

# 2024-2025 WOMEN'S ARTISTIC GYMNASTICS

## DIRECTIVE



**2025 MUSKOKA CLASSIC  
MUSKOKA LIMBERETTES GYMNASTICS CLUB  
JANUARY 31<sup>ST</sup> – FEBRUARY 2<sup>ND</sup>, 2025  
INVITATIONAL AND QUALIFIER**



<b>HOST CLUB</b>	<p>Muskoka Limberettes Gymnastics Club P.O. Box 1844, Bracebridge, ON, P1L 1V8 Phone: (705) 640-0099 Email: <a href="mailto:muskokalimberettes@gmail.com">muskokalimberettes@gmail.com</a> Website: <a href="http://www.muskokalimberettes.com">www.muskokalimberettes.com</a></p>		
<b>MEET DIRECTOR</b>	<p>Shana Handrigan Email: <a href="mailto:muskokalimberettes@gmail.com">muskokalimberettes@gmail.com</a> Phone: (705) 640-0099</p>		
<b>GYMNASTICS ONTARIO LIASON</b>	<p>Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : <a href="mailto:wag@gymnasticsontario.ca">wag@gymnasticsontario.ca</a> Website: <a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a></p>		
<b>VENUE</b>	<p>The Muskoka Limberettes Gymnastics Club  @ The Bracebridge Sportsplex  110 Clearbrook Trail, Bracebridge, ON P1L 0A3</p>		
<b>REGULATIONS</b>	<p>As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals.</p> <p><b>Competition Format:</b> OCP Warm Up</p> <p><b>Scoring Program:</b> KSIS</p> <p><b>Music:</b> Music can be in submitted via the KSIS as part of each athlete's competition registration. All music must be clearly labelled by athlete's name, club, level.</p> <p>For Level 1-5 event, the compulsory music will be provided by host club.</p> <p><b>Awards:</b> For events and all-around: Medals for 1st-3rd, Ribbons for 4th-8th. No bumping of places for ties.</p>		
<b>LEVELS AND AGES</b>	<p><b>Ages 7&amp;8, 9+, Levels 1-9 &amp; Xcel</b></p>		
<b>REGISTRATION</b>	<p>All athletes and coaches must be registered with G.O. for the 2024-2025 season.</p> <p><b>Athlete Registratoin Fee:</b> \$115.00</p> <table border="1" data-bbox="363 1832 1524 2011"> <tr> <td data-bbox="363 1832 710 2011">Registration via KSIS</td> <td data-bbox="710 1832 1524 2011"> <p><b>Registration deadline:</b> October 18th, 2024</p> <p><b>Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to The Muskoka Limberettes Gymnastics Club</b></p> </td> </tr> </table>	Registration via KSIS	<p><b>Registration deadline:</b> October 18th, 2024</p> <p><b>Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to The Muskoka Limberettes Gymnastics Club</b></p>
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	<p><b>*music upload with athlete registration</b>  <b>**all registration changes in KSIS must be made through Meet Director</b></p> <p><b>Payment</b> Cheque or etransfer to limberettes.payments@gmail.com</p> <p><b>Level Changes/ Withdraws</b> Withdraws/changes must be communicated directly to the host club no later than November 22nd, 2024.</p> <p><b>Refunds</b> Refunds, less a \$10.00 administration fee, will be given until November 22nd, 2024. No refunds will be given after this date for any reason.</p>
<b>EQUIPMENT</b>	S/A Sport; Vault table: Janssen-Fritsen; Vault strip 24.5m
<b>HEALTH AND SAFETY</b>	<p><b>First Aid Certified Personnel On-Site.</b></p> <p>We care about the well-being of all gymnasts and families so if you are not feeling well, please stay home.</p> <p>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.</p> <p><i>The Muskoka Limberettes and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i></p>
<b>COACH REQUIREMENTS</b>	<p><b>Coaches must:</b></p> <ul style="list-style-type: none"> <li>- be registered with Gymnastics Ontario for membership</li> <li>- registered in KSIS,</li> <li>- be present with athletes on-site</li> <li>- bring and show their GO Coaching ID provided by Gymnastics Ontario to the competition showing they have up-to-date NCCP requirements for the level of athlete participating to gain access to the competition floor (feild of play).</li> </ul> <p>It is the club’s and individual coach’s responsibility to ensure they have the correct certifications and coaching ID for competition.</p> <p>Please see coaching requirements for floor access:  <a href="http://www.gymnasticsontario.ca/coaching-requirements/">http://www.gymnasticsontario.ca/coaching-requirements/</a></p> <p>Provincial Coaches: must be NCCP Competition 1 (Introduction) Trained, MED, Safe Sport and up to date Risk Management certification (Respect in Sport) to be eligible for the competition floor.</p> <p>National Coaches: must be minimum NCCP Competition 2 (Intro Advanced) Trained in addition to the provincial coach requirements to be eligible for the competition floor.</p> <p>If need to request a coaching ID please visit the GO website:  <a href="https://www.gymnasticsontario.ca/digital-coach-id-information/">https://www.gymnasticsontario.ca/digital-coach-id-information/</a></p>

**ADMISSIONS**

Admissions payments are cash only.

	1 Day Pass	2 Day Pass	3 Day Pass
<b>Adult: 18 years of age &amp; older</b>	\$10	\$15	\$20
<b>Senior: 55 years of age &amp; older</b>	\$5	\$8	\$12
<b>Student: 11 to 17 years of age</b>	\$5	\$8	\$12
<b>Children: 6 to 10 years of age</b>	\$3	\$5	\$7
<b>Children: 5 &amp; Under</b>	Free	Free	Free

*All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.*

**ACCOMMODATIONS****Residence Inn by Marriott**

<https://www.marriott.com/reservation/rateListMenu.mi?scid=b661a3c4-9c47-48c8-9e13-75b66089dd79&dclid=CK-7lFTP4POCFZD4wAod0goAyg&defaultTab=prepay>

285 Steamship Bay Road, Gravenhurst

Phone: 705-687-6600

**Quality Inn**

<http://www.choicehotels.ca/en/quality-inn-bracebridge-hotel-cna53>

300 Ecclestone Drive, Bracebridge

Reservations: 1-800-461-4474

Phone: 705-645-8775

**Travelodge**

<http://travelodge.ca/property/travelodge-bracebridge>

320 Taylor Road, Bracebridge

Reservations: 1-888-695-5885

Phone: 705-645-2235

**Sleep Inn**

<https://www.choicehotels.com/ontario/bracebridge/sleep-inn-hotels/cn363?mc=llyxcncnbl&pmf=canada>

510 Muskoka Road 118 West, Bracebridge

Phone: 705-645-2519

The participants must pay for their accommodation costs.

**Additional accommodation info will be updated on our website as it becomes available.**

**VENDORS**

Jagwear

@jagwearleotards

**SOCIAL MEDIA**

**Facebook:** @gymnasticsontario

**Instagram:** @gymnasticsontario, @muskokalimberettes #muskokaclassic

**Hashtags:** #wagquaiifiers, #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique

#gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor

#balancebeam #unevenbars

**TOURISM & ADDITIONAL INFORMATOIN**

**PLEASE NOTE:** The competition will take place in the Muskoka Limberettes Gym. Competitors are asked to enter through the **NORTHEAST** door (the pool entrance)

**PARKING:** The Sportsplex is a busy spot and parking will be tight. Parking is at the **NORTHEAST** end of the building. Please do not park in the High School parking lot or on the road.

**The Bracebridge Sportsplex is a "SHARED" community facility and meet patrons are asked to respect this and act accordingly.**