




2023 TRAMPOLINE GYMNASTICS WESTERN CANADA CUP

June 2-4, 2023

Bulletin #3 – May 2023

<p>VENUE</p>	<p>Saville Community Sports Centre - West Competition Gymnasium University of Alberta – South Campus 11610 – 65 Ave. NW, Edmonton, T6G 2E1</p>
<p>AGF</p>	<p>Alberta Gymnastics Federation #170, 550 – 71 Ave. SE, Calgary, AB T2H 0S6 Phone: 403.259.5500 Email: trampoline@abgym.ab.ca</p> <p>Trish Quinney T&T Technical Co-Chairperson Phone: Email: ttchair@abgym.ab.ca</p>
<p>HOST</p>	<p>Ortona Gymnastics Club Saville Community Sports Centre University of Alberta – South Campus 11610 – 65 Ave. NW, Edmonton, T6G 2E1</p> <p>Phone: 780-492-5385</p> <p>Email: WCC@ortonagymnastics.com</p>
<p>WEBSITE LINK</p>	<p>2023 Western Canada Cup</p>
<p>SOCIAL MEDIA</p>	<p>Follow Alberta Gymnastics on Facebook and Instagram</p>

<p>TICKET SALES</p>	<table border="0" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>DAY PASS</th> <th>WEEKEND PASS</th> </tr> </thead> <tbody> <tr> <td>Adults</td> <td>\$20</td> <td>\$45</td> </tr> <tr> <td>Students/Seniors</td> <td>\$15</td> <td>\$35</td> </tr> <tr> <td>Children (6 and under)</td> <td>FREE</td> <td>FREE</td> </tr> <tr> <td>Family</td> <td>\$45</td> <td>\$65</td> </tr> </tbody> </table> <p>Admissions will be Credit / Debit or Cash – located upstairs (top of stairs)</p> <p>Family = 2 Adults & 2 Students Student = individuals aged (6-18) or with valid Student ID card Senior = 60+</p>		DAY PASS	WEEKEND PASS	Adults	\$20	\$45	Students/Seniors	\$15	\$35	Children (6 and under)	FREE	FREE	Family	\$45	\$65
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<p>ACCOMMODATIONS</p>	<p>Accommodations are available in the Lister Hall residences on the University of Alberta Campus. University of Alberta - Lister Hall (North Campus) 1-044 Lister Centre, Edmonton AB T6 2H6</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Traditional Twin Rooms</td> <td>\$70/night plus applicable taxes</td> </tr> <tr> <td>Traditional Single Rooms</td> <td>\$60/night plus applicable taxes Meal plans available</td> </tr> </table> <p>Booking Form: https://abgym.ab.ca/content/download/12958/86930/version/1/file/Western%20Canadian%20Cup%20(Group%20Form)%20Fillable.pdf</p>	Traditional Twin Rooms	\$70/night plus applicable taxes	Traditional Single Rooms	\$60/night plus applicable taxes Meal plans available											
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<p>MEAL PLANS / CONCESSIONS</p>	<p>Meal Plan Form (Buffet Style meals & Boxed Lunches): https://abgym.ab.ca/content/download/12957/86927/version/1/file/2023%20Summer%20Meal%20Program.pdf</p> <p>AT VENUE:</p> <ul style="list-style-type: none"> • Booster Juice • Tim Hortons (limited menu) • Balmoral Lounge (TBC) 															
<p>MEETINGS</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Coaches Meeting</td> <td style="width: 20%;">Fri – June 2nd</td> <td style="width: 20%;">8:00am</td> <td style="width: 30%;">Competition Floor</td> </tr> <tr> <td>Judges Meeting</td> <td>Fri – June 2nd</td> <td>8:00am</td> <td>Hospitality Room</td> </tr> <tr> <td>WCC Coaches & Judges Forum</td> <td>Sat – June 3th</td> <td>Following awards</td> <td>Hospitality Room</td> </tr> </table>	Coaches Meeting	Fri – June 2nd	8:00am	Competition Floor	Judges Meeting	Fri – June 2nd	8:00am	Hospitality Room	WCC Coaches & Judges Forum	Sat – June 3th	Following awards	Hospitality Room			
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<p>JUDGES & COACHES HOSPITALITY</p>	<p>Breakfast, Lunch and Dinner will be provided for the coaches and judges in Hospitality room (Classroom 4 – upper floor) as per the WCC policy</p>															
<p>VENDORS</p>	<p>Esquire Sales - Official event apparel – upper hallway - FRIDAY & SATURDAY only</p>															
<p>TEAM FINAL THEME</p>	<div style="display: flex; align-items: center;">  <p>WESTERN – get creative! It would be wonderful for everyone (coaches, judges, parents, and non-competing athletes) to participate. Competing athletes may also participate, but please remember that proper attire MUST be worn for competition.</p> </div>															

