildford Hotel: 15269 104th Avenue, Surrey, BC, V3R 1N5 Phone: 604-587-6111 (toll free: 1-866-716-8101) Fax: 604-582-9712 Email: margarett.lange@sheratonguildford.com Web site : sheraton.com/guildford</p> <p>The costs per night in this Hotel are: \$99.00 for a single, double or quadruple room</p> <p>This hotel is a few minutes walk to the competition venue.</p> <p>20 rooms have been blocked. To make a reservation, call the toll-free reservation line at 1-866-716-8101 and quote "SGS Invitational – Margaret Lange" to obtain the group rate. Reservations must be made before January 20, 2009. After this date, rates and availability are not guaranteed.</p> |
| MEALS | <p>There is no meal plan for this event. Clubs are responsible to cover full board for their participants.</p> |
| ACCREDITATION | <p>A hospitality room will be provided for the coaches during training and competition. 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. The accreditation categories and zones and for this event are as follow:</p> |

CATEGORIES

-  **Green: Delegations**
-  **Blue: GCG / Judges**
-  **Orange: OC**
-  **Red: Medical**
-  **Yellow: Media**
-  **White: Security**
-  **Grey: Guests & VIPs**

ZONES

1. Competition area
2. Warm-Up area
3. OC office
4. Judges meeting rooms
5. Media room and mixed zone
6. Volunteer room
7. VIP / Hospitality
8. Doping Control
9. Delegation Seating

Accreditation will be distributed upon arrival to the competition venue. The accreditation must be worn to access the venue and the competitive area.

More information on the accreditation procedures will be given at the technical meeting.

MEDICAL

Doping control will be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.

More information on medical will be communicated closer to the event.

PROTOCOL & AWARD CEREMONIES

There will not be a formal opening and closing ceremony for this event. The Canadian National Anthem will be played before the first session of competition.

Award Ceremonies

All categories- Top 3 athletes AA and per apparatus.

Dress code on the awards podium

Athletes: Competitive uniform – Singlet, longs and no shoes

JUDGES

GCG has blocked double rooms for the judges. GCG will reserve the rooms and provide a rooming list. Judges wanting a single room must request it in writing to Denise Gauthier and will be responsible for the additional room cost.

All GCG assigned judges living outside the Greater Vancouver area will be shuttled to and from the airport. The competition venue is across the street from the host hotel, so no shuttles will be used during the event

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| | Meals will be provided to the judges at the competition venue between competition sessions. Judges will receive a per diem for meals not provided by the organizing committee. | | | | | | | | | |
| HOSPITALITY | <p>There will be one meal provided for coaches and judges per competition day between the two sessions of competition. All other meals are the participant's responsibility. The GCG funded judges will receive a meal per diem for 2 meals on competition days and 3 meals on other days.</p> <p>There will be an EC coaches/judges social offered, at the Sandman Hotel, to Elite Canada participants following training and meetings on Tuesday, February 24. More info to follow.</p> <p>There will be an Elite Canada/Surrey Invitational Wine + Cheese Social hosted by SGS on Friday, February 27 for those participants that are still in town.</p> | | | | | | | | | |
| DEADLINES | <table border="1"> <tr> <td data-bbox="379 667 1093 719">Registration</td> <td data-bbox="1093 667 1560 719">January 15, 2009</td> </tr> <tr> <td data-bbox="379 719 1093 770">Waiver and medical forms</td> <td data-bbox="1093 719 1560 770">January 15, 2009</td> </tr> <tr> <td data-bbox="379 770 1093 822">Payment</td> <td data-bbox="1093 770 1560 822">January 15, 2009</td> </tr> <tr> <td data-bbox="379 822 1093 848">Late Registration</td> <td data-bbox="1093 822 1560 848">February 9 + \$50.00</td> </tr> </table> | | Registration | January 15, 2009 | Waiver and medical forms | January 15, 2009 | Payment | January 15, 2009 | Late Registration | February 9 + \$50.00 |
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