ELITE CANADA 2020
RHYTHMIC GYMNASTICS
DIRECTIVES

FORTIUS SPORT & HEALTH CENTRE
BURNABY, BC
February 12-16, 2020
#RGELITE2020

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<tr>
<th>GYMCAN</th>
<th>Gymnastics Canada</th>
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<tr>
<td></td>
<td>1900 City Park Dr. Suite 120, Ottawa, ON, K1J 1A3</td>
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<tr>
<td></td>
<td>Tel: (613) 748-5637</td>
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<td></td>
<td>Fax: (613-748-5691</td>
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<td>Website: <a href="http://www.gymcan.org">www.gymcan.org</a></td>
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<tr>
<td></td>
<td>Ian Moss – Chief Executive Officer</td>
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<td><a href="mailto:imoss@gymcan.org">imoss@gymcan.org</a></td>
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<td>Teresa Orr – National Team Director</td>
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<td><a href="mailto:torr@gymcan.org">torr@gymcan.org</a></td>
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<td>(289) 221-4332</td>
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<td>Amanda Zevnik – Director, National Events</td>
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<td><a href="mailto:azevnik@gymcan.org">azevnik@gymcan.org</a></td>
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<td>(613) 404-1701</td>
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<td>Julie Forget – Director, Communications &amp; Marketing</td>
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<td><a href="mailto:jforget@gymcan.org">jforget@gymcan.org</a></td>
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<td>(819)210-2064</td>
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<td>Brihana Mosienko – RG Senior Program Coordinator</td>
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<td><a href="mailto:bmosienko@gymcan.org">bmosienko@gymcan.org</a></td>
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<td>(613) 748-5637 x232</td>
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<td>Véronique Desjardins – HP Program Coordinator</td>
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<td><a href="mailto:vdesjardins@gymcan.org">vdesjardins@gymcan.org</a></td>
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<td>(613) 748-5637 x234</td>
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<td>Kristen Leblanc – HP Program Coordinator</td>
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<td><a href="mailto:kleblanc@gymcan.org">kleblanc@gymcan.org</a></td>
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<tr>
<th>LOCAL ORGANIZING COMMITTEE</th>
<th>British Columbia Rhythmic Sportive Gymnastics Federation (BCRSGF)</th>
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<tr>
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<td>268-828 W 8th Avenue</td>
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<td>Vancouver, BC, V5Z 1E2</td>
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<td>(604) 333-3485</td>
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<td>Organizing Committee:</td>
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LOCATION | Burnaby, BC  
DATES | February 12-16, 2020  
VENUE | Fortius Sport & Health Centre  
| 3713 Kensington Avenue  
| Burnaby, BC, V5B 0A7  
Website: [www.foriussport.com](http://www.foriussport.com)  
Free parking  

APPARATUS SUPPLIER | The official supplier for the event is Gymnova/Spieth Canada.  
1 Competition carpet (16m x 16m)  
2 Warm-up carpets (16m x 16m)  
Apparatus placement will follow the 2017-2020 FIG rules.  

Note: Novices can place one apparatus on the middle of one of the two (2) sidelines. National Team athletes are required to have apparatus with the FIG requirements: [http://gymcan.org/uploads/content/rg/2019%20fig%20apparatus%20requirements.pdf](http://gymcan.org/uploads/content/rg/2019%20fig%20apparatus%20requirements.pdf)  

INVITED MEMBERS | National Stream individual gymnasts according to the 2020 Elite Canada Junior and Senior qualification list and National Stream groups from all provinces and territories  

EVENT FORMAT | **Individual Competition**  
Categories:  
- Senior individual  
- Junior individual  
- Novice individual (born in 2008)  

Events:  
**Junior & Senior:**  
- Competition A: Individual Qualification  
- Competition B: Individual All-Around (top 15 from Competition A) & Apparatus Finals  

**Novice:**  
- Competition A: All-Around (born in 2008)  

Purpose:  
1. To provide a National competitive opportunity for developing individuals;  
2. To declare 2020 Elite Canada Junior and Senior Champions;  
3. To identify the top 15 HP Juniors and Seniors for direct entry to the Canadian Championships;  
4. To initiate the selection process for GymCan RG National Teams;  
5. To assist in identifying assignments to strategic international competitions based on selection criteria;  
6. To provide a National level competition for gymnasts in their final year of Novice.
**Group Competition**  
**Categories:**  
- Groups of 3 & 4: Novice, Junior and Senior;  
- Open Group;  
- Group of 5: Novice, Junior Development, Junior FIG, Senior Development and Senior FIG.

