

GYMNASTICS CANADA GYMNASTIQUE DIRECTIVE

ELITE CANADA 2015 RHYTHMIC GYMNASTICS



Winnipeg, MB
March 12-15, 2015
Max Bell Centre – University of Manitoba



GYMNASTICS CANADA	<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>Peter Nicol – President and CEO pnicol@gymcan.org (613) 748-5637 ext. 222</p> <p>Cathy Haines – Chief Technical Officer chaines@gymcan.org (613) 748-5637 ext. 237</p> <p>Teresa Orr– National Team Director torr@gymcan.org (289) 221-4332</p> <p>Marieve Millaire – Director of Events mmillaire@gymcan.org (613) 748.5637 ext 231</p>
HOST FEDERATION	<p>Rhythmic Gymnastics Manitoba 145 Pacific Avenue Winnipeg, Manitoba Phone: 204-925-5739 E-mail: rgm.ed@sportmanitoba.ca</p>
ORGANIZING COMMITTEE	<p>Thanks to all of the Rhythmic Gymnastics Manitoba Clubs for contributing time, energy, volunteers and effort to making this event a success!</p> <p>Meet Director: Elena Kurakin Volunteers: HPTC International</p>
LOCATION	<p>University of Manitoba – Max Bell Center</p> <p>Winnipeg, MB</p>
DATE	<p>March 13-15, 2015</p> <p>Arrival & Training on March 12th</p> <p>Some clubs may choose to arrive March 11th.</p>

COMPETITION VENUE	<p>Max Bell Centre University of Manitoba 109 Sidney Smith St. Winnipeg, MB, R3T 2M6</p> <p><u>Parking Information:</u> Weekday parking: Maximum \$11/day Evening & Weekend: Free Public Parking</p>
APPARATUS SUPPLIED	<p>The equipment supplied is as follows: 1 Competition Carpet (16m X 16m) Gymnova 2 Warm-up Carpets (16m X 16m) Gymnova Apparatus Placement is following the 2013 - 2016 FIG rules</p>
INVITED MEMBERS	<p>Rhythmic Gymnasts and Groups from Canadian provinces and territories.</p> <p><u>Participants:</u> Individual: Junior & Senior Groups: Novice, Junior & Senior</p>
EVENT FORMAT/PURPOSE	<p><u>Individual Competition</u></p> <p>Events:</p> <ul style="list-style-type: none"> - Competition A: Individual Qualifying - Competition B: Individual AA & Finals <p>Categories:</p> <ul style="list-style-type: none"> - Senior individual - Junior individual <p>Purpose:</p> <ol style="list-style-type: none"> 1. To declare 2015 Elite Canada Junior and Senior Champions. 2. To qualify top 15 for direct entry to the Canadian Championships. 3. To initiate the selection process for GCG National Teams. 4. To identify and assign gymnasts to strategic International Competitions. <p><u>Group Competition</u></p> <p>Events:</p> <ul style="list-style-type: none"> - Group All Around for all national stream categories; Finals for groups with 2 or more groups in a category - Group All Around and Finals for Junior and Senior FIG (groups of 5) and Senior development <p>Categories:</p> <ul style="list-style-type: none"> - Groups of 3 & 4: Novice, Junior and Senior - Group of 5: Novice, Junior, Senior Development and Senior - Open Group <p>Purpose:</p> <ol style="list-style-type: none"> 1. To declare Elite Canada Group Champion in all categories 2. To determine the ranking of rhythmic gymnastics groups across Canada 3. To identify and assign groups to strategic International Competitions.

