

GYMNASTICS CANADA GYMNASTIQUE WORKPLAN

ELITE CANADA 2012 MEN AND WOMEN'S ARTISTIC GYMNASTICS



**HERSHEY SPORTZONE
MISSISSAUGA, ON
FEBRUARY 16-19, 2012**



<p>GCG</p>	<p>Gymnastics Canada Gymnastique 1900 Promenade City Park Dr. Suite 120 Ottawa, ON K1J 1A3 Tel : (613) 748-5637 Fax: (613) 748-5691 e-mail : info@gymcan.org website: www.gymcan.org</p> <p>Jean-Paul Caron – President and CEO jpcaron@gymcan.org (613) 748-5637 poste 222</p> <p>Cathy Haines – Chief Technical Officer chaines@gymcan.org (613) 748-5637 ext. 237</p> <p>Jeff Thomson – MAG Program Director – Technical Director of the competition jthomson@gymcan.org (604) 224-5428</p> <p>Lise Simard – GCG WAG Director / Technical Director of the competition lsimard@gymcan.org (613) 748-5637 ext 229</p> <p>Annie Gagnon – Events Director agagnon@gymcan.org (613) 748-5637 poste 231</p>
<p>ORGANIZING COMMITTEE</p>	<p>Gymnastics Mississauga 5600 Rose Cherry Place Mississauga, ON L4Z 4B6 Telephone: +1 (905) 270-6161 FAX: +1 (905) 270-5135 Email : meetdirector@gymmississauga.org http://gymmississauga.org/</p> <p>OC Director : Helena Syptak</p>
<p>LOCATION</p>	<p>Mississauga, ON</p>
<p>DATE</p>	<p>From February 16 to February 19, 2012</p>

COMPETITION VENUE	Hershey SportZone 5600 Rose Cherry Place Mississauga, ON L4Z 4B6 http://www.hersheycentre.com/
APPARATUS SUPPLIED	The official supplier of gymnastics equipment for the event is Gymnova Canada . The apparatus supplied is as follow: 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.
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></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> <p><u>Purpose (WAG)</u></p> <p>The purpose is:</p> <ul style="list-style-type: none"> -to identify HP Senior, Junior and Novice 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 ● La Relève status <p>Format of Senior competition</p> <p>Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Junior competition</p> <p>Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Novice competition</p> <p>All-Around day 1 All-Around day 2 for top 36 athletes</p>
ELIGIBILITY	<p><u>MAG ATHLETES</u></p> <p>High Performance Argo, Tyro, Junior and Senior athletes who are in good standing</p>

with their Provincial/Territorial Association/Federation.
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.

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.

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.

WAG ATHLETES

GENERAL ELIGIBILITY FOR ATHLETES (FOR INFORMATION ON THE SCREENING PROCESS AND ELIGIBILITY OF ATHLETES, PLEASE REFER TO SECTION 5 OF THE WAG PROGRAM MANUAL)

COACHES

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.

WAG: Refer to Section 6 of the WP Manual for detailed information.

REGISTRATION

Registration Fee

Athletes: **\$95.00**

Coaches: **\$85.00**

Deadline:

January 24, 2012

All clubs must register their participants through the Gymnastics Canada's online registration.

Link to registration –

[WAG Registration](#)

[MAG Registration](#)

Instructions –

- Once you open the registration database, select your preferred language (French or English).
- Carefully read the information on the front page. You can print a copy of the front page by clicking on the printer icon.
- **At the bottom of the front page, select the event you wish to register for.**
- Click on PROCEED.

- Complete the registration information. Please note that all fields marked with an * are mandatory.
- To register a gymnast, you must click on ADD TO LIST after you enter each gymnast's information. The system will allow you to edit or delete a gymnast if needed.
- Payment method – There are two possible payment methods: Cheque or credit card.
-Cheque: Made payable to "Gymnastics Canada Gymnastique" and sent by mail at the GCG office by the above mentioned deadline
-Credit Card: A 3.25% fee applies for credit card payment. All credit cards will be processed the day after the late registration deadline.
- **Make sure you print a copy of your registration before you click on SUBMIT.**
- Once the registration is submitted, each club will receive an email confirmation and a **link** (at the bottom of the confirmation email) to access their registration.
- 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. Modifications will be free of charge until the deadline. **We ask that all additions and/or changes be also emailed to agagnon@gymcan.org.**
- All registrations and changes / additions to a current registration done after the deadline will be charged a \$50 late fee per person.

