

ENVOI 2008

# CLUB DE GYMNASTIQUE LES SITTELLES

19th Annual Invitational Competition



APRIL 5<sup>TH</sup> & 6<sup>TH</sup>, 2008

Athlete  
Gift

Team  
Awards

**OCP LEVELS 2-7  
MASTERS**

**REGISTRATION DEADLINE:**  
**FEBRUARY 15, 2008**

**MEET DIRECTOR: Jocelyne Legault and Dayna Rhéaume**

TELEPHONE: (613) 742-5098

FAX: (613) 742-5090

[www.sittelle.ca](http://www.sittelle.ca)

Special  
Awards



**CLUB DE GYMNASTIQUE LES SITTELLES**  
**19e Compétition annuelle**  
**19th Annual Invitational Competition**  
**“ENVOL 2008”**



**Gymnastics Ontario Sanctioned Event**

**Call-to-meet:**

Club de gymnastique “Les Sittelles” will be hosting their nineteenth invitational gymnastics meet. You are cordially invited to participate at this event in our facility. We look forward to meeting you and your gymnasts for some fun and friendly competition.

**LOCATION:** 1-2760, ch. Sheffield, Ottawa, Ontario

**DATE:** Saturday April 5<sup>th</sup> and Sunday April 6<sup>th</sup>, 2008

**PARTICIPANTS:** OCP Levels 2-7 and Masters, girls ages 7 and up

**REQUIREMENTS:** As per Gymnastics Ontario Women’s Artistic Program Manual 2007-2008.

**All coaches must have NCCP Level 2 and be registered with Gymnastics Ontario.**

**EQUIPMENT:** Spieth-Anderson  
Cube Floor  
Vault table – accelerator board, landing mat is 20cm and runway of 23 m.  
Bars – peg adjusters, mats are 20 cm thick  
Beam – peg adjusted, mats are 20 cm thick

**WARM UP:** OPTION B as per OCP Requirements 07/08.

**MUSIC:** All music must be recorded at the beginning of a cassette or CD with the gymnast’s name, club and category clearly marked. Please hand in cassette or CD to the Announcer’s table at the start of the General Warm-Up.

**MEDICAL:** If any gymnast has a medical condition that the Meet Director and Medical Attendee should be aware of, please submit details on the registration form.

**ENTREE FEE:** \$55.00 per gymnasts. No refunds will be given, unless accompanied by a medical certificate.  
Alternates will be accepted until March 9<sup>th</sup>, 2008.

**REGISTRATION:** Please return your club registration form no later than **February 15, 2008**. Send **a single** cheque for your entire team's total number of participants **payable to "Les Sittelles"**.

MAIL TO: Jocelyne Legault, Head Coach  
Club de gymnastique Les Sittelles  
1-2760, ch. Sheffield  
Ottawa (Ontario), K1B 3V9

Co-Meet Coordinators: Jocelyne Legault and Dayna Rhéaume

**TELEPHONE #:** (613) 742-5098 (club)  
**EMAIL:** [jocelyne@sittelle.ca](mailto:jocelyne@sittelle.ca) or [daynarheaume@hotmail.com](mailto:daynarheaume@hotmail.com)

\* If our maximum number of gymnasts is surpassed, registration will be accepted on a first come first serve basis.

\*\* Groups may be divided if numbers are too high in a same category.

**AWARDS:**

**9 years old and over**

**Events:** - Medals 1<sup>st</sup> to 3<sup>rd</sup> and Ribbons, 4<sup>th</sup> to 8<sup>th</sup> place.

**All Around:** - Medals 1<sup>st</sup> to 3<sup>rd</sup> and Rosette ribbons 4<sup>th</sup> to 8<sup>th</sup> place.

**7 & 8 years old - (Gold, Silver, Bronze scores)**

**Events & All Around:** GO Certificate with 5 seals.

Also, Team awards!

**MEALS:** Canteen provided. It will include breakfast items in the morning, lunch, supper and a variety of snacks. We will also have a B-B-Q!  
This is a Peanut Free Competition.

**Spectator Admission Fees:**

<b>Admission Fees</b>	<b>1 Day</b>	<b>2 Days</b>
Adult (16 years of age and older)	\$8	\$14
Senior (55 years of age and older)	\$4	\$6
Child (5 years of age to 15 years of age)	\$4	\$6
Family (2 adults and 2 children)	\$20	\$35
(4 yrs & under – Admit Free)		
Athletes competing in this meet are not required to pay an admission fee throughout the weekend		

HOPE TO SEE YOU THERE!

Sincerely,

Jocelyne Legault  
Head Coach

Dayna Rhéaume  
OCP level 2-5 Program Director



# LETTER OF INTENT

**“ENVOL 2008”  
April 5<sup>th</sup> and April 6<sup>th</sup>**

Please reserve a space for:

Club name: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

OCP Level 2: \_\_\_\_\_

OCP Level 3: \_\_\_\_\_

OCP Level 4: \_\_\_\_\_

OCP Level 5: \_\_\_\_\_

OCP Level 6: \_\_\_\_\_

Masters: \_\_\_\_\_

Fax to (613) 742-5090

Email: [daynarheume@hotmail.com](mailto:daynarheume@hotmail.com)

Please return the card of intent to pre-register your club, **before January 18, 2008.**





# “ENVOL 2008”

## OCP LEVEL 2-7& MASTERS REGISTRATION FORM

CLUB: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

CLUB COLOURS: \_\_\_\_\_

CONTACT COACH: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

All teams are responsible for ensuring they have the G.O. “Participant consent Form and medical Data Record” at the meet for all participating gymnasts. Coaches must have NCCP Level 2 and be registered with Gymnastics Ontario to accompany gymnasts on the competition floor.

GYMNAST’S NAME IN FULL (PLEASE PRINT)	G.O. MEMBERSHIP #	BIRTHDATE D-M-Y	AGE	OCP LEVEL
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

# of gymnasts: \_\_\_\_\_ X \$55.00 = \_\_\_\_\_ (total)



# “ENVOL 2008”

## COACHES REGISTRATION FORM

PLEASE PROVIDE NAMES AND NCCP CERTIFICATION LEVELS OF ALL COACHES WHO WILL BE ON THE FLOOR.

NAME OF COACH	G.O. #	NCCP CERTIFICATION LEVEL
1.		
2.		
3.		
4.		
5.		



# CLUB DE GYMNASTIQUE LES SITTELLES

(613-742-5098)

## DRIVING DIRECTION

1-2760, ch. Sheffield, Ottawa, (Walkley Exit from Highway #417)



## ACCOMMODATION

- 1. Comfort Inn**  
1252 Michael Street  
Ottawa, Ontario  
K1J 7T1  
Telephone (613) 744-2900
- 2. WelcomInns**  
1220 Michael Street  
Gloucester, Ontario  
K1J 7T1  
Telephone (613) 748-7800
- 3. Travelodge**  
1486 Innes Road  
Ottawa, Ontario  
K1B 3V5  
(613) 745-1133