

2015 Western Regional Championships
April 22-26th
Fortius Sport and Health Center
3713 Kensington, Ave, Burnaby BC



HOST FEDERATION	BC Rhythmic Sportive Gymnastics Federation 268-828 West 8th Avenue, Vancouver, BC V5Z 1E2 604-333-3485 bcrsgf@rhythmicbc.com
ORGANIZING COMMITTEE	BC Rhythmic Gymnastics in partnership with the all BC Rhythmic Gymnastics clubs Meet Director: Sashka Gitcheva Meet Director assistants: Adrianna Donaldson and Joel Bernard Local Judge Responsible: TBC Judge Responsible: TBC Judge Assistant: TBC
LOCATION	Burnaby, BC
DATE	April 22nd – 26th, 2015 (Set-up on the 22 in the morning - Practice in the afternoon), competition begins in the morning of the 23 th
ABOUT OUR CITY... BURNABY, BC	<p>Burnaby, BC's third largest city, is an urban playground located in the heart of Metro Vancouver. Just 15 minutes from downtown Vancouver, it is a haven for outdoor activities which can also suit a more urban orientation with a diverse arts and cultural scene, varied and delicious dining options, and the best shopping in BC.</p> <p>With easy access to Vancouver and surroundings, Burnaby has an incredible diversity in accommodation choices - there is truly something for every need and budget</p> <p>- See more at: http://www.tourismburnaby.com</p>
COMPETITION VENUE	Fortius Sport & Health 3713 Kensington Avenue Burnaby, BC, V5B 0A7

	<p>Client Services: 604-292-2500 http://www.fortiusport.com</p>
APPARATUS SUPPLIED	<p>The equipment supplied is as follow: 1 Competition Carpet (14m X 14m) Gymnova 2 Warm-up Carpets beige (16mX16m) Mitufa 3 sets of spare Junior and Senior apparatus will be placed around the competition carpet</p>
INVITED MEMBERS	<p>Rhythmic Gymnasts from the provinces of BC, Alberta, Saskatchewan, Manitoba Participants: Reg. 4.2.1: To be eligible at the Regional Championships, the competitors must first be sanctioned by the respective PSO and meet any PSO qualification regulations</p>
EVENT FORMAT / PURPOSE	<p>Western Regional Championships</p> <p><i>PROVINCIAL STREAM WESTERN REGIONAL CHAMPIONSHIPS</i></p> <p>Format:</p> <ul style="list-style-type: none"> - Individual apparatus and All around events. Levels: 3B and 3C, 4B and C, 5B and C, and 6B and C. - Group: Levels 3 - 6 <p>Purpose: Declare the Regional Champion in</p> <ul style="list-style-type: none"> - Individual: Level: 3B and C, 4B and C, 5B and C and 6B and C - Groups: Levels 3 - 6 <p><i>NATIONAL STREAM WESTERN REGIONAL CHAMPIONSHIPS</i></p> <p>Format:</p> <ul style="list-style-type: none"> - Individual Apparatus and All Around events for Levels Novice, Junior and Senior - Group novice, junior, senior (Trios/Group of Four and Group of Five) <p>Purpose:</p> <ul style="list-style-type: none"> - To qualify for entry to the 2015 Canadian Championships - To designate the Western Canadian Champion and Medalists in each of the categories
ELIGIBILITY	<ul style="list-style-type: none"> * All athletes, coaches, judges, team managers must be registered members of the GCG year in force. * All participating Associations and their members commit themselves to respect the GCG/RG Program Technical Rules and Regulations especially the ones concerning the age and nationality of the gymnasts. * Provincial/Territorial Rhythmic Gymnastics Sport Governing Bodies, which do not respect the above three directives, will miss the opportunity to be qualified for the Canadian Championships <p>Coaches</p> <p>According the article 16.1 of the RG technical regulations, all coaches on the floor must be certified Level 3 NCCP if coaching a National Level athlete or group. All Coaches for Provincial Level Coach must be certified Level 2 NCCP. A coach without the proper certification must request an exemption from the RG Program Director (complete form below).</p> <p>The request must be sent directly to the national office of the RG program no later than March 7, 2015. The completed form must be joined by a cheque of</p>

