



GYMNASTICS CANADA GYMNASTIQUE WORKPLAN #1 OCTOBER 2011

2012 VITERRA CANADIAN GYMNASTICS CHAMPIONSHIPS ARTISTIC MEN AND WOMEN, RHYTHMIC AND TRAMPOLINE

**EVRAZ PLACE (CREDIT UNION EVENT PLEX & COOPERATORS CENTRE)
REGINA, SK
MAY 21 -27, 2012**

GCG	 <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 ext. 222</p> <p>Cathy Haines – Chief Technical Officer chaines@gymcan.org (613) 748-5637 ext. 237</p> <p>Jeff Thomson – MAG Program Director jthomson@gymcan.org (604) 224-5428</p> <p>Danielle Frattaroli – RG Program Director dfattaroli@gymcan.org (250) 472-3322</p> <p>Traci House – TG Program Director thouse@gymcan.org (613) 748-5637 ext. 226</p> <p>Lise Simard – WAG Program Director lsimard@gymcan.org (613) 748-5637 ext. 229</p> <p>Annie Gagnon – Events Director agagnon@gymcan.org (613) 748-5637 ext. 231</p>
HOST PROVINCE	<p>Gymnastics Saskatchewan 1870 Lorne Street Regina, SK S4P 2L7 Tel: (306) 780-9229 Fax: (306) 780-9475 Email: 2012@gymsask.com or kmiller@gymsask.com</p>

EVENT WEBSITE	http://www.gymnastics2012.ca
MANAGEMENT COMMITTEE	 <p>Klara Kesmarky Miller – Event Chair CEO Gymnastics Saskatchewan kmiller@gymsask.com W: (306) 780-9229 C: (306) 535-4778</p> <p>Lorne Templeton – Vice Chair Karen Swanson & Sharon Crook – Directors Technical Dale Reed & Sherie Franklin – Directors Marketing/PR Betty Krienke, Pat Mulatz & Nick Geisinger – Directors Protocol Cheryl Russell – Director Delegate Services Cliff McArthur – Director Logistics Colleen Edwards & Karen Stoddart – Directors Volunteers Stu Cram, Mark Mulatz – Advisors</p> <p>Please direct all correspondence to Klara at the Gym Sask office at kmiller@gymsask.com or 2012@gymsask.com</p>
LOCATION	Regina, SK
DATE	From May 21 to May 27, 2012
GENERAL INFORMATION ABOUT THE CITY OF REGINA	<p>INTERESTING FACTS ABOUT REGINA</p> <p>Canada's only training centre for the Royal Canadian Mounted Police is located in Regina.</p> <p>Wascana Centre - one of the largest urban parks in North America covers 2300 acres. The entire park is man-made, including the lake and its small islands.</p> <p>The Saskatchewan Legislative Building, the "Marble Palace", is the largest of all the Legislative Buildings in Canada.</p> <p>The Albert Street Bridge, a 370-metre bridge spans 37 metres of water and is listed in "Ripley's Believe It or Not" as one of the longest bridges over the shortest expanse of water.</p> <p>Trees - virtually every one of over 350,000 trees in Regina have been hand-planted.</p> <p>Close to the middle - Regina is the largest city closest to the geographic centre of North America.</p> <p>Regina Symphony Orchestra - the "RSO", is Canada's oldest continuously operating symphony.</p> <p>Food for the soul - with over 300 dining establishments, no matter what your preference, you will be sure to have your appetite satisfied. Rumours abound that Regina has more restaurants per capita than any other major city in Canada.</p> <p>Hockey Hotbed - the Regina Pats Hockey Club is the world's longest running junior hockey team.</p> <p>The Regina Dragon Boat Festival has the highest number of teams, per capita, of any dragon boat festival in the world.</p>

<p>TOURIST INFORMATION & EXCURSIONS</p>	<p>http://www.reginaroc.com/visit/what-to-see-do/attractions</p> <p>Something for everyone!</p> <p>If you're looking for Regina Attractions and things to do, you've come to the right place. There are so many things to experience in Regina, it will be necessary to plan ahead to ensure you'll get to everything you MUST see. Some of Regina's best known highlights include:</p> <ul style="list-style-type: none"> • The Saskatchewan Legislative Building • Wascana Centre • RCMP Heritage Centre • Government House • MacKenzie Art Gallery • Royal Saskatchewan Museum • Saskatchewan Science Centre & Kramer Imax Theatre • Regina Plains Museum • Regina Floral Conservatory • Saskatchewan Sports and Hall of Fame Museum • Casino Regina • Conexus Arts Centre • Eco-PARTY Adventures • Evraz Place • Globe Theatre • Office of the Provincial Capital Commission • Regina Symphony Orchestra
<p>COMPETITION VENUE</p>	<p>EVRAZ Place www.evrazplace.com</p> <p>VENUE Competition site all disciplines : Credit Union EventPlex Training site all disciplines: Co-operators Centre</p> <ul style="list-style-type: none"> • Note, competition and training venues are adjacent <p>Evraz Place is a trade show and convention centre located in the heart of Regina, 5 minutes from downtown, and 15 minutes from the University of Regina Delegates Village.</p> <p>Evraz Place has been the host facility for virtually all recent major national events held in Regina, such as the 2005 Canada Summer Games, several large trade shows, rock concerts, the 2009 World Junior Hockey Championships, the 2011 Men's World</p>

Curling Championships and the 2007 Canadian Gymnastics Championships.