**Events:**  
- Competition A: All groups (All-Around for non-FIG – one routine performed twice);  
- Competition B: All-Around & Apparatus Finals Junior FIG and Senior FIG; All groups in top 8 invited to finals according to 2020 RG Technical Rules and Regulations.

Note: All gymnasts must compete in one of the two routines in both Competition A and Competition B if six gymnasts are registered (FIG rule for Jr. and Sr.).

**Purpose:**  
1. To provide a national level opportunity for developing groups in the National stream;  
2. To declare 2020 Elite Canada Champion in all Group categories;  
3. To determine the ranking of RG groups across Canada;  
4. To assist in identifying assignment to strategic international competitions based on selection criteria;  
5. To provide opportunity for GymCan Senior Group to meet requirements of their training and competition plan.

**ELIGIBILITY**

All athletes, coaches, judges, team managers must be registered members of the GymCan year in force.

All participating provincial/territorial organizations and their members commit themselves to respect the GymCan and RG Program Technical Rules and Regulations especially the ones concerning the age and nationality of gymnasts and that participants must not have any outstanding invoices owing to GymCan.

Provincial/Territorial Rhythmic Gymnastics Sport Governing Bodies, which do not respect the above directives, will miss the opportunity to qualify for the Canadian Championships and the National Team.

All gymnasts must be in possession of a valid Canadian passport to be eligible for selection to International assignments.

**COACHES**

According to the RG Technical Regulations, all coaches wishing to access the training, warm-up or competition floor must be certified level 3 NCCP certified if coaching a National level athlete or group. A coach without the proper certification must request an exemption from the RG Senior Program Coordinator (complete form in Appendix C according to the RG Technical Rules).

As per the RG Technical Rules & Regulations, all Coach Exemption requests must be submitted a minimum of 4 weeks before the start of the event, accompanied by the $50 exemption fee payment. A late exemption request with an additional $25
administration fee must be submitted no later than February 10, 2019 to bmiosienko@gymcan.org to allow sufficient processing time by GymCan for the coach to be registered for the competition.

All coaches, support staff (head of delegation, chef de mission, team manager, and chaperone) and integrated support team (IST) who participate in GymCan national competitions must have completed the following requirements. Failure to do so will result in withholding of your accreditation and denied access to the field of play, competition and training venues.

**Please submit proof of completion to the High Performance Coordinator (vdesjardins@gymcan.org). One email with all proof of completion per coach, support staff, judge and IST is highly encouraged.**

If you have already submitted proof of completion for Respect in Sport, True Sport Clean and Making Headway, you do not need to submit them again. To submit an updated Enhanced Background Check (valid within 12 months of competition date), please submit to vdesjardins@gymcan.org.

**PLEASE BE ADVISED THAT THE SCREENING REQUIREMENTS ARE CURRENTLY UNDER REVIEW AND MAY BE SUBJECT TO CHANGE FOR FUTURE EVENTS.**

