

2019 CANADIAN CHAMPIONSHIPS

TRAMPOLINE GYMNASTICS

DELEGATES' HANDBOOK



Hosted by Just Bounce Trampoline Club

DURHAM COLLEGE

OSHAWA, ON

July 25-28, 2019



P: 613.748.5637 | F: 613.748.5691 | E: info@gymcan.org

120-1900 promenade City Park Drive, Ottawa, ON K1J 1A3

WWW.GYMCAN.ORG

WELCOME TO THE 2019 CANADIAN CHAMPIONSHIPS IN TRAMPOLINE GYMNASTICS



On behalf of Gymnastics Canada, welcome to the 2019 Canadian Championships in trampoline gymnastics. Thank you for joining us for this celebration of this country's finest women's and men's trampoline and tumbling gymnasts. We are extremely pleased to have partnered with Just Bounce Trampoline Club to host this prestigious event in Oshawa.

For many gymnasts, the 2019 Canadian Championships represent the pinnacle of a very successful gymnastics year. For some, it is the next step on their journey towards the 2019 World Championships and 2019 Pan American Games.

The success in the organization of a major event like the Canadian Championships would not be possible without the tremendous work of all volunteers, coaches, judges, and support staff. Thank you also to the Oshawa-area community for their strong support of this event.

We hope you will be thrilled by the athletes and their performances in the pursuit of excellence during this national celebration. Enjoy the show!

BIENVENUE AUX CHAMPIONNATS CANADIENS DE GYMNASTIQUE TRAMPOLINE 2019

Au nom de Gymnastique Canada, nous vous souhaitons la bienvenue aux Championnats canadiens de gymnastique trampoline de 2019. Merci de vous joindre à nous pour encourager et applaudir les meilleurs gymnastes du Canada en trampoline et tumbling. Nous sommes heureux de nous être associés à Just Bounce Trampoline Club pour vous présenter cet événement prestigieux à Oshawa.

Pour plusieurs gymnastes, les Championnats canadiens 2019 représentent le point culminant d'une année gymnique remplie de succès. Pour certains, il s'agit de la prochaine étape sur leur route vers les Championnats du monde 2019 et les Jeux pan américains 2019.

Le succès de l'organisation d'un événement majeur comme les Championnats canadiens ne serait possible sans le dévouement des bénévoles, entraîneurs et juges ainsi que du personnel de soutien. Merci également à la communauté d'Oshawa pour leur accueil chaleureux.

Les championnats canadiens promettent d'être riches en émotions, et nous espérons que vous prendrez plaisir à regarder les performances de ces gymnastes à l'occasion de cette célébration nationale. Bon spectacle!

Ian Moss
CEO / Directeur-Général
Gymnastics Canada Gymnastique



Organizing Committee

The organizing committee of the 2019 Canadian Championships in Trampoline Gymnastics welcomes you to Oshawa! Our staff have been working hard to bring you a spectacular event, and we can't wait to see you here at Durham College and the University of Ontario Institute of Technology.

Chair: Jacinda David
 Technical Lead: Stephen David
 Chief Scorer: Cliff Burko
 Delegate Services Director: Tracey Philip

Gymnastics Canada

Chief Executive Officer: Ian Moss
 National Team Director, Trampoline: Karen Cockburn
 Program Manager, Trampoline: Niki Lavoie
 Director, Communications & Marketing: Julie Forget
 National Events Lead: Robin Marsden
 Coordinator, High Performance: Kristen Leblanc

Championships Office

The Championships Office is located at the Main Admin desk in the Gymnasium – gyms 3, 4 and 5 of the Recreation and Wellness Center.

The office is open to the Chef de mission or designated team manager. The Championship office will offer the following services:

- Provincial Mailboxes
- Transportation Management
- Tourism Information
- General information regarding the Championships
- Lost and Found

Chefs' Meeting:

Thursday July 25th at 15:45 in room G213 at the competition venue immediately following the Orientation meeting.

Competition Venue

Durham College & University of Ontario Institute of Technology
 2000 Simcoe Street North
 Oshawa, ON, L1H 7L7



Competition and Training site:

Competition and training will take place in the Recreation and Wellness Center (RAWC) – gymnasiums 3, 4 & 5.

Parking

The host has paid for day parking for our group. This will be available in Founders Lot 2.

Overnight parking permits will be available for those staying in residence and must be arranged at the front desk.

Transportation

Transportation will be provided for all teams and delegates between Toronto's Pearson Airport and the South Village Residence at Durham College/University of Ontario.

Upon arrival at the airport, Tracey Philip, our Delegate Services Director, will be greeting delegates with Canadian Championships Signage and will guide delegates to their bus. The buses will drop off teams/delegates in front of the South Village Residences and they can go inside the residences to check-in.