<p>ELIGIBILITY</p>	<p>* All athletes, coaches, judges, team managers must be registered members of the GCG year in force.</p> <p>* All participating Associations and their members commit themselves to respect the GCG/RG Program Technical Rules and Regulations especially the ones concerning the age and nationality of the gymnasts.</p> <p>* Provincial/Territorial Rhythmic Gymnastics Sport Governing Bodies, which do not respect the above three directives, will miss the opportunity to qualify for the Canadian Championships and the National Team.</p> <p>Coaches According to the RG Technical Regulations, all coaches on the floor must be certified level 3 NCCP if coaching a National Level athlete or group. A coach without the proper certification must request an exemption from the RG National Team Director (complete form below).</p> <p>The request must be sent directly to the GCG office c/o Mariève Millaire no later than January 10th, 2015. The completed form must be joined by a cheque of \$25 to cover administrative cost.</p>
<p>SCHEDULE</p>	<p>See Appendix A for the practice & competition schedule.</p>
<p>DRAW</p>	<p>The Draw will be conducted at the RGM office with independent witnesses on February 27th and rotations will be distributed a week prior to the event.</p>
<p>REGISTRATION</p>	<p>Registration Fee</p> <p>Athletes: \$160.00 Coaches and managers: \$85.00</p> <p>Note: According to GCG accreditation rules, managers do not have access to the competition floor.</p> <p><u>Deadline: February 12th, 2015</u></p> <p>All clubs must register by completing the Excel registration form and returning it to Mariève Millaire (mmillaire@gymcan.org) and Laura Thomas (rgm.ed@sportmanitoba.ca) by February 12th, 2015.</p> <p>A hard copy of the Excel registration form, completed waiver and medical forms, along with the payment must be RECEIVED at the GCG National Office (GCG – Attention: Mariève Millaire) by the deadline.</p> <ul style="list-style-type: none"> • 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 until the deadline. <u>We ask that all additions and/or changes be emailed to mmillaire@gymcan.org.</u> • All registrations and changes / additions to a current registration done after the deadline, will be charged a \$50 late fee per person. • Withdraw due to injury, supported by a medical note, will be accepted with refund until February 26th. In the event that a gymnast is declared unable to compete after this deadline, and ineligible for refund, the club still has the obligation to inform GCG of this as soon as possible. Please send notification to mmillaire@gymcan.org.

Other documents – mandatory for registration

The following documents must also be completed in order for a registration to be considered complete. See links below:

[MEDICAL FORM](#)

[WAIVER / ASSUMPTION OF RISK FORM](#)

Itinerary form – Appendix B
Gala – Appendix C

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 **February 12th, 2015**. 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 February 19th, 2015 – no refund.**

No registration will be accepted if received at the National Office after **February 19th, 2015** unless special dispensation is given by the RG Program Director.

TRAVEL

Boulevard Travel (BLVD) is pleased to offer special sport group rates to all participants. You will find below the current negotiated BLVD rates.

DOMESTIC FLIGHTS – REDUCES RATE CHART

Villes	Vancouver	Calgary/ Edmonton	Saskatoon	Winnipeg	Montréal	Toronto	Ottawa	Halifax
Vancouver	-	119	139	169	225	215	225	275
Calgary/ Edmonton	119	-	109	139	209	199	209	245
Saskatoon	139	109	-	139	209	199	209	235
Winnipeg	169	139	139	-	169	159	169	225
Montréal	225	209	209	169	-	-	-	139
Toronto	215	199	199	159	-	-	-	139
Ottawa	225	209	209	169	-	-	-	139
Halifax	275	245	235	225	139	139	139	-

*****EXAMPLE OF SPECIAL ONE-WAY GROUP RATE PLUS TAXES – SUBJECT TO AVAILABILITY*****

****Groups of 10 or more****

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

Boulevard Travel – 403-237-6233

Sharon Phelps, Senior Group & Sport Travel Consultant

sharonp@boulevardtravel.com – 403-802-4270

Corinne Palin – Group Account Manager

corinnep@boulevardtravel.com or 403-802-4284

LOCAL TRANSPORTATION	<p>Clubs are responsible for their own transportation.</p> <p>Judge transportation to and from the hotel and the competition site will be provided by the O.C. Please arrange for own transportation to and from the airport.</p> <p>Judges must book their return flight with a departure time AFTER 6pm.</p>
ACCOMMODATION	<p>Official Hotel</p> <p>Comfort Inn Winnipeg South 3109 Pembina Highway</p> <p>\$106/night for two double beds</p> <p>866-900-7390 and ask for Rhythmic Gymnastics. Judges please book at this hotel or hotel-venue transportation will not be provided.</p> <p>Please book by February 12</p> <p>Four Points by Sheraton 2935 Pembina Highway</p> <p>\$120/night for two double beds when you use this link: https://www.starwoodmeeting.com/Book/rgm</p> <p>Please book by February 12</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 at the technical meeting.</p>
MEDICAL	<p>Manitoba Athletic Therapists' Association will be at the competition venue. Doctors and dentists will be on call.</p>
MUSIC	<p>A motion was passed at the 2014 RG Technical Assembly – no CD's for Elite Canada or Canadian Championships.</p> <p>Music must be received by USB or File Share service (dropbox, google drive). USB keys are to be sent to the RGM office or the notification of upload should be sent to rgm.ed@sportmanitoba.ca.</p> <p>The following naming convention must be followed (As an example: Jane Doe – rope – CAN Club Elite – Rocky by Bill Conti.mp3):</p> <ol style="list-style-type: none"> 1. Name (i.e. Jane Doe, the official athlete's name that would have used for registration and scoring purposes) 2. Apparatus (i.e. one of rope, hoop, ball, clubs, ribbon, free or group) 3. Team/club abbreviated name – this is not used for music file matching but required because of FIG CD labelling standard.

	<p>4. Title and Composer – this is not used for music file matching but required because of FIG CD labelling standard.</p> <p>Visit http://www.score2u.info/?page_id=86 for more information.</p> <p>All music should be available on CD as back up purposes.</p>																
Scripts	<p>A Hard Copy of all Scripts MUST be RECEIVED at the RGM offices by Wednesday March 4, 2015.</p> <p><u>Late Scripts:</u></p> <ul style="list-style-type: none"> - All late scripts will be charged a \$100 penalty fee per gymnast. - Changed scripts: Scripts changed prior to the Technical/Judges meeting will be charged \$100. - Scripts cannot be changed after the Technical/Judges Meeting. - Coaches will be allowed to change a script after the completion of Competition A and prior to Competition B without cost. The National Team Director must be informed in writing following Competition A. 																
GALA	<p>Please indicate on the Form in Appendix D if you have a showpiece or fun routine (individual, group or team) which you would like to perform at our Gala. Depending on the registration numbers we may try to do the Gala on Saturday evening, but it will probably be on Sunday afternoon, immediately following or preceding the awards. As soon as we can develop a preliminary schedule we will send this information to the provinces.</p>																
DEADLINES	<table border="1"> <tr> <td>Registration</td> <td>February 12th, 2015</td> </tr> <tr> <td>Waiver and Medical Form</td> <td>February 12th, 2015</td> </tr> <tr> <td>Payment</td> <td>February 12th, 2015</td> </tr> <tr> <td>Coach Exemption Form</td> <td>February 12th, 2015</td> </tr> <tr> <td>Gala Form</td> <td>February 19th, 2015</td> </tr> <tr> <td>Itinerary Form</td> <td>February 19th, 2015</td> </tr> <tr> <td>Late Registration</td> <td>February 19th, 2015</td> </tr> <tr> <td>Scripts & Music</td> <td>March 4th, 2015</td> </tr> </table>	Registration	February 12 th , 2015	Waiver and Medical Form	February 12 th , 2015	Payment	February 12 th , 2015	Coach Exemption Form	February 12 th , 2015	Gala Form	February 19 th , 2015	Itinerary Form	February 19 th , 2015	Late Registration	February 19 th , 2015	Scripts & Music	March 4 th , 2015
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Appendix A

2015 ELITE CANADA – *RG draft schedule*

9:00 – 400	Thursday February 12	Podium Training – Gym Frank Kennedy
5:30 – 6:30	Thursday February 12	EC Technical Meeting
6:30 – 9:00	Thursday February 12	Judges Course (Coaches Invited)

<u>COMPETITION - A</u>	<u>Friday February 13</u>	<u>Qualification to Competition – B</u>
08:15 – 08:55	Judges Meeting	
08:55 – 09:15	Preparation at Judges Table	
08:00 – 09:15	Junior Warm Up & Timed Warm Up	
09:15 – 10:45	Junior (Flight 1) Rope & Hoop	
10:45 – 11:00	Break – Junior Timed Warm Up	
11:00 – 12:30	Junior (Flight 2) Rope & Hoop	
12:30 – 01:30	Lunch – Group Warm up – Opening Ceremonies	
01:30 – 02:00	Groups – 1st Performance	
02:00 – 02:15	Break – Senior Timed Warm Up	
02:15 – 03:45	Senior (Flight 1) Hoop & Ball	
03:45 – 04:00	Break – Senior Timed Warm Up	
04:00 – 05:30	Senior (Flight 2) Hoop & Ball	
Time TBA	Brevet Judges Meeting	