REGISTRATION DEADLINES & FEES & PAYMENT	Team Final Registration teams wishing to be included in Team Final must register – <u><i>complete spread sheet</i></u>	May 19, 2023	\$25
	Late Athlete Registration	May 19, 2023	\$170
	Late Coach Registration	May 19, 2023	\$80
	Changes & Corrections	1 - 4 days following the receipt of the Entry Verification	N/A
	Late Changes & Corrections - Late submission	5+ days following the receipt of the Entry Verification	\$10 per change (i.e. 1 athlete changed in 3 disciplines = \$30)
	DD Sheets (complete without errors or omissions)	May 19, 2023	N/A
	Late DD Sheets (complete without errors or omissions)	May 20 or later	\$10 per late submission, error or omission
	http://www.gymcan.org/disciplines/trampoline/technical-information/technical-documents		
CHECKLIST: <ol style="list-style-type: none"> 1. DD Sheets emailed in PDF to WCC@ortonagymnastics.com Athlete’s proper (registered) name (not nickname) must be on DD Sheets. 2. Complete and email Spreadsheet to WCC@ortonagymnastics.com 3. 100% of all Registration Fees are to be received by May 20th. Athletes will NOT be considered registered until ALL fees have been paid. Fees received after May 20th will be subject to late fees. 4. PAYMENTS made by cheque to ORTONA GYMNASTICS CLUB OR e-transfer to executivedirector@ortonagymnastics.com (password: trampoline) 5. Submit Statutory Declaration via Activity Messenger 			
REFUNDS	Medical Refunds of fees paid will be issued, provided a medical certificate and the request for refund have been submitted to WCC@ortonagymnastics.com before 4:30 p.m. Thursday JUNE 1, 2023. Refunds with a medical certificate will not be accepted after JUNE 20 th (14 days). A \$10 administration fee will be withheld for those withdrawing from the competition after May 15, 2023.		

2023 Western Canada Cup - SCHEDULE (subject to changes)

Friday June 2

		Double Mini Trampoline	Trampoline	Tumbling	Synchronized Trampoline
BLOCK 1	8:00-8:10	Coaches/Judges Meeting			
	8:10-8:30	WARM UP			
	8:30-9:00	OPENING CEREMONIES			
BLOCK 2	9:00-9:31	L3M Flight 1 (7)	L1W 13+Flight 1 (9)		
	9:31-10:09	L3M Flight 2 (6)	L1W 12U Flight 1 (12)		
	10:09-10:47	L1M Flight 1 (9)	L1W 12U Flight 2 (12)		
	10:47-11:25	L1M Flight 2 (9)	L1W 12U Flight 3 (12)		
	11:25-12:00	L2M Flight 1 (9)	L1W 12U Flight 4(7)		
	12:00-12:32	L2M Flight 2 (9)	L4M Flight 1 (8)		
	12:32-13:04	L2M Flight 3 (7)	L4M Flight 2 (8)		
BLOCK 3	13:04-13:24	General Warm-up Afternoon			
	13:24-14:06	L4W Flight 1 (12)	L2W 13+ Flight 1 (12)	L1M Flight 1 (9)	
	14:06-14:41	L4W Flight 2 (11)	L2W 13+ Flight 2 (12)	L1M Flight 2 (9)	
	14:41-15:23	L4M Flight 1 (8)	L2W 13+Flight 3 (12)	L2M/L3M Flight 1 (6)	
	15:23-16:05	L4M Flight 2 (8)	L2W 13+ Flight 4 (12)	L1W 13+ Flight 1 (12)	
	16:05-16:29	L3W 14U Flight 1 (12)	L2W 12U Flight 5 (12)	L1W 13+ Flight 2 (12)	
	16:29-16:57	L3W 14U Flight 2 (12)	L2W 12U Flight 6 (3)	L1W 13+Flight 3 (2)	
	16:57-17:15	L3W 14U Flight 3 (4)		L1W 12U Flight 1 (12)	L3M/L4M Flight 1 (6)
	17:15-17:33	L3W 15+ Flight 1 (12)		L1W 12U Flight 2 (10)	L2M Flight 1 (6)
	17:33-18:03	L3W 15+ Flight 2 (6)		L4W Flight 1 (12)	L1M Flight 1 (10)
	18:03-18:33				L1M Flight 2 (10)
	18:33-18:57				L1W Flight 1 (8)
	18:57-19:27				L2W Flight 1 (10)
	19:27-19:48				L3W Flight 1 (7)
19:48-20:09				L4W Flight 1 (7)	