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<tr>
<th>Requirements</th>
<th>Comments</th>
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<tr>
<td>Completed Enhanced Background Check, Canada-wide and/or International Police Checks</td>
<td>Must be issued within 12 months of the date of the event being attended. Cost is the responsibility of the individual. Required for coaches, support staff, judges and IST.</td>
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<td><a href="http://sterlingbackcheck.ca/cac_ace">http://sterlingbackcheck.ca/cac_ace</a></td>
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<tr>
<td>Complete <a href="http://gymcan.org/resources/respect-in-sport">Respect In Sport</a> online e-learning module package</td>
<td>Cost is the responsibility of the individual. Check with your respective province/territory as some may cover the cost. Required for coaches, support staff, judges and IST.</td>
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<tr>
<td><a href="http://gymcan.org/resources/respect-in-sport">http://gymcan.org/resources/respect-in-sport</a></td>
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<tr>
<td>CAC Making Headway online learning module. <a href="http://www.coach.ca/concussion">www.coach.ca/concussion</a></td>
<td>Free module – will be included in coach NCCP records on the Locker. Required for coaches and IST.</td>
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**REGISTRATION**

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<th>Registration and form submission deadlines</th>
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<td>Registration and payment deadline</td>
<td>January 10th, 2020 KSIS+GymCan</td>
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<td>Medical and Risk Waivers</td>
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<tr>
<td>Itinerary form</td>
<td>January 17th, 2020 KSIS</td>
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<td>Music submission</td>
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<tr>
<td>Gala form</td>
<td>January 17th, 2020 KSIS</td>
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<td>Refund Deadline</td>
<td>January 24th, 2020 GymCan</td>
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Registration Fees
Athletes: $170.00
Coaches: $85.00

GymCan will be using the KSIS registration system and the excel registration form for registration. Therefore, both the online and Excel registration form will need to be completed. The Excel form will be used as backup and to collect registration fees.

All clubs must register online https://rgform.eu/event.php?id_prop=1691 and complete the Excel registration form. The Excel registration form is to be submitted to events@gymcan.org by January 10th, 2020.

No registration will be accepted after January 10th, 2020 unless special permission is given by the RG National Team Director. Any late registration will be charged a $50 late fee (athletes and coaches).

Written request for refund can be made to the attention of events@gymcan.org until January 24th, 2020. After this date, there will be NO reimbursement of the registration fee. 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 GymCan of this as soon as possible. Please send notification to events@gymcan.org.

The KSIS online registration must be completed by the deadline and a hard copy of the Excel registration form, along with the payment must be RECEIVED by the deadline.

- Credit card* – Please complete the credit card payment form included in Appendix F and send it to vdesjardins@gymcan.org or call 613-748-5637 x 234
  *Payment by credit card is the preferred method of payment.
- Cheque – a hard copy of the financial info tab must accompany the cheque Cheque made payable to: Gymnastics Canada 120-1900 City Park Drive, Ottawa, ON K1J 1A3

Other documents – mandatory for registration

The following documents must also be submitted in order for a registration to be considered complete. Please submit all forms through the KSIS system HERE.

Medical form - The forms can be downloaded HERE.
Waiver / assumption of risk form - The forms can be downloaded HERE.
Itinerary form – Appendix B
Gala – Appendix D

All forms must be fully completed and submitted through the KSIS system. Missing or Incomplete forms may jeopardize the eligibility of an athlete.

PRELIMINARY SCHEDULE
View draft schedule in Appendix A.
### PROTOCOL & AWARDS

**Individuals:**
- Certificates will be presented to the top 15 Junior & Senior from Competition A;
- Top 8 All-Around: *Novice Competition A* (no Champion is declared). This event is for Novices in their final year who are preparing for Junior in 2021. No finals.
- Top 8 All-Around: *Junior and Senior from Competition A + B*;
- Top 8 Apparatus Finals: *Junior and Senior from Competition B only*.

**Groups:**
- Top 8 All Around: *Groups of 3 & 4 in Novice, Junior, Senior; Open Group; Junior Development; Senior Development* (one routine performed twice);
- Top 8 All-Around: *Junior FIG & Senior FIG Competition A + B* (4 routines total);
- Top 8 Apparatus Finals: *Groups of 3 & 4 in Novice, Junior, Senior; Open Group; Junior Development; Senior Development* (one routine performed once, according to 2020 RG Technical Rules and Regulations);
- Top 8 Apparatus Finals: *Junior FIG & Senior FIG Competition B* (two routines performed once).

