

MEN'S ARTISTIC GYMNASTICS QUALIFIER

**April 9th-11th 2010
3rd Ontario Cup
2nd High Performance Qualifier**

**Hosted by:
National Capital Boys Gymnastics Academy
155 Colonnade rd south
Ottawa Ontario K2E 7K1**



2010 3rd Ontario Cup & 2nd High Performance Qualifier
April 9th-11th 2010
National Capital Boys Gymnastics Academy

CALL TO MEET

- Competition Site:** National Capital Boys Gymnastics Academy
Nepean Corona School of Gymnastics
155 Colonnade rd south
Ottawa, Ontario, K2E 7K1
Phone Number
- Meet Director:** Sarah Ritskes
613.224.6524
sarah@coronagym.ca / sarahrtskes@hotmail.com
- Regulations:** As per the Gymnastics Ontario 2009-2010
Technical Rules and Regulations Manual
- Scratches:** To scratch an athlete from a Provincial Qualifying Competition, coaches/administrators must complete the Withdrawal Form (available on www.ogf.com). All Forms must be sent to Gymnastics Ontario prior to the competition. If this is not possible the Withdrawal Form must be completed on-site at the Registration Table.
- Coaches Certification:** Coaches must be fully certified NCCP Level 2 Men's Artistic and have up to date Risk management certification (Part A: Risk Management & Part B: Respect in Sport) to be eligible for the competition floor. Coaches will be asked to present their Coach ID onsite.
- Equipment:** All Speith Anderson (1 gymnova spring board)
- Medical:** Coaches are responsible for ensuring that they have the
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Participant Consent and Medical Data Record forms for all participating gymnasts in their possession at the competition.

Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.

Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

**Accommodation
Information:**

**Days Inn - Ottawa Airport
366 Hunt Club Rd.
Ottawa, Ont. K1V 1C1
Room types are 2 queen beds N/S
Rates are \$122.50 per night + taxes
Microwave & fridge in room
Breakfast & parking included
Pool onsite**

To book accommodations, please call Kelly Heikkila at Merit Travel at 1-866-885-8846, extension 6904 or Leah Miller at Merit Travel at 1-866-885-8846, extension 6900.