The Credit Union EventPlex at Evraz Place is a large clear span building housing four soccer pitches. All gymnastics competition sessions will be held in this facility. There will be full training gyms directly attached, in two full size hockey arenas in the Co-operators Centre.

Meetings for judges, officials and volunteers will be held in the adjacent Queensbury Convention Centre with 40,000 square feet of newly furnished banquet and meeting rooms.

Parking

Lots of free parking is available.

APPARATUS SUPPLIED

The official supplier for the event is Gymnova Canada.

*Note: clubs are **NOT** authorized to bring their personal equipment.

REGISTRATION

PLEASE READ CAREFULLY THE REVISED REGISTRATION TERMS AND CONDITIONS

Registration Deadline

Electronic Registration Deadline	April 24th, 2012
100% Payment of Registration, Meal & Accommodation Deadline	April 24th, 2012
Completed Medical and Waiver / Assumption of Risk Forms Deadline	May 8th, 2012
100% Payment of GCG Athlete Fee Deadline	May 8th, 2012
Late Individual Registration Deadline with Penalty	May 8th, 2012

Registration Fee

Registration Fee	\$105 per person
Meal & Accommodation	\$105 per person / day
Late Provincial Entry Penalty	\$1000 fixed fee plus \$250 per additional days that a registration is late/incomplete
Incomplete Individual Entry Penalty	\$10 per person
Late Individual Entry Penalty	\$50 per person
GCG Athlete Fee	\$25 per athlete

Completed Registration Checklist

- ✓ **#1-** The Excel Registration Spreadsheet is submitted electronically to GCG at agagnon@gymcan.org and to Gymnastics Saskatchewan at kmiller@gymsask.com by the set deadline.

- ✓ **#2-** 100% payment of the Registration, Meal and Accommodation, along with a hard copy of the FINANCIAL INFO tab of the Excel Registration are RECEIVED at the Gymnastics Saskatchewan office by the set deadline.

Cheque made payable to: GYMNASTICS SASKATCHEWAN

Package to be mailed to:

Klara Miller / 2012 Canadian Gymnastics Championships
1870 Lorne Street
Regina, SK
S4P2L7

- ✓ **#3-** The medical and waiver forms completed by all athletes are RECEIVED at the Gymnastics Canada office by the set deadline.
- ✓ **#4-** 100% payment of the GCG Athlete Fee is RECEIVED at the GCG office by the deadline. The fee is payable by PROVINCE, by cheque to: Gymnastics Canada Gymnastique

Definition of Late Provincial Entry Penalty

A Provincial/Territorial Federation/Association will be charged the Late Provincial Entry Penalty if the above mentioned checklist items #1, 2, 3 and/or 4 is not fulfilled by the set deadline.

Definition of Incomplete Individual Entry Penalty

A Provincial/Territorial Federation/Association will be charged the Incomplete Individual Entry Penalty for any medical and/or waiver forms missing or incomplete.

Definition of Late Individual Entry Penalty

A Provincial/Territorial Federation/Association will be charged the Late Individual Entry Penalty if a delegate is registered between the set registration deadline and the late registration deadline.

Note-

No entries will be accepted after the late registration deadline unless written approval is given by the Program Director at GCG.

There is no Late Individual Entry Penalty for substitutions.

Refund Policy

Written request for refund can be made to the attention of Klara Miller until April 29, 2012. After this date, there will be NO reimbursement of the registration, meal and accommodation fees.

SCHEDULE

Provisional Schedule

View draft schedule attached.

To improve the delivery of new information related to training and competition to the team managers and coaches during the Championships, each P/T Association will be asked to provide the PD of each discipline the e-mail address of up to five 'technical' people at the time of registration. These people will be added to the distribution list of the PD beginning May 1st, 2012.

EVENT TRANSPORTATION

Transportation will be provided for all teams and delegates between the Regina airport, delegate's village at University of Regina and the competition venue.

LOCAL TRANSPORTATION

Official Car Rental Company
Budget Car & Truck Rental
 We encourage you to reserve early to ensure availability. Reservations should be made by phoning our local Budget office at 1-800-267-6810. The discount code is **gym2012**.