**Note:** Final awards will be awarded for categories with 2 or more groups only.

Athlete Dress Code for Award Ceremonies: competitive leotard, toe slippers.

### TRAVEL

The closest airport is the Vancouver International Airport approximately 35 minutes away.

Boulevard Travel is pleased to offer their exclusive “Sports Air Program” to all members.

Sports Air Program with Air Canada and WestJet for Groups – Minimum 10 tickets to be eligible:

1. **Air fare** – We have exclusive air fares with both Air Canada and WestJet. These fares are negotiated to ensure the absolute best price with the best flexibility in the industry.
2. **Free tickets** – Our programs both include 1 free ticket for every 15th paid (16th paying taxes only)
3. **Name change** – Free and/or discounted name changes after ticketing
4. **Payments** – NO deposits, NO payments until ticketing 5-7 days prior to departures / merely a signed contract with commitment dates
5. **Baggage** – 1 free standard checked bag per person per direction
6. **Ability to deposit all unused group tickets into a travel bank where we can use the credits for any future travel. Air Canada is on any North American Flights. ** Exclusive to Boulevard Travel
7. **Advance seating** – Booked for all groups
8. **Travel documents / Reporting** – Boulevard Travel has developed a number of customized platforms to help with reporting and document delivery which makes travel extremely easy.

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
  Direct: (403) 802-4270
- Corinne Palin – Group Account Manager
corinep@boulevardtravel.com
  Direct: (403) 802-4284
**LOCAL TRANSPORTATION**

Clubs are responsible for their own transportation.

Local transportation will be arranged between the venue and the host hotel for the judges by the organizing committee.

Judges must book their return flight with a departure **AFTER 7pm.**

Public Transportation option from Vancouver Airport to Burnaby [https://tripplanning.translink.ca/hiwire](https://tripplanning.translink.ca/hiwire)

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Please visit their website for up to date information.

**MEALS**

Clubs are responsible for their own meals.

Note: for those clubs staying at Fortius, meals (breakfasts, lunch and dinners) will need to be pre-booked from the Bistro located inside the venue. There is a Starbucks and the Bistro at the facility but they are not open long hours over the weekend. To book meals, please refer to the Catering Menu/Sample Meal Planner and direct all meal bookings to Aaron Chan at aaron.chan@fortiussport.com.

The organizing committee will serve meals to judges during the competition.

Light snacks and drinks will be available to the coaches during competition. The organizing committee will also provide lunches to the coaches.

**ACCOMMODATIONS**

**Hilton Vancouver Metrotown**
6083 Mckay Avenue, Burnaby, British Columbia, V5H 2W7

**Rate:** $159.00 plus taxes, Deluxe 2 Queen Room

**Reservation method**
Telephone: Toll Free 1-888-744-5866 / Locally (604) 438-1200
Group Code: Rhythmic Gymnastics Group
Deadline: Monday, January 06, 2020
Cancellations made less than 48 hours prior to arrival date and no-shows will be charged one-night room and tax to their credit card.
Online booking: [HERE](#)

**Fortius Sports**
3713 Kensington Avenue, Burnaby, BC, V5B 0A7

**Rate:** $130 plus taxes, Double room
### Reservation Method
- Telephone: 604-292-2500 ext 6
- Group Code: Elite Canada Rhythmic Gymnastics 2020
- Deadline: Wednesday, January 15, 2020

### ACCREDITATIONS
The GymCan accreditation procedures will apply. The system consists of colour coded categories and access zones. GymCan reserves the right to take away any accreditation if the rules are not followed.

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

**Please note, all Junior group members will be required to show their passports to Brihana Mosienko (Sr. Program Coordinator – RG) during podium training to be considered for FIG events.**

### MEDICAL
There will be a medical team on site throughout the competition.

Doping control could be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to [www.cces.ca](http://www.cces.ca).

### MUSIC
We will be playing all music from a computer set list created by the KSIS program and will only use CD as backup. Music must be submitted through KSIS by the music deadline date (**January 17th, 2020**), to allow it to be checked.