In case of problems please contact our Delegate Services Director Tracey at 647-535-1214. Please text Tracey if your plane is delayed.

Teams arriving by bus or their own transport will need to be dropped off in the bus loop in front of the South Village Residence and then can proceed inside to the check-in desk.

The competition venue is less than 200 meters from the residences. Delegates are expected to walk once on-site.

Departure transportation will be confirmed at the Chef's Meeting.

Registration and Check-in

One Chef de Mission or a **designed provincial representative** is asked to collect the Accreditation, Meal Cards and Room Keys for their delegation at the Check-in counter of the South Village Residence. ***Only the official Chef de Mission or designated provincial team manager will be authorized to receive these packages.***

GymCan staff, VIPs and Special Guests not staying on campus can pick up their accreditations at the Admissions desk of the competition venue – Gyms 3, 4 and 5 of the Recreation and Wellness Center.

Training gym and competition floor access will be denied to non-accredited individuals. Accreditations must always be visible.

South Village Residence Team Arrival

The Chef will need to meet their team upon arrival to distribute the delegates' accreditation and room keys.

South Village Residence Features:

- TV, local cable, phone, and high-speed Internet access
- Double beds



- Private bathrooms
- On-site laundry, additional kitchen facilities and storage space
- 24-hour security
- Controlled building access
- On-site management
- Furnished lounges
- Individually controlled air conditioning/heating
- A movie lounge with a large-screen TV and theatre-style seating
- A games room, meeting room and common study areas

Each Unit our team will be using in the South Village features fully furnished suites that include:

- Two private bedrooms
- A three-piece bath
- A small kitchenette
- A workspace
- A small seating area

All residences and venues are non-smoking, non-vaping and alcohol may not be consumed in the common areas, only in the privacy of individual dorm rooms for any guests over the age of 19 years.

Team Departures

Check-out time is 11am.

24 Hour Reception Desk

A 24-hour Guest Services desk is located on Level 1 for assistance with lost room keys and for general information purposes.

If Replacement for Lost or Stolen Room Keys is needed, the delegate must present ID to the front desk and be accompanied by the **Chef de Mission or Team Manager**. There is a **\$20 per key replacement fee**. Provinces will be billed for these post Championships.

Meal Information

Meals for those who have purchased the Meals & Accommodations Package will be served at the Dining Hall, Main Floor, South Village Residence at the following times:

South Village Dining Hall Meal Schedule

Date	Breakfast	Lunch	Dinner
Wednesday July 24		12:00 to 2:00 p.m.	5:30 to 9:30 p.m.
Thursday July 25	6:00 to 10:00 a.m.	11:30 a.m. to 3:30p.m.	5:30 to 9:30 p.m.
Friday July 26	6:00 to 10:00 a.m.	11:30 a.m. to 3:30p.m.	5:30 to 9:30 p.m.
Saturday July 27	6:00 to 10:00 a.m.	11:30 a.m. to 3:30p.m.	5:30 to 9:30 p.m.
Sunday July 28	6:00 to 10:00 a.m.	11:30 a.m. to 3:30p.m.	5:30 to 9:30 p.m.
Monday July 29	6:00 to 10:00 a.m.		



- Please be prepared to display your residence key card for verification at each meal.
- Box meal request forms can be requested from the Front Cash at the Dining Hall by the Chef de mission and must be completed and submitted a minimum of 24 hours in advance of the required meal at the Front Cash of the Dining Hall.
- Any Food restrictions (i.e. dairy, nuts, etc.) should be communicated on each box lunch request form.
- Light hosting will be available on site for coaches and judges. This consists of finger foods and snacks. Coaches requiring full meals because they cannot go to the cafeteria are advised to arrange a box meal with their Chef de mission. The Organizing Committee is not responsible for providing full meals outside of the meal plan.
- **Dietary restrictions noted in the registration package have been accommodated so please see the Dining Room Staff to request clarification on the day’s menu if needed and find what meals are appropriate for you.**
- Dining Hall Meals are also available for purchase at the Front Cash by anyone who has not purchased the Meal Plan and wants to have a single meal.

JUDGES’ MEALS: The organizing committee will provide the following meals to all judges in room G213 in the Recreation and Wellness Center. All other meals will be served at the Dining Hall in the South Village Residence. Please refer to the Dining Hall meal times hours above.

	Thurs July 25	Fri July 26	Sat July 27	Sun July 28
Lunch	At Dining Hall	11:30 - 12:30	12:30 - 13:45	12:30 - 14:00
Dinner	At Dining Hall	17:00 - 18:15	16:45 - 18:00	At Dining Hall

On-Site Restaurants

There is a Tim Horton’s nearby on campus that will only be opened limited hours.