	\$25 to cover administrative cost.												
DRAW	Draw will be conducted at the Gymnastic BC Office via Electronic Process with independent witnesses on March 10th and rotations will be distributed a week prior to the event												
GALA	Please indicate on the registration form if you have a showpiece or fun routine (individual, group or team) which you would like to perform at our Gala. Depending on the registration we will likely run the Gala on Saturday evening. As soon as we can develop a preliminary schedule we will send this information to the provinces.												
REGISTRATION	<p>1st Registration Deadline from provinces is January 30th , 2015. Please indicate numbers of gymnasts and levels. If you have gymnasts who are going to be doing both individual and group, please specifically say which type of group, and the numbers of gymnasts who are doing both events. It may be easier, if you have access to the information, to just fill in the names and levels and forward them at this time.</p> <p>Please send all information electronically (email) to avoid re-typing errors and spelling mistakes with names. The excel registration spreadsheets are attached and are locked to assure no mistakes are made.</p> <p>2nd Bulletin will be distributed March 14, 2015</p> <p>Final Registration Date is MARCH 5th, 2015</p> <p>Registration Fee</p> <table> <tr> <td>Provincial Level Athletes</td> <td>\$125.00</td> </tr> <tr> <td>National Level Athletes</td> <td>\$135.00</td> </tr> <tr> <td>Athletes doing both Individual and Group – Add \$10.00 to individual fee</td> <td></td> </tr> <tr> <td>Coaches:</td> <td>\$40.00</td> </tr> <tr> <td>Managers:</td> <td>\$40.00</td> </tr> <tr> <td>Judges :</td> <td>\$85</td> </tr> </table> <p>Late Registration Fee of \$50.00 per participant will be applied.</p> <p>The waiver, PIPEDA and Image Release must be completed for every registered participant (including judges, coaches, and managers). The medical form is needed only for individuals under the age of 18. All adults should have their provincial health care card in their possession. All forms must be duly and fully completed. Incomplete forms (i.e. missing birthdates, NCCP numbers, missing or incomplete medical and/or waiver forms, etc.) will be charged a penalty fee of \$20 per registered participant. Payment must be made prior to being permitted to compete.</p> <p>The registration Excel spreadsheet registration form and all applicable waivers/medical forms along with the payment must be RECEIVED in electronic format at bcrsgf@rhythmiccbc.com no later than March 5, 2014 at BC Rhythmic Sportive Gymnastics Federation 268-828 West 8th Avenue, Vancouver, BC V5Z 1E2</p> <p>No refunds will be made after this time without presentation of medical note. After March 28, 2015, a processing fee of \$20 will be charged on all refunds, regardless of reason for request.</p>	Provincial Level Athletes	\$125.00	National Level Athletes	\$135.00	Athletes doing both Individual and Group – Add \$10.00 to individual fee		Coaches:	\$40.00	Managers:	\$40.00	Judges :	\$85
Provincial Level Athletes	\$125.00												
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Managers:	\$40.00												
Judges :	\$85												

	<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 (for each athlete and/or coach). No registration is accepted if received at the above address less than ten days before the first day of competition.</p> <p>Late entries will replace athletes who withdraw after the draw is done or will be placed as the first athlete in the rotation.</p>						
DRAFT SCHEDULE	<p>Wednesday, April 22th - morning - Set-up in Fortius</p> <p>Wednesday, April 22th – afternoon and evening – Practice by Province (TBD)</p> <p>Wednesday, April 22th – Technical Meeting, Judges Meeting, followed by an reception TBC</p> <p>Thursday, April 23th – Competition 8 am to 7 pm (TBC)</p> <p>Friday, April 24th - Competition 8 am to 5 pm (TBC) BANQUET: 7pm</p> <p>Saturday, April 25th – Competition 8 am to 7 pm (TBC)</p> <p>Sunday, April 26th – Competition 8 am to 3 pm (TBC)</p>						
MUSIC	<p>Please submit music to electronically no later than March 31, 2015</p> <p>(please bring a CD as backup).</p> <p>NOTE: PLEASE REFER TO THE MUSIC INSTRUCTIONS ATTACHED. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE BCRSGF OFFICE</p>						
LOCAL TRANSPORTATION	<p>TRANSIT: Getting around Vancouver: To find routes around Winnipeg use the Navigo Trip Finder tool located on the Vancouver Transit Website: http://www.translink.ca/</p> <table border="1" data-bbox="467 1388 1049 1524"> <thead> <tr> <th></th> <th>Single Transit Fare</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$2.75</td> </tr> <tr> <td>Youth</td> <td>\$1.75</td> </tr> </tbody> </table> <p>TAXI: Vancouver taxi 604-871-1111 Yellow cab 604-681-1111</p> <p>For information on transportation to and from airport, please go to the following link: http://www.translink.ca/</p>		Single Transit Fare	Adult	\$2.75	Youth	\$1.75
	Single Transit Fare						
Adult	\$2.75						
Youth	\$1.75						
ACCOMMODATION	<p>Fortius Sport & Health 3713 Kensington Avenue Burnaby, BC, V5B 0A7</p>						

