

GYMNASTICS CANADA GYMNASTIQUE WORKPLAN

ELITE CANADA 2010 MEN'S ARTISTIC GYMNASTICS










**CENTRE SPORTIF DE GATINEAU
GATINEAU, QC
FEBRUARY 26-28**



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 or agagnon@gymcan.org website: www.gymcan.org</p> <p>Jean-Paul Caron – President and CEO jpcaron@gymcan.org (613) 748-5637 poste 222</p> <p>Jeff Thomson – MAG Program Director – Technical Director of the competition jthomson@gymcan.org (604) 224-5428</p> <p>Annie Gagnon – Events Coordinator agagnon@gymcan.org (613) 748-5637 poste 231</p>
HOST FEDERATION	<p>Fédération de gymnastique du Québec 4545 avenue Pierre-de-Coubertin C.P. 1000, Succursale « M » Montréal, Québec H1V 3R2 Tel: (514) 252-3043 Fax: (514) 252-3169 Contact : Marylène Turp mturp@gymnastique.qc.ca http://www.gymnastique.qc.ca/</p>
LOCAL ORGANIZING COMMITTEE	<p>Club Gymélites 183 chemin Freeman, Gatineau Tel:(819) 778-8866 Fax : (819) 778-1836 Courriel : Gymelites-comp@bellnet.ca http://www.gymelitesgymnastique.ca/</p> <p>Chair : Sylvain Boucher Logistics : Jean Dion Technical : Jacynthe Harper Floor manager : Liam Ferris</p>

LOCATION	Gatineau, QC
DATE	From February 26 to February 28, 2010
COMPETITION VENUE	Centre sportif de Gatineau 850, boulevard de la Gappe Gatineau (Québec) Tel : 819 243-2345, ext. 2670 http://www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/centre_sportif
APPARATUS SUPPLIED	The official supplier for the event is SA Sport. The apparatus supplied is as follow: 1 full set of men's artistic gymnastics competition equipment *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 program manual are invited to participate.
EVENT FORMAT	Purpose The purpose is: -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: ● the Sport Canada Athlete Assistance Program - Carding; ● National Team status *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. Format of Argo, Tyro Junior and Senior competition Day 1: All-Around Day 2: All-Around
ELIGIBILITY	<u>ATHLETES</u> High Performance Argo, Tyro, Junior and Senior athletes who are in good standing 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. <u>COACHES</u> All registered coaches must be certified NCCP 3 or have obtained an exemption in writing from the Men'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: \$90 Coaches: \$80 The waiver and medical forms (attached) must also be completed for every

	<p>registered participant (athletes and coaches)</p> <p>Deadline: January 28, 2010.</p> <p>The registration form (attached), waiver and medical forms, along with the payment must be RECEIVED at the National Office (GCG) by the deadline. The registration forms must be sent via email to the attention of Denise Gauthier.</p> <p>A hard copy of the registration must join the waiver and medical forms and payment. Payment can be done by cheque, made payable to "Gymnastics Canada Gymnastique", or by credit card by completing the credit card information section on the registration form under "financial info". A 6 percent fee applies for credit card payment. All documents and payment MUST be sent to the attention of Denise Gauthier at GCG.</p> <p>All forms must be duly and fully completed. Incomplete forms (i.e. missing birthday, NCCP numbers, missing or incomplete medical and/or waiver forms, etc.) will be charged a penalty fee of \$20 per registered participant.</p> <p>Written request for refund can be made to the attention of Denise Gauthier (GCG) until February 5, 2010. After this date, there will be NO reimbursement of the registration fee.</p> <p>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 is accepted if received at the National Office less than ten days before the first day of competition.</p> <p>No registration will be accepted if received at the National Office after February 15, 2010 unless special dispensation is given by the MAG Program Director. Late entries will replace athletes who withdraw after the draw is done.</p>
SCHEDULE	<p>Friday, February 26 – Training</p> <p>Saturday, February 27 – Competition Argo and Tyro Day 1 Competition Junior and Senior Day 1</p> <p>Sunday, February 28 – Competition Argo and Tyro Day 2 Competition Junior and Senior Day 2</p> <p>Detailed schedule will be distributed in early January</p>
EVENT TRANSPORTATION	<p>There are several ways to get to Gatineau:</p> <ul style="list-style-type: none"> - Plane – Ottawa International Airport - Train – Ottawa Train Station - Bus – Gatineau and Ottawa Bus Station <p>The organizing committee will provide transportation to all judges, to and from airport as well as to and from competition site.</p>
ACCOMMODATION	<p>Hôtel Holiday Inn, Gatineau 2 Rue Montcalm Gatineau, Québec, J8X 4B4 Tel : 1 877 660-8550 (1-819-778-3880) Fax : 1 819 778-3309 Website: http://www.holidayinn.com/ Cost per room (maximum quadruple occupancy): \$ 129</p> <p>Hotel Clarion (Judges Hotel) 111, rue Bellehumeur Gatineau, Québec, J8T 6K5 tel: 1-877-568-5252 (1-819-568-5252)</p>

	<p>Fax: 1-819-568-0753 Webiste : http://www.hotelclariongatineauottawa.com/ Cost per room (maximum quadruple occupancy) : \$ 109</p> <p>Participants are responsible to make their own hotel reservation.</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 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>Doping control will be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.</p> <p>There will be two physiotherapists on site at all time.</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>Award Ceremonies</u></p> <p>All categories- Top 3 athletes AA and per apparatus.</p> <p><u>Dress code on the awards podium</u> Athletes: Competitive uniform – Singlet, longs and no shoes</p>								
JUDGES	<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 and will be responsible for the additional room cost.</p> <p>The organizing committee will provide transportation to the judges to and from the airport. The competition venue is within walking distance of the hotel (bring an umbrella though!).</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>								
HOSPITALITY	<p>There will be a social organized by the LOC, information to come.</p>								
DEADLINES	<table border="1"> <tr> <td data-bbox="392 797 1094 837">Registration</td> <td data-bbox="1101 797 1548 837">January 28, 2010</td> </tr> <tr> <td data-bbox="392 837 1094 878">Waiver and medical forms</td> <td data-bbox="1101 837 1548 878">January 28, 2010</td> </tr> <tr> <td data-bbox="392 878 1094 918">Payment</td> <td data-bbox="1101 878 1548 918">January 28, 2010</td> </tr> <tr> <td data-bbox="392 918 1094 958">Late Registration</td> <td data-bbox="1101 918 1548 958">February 15 + \$50.00</td> </tr> </table>	Registration	January 28, 2010	Waiver and medical forms	January 28, 2010	Payment	January 28, 2010	Late Registration	February 15 + \$50.00
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