<u>COMPETITION – A</u>	<u>Saturday February 14</u>	<u>Qualification to Competition – B</u>
08:15 – 08:55	Judges Meeting	
08:55 – 09:15	Preparation at Judges Table	
08:00 – 09:15	Junior Warm Up & Timed Warm Up	
09:15 – 10:45	Junior (Flight 1) Ball & Clubs	
10:45 – 11:00	Break – Junior Timed Warm Up	
11:00 – 12:30	Junior (Flight 2) Ball & Clubs	
12:30 – 01:30	Lunch – Group Warm up – Opening Ceremonies	
01:30 – 02:00	Groups – 2nd Performance	
02:00 – 02:15	Break – Senior Timed Warm Up	
02:15 – 03:45	Senior (Flight 1) Clubs & Ribbon	
03:45 – 04:00	Break – Senior Timed Warm Up	
04:00 – 05:30	Senior (Flight 2) Clubs & Ribbon	
Time TBA	National Team Coach Council Meeting	
Time TBA	Judge Development Working Group	

<u>COMPETITION – B</u>	<u>Sunday February 15</u>	<u>(Top 15 from Competition – A)</u>
08:30 – 08:50	Judges Meeting	
08:00 – 09:00	Junior Warm Up & Timed Warm Up	
09:00 – 11:30	Junior AA & Finals	
11:30 – 11:45	Break – Group Timed Warm Up	
11:45 – 12:00	Group Finals – 1st Performance	
12:00 – 12:45	Lunch - Group & Senior Timed Warm Up	
12:45 – 01:00	Group Finals – 2nd Performance	
01:00– 03:30	Senior AA & Finals	
03:30	Gala – Awards AA & Finals	
04:00 – 05:30	National Team Coach Council Meeting	

- HP Level 10 – Top 15 gymnasts in Junior and Senior will advance directly to CC

Appendix B ITINERARY: Arrivals and Departures

This is essential information in order to plan the practice times efficiently. Please take the time to carefully fill it out, and advise the Meet Director immediately of any changes or adjustments. Also, please indicate if there will be judges traveling with your group.

PROVINCE :	CLUB :
CONTACT NAME :	PHONE # :
FAX # :	EMAIL :

ARRIVAL INFORMATION:

Arrival Date	Airline/Train/Car	Flight #	Arrival Time

DEPARTURE INFORMATION:

Departure Date	Airline/Train/Car	Flight #	Departure Time

Please return to Laura Thomas rgm.ed@sportmanitoba.ca by February 19th.

This form is to accompany any request for specific training times.

Appendix C
COACH EXEMPTION REQUEST FORM

TO BE COMPLETED AND SENT AT THE TIME OF REGISTRATION TO:
GCG OFFICE, c/o: Mariève Millaire
1900 City Park Drive, Suite 120, Ottawa, ON, K1J 1A3

A COPY OF THE AUTHORIZATION GIVEN WILL BE SENT TO THE ORGANIZING COMMITTEE WHO WILL ISSUE ACCREDITATION ONLY ON RECEIPT OF THE DULY SIGNED AUTHORIZATION.

NAME OF THE COACH	
PROVINCE	
CLUB	
REGISTRATION # WITH THE CAC	
NAME EVENT FOR WHICH THE EXEMPTION IS REQUESTED	
DATE OF THE EVENT	
LOCATION OF THE EVENT	
LEVEL COMPLETED	
DATE OF THE COMPLETION	
LEVEL TO BE COACHED AT THE COMPETITION	
REASON FOR NOT COMPLETING THE LEVEL REQUIRED	
PLAN FOR COMPLETION (TIME TABLE)	
SIGNATURE OF THE COACH	
DATE AND PLACE	
NAME OF THE PSO REP APPROVING THE REQUEST	
SIGNATURE OF THE PSO REP	
DATE AND PLACE	
FOR GCG OFFICE USE	
AUTHORISATION GIVEN BY	
SIGNATURE	
DATE AND PLACE	

Appendix D

GALA

Please register a Show Piece Routine as Follows

	Name & Age of Participants	Name of Routine Music & Composer	Length of Time
1			
2			
3			
4			
5			
6			

Please return to *Laura Thomas*– rgm.ed@sportmanitoba.ca by February 19th, 2015.