



## **WOMEN'S ARTISTIC GYMNASTICS**

**Fall Package Summary  
2018-2019**

**September 2018**

# Women's Artistic Gymnastics 2018-19 Season Information Summary

## 1. General Information

The information in this first section summarizes the major elements in the 2018-19 season. Please refer to the Operations Manual for detailed information and rules in effect.

Program information, including Technical Committee minutes are available on the GBC Website.

### Gymnastics BC WAG Program Page:

<https://www.gymbc.org/womens-artistic-gymnastics-wag>

### Gymnastics Canada - WAG program page:

<http://www.gymcan.org/disciplines/womens-artistic-gymnastics/technical-information/technical-documents>

### Adult SafeSport Requirements

Any adult travelling with Team BC and Team Canada must meet the Gymnastics Canada requirements below. This is to ensure the safety of our athletes. These items must be completed prior to registration for all events.

Individuals who fail to meet the SafeSport requirements will not be allowed on the competition floor at national competitions and training camps, or to travel with athletes internationally

Role	Requirements
<b>Coaches</b>	<ul style="list-style-type: none"> <li>• Police Check [From local police, RCMP or Sterling Back Check]</li> <li>• Respect in Sport</li> <li>• True Sport Clean 101</li> <li>• Making Headway</li>   <li>• For National Team coaches: Professional Chartered or Registered Coach designation (See below) – recommended for all competitive coaches</li> </ul>
<b>Judges</b>	<ul style="list-style-type: none"> <li>• Police Check</li> <li>• Respect in Sport</li> </ul>
<b>IST staff</b>	<ul style="list-style-type: none"> <li>• Police Check</li> </ul>
<b>Team BC Staff: Chef, Managers, Chaperones</b>	<ul style="list-style-type: none"> <li>• Police Check [From local police, RCMP or Sterling Back Check]</li> <li>• Respect in Sport</li> </ul>

Below are the links to the courses:

**Police Check:** [http://sterlingbackcheck.ca/cac\\_ace](http://sterlingbackcheck.ca/cac_ace)

**CAC Making Headway Concussion e-learning course (free):**

<http://www.coach.ca/concussion-awareness-s16361>

**Respect in Sport online course:**

<https://gymnasticscanada.respectgroupinc.com/>

**True Sport Clean101 UNTRACKED e-learning course (free):**

<http://cces.ca/truesportclean101untracked>

**Professional Chartered or Registered Coach designation**

Additional Requirements for NT Coaches for eligibility to Major Games  
Registered with CAC Professional Coaching Program (renewed yearly)  
(Recommended for all competitive coaches)

<http://www.coach.ca/professional-coaching-s16900>

**Distribution Lists:**

Send your contact information to be added to their Distribution Lists:

All Technical Programs: Andrée Montreuil (Technical Director) - [amontreuil@gymbc.org](mailto:amontreuil@gymbc.org)

MAG - John Carroll (Men's Technical Coordinator) - [jcarroll@gymbc.org](mailto:jcarroll@gymbc.org)

WAG - Nancy Beyer (Women's Technical Coordinator) [nbeyer@gymbc.org](mailto:nbeyer@gymbc.org)

TG - Debbie McBoyle (Trampoline Gymnastics Coordinator) - [dmcboyle@gymbc.org](mailto:dmcboyle@gymbc.org)

All - Melissa Mungall (Communications & Marketing Manager) – [mmungall@gymbc.org](mailto:mmungall@gymbc.org)

## 2. 2018-2019 Women's Technical Committee Members (WTC)

WTC Chair	Alana Jensen	<a href="mailto:alana.flipcity@gmail.com">alana.flipcity@gmail.com</a>
Judging Chair	Crystal Gilhooly	<a href="mailto:crystalgilhooly@hotmail.com">crystalgilhooly@hotmail.com</a>
Members at large	Jennifer Dober	<a href="mailto:Jdober@deltagymnastics.com">Jdober@deltagymnastics.com</a>
	Heather Ivanitz	<a href="mailto:heather@okanagangymnastics.com">heather@okanagangymnastics.com</a>
	Nikki Jarvis	<a href="mailto:compadmin@langleygymnastics.ca">compadmin@langleygymnastics.ca</a>
	Dorina Stan	<a href="mailto:dorinavali@hotmail.com">dorinavali@hotmail.com</a>
	Doug Odin	<a href="mailto:doug.flipcity@gmail.com">doug.flipcity@gmail.com</a>
GBC Staff (non-voting)	Nancy Beyer	<a href="mailto:nbeyer@gymbc.org">nbeyer@gymbc.org</a>
	Andrée Montreuil	<a href="mailto:amontreuil@gymbc.org">amontreuil@gymbc.org</a>

## 2.1 Meetings

WTC Meetings (subject to change)

September 12, 2018

October 2, 2018

November 12, 2018

January 27, 2019

March 3 and 24, 2019

April 14 and 23, 2019

WAG Technical Assembly and AGM - Thursday April 11, BC Optional Championships

WAG Coaches and Judges Retreat - Summer 2019 (TBC)

Team BC Selection Meetings for WTC and coaches of qualified Team BC athletes:

- Sunday March 24, Westerns Selection meeting
- Monday April 15, Canadians Selection meeting

## 2.2 Team BC Uniform sizing

- North Shore Holiday Classic – December 1-2, 2019
- Omega Invitational – February 9-10, 2019
- Christy Fraser – February 16-17, 2019

## 3. Program Information

### 3.1 Program Rules

The following programs are in effect in BC.