Other documents – mandatory for registration

The **waiver and medical forms** (link below) must also be completed for every registered **athlete**.

Link: [Medical Form](#)

Link: [Waiver / Assumption of Risk Form](#)

A hard copy of the online registration form, completed waiver and medical forms, along with the payment (if made by cheque) must be RECEIVED at the National Office (GCG – Attention: Annie Gagnon) by the deadline.








All forms must be duly and fully completed. **Incomplete forms will be charged a penalty fee of \$20 per registered participant.**

Written request for refund can be made to the attention of **Annie Gagnon** – agagnon@gymcan.org until **February 3rd, 2012**. After this date, there will be NO reimbursement of the registration fee.

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 will be accepted if received at the National Office after **February 8th, 2012** unless special dispensation is given by the MAG or WAG Program Director. Late entries will replace athletes who withdraw after the draw is done.

<p>SCHEDULE</p>	<p>You will find a draft detailed schedule below, at the end of the workplan.</p> <p>*Please note the final detailed schedule, as well as the draw, will be sent separately from GCG after the registration deadline.</p>																																												
<p>TRAVEL</p>	<p>Boulevard Travel is pleased to offer special sport group rates on airfare to Toronto for all participants. You will find below the current negotiated BLVD rates as of November 22nd 2011 in comparison to booking directly with the airline.</p> <p>To secure the best available rate please contact:</p> <p><u>Boulevard Travel</u> Corinne – corinnep@boulevardtravel.com or 403.802.4284 Kourtney – kourtneys@boulevardtravel.com or 403.237.6233</p> <table border="1" data-bbox="392 600 1023 1128"> <thead> <tr> <th>Dept City</th> <th>AC Quote</th> <th></th> <th>BLVD WS Rate</th> </tr> </thead> <tbody> <tr> <td>Calgary</td> <td>\$615.07</td> <td></td> <td>\$535.66</td> </tr> <tr> <td>Charlottetown</td> <td>\$507.31</td> <td></td> <td>\$0.00</td> </tr> <tr> <td>Edmonton</td> <td>\$575.56</td> <td></td> <td>\$535.66</td> </tr> <tr> <td>Halifax</td> <td>\$475.89</td> <td></td> <td>\$428.74</td> </tr> <tr> <td>Kamloops</td> <td>\$647.44</td> <td></td> <td>\$591.26</td> </tr> <tr> <td>Kelowna</td> <td>\$642.29</td> <td></td> <td>\$577.33</td> </tr> <tr> <td>Regina</td> <td>\$565.06</td> <td></td> <td>\$525.16</td> </tr> <tr> <td>Saskatoon</td> <td>\$719.03</td> <td></td> <td>\$525.16</td> </tr> <tr> <td>Vancouver</td> <td>\$693.31</td> <td></td> <td>\$594.13</td> </tr> <tr> <td>Winnipeg</td> <td>\$478.96</td> <td></td> <td>\$435.91</td> </tr> </tbody> </table>	Dept City	AC Quote		BLVD WS Rate	Calgary	\$615.07		\$535.66	Charlottetown	\$507.31		\$0.00	Edmonton	\$575.56		\$535.66	Halifax	\$475.89		\$428.74	Kamloops	\$647.44		\$591.26	Kelowna	\$642.29		\$577.33	Regina	\$565.06		\$525.16	Saskatoon	\$719.03		\$525.16	Vancouver	\$693.31		\$594.13	Winnipeg	\$478.96		\$435.91
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<p>LOCAL TRANSPORTATION</p>	<p>There are several ways to get to Mississauga:</p> <ul style="list-style-type: none"> - Plane – Pearson International Airport - Train – Toronto – Union Train Station - Bus – Toronto and Mississauga Bus Station <p>Clubs are responsible for their own local transportation.</p>																																												
<p>ACCOMMODATION</p>	<p>Official Hotel</p> <p><u>Delta Toronto Airport West in Mississauga</u> 5444 Dixie Rd. Mississauga, ON L4W2L2 Canada (CAN) 1-800-997-5148</p> <p>Rate: \$109 per room, per night (plus taxes) ~1.30 miles from Hershey Centre</p> <p>Online Reservation ONLY: CLICK HERE</p> <p>The success of our events relies heavily on the combination of dedicated volunteers and established partnerships with our sponsors. All clubs requiring hotel accommodations are asked to book only through HTG Sports.</p> <p>HTG Sports has secured blocks at all participating host hotels so be sure to contact them early to book your group. We thank you in advance for your support.</p>																																												