Saturday June 3

		Double Mini Trampoline	Trampoline	Tumbling	Synchronized Trampoline
BLOCK 4	8:00-8:30	General Warm-Up Morning			
	8:30-8:40	First Flight Round Up			
	8:40-9:08	L1W 13+ Flight 1 (12)	L1M Flight 1 (8)		
	9:08-9:32	L1W 13+Flight 2 (9)	L1M Flight 2 (7)		
	9:32-10:14	L1W 12U Flight 3 (12)	L2M Flight 1 (12)		
	10:14-10:52	L1W 12U Flight 4 (12)	L2M Flight 2 (11)	L3W Flight 1 (12)	
	10:52-11:32	L1W 12U Flight 5 (12)	L3M Flight 1 (10)	L3W Flight 2 (11)	
	11:32-12:12	L1W 12U Flight 6 (3)	L3M Flight 2 (10)	L2W Flight 1 (9)	
	12:12-12:57		L4W Flight 1 (10)	L2W Flight 2 (9)	
	12:57-13:42		L4W Flight 2 (10)	L2W Flight 3 (9)	
13:42-14:22		L4W Flight 3 (9)	L4M Flight 1 (6)		
BLOCK 5	14:22-14:52	General Warm-Up Afternoon			
	14:52-15:32	L2W 12U Flight 4 (11)	L3W 14U Flight 1 (10)	L1M Final	
	15:32-16:12	L2W 13+ Flight 3 (12)	L3W 14U Flight 2 (12)	L2M Final	
	16:12-16:52	L2W 13+Flight 2 (12)	L3W 14U Flight 3 (10)	L3M Final	
	16:52-17:32	L2W 13+ Flight 1 (12)	L3W 15+ Flight 4 (10)	L4M Final	
	17:32-18:02	L1M Final	L1W 13+ Final	L4W Final	

	18:02-18:32	L2M Final	L1W 12U Final	L3W Final	
	18:32-19:02	L3M Final	L4M Final	L2W Final	
	19:02-19:32	L4W Final	L2W 13+ Final	L1W 12U Final	
	19:32-20:02		L2 W 12U Final	L1W 13+ Final	
BLOCK 6	20:02-20:12	Cool down/Award prep			
	20:12-20:57	AWARDS for all Saturday finals and Synchro			
Sunday June 4					
		Double Mini Trampoline	Trampoline	Tumbling	Synchronized Trampoline
BLOCK 7	8:00-8:30	General Warm-Up Morning			
	8:30-8:40	First Event Round Up			
	8:40-9:10	L3W 14U Final	L1M Final		
	9:10-9:40	L3W 15+	L2M Final		
	9:40-10:15	L1W 12U Final	L3M Final		
	10:15-10:50	L1W 13+	L3W 14U Final		
	10:50-11:25	L2W 12U Final	L3W 15+ Final		
	11:25-12:05	L2W 13+ Final	L4W Final		
	12:05-12:35	L4M Final			
BLOCK 8	12:35-12:45	Set up			
	12:45-13:45	AWARDS for all Sunday Finals			
BLOCK 9	13:45-14:15	General Warm-Up Afternoon	General Warm-Up Afternoon	General Warm-Up Afternoon	
	14:15-14:20	MARCH IN	March In	MARCH IN	
	14:20-14:50	Teams #1	Teams #2	Teams #3	
	14:50-14:55	MARCH IN	MARCH IN	MARCH IN	
	14:55-15:25	Teams #4	Teams #1	Teams #2	
	15:25-15:30	MARCH IN	MARCH IN	MARCH IN	
	15:30-16:00	Teams #3	Teams #4	Segment 3	
	16:00-16:05	MARCH IN	MARCH IN	MARCH IN	
16:05-16:35	Teams #2	Teams #3	Teams #4		
BLOCK 10	16:35-16:50	Cool Down			
	16:50-17:50	ALL SPECIAL EVENT AWARDS and SUNDAY FINALS AWARDS			

