

2018-2019 GCGC ANNUAL WOMEN'S INVITATIONAL – TEAM CHALLENGE 2019

CALL TO MEET



11-12 MAY 2019
GCGC GYMNASTICS
"TEAM CHALLENGE 2019"



HOST CLUB	GCGC Gymnastics 5510 Canotek Road, Units 8&9 Gloucester, Ontario. K1J 9J5 Telephone: (613) 747-4242 Email: info@gcgc.ca Web: www.gcgc.ca
MEET DIRECTOR	Stephenie Davies Email: info@gcgc.ca Phone: (613) 747-4242
GO LIASON	Gymnastics Ontario Audra Sederavicius Phone : (647) 344-5137 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
COMPETITION VENUE	GCGC Gymnastics 5510 Canotek Road, Units 8&9 Gloucester, Ontario. K1J 9J5 Telephone: (613) 747-4242
LEVELA	Level 1-7, Ages 7+ Invitational Competition
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual Warm Up Format: Option 2 Music: All CDs and USB sticks with MP3s must be labeled with each athlete's name, category and club. Each athlete must have her music recorded on a separate medium. All music must be brought to the Announcer's table at the start of the General Warm Up of each flight. Awards: For Events and All Around (1 st to 3 rd Medals, 4 to 8 th Ribbons). No Bumping of places for ties.
COMPETITION	Women's Artistic – Levels 1 to 7, Ages 7 to 14+ and Masters GO Sanctioned event. Coaches must be on the approved GO list & have their <i>photo ID on hand</i> to be able to accompany athletes on the competition floor. The meet directors reserve the right to cancel or combine categories with insufficient registrations (Clubs will be notified).
REGISTRATION	Registration Deadline: APRIL 12, 2019

	<p>Fees: \$75 per athlete. \$85 per athlete if registration is received on or after April 12th. Meet fees must accompany registrations.</p> <p>Method of Payment: Please make cheques payable to GCGC Gymnastics</p> <p>Level Changes/ Withdraws: Level changes can be made until 12 April 2019. No level changes will be accepted after that date.</p> <p>Refunds: No refunds after April 1, 2019</p>
EQUIPMENT	<p>SA Sport Spieth Anderson (SA) Equipment. Vault runway 23 meters</p>
MEDICAL	<p>First Aid Certified Personnel On-Site.</p> <p>Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events. 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.</p>
COACH REQUIREMENTS	<p>Every coach requiring access to the competition floor must be in possession of their Coach ID. As such all coaches are strongly advised to make sure their Photo ID is updated and must present it at the coach's registration desk at every competition they are attending.</p> <p>Please see coaching requirements for floor access: http://www.gymnasticsontario.ca/coaching-requirements/</p> <p>Provincial Coaches must be fully certified <u>NCCP Level 2 Women's Artistic or Competition Introduction 1 (with MED)</u> and have up to date <u>Risk Management certification (Respect in Sport)</u> to be eligible for the competition floor.</p> <p>National Coaches must have their NCCP Level 3 Theory and Technical (minimum) in addition to their NCCP Level 2 certifications.</p> <p>In case of a lost, stolen or forgotten ID, coaches will be required to sign form number CP001 stating the coach does have the minimum certification for verification. The host club registration desk will have this form available.</p> <p>If need to request a coaching ID please visit the GO website: http://www.gymnasticsontario.ca/education/coach-ed/coach-id-application/</p> <p>It is the club's and individual coach's responsibility to ensure they have the correct certifications and coaching ID for competition. For further NCCP or Coaching ID information, please contact the Education Coordinator, Danielle Hilliard at education@gymnasticsontario.ca.</p>
ACCOMMODATION	<p>Holiday Inn Ottawa East 1199 Joseph Cyr Ottawa, ON Telephone 1-877-660-8550 or (613) 744-1060 www.ihg.com/holidayinn/hotels/us/en/ottawa/yowoe/hoteldetail</p> <p>Travelodge Ottawa East 1486 Innes Road, Ottawa, Ontario</p>

Telephone: 613-745-1133
www.ottawatravelodge.com

The participants must pay for their accommodation costs.

ADMISSIONS

Children 5 and under	FREE
Child 6-10 years	\$5 per day, \$7 for both days
Student 11-15 years	\$7 per day, \$12 for both days
Senior 55+ years	\$7 per day, \$12 for both days
Adult 16 – 55 years	\$10 per day, \$17 for both days
Family – 2 adults + 2 children	\$25 per day, \$45 for both days

ADDITIONAL INFORMATION

Driving Directions to GCGC:

Coming from centretown Ottawa, take HWY 417 east. Keep left and continue onto HWY 174. Exit at Montreal Road/St. Joseph and turn left. Turn right at next intersection onto Shefford Road (across from gas station) and then right again onto Canotek road. After proceeding past the stop sign turn at the next left onto Canotek Road (with the sign saying Green Creek Drive) and proceed to the last building on your left, GCGC Gymnastics, 5510 Canotek Road.

[Link to map](#)

Special: Athlete participation gift - Coach participation gift - 50/50 draw - Canteen - Photographer

Athletes and coaches: Come prepared to be challenged during the down time before awards. Special prizes will be given for challenge winners!