	<p>Instructions for booking your hotel:</p> <ol style="list-style-type: none"> 1. Click on the light blue tab, "Hotel Selection" 2. Click "Book this Hotel" for your selected hotel 3. Fill in room requirements - those boxes marked with the red asterisk are required fields *NOTE: team managers are responsible for building their team rooming lists 4. SUBMIT 5. Once your request is submitted, it will be AUTOMATICALLY process. You will receive an email with the confirmation number of your booking. NOTE: Your hotel confirmation number WILL NOT be sent automatically after booking. Expect to receive it a few days before the event.
MEALS	<p>There is no meal plan for this event. Clubs are responsible to cover full board for their participants.</p> <p>A hospitality room will be provided for the coaches during training and competition.</p>
ACCREDITATION	<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. The accreditation categories and zones and for this event are as follow:</p> <p><u>CATEGORIES</u></p> <ul style="list-style-type: none">  Green: Delegations  Blue: GCG / Judges  Orange: OC  Red: Medical  Yellow: Media  Black: Security  Grey: Guests & VIPs <p><u>ZONES</u></p> <ol style="list-style-type: none"> 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 <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> <p>More information on the accreditation procedures will be given at the technical meeting.</p>
MEDICAL	<p>There will be two physical therapists on site at all times (during practice and</p>

	<p>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>								
<p>PROTOCOL & AWARD CEREMONIES</p>	<p>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.</p> <p><u>MAG Award Ceremonies</u></p> <p>All categories- Top 3 athletes AA and per apparatus.</p> <p><u>WAG Award Ceremonies</u></p> <p>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>								
<p>JUDGES</p>	<p>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 (MAG) and Sue Ashton (GAF) 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 transportation to the judges to and from the airport as well as to and from the hotel to the competition venue.</p> <p>Transportation phone number:</p> <p>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.</p>								
<p>HOSPITALITY</p>	<p>There will be a social organized by the LOC, information to come.</p>								
<p>DEADLINES</p>	<table border="1"> <tr> <td data-bbox="392 1328 1094 1368">Registration</td> <td data-bbox="1094 1328 1556 1368">January 24, 2012</td> </tr> <tr> <td data-bbox="392 1368 1094 1408">Waiver and medical forms</td> <td data-bbox="1094 1368 1556 1408">January 24, 2012</td> </tr> <tr> <td data-bbox="392 1408 1094 1449">Payment</td> <td data-bbox="1094 1408 1556 1449">January 24, 2012</td> </tr> <tr> <td data-bbox="392 1449 1094 1464">Late Registration</td> <td data-bbox="1094 1449 1556 1464">February 8, 2012 + \$50.00</td> </tr> </table>	Registration	January 24, 2012	Waiver and medical forms	January 24, 2012	Payment	January 24, 2012	Late Registration	February 8, 2012 + \$50.00
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2012 Elite Canada Men's Artistic Gymnastics

Draft training and competition schedule

*Location : Hershey SportZone (HSZ)