Only mp3 files are supported as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors.

Please email bcrsgfi@rhythmicsbc.com if you have any problems uploading the music.

### WEBCAST
FloGymnastics will provide live coverage of the event via [https://www.flogymnastics.com/](https://www.flogymnastics.com/)

A subscription is required to view footage.

### GALA
Please indicate on the Gala 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.

All clubs who have Gala Performances, please upload music and register online: [https://rgform.eu/event.php?id_prop=1691](https://rgform.eu/event.php?id_prop=1691) by January 17 2020.

### TICKETS
The admission fee per day is $10.
For a three-day pass, the cost will be $20.
Seniors and students can attend the event for $5 per day.

All tickets will be sold on-site at the event.
| APPENDICES | Appendix A: Draft schedule  
| | Appendix B: Itinerary form  
| | Appendix C: Coaches exemption form  
| | Appendix D: Gala form  
| | Appendix E: Payment form |
APPENDIX A - DRAFT SCHEDULE
Version: November 2019

Wednesday, February 12th
All Day       Delegation Arrivals

Thursday, February 13th
07:30         Warm-up
09:00 – 16:00  Podium training for athletes & coaches
17:00 – 18:00  Orientation meeting at venue – accredited coaches & managers
17:00 – 18:00  Mandatory High Performance Athlete Meeting
18:00 - 20:00  NTCC meeting at venue

Friday, February 14th
08:15 – 09:15  Judges’ meeting
08:15 – 10:00  Junior warm-up / Timed warm-up / Official welcome
09:15 – 09:35  Draw
09:35 – 10:00  Preparation at judges table
10:00 – 11:50  Junior (Flight 1) Rope & Ball
11:50 – 12:00  Junior timed warm-up
12:00 – 13:50  Junior (Flight 2) Rope & Ball
13:50 – 14:50  Lunch break – Group & Senior warm-up
14:50 – 15:15  Groups – 1st performance (All groups except Novice)
15:15 – 16:55  Senior (Flight 1) Hoop & Ball
16:55 – 17:05  Senior timed warm-up
17:05 – 18:40  Senior (Flight 2) Hoop & Ball
18:40 – 19:40  Dinner break – Novice warm-up
19:40 – 21:15  Novice Free & Hoop

Saturday, February 15th
08:00 – 08:40  Judges’ meeting
08:40 – 09:00  Preparation at judges’ table
07:30 – 09:00  Junior warm-up / Timed warm-up
09:00 – 10:50  Junior (Flight 1) Clubs & Ribbon
10:50 – 11:00  Junior timed warm-up
11:00 – 12:50  Junior (Flight 2) Clubs & Ribbon
12:50 – 13:50  Lunch break – Group warm-up
13:50 – 14:25  Groups – 2nd performance (All groups)
14:25 – 14:35  Senior timed warm-up
14:35 – 16:00  Senior (Flight 1) Clubs & Ribbon
16:10 – 17:30  Senior (Flight 2) Clubs & Ribbon
17:30 – 18:30  Dinner break – Novice Groups & Individual warm-up
18:30 – 18:45  Novice Groups
18:50 – 20:20  Novice Hoop & Clubs
20:40                        Awards: AA Novice Individual & AA Groups with one routine

Sunday, February 16th
07:45 – 08:45  Judges’ meeting
07:30 – 09:00  Junior warm-up / Timed warm-up (Presentation of HP certificates)
09:00 – 09:15  Groups (Open, Junior Development, Junior ¾)
09:20 – 11:50  Junior AA & Finals
11:50 – 12:00  Group timed warm-up
12:00 – 12:10  **Group Finals – 1st performance (Junior & Senior FIG)**
12:10 – 13:10  Lunch - Group & Senior timed warm-up
13:25 – 15:55  **Senior AA & Finals**
15:55 – 16:15  Gala – Final scoring /Competition close
16:15 – 17:00  **Awards: Junior & Senior All-Around & Finals / Groups**
17:00 – 17:30  High performance athletes review session with Judge Responsible

- **HP: Top 15 Junior & Senior gymnasts advance directly to Canadian Championships.**
- **All other gymnasts qualify to Canadian Championships through their Regional Championships.**
APPENDIX B - ITINERARY FORM

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.