	<p>Client Services: 604-292-2500 http://www.fortiusport.com See attached flyer for your booking information 2 Double Beds including continental breakfast - \$110.00 plus taxes reservations can be made toll free 604-292-2500, please reference the group name "Western Regional Championship"</p> <p>Please book by JANUARY 30HT, 2015. We recommend that you book as soon as possible to ensure there is still space for your team</p>		
BANQUET	<p>Cost will be \$30 and will include a dance party and a healthy meal. More information on the banquet will be sent in bulletin #2</p>		
ACCREDITATION	<p>Accreditation will be available at the Fortius April 22nd with times TBD. NOTE: Please ensure that parents understand that they are not permitted in the warm-up area of the gymnasium for any reason. Only accredited coaches and managers are permitted access in order to prevent disruption of training. In particular, males are not permitted to be in the warm-up portion of the gymnasium to ensure privacy and security of the gymnasts. NO EXCEPTIONS.</p>		
MEDICAL	<p>A Certified Athletic Therapist will be provided. A Doctor and Dentist will also be on call</p>		
PROTOCOL & AWARD CEREMONIES	<p><u>Award Ceremonies</u></p> <p>Each Category - Top 8 athletes AA and top 8 athletes per apparatus.</p> <p>Group – Top 8 Groups AA in each category and top 8 groups per apparatus.</p> <p><u>Dress code on the awards podium</u> Athletes: Competitive uniform – Leotard, no shoes</p> <p>All gymnasts will be asked to march on at the time of the awards, so please be prepared.</p>		
JUDGES	<p><u>HOTEL:</u> Fortius Sport & Health 3713 Kensington Avenue Burnaby, BC, V5B 0A7 Client Services: 604-292-2500 ACCOMODATION BOOKING DUE DATE JANUARY 30TH When you do the booking please let them know that is for the Western Regionla officails. <u>TRANSPORTATION:</u> The lodge is in the same building as the gym.</p> <p><u>MEALS:</u> Breakfast, lunch and supper will be provided to the judges from April 23th to April 25th inclusive. April 26th breakfast and lunch will be provided. NOTE: Judges will receive a free ticket to the banquet NOTE: If there are any judges with food allergies or restrictions please let BCRSGF know ahead of time so our hospitality volunteers can make other arrangements for them.</p>		
DEADLINES	<table border="1"> <tr> <td>Preliminary Registration</td> <td>January 30, 2015</td> </tr> </table>	Preliminary Registration	January 30, 2015
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	Forms	March 5, 2015
	Payment	March 5, 2015
	Coaches exemption form	March 7, 2015
	Scripts	April 10, 2015 (but remember that couriers can lose things so please send them early if at all possible.
	MUSIC	March 31, 2015
SOUVENIRS AND PROGRAMS	T-Shirt design will be available, along with pre-order forms in the 2 nd bulletin. Advertising in the programme is also included in 2 nd bulletin, email if you require info prior to that bulletin	
PHOTOS	TBC	
ADMISSION	Tickets to the event will be available for sale at the door only.	
	All-Event Pass	\$25.00
	Adult Day Pass	\$10.00
	Child/Student/Senior All-Event Pass	\$15.00
	Child/Student/Senior Day Pass	\$ 5.00
	Program:	\$ 2.00
SCRIPTS	<p>1. All scripts must be received by RGM by April 10, 2015. Late scripts will be accepted with a late fee of \$40 per script.</p> <p>2. All scripts must be sent to :</p> <p>BC Rhythmic Sportive Gymnastics Federation 268-828 West 8th Avenue, Vancouver, BC V5Z 1E2</p> <p>3. In filling out these scripts it is important that the information be very clear. In the case of light print-outs, please re-photocopy at a darker setting to ensure that the script will be visible to the judges. The coach's signature is mandatory, we ask that all coaches print their names next to their signature</p> <p>4. It will be the responsibility of <i>each coach</i> to send by mail (NOT FAX) one (1) copy of each gymnast's or group's form for the judges. The organizing committee will make the necessary copies as required.</p>	

Participant Name: _____

Club Name: _____

Province: _____

Level: _____

2015 Western Regional Rhythmic Gymnastics Championships **INFORMATION RELEASE AUTHORIZATION FORM**

A. PERSONAL INFORMATION RELEASE FORM (PIPEDA)

1.0 The personal information you provide to the GCG/ Rhythmic Gymnastics Program, and different organizing committees for Provincial and National events, is collected under the authority of the PIPEDA privacy bill for Canada. Information is used to determine your eligibility for competitive and recreational opportunities, age -related events, to facilitate your enrolment, to administer and evaluate programs/courses of benefit to gymnasts, coaches, Board Members, volunteers and judges, and for insurance and statistical purposes. It may be necessary to disclose this information to major funding bodies in order to verify registration and meet the funding requirements. This information will be transferred in a safe format. It will be password protected if it is transferred electronically, or it will be sent as hard copy.

2.0 Registration information required may include: name, age, birth date, address, gender, emergency contact information in case of accident or illness, previous movement experience, position within the club or provincial governing structure, volunteer experience, judging level attained, coaching level attained, performing and/or competitive level attained and citizenship information. Staff members and senior volunteers may have the following information collected and retained: coaching experience, performance appraisals, appointment records, resumes and letters of reference, university equivalency/course information for different aspects of coaching training, attendance records, coach certification numbers, certifications and equivalencies.

3.0 The Privacy Officers for GCG and Rhythmic Gymnastics Alberta are responsible for your personal information, and the personal information concerning any minor children, and they ensure that all personal information is handled in a confidential manner, and all reasonable precautions are taken to avoid loss, theft or unauthorized access, disclosure, copying, use or modification. Any requests to view your personal information should be made in writing to the club or provincial or National Privacy Officer.

Please fill in and sign the following form, indicating that you allow the transmission of personal information as indicated in Paragraph 1.0 of this document.

Date	Phone Number	Email
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Print Name of Parent/Guardian of participant if under the age of 18

Signature of Parent/Guardian of participant if under the age of 18

Signature of Participant if over the age of 18:

B. GCG/ Rhythmic Program IMAGE RELEASE FORM

Participants at Provincial and National events held in Canada may have their image, likeness, name (excluding personal address, phone, fax number, and/or email address), province, city/town, and club, as well as rank within Canada/Province and previous performing, competitive, judging, choreographing or coaching history, used in publications and on the internet by GCG Rhythmic Gymnastics Program, Rhythmic Gymnastics Alberta (ARSGF) as well as its agents and sponsors from time to time. When signing this form, gymnasts, volunteers, coaches, judges and, in the case of minors, their parent/guardian, agree that they have the authority to provide this authorization/approval to GCG and its agents, and sanctioned organizing committees. A facsimile, a scanned and emailed copy, or a photocopy of this form shall be deemed to constitute an original signed document.

I allow the use of personal information as outlined above, and image in GCG Media, including newsletter, website, poster, brochure, video, sponsorship packages.

Date	Phone Number	Email
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Print Name of Parent/Guardian of participant if under the age of 18

Signature of Parent/Guardian of participant if under the age of 18

Signature of Participant if over the age of 18:

If Photographs of the athlete are provided to GCG or RGA/ARSGF please send each photograph together with the photographer's express written permission for GCG/RGA to use the photograph(s) on the GCG/RGA webpages/facebook pages, in publications related to rhythmic gymnastics, and in sponsorship materials for rhythmic gymnastics.

Gymnast Name: _____

Club Name: _____

Province: _____

Level: _____

Gymnastics Canada Gymnastique
Rhythmic Gymnastics Program
Waiver Form for Participation in any activity related to Rhythmic Gymnastics

Nom de participant/ Participant Name

Please circle all that apply: Gymnast / Coach / Judge / Manager / Event Volunteer

In consideration of your acceptance of my participation I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for losses, damages and / or injuries which I may have or may hereafter accrue to me against the Canadian Gymnastics Federation (Gymnastique Canada Gymnastique), the Organizers or their respective officers, agents, representatives and/or assigns for any and all losses, damages and injuries which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from said athletic meet.

En retour de l'acceptation de ma participation, je, pour ma part, et pour mes héritiers, exécuteurs testamentaires, administrateurs et ayants droit, libère la Fédération Canadienne de gymnastique (Gymnastique Canada Gymnastique), les organisateurs ou leurs officiers, leurs agents, leur représentants respectifs et renonce à tout droit, réclamation, demande ou poursuite, découlant de pertes, blessures ou dommages subis durant, ou suite à ma participation à cet événement ainsi qu'aux voyages et déplacements à l'aller et au retour reliés à cet événement.