	<u>ACTIVITY</u>		<u>LOCATION</u>
Thu.	9:15 – 10:00	Technical Meeting	HSZ - TBC
	10:00 -12:00	Open training Junior-Senior	HSZ
	12:00 – 15:00	Open training Argo-Tyro	HSZ
	15:00 – 18:00	Open training Junior-Senior	HSZ
	19:00 – 21:00	Coaches meeting / more information to come	Delta Hotel – Laurel Hall 2
Fri.	09:30 – 11:20	Warm-up Argo-Tyro	HSZ
	11:30 – 14:30	Competition Argo-Tyro	HSZ
	15:30 – 17:20	Warm-up Junior-Senior	HSZ
	17 :30 – 20 :30	Competition Junior-Senior	HSZ
Sat.	09:30 – 11:20	Warm-up Argo-Tyro	HSZ
	11:30 – 14:30	Competition Argo-Tyro	HSZ
	14 :30	Award Ceremonies	HSZ
	15:30 – 17:20	Warm-up Junior-Senior	HSZ
	17 :30 – 20 :30	Competition Junior-Senior	HSZ
	20 :30	Award Ceremonies	HSZ
Sun.	9:00 – 12:00	Coaches meeting / more information to come	Delta Hotel – Laurel Hall

**2012 ELITE CANADA - WOMEN'S ARTISTIC GYMNASTICS - MISSISSAUGA, FEBRUARY 16-19
SCHEDULE AS OF NOVEMBER 22, 2011**

		<u>ACTIVITY</u>	<u>LOCATION</u>
Wed. 15	15:30 – 18:00	NTSC meeting – For coaches of NT Athletes	Delta Hotel – Laurel Hall 2
Thu. 16	09:30 – 11:00	Judges' Briefing Session	HSZ Main Level Boardroom
	10:00 – 10:30	Novice General Warm-up	HSZ
	10:30 – 13:30	Novice Training	HSZ
	13:45 – 14:30	Technical Meeting	HSZ - TBC
	13:45 – 14:30	Picture for all Espoir, Novice, Junior, Senior National Team members and coaches	Grace Chiu
	14:30 – 15:00	Junior/Senior General Warm-up Flight 1	HSZ
	15:00 – 17:20	Junior/Senior Training Flight 1	HSZ
	16:45 – 17:45	Picture for all Espoir, Novice, Junior, Senior National Team members and coaches	Grace Chiu
	17:30 – 18:00	Junior/Senior General Warm-up Flight 2	HSZ
	18:00 – 20:20	Junior/Senior Training Flight 2	HSZ
Fri. 17	08:30 – 10:40	Open Training Junior & Senior	HSZ
	10:15 - 11:15	Judges' Meeting	HSZ Main Level Boardroom
	10:45 – 12:00	Meeting of the Junior and Senior NT Members (mandatory for athletes if at EC)	TBC
	10:50 – 11:20	Novice General Warm-up	HSZ
	11:30 – 15:00	Novice All-Around Day 1	HSZ
	15:30 – 16:00	Senior General Warm-Up	HSZ
	16:00 – 17:20	Senior Warm-Up	HSZ
	16:30 – 17:30	Judges' Meeting	
	17:30 – 21:00	Senior All-Around	HSZ
	21:00	Senior AA Awards	HSZ
Sat. 18	09:00 – 10:30	Open training Senior (sign-up with floor manager by Friday, 15:30 – 20\$ per athlete if no show)	HSZ
	09:00 – 10:30	BJC Meeting	Hotel Delta - TBC
	10:30 – 11:00	Junior General Warm-up	HSZ
	11:00 – 12:20	Junior Warm-up	HSZ
	11:30 – 12:30	Judges' Meeting	HSZ Main Level Boardroom
	12:30 – 14:30	Junior All-Around	HSZ
	14:30	Junior AA Awards	HSZ
	15:30 – 16:30	Judges' Meeting	HSZ Main Level Boardroom
	15:50 – 16:20	Novice General Warm-Up	HSZ
	16:30 – 20:00	Novice All Around Day 2	HSZ
	20:00	Novice Awards	HSZ
	20:30 – 21:30	Open training Senior (sign-up with floor manager by Saturday at 10:30) – 20\$ per athlete if no show	HSZ
Sun. 19	08:30 – 10:30	Coaches Consultation Forum (For all coaches registered at EC)	Hotel Delta - Hawthorn Hall C/D
	11:30 – 12:50	Jr. & Sr. AF Warm-Up (open)	HSZ
	12:00 – 13:00	Judges' Meeting	HSZ Main Level Boardroom
	13:00 – 15:30	Junior & Senior Apparatus Finals	HSZ
	15:30	Junior & Senior Awards	HSZ