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<tr>
<th>PROVINCE:</th>
<th>CLUB:</th>
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<tr>
<td>CONTACT NAME:</td>
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<td>FAX #:</td>
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ARRIVAL INFORMATION

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DEPARTURE INFORMATION

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Please return to Sashka Gitcheva at bcrsgf@rhythmicsbc.com by January 17th, 2020.
Teams must arrive in Burnaby and be prepared for podium training as per tentative schedule. Podium training requests will only be accepted until January 17th, all requests received after this date will not be accommodated.
APPENDIX C - COACHES EXEMPTION FORM

TO BE COMPLETED AND SENT BEFORE DECEMBER 15th OR 4 WEEKS PRIOR TO THE COMPETITION TO:
GYMCAN OFFICE, c/o: Brihana Mosienko (bmosienko@gymcan.org)
Please provide payment by credit card.

All risk management requirements must be received before an authorization can be approved.

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

<table>
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<th>NAME OF THE COACH</th>
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<td>REGISTRATION # WITH THE CAC</td>
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<tr>
<td>EVENT(S) FOR WHICH THE EXEMPTION IS REQUESTED</td>
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<td>DATE OF THE EVENT</td>
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<td>LOCATION OF THE EVENT</td>
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<tr>
<td>I HAVE COMPLETED ALL 2019 RISK MANAGEMENT REQUIREMENTS AND SUBMITTED THEM TO (<a href="mailto:vdesjardins@gymcan.org">vdesjardins@gymcan.org</a>)</td>
<td></td>
</tr>
<tr>
<td>SIGNATURE OF THE COACH</td>
<td></td>
</tr>
<tr>
<td>DATE AND PLACE</td>
<td></td>
</tr>
<tr>
<td>NAME OF THE PSO REP APPROVING THE REQUEST</td>
<td></td>
</tr>
<tr>
<td>SIGNATURE OF THE PSO REP</td>
<td></td>
</tr>
<tr>
<td>DATE AND PLACE</td>
<td></td>
</tr>
</tbody>
</table>
**APPENDIX D – GALA FORM**

Please register a Show Piece Routine as follows:

<table>
<thead>
<tr>
<th>Name &amp; age of participants</th>
<th>Name of routine, music &amp; composer</th>
<th>Length of time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please submit on KSIS by January 17th, 2020.
APPENDIX E – REGISTRATION FEES PAYMENT FORM

1. INFORMATION

Event – Événement: ___________________________________________________________
Club name – Nom du club: ______________________________________________________
Address – Adresse: ____________________________________________________________
E-mail – Courriel: _____________________________________________________________
Telephone - Téléphone: _________________________________________________________
Participants Names – Nom des participants: _______________________________________

2. AUTHORIZATION - AUTORISATION

I authorize payment of the amount of $ _________________ on my credit card (Visa or Mastercard only).

J’autorise le paiement d’un montant de _______________$ sur ma carte de crédit (Visa ou Mastercard seulement).

Signature of the card holder – Signature du détenteur: ______________________________
Date: ______________________

3. PAYMENT - PAIEMENT

<table>
<thead>
<tr>
<th>Full name of card holder – Nom sur la carte:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of card – Type de carte</td>
<td>☐ VISA ☐ MASTERCARD</td>
</tr>
<tr>
<td>Card number – Numéro :</td>
<td></td>
</tr>
<tr>
<td>Expiry date – Expiration :</td>
<td></td>
</tr>
<tr>
<td>CVV (3 numbers behind the card – 3 chiffres derrière la carte)</td>
<td></td>
</tr>
<tr>
<td>E-mail of card holder – Courriel du détenteur:</td>
<td></td>
</tr>
</tbody>
</table>

Please return to: vdesjardins@gymcan.org.

GymCan Use

Account code: