

TRAMPOLINE & DOUBLE MINI-TRAMPOLINE TECHNICAL BULLETIN
NOVEMBER 2005

Ontario Cup and Ontario Championship Dates:

COMPETITION	DATE	LOCATION	HOST
1 st Cup	Nov. 26/27, 2005	Pope John Paul II Secondary School, Scarborough	Skyriders
2 nd Cup	Jan. 21/22, 2006	Pope John Paul II Secondary School, Scarborough	Just Bounce
3 rd Cup	Feb. 11/12, 2006	St. Patricks Secondary School, Ottawa	Spring Action
Ontario Championships	Mar. 31 & Apr. 1/2, 2006	Etobicoke Olympium	Etobicoke Gymnastics

Training Camp Dates:

EVENT	DATE	LOCATION
DMT All Levels Training Camp	Nov. 11-13,2005	Pulsars New Market
Provincial Levels B & C Training Camp	Dec. 17-18, 2005	Just Bounce Trampoline Toronto
National Level Training Camp	Mar. 17-19, 2006	Skyriders Trampoline Place Richmond Hill

ONTARIO WINTER GAMES

The 2006 Ontario Winter Games are being hosted in Barrie, ON. March 9-12, 2006. 1st Ontario Cup will serve as the sole qualifying event for OWG. All Provincial Level Male and Female athletes, born between January 1st, 1988 and December 31, 1996 are eligible to qualify for OWG. Athletes may compete a higher DD than the maximum for their level for OWG qualifying score, please note though that for awards for 1st Ontario Cup and qualifying for Ontario Championships maximum DD will be followed.

EASTERN CANADIAN CHAMPIONSHIPS

The 2006 Eastern Canadian Championships will be held in Hamilton, ON, May 4-7, 2006. 2nd and 3rd Ontario Cup will serve as the qualification events for Easterns. All Provincial Level Male and Female athletes are eligible to qualify for Easterns. Please watch for more information to come.

DO YOU WANT TO BECOME A JUDGE?? (OF COURSE YOU DO)

TRAMPOLINE - Judging beginner Course
November 12th and 13th, 2005 * Pulsars Gymnastics Club, Newmarket
All registration information is posted on the GO web-site.
Register soon to reserve your spot!!

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JUDGES

Please remember, if you haven't already, to register with Gymnastics Ontario and fill out your judging sign-up form for the 2005-2006 competitive season. Our athletes are counting on you!!

TWO TRICK SPECTACULAR IS BACK!!

It was voted at the Technical Assembly in June 2005, that Two-Trick Spectacular be brought back to action!! Unfortunately for all of us in the sport and our spectators, Two-Trick did not occur at competitions last season. This is a terrific event to watch, especially when all of our Senior Team members participate. This is a competition to see who can put the hardest Two Tricks together, with decent form, and wow the crowd in the process. The trampoline community would like to remind all athletes that if you compete over a 9.3 DD you may be eligible to compete in Two-Trick Spectacular!! Check the 2005-2006 Technical Rules and Regulations for a full out-line of how the Two-Trick Spectacular competition works. AND, for all of you Provincial Athletes out there, make sure you're a spectator at 1st Ontario Cup for the return of the Two-Trick Spectacular Competition!! You won't want to miss it!!

2005-2006 IMPORTANT RULE CHANGES AND/OR CLARIFICATIONS

NATIONAL LEVEL TRS – National Level TRS Teams will be eligible to compete at National Championships in any category in which they meet the qualifying score for. This is regardless of what level they compete in Individual. Both partners must meet the age requirements for the TRS level they wish to compete. (an amendment is attached to this e-mail for your tech regs)

NATIONAL DMT – Senior Minimum DD for Women is now 4.4 and Men 5.2. The National Qualifying score was amended by GCG and are printed in your Tech. Regs. The Trampoline Technical Committee is in the process of amending the Ontario Funding Score for National DMT, due to these GCG changes.

MALE TRI DRESSCODE – Trampoline shoes and/or white foot covering or foot covering of the same colour as gym trousers. (an amendment is attached to this e-mail for your tech regs)

AGE SPLITS

The Technical Committee would like to remind all coaches and athletes that age splits are done by how old an athlete will be as of December 31, 2006 (the year of Provincial Championships, not the year of the start of the season!!) This mistake has been made many times in the past and has unfortunately confused many athletes, coaches and parents. We ask that coaches educate their athletes, and their parents as to how age splits are made.

Example: Athlete is born December 26th, 1993. Although this athlete would not turn 13 until next December, they would still compete in a 13 year old age category.

Please carefully read through the following lists, and verify that all of your athletes are in the correct level and gender, with the correct Birthdates, and correct spellings. If you have any changes or additions please send them to Angela Feurstein ASAP at afeurst@ogf.com or 416-426-7108. Your quick response is greatly appreciated.

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PROVINCIAL A FEMALE (no age split)		
NAME	DOB	CLUB
TRICIA KERRIGAN	1989	Airborne Trampoline Centre Mississauga
BRENNA SAVERY	1990	Anti-Gravity
DANIELLE SMITH	1990	Anti-Gravity
MELISSA DOWNTON	1990	Anti-Gravity
KARA LAVERDURE	1992	Anti-Gravity
MICHELLE BLANCHARD	1991	Burlington B.G.'s
ALLIE MAXTED	1987	Grand River Gymmies
REBECCA LINSTED	1993	Grand River Gymmies
JORDYN MILLER-BURKO	1994	Just Bounce
ELISHIA VEILLEUX	1988	Le Club De Gym. Les Sittelles
MEGHAN HERRING	1993	Pickering Aerials
JENNIFER OUELLETTE	1989	Pulsars
CELINA MADIGAN	1995	Skyriders

PROVINCIAL A MALE (no age split)		
NAME	DOB	CLUB
MARKUS LACZKO	1989	Airborne Trampoline Centre Mississauga
GREGORY TOMCZAK	1992	Airborne Trampoline Centre Mississauga
JOSH SHAW	1991	Anti-Gravity
CONNOR RITCHIE	1992	Burlington B.G.'s
THOMAS ALCOCK	1995	Jump/Gym Man
SAM MCKENDRY	1992	Just Bounce
ERIC JOHANSSON	1990	Pulsars
MICHAEL NOPPER	1991	Pulsars
MUNROE CHAMBERS	1990	Sky Dragons
THOMAS CHAMBERS	1990	Sky Dragons
JORDAN BROWN	1990	Skyriders
YUUKI NAOSAKI	1991	Skyriders
BRANDON ROBINSON	1992	Skyriders
RYAN SOLMAN	1993	Skyriders
TYLER GERRITS	1993	Skyriders
JACOB JACKSON	1991	Spring Action

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<u>PROVINCIAL B FEMALE 8-14 (1992-1998)</u>		
NAME	DOB	CLUB
STEPHANIE MCCABE	1992	Air Time
CARISSA HARRISON	1992	Airborne Trampoline Centre Mississauga
ALEX LAI	1993	Airborne Trampoline Centre Mississauga
BREANNE GOODMAN	1993	Airborne Trampoline Centre Mississauga
ABBEY YOUNG	1995	Airborne Trampoline Centre Mississauga
PAIGE WALLACE	1995	Airborne Trampoline Centre Mississauga
KYLIE O"GRADY	1994	Airborne Trampoline North
LAURA ST. GERMAIN	1994	Airborne Trampoline North
JULIA MERRETT	1992	Anti-Gravity
HILARY DUFFIN	1993	Anti-Gravity
DANIELLE LALONDE	1992	Burlington B.G.'s
STEPHANIE HENDRIX	1992	Burlington B.G.'s
CHRISTINA BIDDLE	1993	Grand River Gymmies
ALANNA BERNARD	1993	Huron Shores
MIDORI BARKER	1992	Just Bounce
MEGAN BACCI	1992	Pickering Aerials
HANNAH LEADLEY	1993	Rose City Gymnastics
MACKENZIE COHEN	1994	Skyriders
MADISON BICK	1994	Skyriders

<u>PROVINCIAL B FEMALE 15+ (1991 and earlier)</u>		
NAME	DOB	CLUB
ANITA SO	1989	Airborne Trampoline Centre Mississauga
JANELLE WALLACE	1990	Airborne Trampoline Centre Mississauga
LEAH OSTERMAA	1989	Airborne Trampoline North
AMANDA LEGROS	1991	Anti-Gravity
SHAELYN THOMPSON	1991	Anti-Gravity
JILLIAN WRATTEN	1990	Brantford Gymnastics
ALEXA PANAYOTOPOULOS	1988	Etobicoke
KRISTINA PANAYOTOPOULOS	1990	Etobicoke
CHRISTINE DEWANCKER	1988	Forest City
MERCEDE WILLIAMS	1991	Grand River Gymmies
MAXINE MYRE	1990	Gym Zone
VALERIE MARTIN	1990	Huron Shores
STEFANIE CLAYTON	1988	Just Bounce
KRISTA KOTWA	1990	Just Bounce
DANIELLE SWITALSKY	1991	Just Bounce
ARIANNE JONES	1989	Le Club De Gym. Les Sittelles
ANIKA NEEDHAM-REECE	1990	Sky Dragons
CAITLIN TIZZARD	1990	Sky Dragons
CAITLYN TEOH	1990	Sky Dragons
ALICIA MORETTO	1990	Skyriders
AMANDA DUNLOP	1991	Skyriders
KIRSTEN LEE	1991	Skyriders
ZARA POKRANDT	1991	Skyriders

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<u>PROVINCIAL B MALE 8-14 (1992-1998)</u>		
NAME	DOB	CLUB
BRAD KERRIGAN	1995	Airborne Trampoline Centre Mississauga
JAKE CRANHAM	1994	Anti-Gravity
MAXWELL WHITE	1993	Burlington B.G.'s
JORDAN MULLOY	1992	Gym Zone
BEN SISSONS	1995	Jump/Gym Man
MARK QUINAN	1993	Just Bounce
SEAN HO	1992	Kingston Aeros
BRETT BABCOCK	1994	Kingston Aeros
TAYLOR BLIXT	1993	Oakville
KEEVIN MADIGAN	1997	Skyriders
JUSTIN MULDOON	1992	Spring Action
EVAN KERR	1994	Spring Action
WILLIAM LALONDE	1994	Spring Action

<u>PROVINCIAL B MALE 15+ (1991 & Earlier)</u>		
NAME	DOB	CLUB
BRYAN ALLEN	1990	Airborne Trampoline Centre Mississauga
ERIC WATSON	1990	Airborne Trampoline Centre Mississauga
MATTHEW KERRIGAN	1991	Airborne Trampoline Centre Mississauga
ERIK PAIGE	1990	Airborne Trampoline North
ANTHONY MAKOWSKI	1989	Anti-Gravity
KENNY ROBERTSON	1991	Burlington B.G.'s
JOSH REHEL	1990	Jump/Gym Man
ALEX COSTIN	1990	Just Bounce
MITCHELL BARKER	1991	Just Bounce
JASON CLAIR	1989	Kingston Aeros

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<u>PROVINCIAL C FEMALE 8-12 (1994-1998)</u>		
NAME	DOB	CLUB
VERONIKA KUNKEL	1995	Air Time
CASSIDEE SIPPELL	1995	Airborne Trampoline North
LAUREN LIPSIUS	1995	Airborne Trampoline North
TYLER MARSHALL	1995	Airborne Trampoline North
ARIANNE MORISSETTE	1994	Airborne Trampoline Woodbridge
AZYIA MAKOWSKI	1994	Anti-Gravity
DANA CAREY	1994	Anti-Gravity
JESSICA PAVLAKOVIC	1994	Anti-Gravity
DARCY DYKEMAN	1995	Anti-Gravity
YAZMEEN MARHABA	1995	Anti-Gravity
MCKAYLIE CAMPBELL	1997	Anti-Gravity
JELISA JONCAS	1997	Burlington B.G.'s
KATIE SCHIRALLI	1994	Etobicoke
GABRIELLE KRALIJEVIC	1995	Etobicoke
KATE PANAYOTOPOULOUS	1995	Etobicoke
MACKENZIE SHUKER	1994	Grand River Gymmies
CHLOE WINKWORTH	1996	Grand River Gymmies
JOSEE BELANGER	1994	Gym Zone
YAMILA CARRIZO SZTAINBOK	1994	Just Bounce
CAROLINE VIA	1994	Oakville
HAYLEY BRADBROK	1994	Oakville
RHIANNON TODD	1994	Oakville
CARLY FISET	1995	Oakville
CAMYLE BORZA	1994	Ottawa Gymnastics Centre
KATIE DLOUGHY	1994	Ottawa Gymnastics Centre
TARA ANDREWS	1994	Pulsars
DARELLE COWLEY	1994	Sky Dragons

<u>PROVINCIAL C FEMALE 13 years old (1993)</u>		
NAME	DOB	CLUB
ELIZABETH KUNKEL	1993	Air Time
CARLY MACADAM	1993	Airborne Trampoline North
CARLY THOMPSON	1993	Airborne Trampoline North
STEPHANIE STUART	1993	Airborne Trampoline North
JADE SILBURN	1993	Anti-Gravity
MEGAN LING	1993	Anti-Gravity
CLAUDIA FILIPSKY	1993	Etobicoke
SABRINA NIFO	1993	Etobicoke
COURTNEY SIMKINS	1993	North Bay Gymtrix
KATELYN FARQUHAR	1993	North Bay Gymtrix
BLAIR DONALDSON	1993	Ottawa Gymnastics Centre
STEPHANIE HEMSTOCK	1993	Ottawa Gymnastics Centre
MEGHAN GAUDETTE	1993	Rose City Gymnastics
SYDNEY ALLEN ASH	1993	Sky Dragons
TIFFANY HOPKINS	1993	Sky Dragons
DIANA FARNAND	1993	Spring Action

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<u>PROVINCIAL C FEMALE 14 years old (1992)</u>		
NAME	DOB	CLUB
GENENIEVE RENAUD-BYRNE	1992	Airborne Trampoline Centre Mississauga
KAROLINA KOPYLEC	1992	Airborne Trampoline Centre Mississauga
KEIRA SAMSON	1992	Airborne Trampoline Centre Mississauga
OLIVIA MACIASZEK	1992	Airborne Trampoline Centre Mississauga
LAUREN BOWERING	1992	Airborne Trampoline North
CHANTAL BELANGER	1992	Gym Zone
CALLIE WARREN	1992	Kingston Aeros
PAIGE TRUDEAU-SHEMILT	1992	North Bay Gymtrix
TABITHA GENNOE	1992	North Bay Gymtrix
KIRSTEN WESTEINDE	1992	Ottawa Gymnastics Centre
ZINDZI MAKINDE	1992	Ottawa Gymnastics Centre
AMANDA MEIRIK	1992	Pickering Aerials
ALI CONRAD	1992	Pulsars
CAITLIN HOWE	1992	Sky Dragons
ANIKA SURI	1992	Spring Action
ISABELLE ALLARD	1992	Spring Action

<u>PROVINCIAL C FEMALE 15+ (1991 & Earlier)</u>		
NAME	DOB	CLUB
ANDRA BRANDT	1979	Air Time
ALLISON MACDONELL	1990	Air Time
SHYLA AUBE	1990	Air Time
JENNIFER MCCONELL	1991	Air Time
CARLING WATSON	1991	Airborne Trampoline Centre Mississauga
JESSICA LISKE	1991	Airborne Trampoline Centre Mississauga
JESSY STARK	1991	Airborne Trampoline Centre Mississauga
KRISTINA CLARK	1989	Airborne Trampoline North
ISABELLE ROBERGE	1991	Airborne Trampoline North
AMELIA GUNN	1991	Anti-Gravity
ALISA STARK	1990	Huron Shores
AMY PYETTE	1990	Huron Shores
KAILYN CLARKE	1990	Huron Shores
TRISH WILLIAMS	1990	Jump/Gym Man
BRITTANY RANKIN	1990	Le Club De Gym. Les Sittelles
MELANIE POTVIN	1990	Le Club De Gym. Les Sittelles
GABRIELLE LATREILLE	1991	Le Club De Gym. Les Sittelles
BRIGITTE PEIOQUIN	1991	Ottawa Gymnastics Centre
MICHELA PESCATORE	1991	Ottawa Gymnastics Centre
AMY MOOTE	1990	Pickering Aerials
NADINE SCHLINK	1990	Sky Dragons
HANNAH CHERRITT	1990	Spring Action
GABRIELLA BLAIS	1991	Spring Action
KAITLIN GIBSON	1989	Upper Valley Gymnastics Club
ADRIENNE GIBSON	1991	Upper Valley Gymnastics Club

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PROVINCIAL C MALE 8-11 (1995-1998)		
NAME	DOB	CLUB
ETHAN SAMSON	1996	Airborne Trampoline Centre Mississauga
ZACHARY PAVLAKOVIC	1995	Anti-Gravity
CONNOR GOUDEY	1996	Anti-Gravity
LUCAS LADOUCHER	1995	Burlington B.G.'s
BRADEN CURRIE	1997	Burlington B.G.'s
JOSH HIABACH	1997	Burlington B.G.'s
DUNCAN PHILLIP	1995	Gym Zone
ERIC HARPER	1995	Kingston Aeros
ADAM MASCIOLI	1995	North Bay Apollo Gymnastics Club
BEN SENIOR	1995	North Bay Apollo Gymnastics Club
AUSTIN MORRISSON	1995	Oakville
BRANDON SEGUIN	1995	Oakville
JOHN MARTIN	1995	Ottawa Gymnastics Centre
JONATHAN ANDREWS	1995	Pulsars

PROVINCIAL C MALE 12+ (1994 & Earlier)		
NAME	DOB	CLUB
FRANCOIS RENAUD-BYRNE	1990	Airborne Trampoline Centre Mississauga
EVAN RILEY	1991	Airborne Trampoline Centre Mississauga
ZACH WELCH	1992	Airborne Trampoline Centre Mississauga
ALEX THORNE	1993	Airborne Trampoline Centre Mississauga
CONNOR PERIC	1993	Airborne Trampoline Centre Mississauga
COLIN HEPPELL	1993	Airborne Trampoline North
RICHARD LINELY	1994	Airborne Trampoline North
PIERS FOUNTAIN	1992	Anti-Gravity
ELIOT WAITE-KORNEY	1993	Anti-Gravity
IAN PHILLIPS	1993	Burlington B.G.'s
CONNOR HOEKSTRA	1994	Grand River Gymmies
ALEX MULLOY	1994	Gym Zone
TOM HEATHCOTE	1993	Just Bounce
MARK ADAMS	1993	Ottawa Gymnastics Centre