Participant's signature du participant

Date

Signature Parent / Guardian if Participant under 18 / Signature du parent ou tuteur si moins de 18 ans

Date

Print Name of Parent or Guardian if under 18 / Nom du parent ou tuteur en lettres carrées si moins de 18 ans

Date

Travel Itinerary

PROVINCE:

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CLUB:

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ARRIVAL at YVR International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DEPARTURE from YVR International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DATE: _____ / _____ / _____

Signature: _____

COACH EXEMPTION REQUEST FORM

TO BE COMPLETED AND SENT AT THE TIME OF THE NOMINATIVE REGISTRATION

TO Teresa Orr: teresaorr@hotmail.ca

A COPY OF THE AUTHORIZATION GIVEN WILL BE SENT TO THE ORGANIZING COMMITTEE WHO WILL ISSUE ACCREDITATION ONLY ON RECEIPT OF THE DULY SIGNED AUTHORIZATION

NAME OF THE COACH	
PROVINCE	
CLUB	
PASSPORT # WITH THE CAC	
NAME EVENT FOR WHICH THE EXEMPTION IS REQUESTED	
DATE OF THE EVENT	
LOCATION OF THE EVENT	
LEVEL COMPLETED	
DATE OF THE COMPLETION	
LEVEL TO BE COACHED AT THE COMPETITION	
REASON FOR NOT COMPLETING THE LEVEL REQUIRED	
PLAN FOR COMPLETION (TIME TABLE)	
SIGNATURE OF THE COACH	
DATE AND PLACE	
NAME OF THE PSO REP APPROVING THE REQUEST	
SIGNATURE OF THE PSO REP	
DATE AND PLACE	
FOR GCG OFFICE USE	
AUTHORISATION GIVEN BY	
SIGNATURE	
DATE AND PLACE	

Gymnast Name: _____

Club Name: _____

Province: _____

Level: _____

RECORD OF CONSENT FOR MINORS

Event Date: April 22 – 26, 2014
Fortius Sport & Health
3713 Kensington Avenue
Burnaby, BC, V5B 0A7

I _____ give my permission for emergency medical/surgical to be given by the Canadian physicians forming part of the event team or such local practitioners as they see fit to select to treat _____, who is my daughter.

It is understood that wherever possible I shall be contacted, informed of the problem, diagnosis, treatment required and the hoped results.

During the period of April 22 - 26, 2015 I can be reached at the following telephone numbers;

_____ or _____

Medical Insurance No. _____

Signature of Parent or Guardian

Relationship

Date

City where signed

Signature of Witness

Special health or medical information relating to allergy, previous injury or any special needs and considerations.

MUSIC INSTRUCTIONS

Music Submission Deadline March 31st 2015

We will be playing all music from a computer set list and only using CDs if there is a major problem (please bring a CD as backup). Music must be submitted by the Music deadline date, to allow it to be checked and loaded into the NuCurve software system.

To do so please follow the instructions below.

1) Please create a folder with all of the music submissions for your club using the two letter province code and your clubs name for the folder.

Example AB-Chinook

2) Ensure that all music files are named as follows (**If music submission does not conform to the stated naming convention, it will be rejected.**):

Music file name consist of 3 parts with the **first 2 being mandatory** to match to rotation order (Note: upper/lower case are both fine and hyphens are optional only for readability):

1. **first and last name of gymnast as registered.** The system does not translate from Elizabeth to Beth or Elizabeth with an S. (Groups names must be self-explanatory).

2. **apparatus (i.e. free, rope, hoop, ball, clubs, ribbon)**

3. (Optional) - level, province, title and name of song

Eg. "**Jane Doe - Hoop** - Novice AB – Be My Girl.mp3" or "**Jane Doe - Hoop** your own text.mp3" are both acceptable.

Note: **Only mp3 and wma files are supported** as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors. The host will be convert any music files on your behalf.

3) The music files should be sent via any of the major file share services (e.g. dropbox, google drive, skydrive or even by email if for 1 or 2 gymnasts ONLY).

4) Please email score2u@nucurve.com when music has been submitted.

5) Please contact Mario Lam at mariolam@nucurve.com if you are having problems submitting the music.