

GYMNASTICS CANADA GYMNASTIQUE DIRECTIVE

ELITE CANADA 2014 MEN AND WOMEN'S ARTISTIC GYMNASTICS



**GATINEAU, QC
FEBRUARY 6 - 9, 2014
CENTRE SPORTIF DE GATINEAU**



GCG	<p><u>Gymnastics Canada Gymnastique</u> 1900 Promenade City Park Dr. Suite 120 Ottawa, ON K1J 1A3 Tel : 613-748-5637 Fax: 613-748-5691 website: www.gymcan.org</p> <p>Jean-Paul Caron – President and CEO jpcaron@gymcan.org 613-748-5637 ext. 222</p> <p>Cathy Haines – Chief Technical Officer chaines@gymcan.org 613-748-5637 ext. 237</p> <p>Mariève Millaire – Director of Events mmillaire@gymcan.org 613-748-5637 ext. 231</p>
ORGANIZING COMMITTEE	<p>FÉDÉRATION DE GYMNASTIQUE DU QUÉBEC 4545 avenue Pierre-de-Coubertin C.P.1000, Succ. M, Montreal, QC, H1V 3R2 Phone: 514-252-3043</p> <p>Organizing Committee Chairs: Event Chair: Jacynthe Harper Marketing & Communications: Amanda Tambakopoulos Logistics & Protocol: Claire Miron Technical: José Gélinas Scoring & Judging: Christian Turp</p>
LOCATION	Gatineau, QC
DATE	From February 6th to 9th, 2014
COMPETITION VENUE	Centre Sportif de Gatineau 850 Boulevard de la Gappe, Gatineau, QC, J8T 7T7
APPARATUS SUPPLIED	<p>The official supplier of gymnastics equipment for the event is Gymnova Canada. The apparatus supplied is as followed:</p> <p>1 full set of men and women's artistic gymnastics competition equipment 1 additional beam for Thursday training day</p>

	*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> The purpose is: -to identify Novice, Junior and Senior athletes for the competitive year; -to rank athletes as part of the system to have access to:</p> <ul style="list-style-type: none"> ● The Sport Canada Athlete Assistance Program - Carding; ● Part of the selection process for major Games; ● National Team status <p>Format of Novice Competition Day 1: Podium Training – Physical Testing Day 2: Optional Routines Day 3: Compulsory Routines</p> <p>For of Junior Competition Day 1: Podium Training – Physical Testing Day 2: Optional All-Around and Apparatus Qualification Day 3: Apparatus Finals</p> <p>Format of Senior Competition Day 1: Optional All-Around and Apparatus Final Qualification Day 2: Apparatus Finals</p> <p><u>Purpose (WAG)</u> The purpose is: -to identify HP Senior, Junior and Novice athletes for the competitive year; -to rank athletes as part of the system to have access to:</p> <ul style="list-style-type: none"> ● The Sport Canada Athlete Assistance Program - Carding; ● National Team status ● La Relève status <p>Format of Senior competition Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Junior competition Day 1: All-Around Final Day 2: Apparatus Finals</p> <p>Format of Novice competition Day 1: All-Around Day 2: All-Around for top 36 athletes</p>
ELIGIBILITY	<p><u>MAG ATHLETES</u></p> <p>All current Senior National Team Members must attend the Elite Canada. This event will only be open to Canadian gymnasts as defines in Article 1.6.3. Special situations may be considered but the MPS with a minimum of one (1) month prior written notice as per the carding regulations.</p> <p>Novice and junior athletes must participate in the physical tests at Elite Canada.</p> <p>All Junior and Senior athlete should achieve a minimum start value in order to be eligible to compete at Elite Canada:</p>

- Junior: Start Value of 4.5 on each apparatus except Vault (4.4) is recommended.
- Senior: Start Value of 5.4 in all apparatus except Vault (5.2) is recommended.

Athletes may move freely from the Provincial Pathway to the Elite Pathway.

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.

REGISTRATION

Registration Fee

Athletes: **100\$**

Coaches: **85\$**

Deadline:

January 16, 2014

All clubs must register their participants through the Gymnastics Canada's online 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 mmillaire@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**.

[MEDICAL FORM](#)

[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: Mariève Millaire) 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 Mariève Millaire – mmillaire@gymcan.org until **January 16, 2013**. 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)** until January 23rd – no refund.

No registration will be accepted if received at the National Office after **January 23, 2014** unless special dispensation is given by the MAG or WAG Program Director. Late entries will replace athletes who withdraw after the draw is done.

SCHEDULE

You will find a draft detailed schedule at the end of the directive.

*Please note the final detailed schedule, as well as the draw, will be sent separately from GCG after the registration deadline.

TRAVEL

Boulevard Travel (BLVD) is pleased to offer special sport group rates on airfare to Ottawa/Gatineau for all participants. You will find below the current negotiated BLVD rates.

DOMESTIC FLIGHTS – REDUCED RATE CHART								
City	Vancouver	Calgary	Saskatoon	Winnipeg	Montréal	Toronto	Ottawa	Halifax
Vancouver	-	109	125	149	199	195	199	245
Calgary	109	-	99	125	185	175	185	219
Saskatoon	125	99	-	125	185	185	185	209
Winnipeg	149	125	125	-	149	139	149	199
Montréal	199	185	185	149	-	-	-	125
Toronto	195	175	185	139	-	-	-	125
Ottawa	199	185	185	149	-	-	-	125
Halifax	245	219	209	199	125	125	125	-

****Minimum of 10 people must be confirmed to secure the below prices**

To secure the best available rate and to discuss booking details please contact:

Boulevard Travel – 403-237-6233

Corinne – corinnep@boulevardtravel.com or 403-802-4284

Haley – hmorey@boulevardtravel.com or 403-802-4270

**** All prices are subject to availability****

LOCAL TRANSPORTATION

Teams can fly into the Ottawa MacDonald Cartier International Airport, which is 23 km (30 min) from the competition venue and host hotels.

Clubs are responsible for their own local transportation.

Ottawa International Airport website offers a variety of ground transportation options: <http://ottawa-airport.ca/>

Taxi Service:

Blueline Taxi: 613-238-1111

Capital Taxi: 613-744-3333

Local Car Rental Companies:

Enterprise Rent-A-Car: 819-777-8081

ACCOMMODATION

Official Hotels

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.

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.

Comfort Inn – 850m from site

630 Blvd de la Gappe, Gatineau, QC

\$120/night, plus tax, free parking

Four Points by Sheraton – 8.6km from site

35 rue Laurier, Gatineau, QC

\$135/night, plus tax, parking fee

	<p>Ramada Plaza – 8.8km from site 75 rue d’Edmonton, Gatineau, QC \$129/night, plus tax, free parking</p> <p><u>Online registrations only: CLICK HERE</u></p> <p><u>Instructions for booking your hotel:</u></p> <ol style="list-style-type: none"> 1. Click on the light blue tab, "Hotel Selection" 2. Select the number of rooms needed 3. Click "Book this Hotel" for your selected hotel 4. 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 5. SUBMIT 6. 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. <p>For assistance please contact Jennifer at 1-800-668-5596 ext. 300 or at jennifer@htgsports.com.</p>
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 and officials 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.</p> <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 in the Workplan.</p>
MEDICAL	<p>There will be two physiotherapists on site at all times (during practice and 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>
PROTOCOL & AWARD CEREMONIES	<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> All categories- Top 3 athletes AA and per apparatus.</p> <p><u>WAG Award Ceremonies</u> 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 (WAG) 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 only. In case of emergency or last minute flight changes please contact Josh directly at 613-866-8319 or joshgymking@gmail.com.</p> <p>Meals will be provided to the judges at the competition venue between training and 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 coaches' and judges' social organized by the LOC, Saturday after the competition, more information to come.</p>								
<p>DEADLINES</p>	<table border="1"> <tr> <td data-bbox="395 786 1098 824">Registration</td> <td data-bbox="1106 786 1548 824">January 16, 2014</td> </tr> <tr> <td data-bbox="395 824 1098 862">Waiver and medical forms</td> <td data-bbox="1106 824 1548 862">January 16, 2014</td> </tr> <tr> <td data-bbox="395 862 1098 900">Payment</td> <td data-bbox="1106 862 1548 900">January 16, 2014</td> </tr> <tr> <td data-bbox="395 900 1098 934">Late Registration</td> <td data-bbox="1106 900 1548 934">January 23, 2014 + \$50</td> </tr> </table>	Registration	January 16, 2014	Waiver and medical forms	January 16, 2014	Payment	January 16, 2014	Late Registration	January 23, 2014 + \$50
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2014 Elite Canada Men's Artistic Gymnastics

Preliminary training and competition schedule
October 2013

*Location : Centre sportif de Gatineau, Gatineau, QC (CSG)

	<u>ACTIVITY</u>		<u>LOCATION</u>
Wed. 5	Evening (2.5 hrs)	Optional training – to be confirmed	TBC
	17:00 – 18:00	NTCC Meeting	TBC
	18:00 – 21:00	MPC Meeting	TBC
Thu. 6	08:30 – 10:00	Junior & Senior Training	CSG
	10:00 – 13:00	Novice Podium Training & Physical Testing	CSG
	13:00 – 15:30	Junior Podium Training & Physical Testing	CSG
	14:00 – 15:30	Photos of all Novice, Junior and Senior national team members and coaches	Grace Chiu
	15:30 – 18:00	Senior Podium Training	CSG
	18:30 – 19:00	Coaches meeting / more information to come	TBC
Fri. 7	08:30 – 9:30	Junior & Senior Training	CSG
	09:30 – 11:00 11:00 – 13:30	Novice Competition (Optional)	CSG
	13:30 - 15:00 15:00 - 17:30	Junior Competition + Award Ceremonies - All-Around	CSG
	17:30 – 19:00 19:00 – 21:30	Senior Competition + Award Ceremonies – All-Around	CSG
Sat. 8	09:00 – 10:30	Junior & Senior Training	CSG
	10:30 – 12:00 12:00 – 14:30	Novice Competition (Compulsory) + Award Ceremonies	CSG
	16:00 – 17:30 17:30 – 20:00	Junior & Senior Competition + Award Ceremonies	CSG
Sun. 9	10:00 – 11:00	National Team Meeting	TBC
	11:00 – 12:30	Coaches and Committees Debrief	TBC

2014 ELITE CANADA - WOMEN'S ARTISTIC GYMNASTICS
Centre sportif de Gatineau, Gatineau (CSG)
PROVISIONAL SCHEDULE - October 2013

	<u>ACTIVITY</u>		<u>LOCATION</u>
Wed. 5	12:00 – 14:00	WAG PC meeting	TBC
	15:00 – 17:30	NTSC meeting – For coaches of NT Athletes	TBC
Thu. 6	08:30 – 10:00	Judges' Briefing Session	CSG
	09:00 – 09:30	Novice General Warm-up	CSG
	09:30 – 12:30	Novice Training	CSG
	12:45 – 13:30	Technical Meeting	CSG
	12:45 – 13:30	Picture for all Espoir, Novice, Junior, Senior National Team members and coaches	Grace Chiu
	13:30 – 14:00	Junior/Senior General Warm-up Flight 1	CSG
	14:00 – 16:20	Junior/Senior Training Flight 1	CSG
	16:45 – 17:45	Picture for all Espoir, Novice, Junior, Senior National Team members and coaches	Grace Chiu
	16:30 – 17:00	Junior/Senior General Warm-up Flight 2	CSG
	17:00 – 19:20	Junior/Senior Training Flight 2	CSG
Fri. 7	08:30 – 10:40	Open Training Junior & Senior	CSG
	10:15 - 11:15	Judges' Meeting	CSG
	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	CSG
	11:30 – 15:00	Novice All-Around Day 1	CSG
	15:30 – 16:00	Senior General Warm-Up	CSG
	16:00 – 17:20	Senior Warm-Up	CSG
	16:30 – 17:30	Judges' Meeting	CSG
	17:30 – 21:00	Senior All-Around	CSG
	21:00	Senior AA Awards	CSG
Sat. 8	09:00 – 10:30	Open training Senior (sign-up with floor manager by Friday, 15:30 – 20\$ per athlete if no show)	CSG
	09:00 – 10:30	BJC Meeting	TBC
	10:30 – 11:00	Junior General Warm-up	CSG
	11:00 – 12:20	Junior Warm-up	CSG
	11:30 – 12:30	Judges' Meeting	CSG
	12:30 – 14:30	Junior All-Around	CSG
	14:30	Junior AA Awards	CSG
	15:30 – 16:30	Judges' Meeting	CSG
	15:50 – 16:20	Novice General Warm-Up	CSG
	16:30 – 20:00	Novice All Around Day 2	CSG
	20:00	Novice Awards	CSG
	20:30 – 21:30	Open training Senior (sign-up with floor manager by Saturday at 10:30) – 20\$ per athlete if no show)	CSG
Sun. 9	08:30 – 09:45	Coaches Consultation Forum (For all coaches)	TBC
	10:30 – 11:50	Jr. & Sr. AF Warm-Up (open format)	CSG
	11:00 – 12:00	Judges' Meeting	CSG
	12:00 – 14:30	Junior & Senior Apparatus Finals	CSG
	14:30	Junior & Senior Awards	CSG
Mon. 10	09:00 – 15:00	NT Plan (for coaches with NT athletes)	TBC