TECHNICAL INFORMATION

EVENTS	<p>Trampoline: L1 12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ Double Mini: L1 12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ Tumbling: L1 12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ Synchro: L1 / L2 / L3 / L4</p> <p>Following the registration deadline, all the categories will be reviewed to determine that the numbers in each age group is well suited for a good competitive experience. Some age groups may be re-aligned OR amalgamated in order to achieve this goal.</p> <p>Groups in excess of 30 athletes will be split by Gymnastics Canada age splits. There will only be one split per level</p>
COMPETITION FORMAT	<p>All GymCan rules will apply for the competition, except that there will be no finals for synchronized trampoline. In case of a tie at any place after the preliminary round, the GymCan Tie Breaker rule shall apply.</p> <p><u>MOBILITY FOR DMTL4</u> - “mobility finals” will be added for any L4 athletes who has met the mobility requirements in preliminaries but had not qualified for finals, 11th place and up. These athletes will not be eligible for awards.</p> <p>One optional routine shall be completed for all levels of Synchronized Trampoline</p>
EQUIPMENT	<p>2 Trampolines 1 DMT 1 Tumbling Provided by Spieth</p>
MEDICAL	<p>First Responders will provide medical services on-site during training and competition. Club managers and/or head coaches may be asked to produce digital or hard copy medical waivers to access medical care for minors on site.</p>
MEDICAL WAIVER, PARENT CONSENT & PIPA	<p>Each PSO or Club must submit their Statutory Declaration via Activity Messenger in advance of their arrival to the competition.</p>
SCORING	<p>The SportzSoft program will be used.</p>
ATTIRE	<p>All GymCan rules apply for proper attire for specific and general warm-up and competition. Athletes can wear either male or female TEAM uniform.</p>
TEAM FINAL	<p>Teams wishing to be included in the Team Final must register and pay a \$25 registration fee (please complete spreadsheet)</p> <p>Specific information:</p> <ol style="list-style-type: none"> 1. <i>Eight</i> teams, four L3/4 and four L1/2, compete in each event (TRI, TUM and DMT) of the Event Team Final. 2. The Provincial / Territorial Teams of each participating province/territory do not automatically participate in each Event Team Final. 3. The Team Event is open to all clubs at the competition as long as they have at least three athletes in the event. 4. The top three L3 and/or L4 scores and the top three L1 and/or L2 scores regardless of gender, from the preliminary round will determine the Teams to join each Event Team Final.

	<ol style="list-style-type: none"> 5. The eight teams will submit their four (4) athlete’s names who will compete in the Event Team Final. 6. Team can choose their four (4) representatives without hindrance, regardless of gender or level. 7. Rules During the Event Team Finals: <ul style="list-style-type: none"> • All the Event Team Finals will be fresh start. • The draw will be by team and not a random draw. • Start order in each round will alternate teams as per FIG.
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AWARDS	<p><u>INDIVIDUAL AWARDS</u> 1st to 3rd place -- Medals 4th to 10th place -- Ribbons In the event of a tie in either Preliminary or Finals, the GymCan Tie Breaker rule shall apply</p>
	<p><u>INDIVIDUAL ALL AROUND</u> (men and women combined) 1st to 6th place Must compete in L3 or L4 in trampoline, double mini and tumbling (NOTE: L1 and L2 athletes will NOT be eligible for the Individual All-Around Award)</p>
	<p><u>TEAM AWARDS</u> Event Team Final Awards Team Final L3/L4 1st to 3rd place - plaque Team Final L1/L2 1st to 3rd place - medals to each athlete</p>
	<p>Team All Around Awards Team Final L3/L4 1st to 3rd place - plaque Team Final L1/L2 1st to 3rd place - plaque</p>
	<p>Aggregate All-Around – Perpetual Trophy - L3/L4 in all 3 events only awarded to 1st place</p>
IMPORTANT DATES TO REMEMBER	<p>May 19 -- DD Sheets deadline</p>
	<p>May 20 – fee payments & Spreadsheets</p>