Simcoe House Ale and Grill will be serving meals throughout the competition – in the Campus Ice Center. Check out their ad in the spectator program!

Socials & Banquets

Team Activity Option

Wednesday July 24th - "Take me Out to the Ball Game!"
 The organizing committee has arranged a group block for the Toronto Blue Jays Game @ 7:07pm
 Offer Details are here:
https://www.fevo.com/edp/Toronto-Blue-Jays-Trampoline-Gymnastics-Canada-Championships-Offer-tm2nxiK?fbclid=IwAR0GQzbWQqVRgOd2AiloREeHU6O9DcTjnn007iKpyZ6UD1IvehCp_SDdixg

Adult Welcome Social & GymCan 50th Anniversary

On Thursday evening, July 25th, we will be hosting an adult welcome social for all the coaches, judges, and any mission staff that are available. This will take place Simcoe House Ale and Grill in the Campus Ice Center starting at 20:00.



Delegates Warp Up Parties

The organizing committee has planned two separate wrap-up parties on the last night of the Canadian Championships (July 28)!

- **All ages Party:** 8:00pm-11:00pm in Gym 3-4.
Dance party with Bounce Entertainment, photo booth, plenty of fun activities and entertainment!
- **19+ Party:** Starting at 8:00pm at the Simcoe House Ale and Grill

Tickets purchased at the time of registration will be provided (as wristbands) to the Chefs for the entire delegation for distribution. Any additional information will be clarified at the Chef's Meeting.

Ceremonies

Opening Ceremonies: Welcome Ceremonies will take place on Thursday July 25th at 16:35. It will consist of a parade of flags, the national anthem, and an official welcome. Additional information to be provided at the technical meetings.

We ask each province to provide one flag-bearer for the opening ceremony. He/She will be required to be in the training gym by 16:25 and wear the provincial team track suit.

Medal Ceremonies

Awards: The top 6 athletes after Finals in all categories will be awarded.

Dress Code: Competition uniform must be worn by the athletes.

Presence at Award Ceremonies: As per the Competition Regulations, rule 4.3: All gymnasts not present for their award (medal or ribbon) will not receive their award and may not receive the credit or their score obtained during the competition, unless given a special permission dealt in advance with a GymCan representative. This decision will be taken by the Trampoline & Tumbling Program Committee (TTPC).

All award ceremonies will take place on the competition floor. Please help us gather the gymnasts from your province to ensure efficient award ceremonies.

Technical Information

General Technical Information

- Results for coaches will be posted in a timely matter on site and available online at www.gymcan.org.
- Delegation members not competing will not have access to the competition floor. They will be required to take a seat in the audience.
- During competition, athletes and coaches are required to stay in the waiting areas when not competing.
- **Dress for Competitors:** As per the Competition Regulations, rule 6.9, at National Championships athletes must wear their provincial competition attire in Preliminaries. In Finals, athletes have the right to



choose their competition attire, however it must not be a competition attire from another country. The right to wear the current or any past National Team competition attire is reserved only to athletes that are currently or have been member of a Canadian Team (Worlds, WAGC, International competitions).

- **Dress for National Team athletes:** During Finals, female athletes are required to wear a Jagwear supplied leotard. Males athletes are required to wear a Turn supplied uniform.
- **Team Finals:** athletes must wear their provincial competition attire.
- See Appendix A for additional technical information.

Equipment:

- 4 Eurotramp Trampoline (2 on competition floor and 2 in warm-up gym)
- 1 Eurotramp double-mini trampoline
- 1 Spieth Germany tumbling track

Orientation Meetings: Additional technical information will be provided during the orientation meeting:

- TRA, TRS and DMT: Thursday, July 25th at 15:15 in room G213 at the competition venue.
- TUM: Friday, July 26th at 12:30 in room G213 at the competition venue.

National Team & World Age Groups

Headshot Pictures & National Team Uniform Fitting

Who:

- All Junior & Senior National Team members.
- All athletes who have submitted their intention to attend the 2019 World Age Groups Championships.
- All coaches of Junior & Senior National Team members and all coaches who have submitted their intention to attend the 2019 World Age Groups Championships.
- All judges attending the 2019 World Championships or World Age Groups Championships (headshot pictures only).

When:

- Training Block #1: 10:45 – 11:30
- Training Block #2 & 4*: 12:15 – 13:00
- Training Block #3: 13:45 – 14:30
- Training Block #4*: 15:15-16:00

*Athletes and coaches in training block #4 will have the option to go either before their training or after their training depending if they compete later that day.