**JO Compulsory 2013-2021**- no change to the program. The Compulsory program information can be found in the USAG Blue Binder and in the GBC JO Program Chart 2018-19 (available on the WAG program page).

**JO Optional Program 2018-2022** – **NEW!** USA Gymnastics has updated the requirements for JO 6-10 gymnasts. The new USAG “Orange” binder can be purchase on the USA Gymnastics Website (item #3117)

<http://usagym.sportgraphics.biz/>

**NEW!** The JO program is used “as is” in Canada, except for a few changes in JO 9. Those changes are outlined in the GBC JO Program Chart 2018-19 (available on the WAG program page).

**Aspire 1 and Aspire 2** – There are no significant changes. The current version of the Aspire Program Manual is available on the Gymnastics Canada - WAG program page. (It is also available on the Gymnastics BC WAG program page).

**High Performance – Novice, Junior and Senior** – Gymnastics Canada has updated the Canadian model for HP categories. The current version of Canadian HP Manual is available on the Gymnastics Canada - WAG program page. (It is also available on the Gymnastics BC WAG program page)

### 3.2 WAG Deadline to Change categories

Athletes must declare their category by March 1, 2018.

A written petition to the WTC and \$25 cheque is required for all category change requests after March 1. Petitions will be considered on an individual basis and may not be granted.

Changes will not be accepted after the BC Champs registration deadline.

All Competitive Mobility (see operations manual)

- **NEW!** JO 1-5 can move within JO 1- 5 levels without petition at any time. JO 1-5 who participate at BC Compulsory Championships are locked into their category from March 1 until BC Champs.
- JO 6+ Movement downward at any time can only occur through petition.
- JO 6+ Movement upward can only occur prior to March 1 or after BC Champs.

Athletes moving up categories immediately following BC Champs can do so without petition.

### 3.3 BC Championships

#### **NEW!** 2019 BC Compulsory Championships – (hosted by Langley Gymnastics)

Date: April 5 - 7, 2019

Location: Langley Event Centre

Information: Directive #1 will be available in December

Categories: JO Levels 1 to 5, born 2012 minimum – as athletes will be ranked

Minimum score: Meet minimum qualifying All Around score of 32.0, before March 10, 2019.

There are no trials for the event. All athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before **March 10, 2019**. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director.

The purpose of this rule is to ensure that these young, mostly inexperienced athletes have competed at least once before attending BC Championships – Compulsory, so they have a general understanding of how competitions run and what is expected of them.

#### **2019 BC Championships – Optional (hosted by Flip City Gymnastics)**

Date: April 12 - 14, 2019

Location: Port Coquitlam

Information: Available later in the season

Categories: **NEW!** JO Levels 6 to 10

Aspire 1 and Aspire 2

HP Novice, Junior and Senior

Minimum score: **NEW!** JO 6 athletes meet minimum qualifying All Around score of 32.0, before March 10, 2019.

There are no trials for the event. All athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before March 10, 2019. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director

### 3.4 National Competition and Team BC

#### 2019 Elite Canada

Date: January 30 – February 3, 2019  
Location: Gatineau, QC  
Categories: HP Novice, Junior, Senior  
Screening: **NEW!** No screening is required for 2019

#### 2019 Canada Winter Games (CWG)

Date: February 14 – February 23, 2019  
Location: Red Deer, AB  
Rules: JO 10  
Ages: 12-19 years old  
Tech Package: Available on the GBC Website  
<https://www.gymbc.org/files/Events/Canada-Winter-Games-Selection.pdf>

Canada Winter Games – Team BC Manager Application deadline: November 15, 2018  
<https://www.gymbc.org/files/Events/Manager-Application.pdf>

#### Canada Games Trial #1 (hosted by FLICKA Gymnastics /North Shore Invitational)

Date: December 1 or 2, 2018  
Location: Lower Mainland

#### Canada Games Trial #2 (hosted by GBC / Omega Gymnastics)

Date: December 16  
Location: Omega Gymnastics  
Registration Fee: \$80.00

#### Preparation competition for Team BC members: The Battle in Bellevue 2019

Date: November 11-12 – Training camp - FLICKA  
Date: January 18-19, 2019  
Location: Bellevue, WA, USA  
Funding: To be confirmed  
Requirements: **JO 10 Rules**  
**USAG number by October 15 (90 days prior to competition)**  
**Valid passport**

### **2019 Western Canadian Championships**

Date: April 25-28, 2019  
Location: Regina, SK  
Trials: Twisters March 23-25  
Training camp: April 22, TAG Sport Centre  
Technical Rules: Available on the GBC Website

### **2019 Canadian Championships**

Date: May 21 – 26, 2019  
Location: Ottawa, ON  
Trials: **NEW!** Athletes will compete twice at BC Championships  
2 day trial (50% - 50%)  
**IMPORTANT:** Please see Operations Manual for full details on new  
selection process  
Training camp: May 10 (TEAMS) and May 17 (HP) **TBC** – TAG Sports Centre  
Technical Rules: Gymnastics Canada WAG Technical Rules, Section 3 and Section 5  
Work plan: From GCG; uploaded to the GBC Website when available  
Team BC info: Athletes and coaches must arrange their own travel to Ottawa  
and, until further notice, transportation between airport and hotel.  
GBC will book team accommodation.