

# 2017 – 2018 SPRING CUP WOMEN'S ARTISTIC EVENT

## CALL TO MEET



### BURLINGTON GYMNASTICS CLUB 30<sup>TH</sup> ANNUAL SPRING CUP



<b>HOST CLUB</b>	<p>Burlington Gymnastics Club 710 Maple Avenue, Burlington ON L7S 1M6 905- 637-5774 <a href="http://www.bgcgym.com">www.bgcgym.com</a></p>
<b>MEET DIRECTOR</b>	<p>Stephanie Kotani, Courtney Stortini &amp; Jenna Gleza <a href="mailto:springcup@bgcgym.com">springcup@bgcgym.com</a> 905-637-5774</p>
<b>GO LIASON</b>	<p>Gymnastics Ontario Audra Sederavicius Phone : (647) 344-5137 E-mail : <a href="mailto:wag@gymnasticsontario.ca">wag@gymnasticsontario.ca</a> Website: <a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a></p>
<b>COMPETITION VENUE</b>	<p><b>MAINWAY RECREATION CENTRE</b> <b>4015 Mainway (Corner of Walkers Line &amp; Mainway)</b> <b>Burlington ON L7P 3N9</b> <b>905-637-5774</b></p>
<b>REGULATIONS</b>	<p>As per the Gymnastics Ontario Technical Rules and Regulations Manual</p> <p><b>Warm Up Format:</b> Option 2</p> <p><b>Music:</b> Music can be in submitted in mp3 format or by an external mp3 device (ie. iPod). All music must be clearly labelled on device. For Level 1-5 event, the compulsory music (all three versions) will be provided by host club.</p> <p><b>Awards:</b> For Events and All Around (1<sup>st</sup> to 3<sup>rd</sup> Medals, 4 to 10<sup>th</sup> Ribbons). No Bumping of places for ties.</p>
<b>REGISTRATION</b>	<p><b>Registration Deadline: Registration deadline February 28th, 2018</b></p> <p><b>Fees (regular competition):</b></p> <ul style="list-style-type: none"> <li>• \$95 Early Bird until end of day January 15th, 2018 / \$110 after January 15th, 2018</li> </ul> <p><b>Fees (pairs competition):</b></p> <ul style="list-style-type: none"> <li>• \$45 per athlete Early bird until end of day January 15th, 2018 and will be on a first-come-first-served basis. \$55 per athlete after January 15th, 2018.</li> </ul> <p><b>Method of Payment: Club cheque payable to Burlington Gymnastics Club</b></p> <p><b>Level Changes/ Withdrawals: No level changes after March 25th</b></p>

	<b>Refunds: No refunds for any reason after April 1st</b>																
<b>EQUIPMENT</b>	<b>SA Sport</b> <b>Three sets of gym equipment will be in the venue</b>																
<b>MEDICAL</b>	<b>First Aid Certified Personnel On-Site.</b>  <b><u>Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.</u></b> Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.																
<b>COACH REQUIREMENTS</b>	Provincial Coaches must be fully certified <u>NCCP Level 2 Women’s Artistic</u> and have up to date <u>Risk Management certification (Part A: Risk Management &amp; Part B: Respect in Sport)</u> to be eligible for the competition floor.  National Coaches must have their NCCP Level 3 Theory and Technical (minimum) in addition to their NCCP Level 2 certifications.  In case of a lost, stolen or forgotten ID, coaches will be required to sign form number CP001 stating a minimum level 2 certification for verification. The host club registration desk will have this form available. For replacement Ids contact Education Coordinator <a href="mailto:education@gymnasticsontario.ca">education@gymnasticsontario.ca</a> to discuss options of acquiring a replacement ID or an exemption.																
<b>ACCOMMODATION</b>	<b>Hotel information to follow</b> The participants must pay for their accommodation costs.																
<b>PRESENTING THE CITY OF BURLINGTON</b>	<b>Burlington Ontario</b> <a href="http://cms.burlington.ca/Page40.aspx#.VErJY5UtCP8">http://cms.burlington.ca/Page40.aspx#.VErJY5UtCP8</a>																
<b>ADMISSIONS</b>	<table border="1"> <thead> <tr> <th>Admission Fees</th> <th>1 Day</th> <th>2 Days</th> <th>3 Days</th> </tr> </thead> <tbody> <tr> <td><b>Adult</b> (16 - 54 years)</td> <td>10</td> <td>18</td> <td>23</td> </tr> <tr> <td><b>Child/Student/Senior</b> (Age 5-15 / 55+) (children under Age 5 Free)</td> <td>7</td> <td>12</td> <td>15</td> </tr> <tr> <td><b>Family</b> (2 Adult &amp; 2 Child/Student)</td> <td>25</td> <td>40</td> <td>50</td> </tr> </tbody> </table>	Admission Fees	1 Day	2 Days	3 Days	<b>Adult</b> (16 - 54 years)	10	18	23	<b>Child/Student/Senior</b> (Age 5-15 / 55+) (children under Age 5 Free)	7	12	15	<b>Family</b> (2 Adult & 2 Child/Student)	25	40	50
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<b>DIRECTIONS</b>	<b><i>Directions to Competition Site (Map and Written Directions)</i></b>  <b>From the West:</b> 401 East to 403 East/ QEW Exit at Walkers Line Turn left (North) on Walkers Line Proceed North on Walkers Line to Mainway Turn right on Mainway Mainway Recreation Centre is on your left  <b>From the East:</b>																

401 West to QEW/403 West  
Exit at Walkers Line  
Turn right (North) on Walkers Line  
Proceed North on Walkers Line to Mainway  
Turn right on Mainway  
Mainway Recreation Centre is on your left

**From the North:**

400 South to 401 West to QEW/403 West  
Exit at Walkers Line  
Turn Right (North) on Walkers Line  
Proceed North on Walkers Line to Mainway  
Turn right on Mainway  
Mainway Recreation Centre is on your left

**From Niagara:**

QEW Toronto to Burlington over the Skyway to QEW East  
Exit at Walkers Line  
Turn left (North) on Walkers Line  
Proceed North on Walkers Line to Mainway  
Turn right on Mainway  
Mainway Recreation Centre is on your left

**Map** Website link: <https://www.burlington.ca/en/live-and-play/Arenas.asp>

**PAIRS  
COMPETITION**

## PAIRS COMPETITION

~ Eligible for Levels 6-10 Age 9+ ~

**Theme: Dr. Seuss (costumes are encouraged)**

- Come dressed with your pairs partner as your favourite Dr. Seuss characters for March In



**It's the end of the season. Pick a partner and enter the Pairs Competition a Spring Cup Tradition!**

***Theme Costumes are encouraged ~ Limbo contest, of course!***

You can partner up with someone in your level and you each compete your 2 best events. You can team up with someone in a higher level and try your required new skills on that event.

- Age categories will be dependent on registration. However, if one gymnast is 9 years old and the other is 14, they must compete in the older age category.
- You may compete with an athlete from a lower level. However, they must be moving up to your level to compete.
- You may compete on any 2 combinations of events (vault & bars, vault & floor, beam & bars, etc.)
- All 4 events must be competed, i.e. you can't both compete on the same two events in one pairs team. As well, it must be 2 & 2 not one athlete competing one event with the other competing 3 events.
- The two partners will compete as team. There will be event awards and AA awards (each

partner will receive the AA award)

- The rules will follow all GO standards for every level. The only catch is that you must compete in your 2017 – 2018 competitive level or higher.