ACCOMMODATION

All delegates for the Championships will be housed in the U of R North and South residences. These residences were built for the 2005 Canada Summer Games. All residence rooms are new, with most of them being apartment style. They boast private rooms for 4-12, which open onto full kitchens, living rooms and two full baths. Single adjoining rooms with a shared bathroom are also available. All residences are smoke and alcohol free.

Visit the U of R accommodation website for a virtual tour of the residences:
<http://www.uregina.ca/residences/residence/southindex.html>

HOST HOTELS**Visitors Accommodation**

In the heart of downtown Regina, the Delta is connected by a skywalk to Casino Regina and more than 100 shops in the Cornwall Centre. It is only ten minutes from the Regina Airport, local galleries and museums, and a five-minute drive from the competition site. Rooms for spectators, dignitaries and VIPs have been blocked off and will be held until **April 19, 2012**. Room rate is **\$145.00 per night**. Group booking reference # **OGY051912**.

Delta Regina
1919 Saskatchewan Drive
Regina, SK S4P 4H2
306-525-5255

Located in South Regina, the Travelodge has 200 spacious rooms, a pool and waterslide and Johnny Fox's Restaurant. The Travelodge is located in close proximity to countless south end restaurants, and is a ten minute drive from the Regina Airport and the competition site. Rooms for spectators, dignitaries and VIPs have been blocked off and will be held until **April 20, 2012**. Room rate is **\$129.95.00 per night**. Group booking reference # **609776 CGGYMMC**.

Travelodge Hotel and Conference Centre
4177 Alberta Street South
Regina, SK S4S 3R6
306-586-3443

Located in downtown Regina, the Ramada is newly renovated, with a pool and fitness centre. It is a five minute drive from the competition site. Rooms for spectators, dignitaries and VIPs have been blocked off and will be held until April 20, 2012. Room rate is \$129.00 for standard rooms and \$139.00 for business class rooms. Group booking reference # 15398 - 2012 Canadian Gymnastics Championships.

Ramada Hotel & Convention Centre
1818 Victoria Avenue
Regina, SK S4P 0R1
306-569-1666
1-800-667-6500
regina@saskramada.com

MEALS

Meals will be served on campus and at the competition site for those delegates whose schedule does not permit them time to return to the U of R for meals. Full meal plan information will be provided in the Delegate Handbook.

ACCREDITATION	<p>The GCG accreditation procedures will apply. A system consists of colour coded categories and access zones is being developed. GCG reserves the right to take away any accreditation if the rules are not followed</p> <p>Accreditation for provinces will be distributed to Chefs. The accreditation must be worn to access the venue and the competitive area.</p> <p>More information on the accreditation procedures will be in Workplan #2.</p>										
MEDICAL	<p>Doping control will be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.</p>										
DEADLINES	<table border="1"> <tr> <td data-bbox="379 495 1082 528">Electronic Registration Deadline</td> <td data-bbox="1090 495 1551 528">April 24th, 2012</td> </tr> <tr> <td data-bbox="379 533 1082 589">100% Payment of Registration, Meal & Accommodation Deadline</td> <td data-bbox="1090 533 1551 589">April 24th, 2012</td> </tr> <tr> <td data-bbox="379 593 1082 649">Completed Medical and Waiver / Assumption of Risk Forms Deadline</td> <td data-bbox="1090 593 1551 649">May 8th, 2012</td> </tr> <tr> <td data-bbox="379 654 1082 710">100% Payment of GCG Athlete Fee Deadline</td> <td data-bbox="1090 654 1551 710">May 8th, 2012</td> </tr> <tr> <td data-bbox="379 714 1082 770">Late Individual Registration Deadline with Penalty</td> <td data-bbox="1090 714 1551 770">May 8th, 2012</td> </tr> </table>	Electronic Registration Deadline	April 24th, 2012	100% Payment of Registration, Meal & Accommodation Deadline	April 24th, 2012	Completed Medical and Waiver / Assumption of Risk Forms Deadline	May 8th, 2012	100% Payment of GCG Athlete Fee Deadline	May 8th, 2012	Late Individual Registration Deadline with Penalty	May 8th, 2012
Electronic Registration Deadline	April 24th, 2012										
100% Payment of Registration, Meal & Accommodation Deadline	April 24th, 2012										
Completed Medical and Waiver / Assumption of Risk Forms Deadline	May 8th, 2012										
100% Payment of GCG Athlete Fee Deadline	May 8th, 2012										
Late Individual Registration Deadline with Penalty	May 8th, 2012										
CHEFS	<p>There will be a Chefs meeting on Monday, May 21st. More information to follow.</p>										
ADDITIONAL INFORMATION	<p>Bulletin #2 Will Provide Information on:</p> <ul style="list-style-type: none"> Complete registration form, waiver and medical forms Updated schedule Accreditation information, categories/zones Medical Services information Opening, Closing and award ceremonies information Hospitality Judges information Ticket Sales <p>*watch for Bulletin #2 in March</p>										