Where: Headshots and national team uniform fitting will take place just outside the competition/training gym.



Competition Suits Fitting

Who: All athletes who have submitted their intention to attend World Age Groups Championships.

Where: Competition suit fitting will take place just outside the competition/training gym on the same schedule as the headshots and national team uniform fitting according to schedule above.

Event Photographer

GymCan will have an official photographer at this event.

Images will be able for purchase at <http://gymcan.photoshelter.com> within a week following the event.

Senior National Team members will have free access to pictures.

Medical

There will be an emergency medical response team on-site throughout the competitions, and sometimes physiotherapy. Physiotherapists will provide a taping service, but athletes are required to provide their own tape.

The provincial medical staff will be given Team Rooms to use as treatment rooms, just outside the Athlete Entrance to the Gymnasium. Provincial medical staff will NOT be allowed on the competition floor.

Doping control may be conducted for senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.

Water / Ice

Ice will be available at the venue. Please see the competition medical staff.

We ask that you help the organizing committee reduce the number of water bottles used during the event by bringing your own reusable bottle. Water fountains will be available for refilling bottles on the competition floor and in the training gym.

Durham College and University of Ontario Campus Security

905.721.2000 ext. 2400, or 905.721.3211 from an external phone

NOTE: When on campus, please do NOT Call 911, but instead call Campus Security to manage the emergency and they will call 911.

Walk-In Clinic @ Walmart Oshawa 1471 Harmony Rd North, Oshawa ON L1H 7K5 (905) 440-7461	Monday to Friday: 9:00 – 20:00 Saturday: 9:00 – 17:00 Sunday: 12:00 – 17:30
Closest Hospital: Lakeside Health Oshawa	1 Hospital Court, Oshawa, ON, L1G 2B9 (Simcoe St., head South from Campus)



APPENDIX A

TECHNICAL INFORMATION



Team Finals

Team Finals are going to be run as a showcase event on Sunday, July 28th where all province members are invited to take part at the event by coming and cheering for their own province. We expect team members to treat this as a serious competition. We invite teams to present tasteful expressions of their provincial spirit.

After the conclusion of preliminaries, provinces will have to submit a minimum of 3 and a maximum of 4 members composing their team for each of the following events:

- Men's Trampoline
- Women's Trampoline
- Men's Double Mini-Trampoline
- Women's Double Mini-Trampoline
- Men's Tumbling
- Women's Tumbling

Teams must be made using athletes from the following categories:

- 1 Senior
- 1 Junior
- 1 Espoir (any age group)
- 1 Novice (any age group)

If a province cannot fill its team using the categories above the remaining athlete(s) must be picked (one per category) using the order below, looping on this list until reaching the minimum of 3 or maximum of 4 athletes:

- Junior
- Espoir (any age group)
- Novice (any age group)

No Team can assign more than 1 Senior athlete. Athletes will perform the following pass/routine:

- Trampoline: 1 optional
- Tumbling: 1 free pass
- DMT: 1 free pass

The execution score is calculated the same way as usual, but the level of difficulty will be determined by using the DD Conversion Chart. Difficulty in each event will be allocated by converting the real DD value using the Team Final DD table. See Team Finals DD Chart distributed with the Delegates' Handbook.

Note for trampoline: time of flight will not be included in the score, horizontal displacement will be.

From these 4 athletes, the top 3 scores are added together to determine the Team score.

Order of competitors should be from the lower level athlete to the highest level.



Atlantic (New Brunswick, Nova Scotia and Newfoundland and Labrador) and central (Manitoba and Saskatchewan) provinces are invited to collaborate with one another in submitting joint teams, respectfully within the groupings, to partake in the competition.

Submission of the Team Final list of competitors per team needs to be handed to Niki Lavoie at the GymCan desk before **Sunday, July 28th, 2019 at 9:00 AM.**

See [Team Finals Conversation Chart](#) sent as a separate Excel document with this handbook.



TEAM FINAL – FINALE PAR ÉQUIPE

Discipline : TUM TRA DMT

Province : _____

Provincial representative – Représentant provincial : _____

Phone number – Téléphone : _____

Athlete Order: Athletes must compete in the following order

Ordre des athlètes: les athlètes doivent compétitionner dans l'ordre suivant :

- L5
- L6
- Junior
- Senior

WOMEN - FEMMES

Order Ordre	Level - Niveau	Last Name – Nom de famille	First Name - Prénom
1			
2			
3			
4			

MEN - HOMMES

Order Ordre	Level - Niveau	Last Name – Nom de famille	First Name - Prénom
1			
2			
3			
4			

