

# 2024-2025 WOMEN'S ARTISTIC GYMNASTICS

## DIRECTIVE



**FEBRUARY 27-MARCH 2, 2025**  
**GYMNASTICS ENERGY**  
**GREEN ENERGY CHALLENGE-**  
**"SAVE THE RAINFOREST"**



<b>HOST CLUB</b>	Gymnastics Energy 333 Ontario Street, Unit A5 St. Catharines, ON 905-685-9248 <a href="http://www.gymnastics.energy">www.gymnastics.energy</a>
<b>MEET DIRECTOR</b>	Tracy Feduck/Paige Norton <a href="mailto:meetdirector.energy@gmail.com">meetdirector.energy@gmail.com</a> 905-685-9248
<b>GYMNASTICS ONTARIO LIASON</b>	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>
<b>VENUE</b>	<b>Gymnastics Energy</b> 333 Ontario Street, Unit A5 St. Catharines, ON L2R 5L3 905-685-9248
<b>REGULATIONS</b>	<b>As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals.</b>  <b>Competition Format:</b> OCP Warm Up  <b>Scoring Program:</b> KSIS  <b>Music:</b> Music must be submitted via KSIS as part of each athlete's competition registration. All music must be clearly labelled by athlete's name, club, level.  For Level 1-5 event, the compulsory music will be provided by host club.  <b>Awards:</b> Medals 1-3, Ribbons 4-8, no breaking of ties
<b>LEVELS AND AGES</b>	Level 1-5 Ages 7 Level 1-5, Ages 8+ Level 6-9, Ages 9+ Xcel Ages 7+ Qualifying Competition for Level 3-9 (Ages 9+)
<b>REGISTRATION</b>	All athletes and coaches must be registered with G.O. for the 2024-2025 season.  <b>Athlete Registratoin Fee: \$120 for OCP &amp; XCEL</b>  <b>Coaches Fee: Free</b>

	<b>Registration via KSIS</b>	<b>Registration Deadline: December 6, 2024</b>  <i>Once athlete is entered into KSIS competition they are <b>considered registered</b> and corresponding payment must be remitted to <b>Gymnastics Energy</b>.</i> <i>*music upload with athlete registration</i> <i>**all registration changes in KSIS must be made through Meet Director</i>
	<b>Payment</b>	<b>Deadline for receipt of Payment : January 10, 2025</b> Payment by Cheque to Gymnastics Energy or by credit card by calling the office during office hours. <b>We regret the we are UNABLE to take e-transfers.</b>
	<b>Level Changes/ Withdraws</b>	Withdraws/changes must be communicated directly to the host club <b>by January 10, 2025</b> . <u>No exceptions.</u>
	<b>Refunds</b>	No refunds will be permitted after January 10, 2025
<b>EQUIPMENT</b>	Spieth America - 1 full set of equipment Vault landing is a pit landing- raised 5cm.	
<b>HEALTH AND SAFETY</b>	<b>First Aid Certified Personnel On-Site.</b>  We care about the well-being of all gymnasts and families so if you are not feeling well, please stay home.  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.  <i>Gymnastics Energy and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i>	
<b>COACH REQUIREMENTS</b>	<b>Coaches must:</b> - be registered with Gymnastics Ontario for membership - registered in KSIS - be present with athletes on-site - 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 (field of play).  It is the club's and individual coach's responsibility to ensure they have the correct certifications and coaching ID for competition.  Please see coaching requirements for floor access: <a href="http://www.gymnasticsontario.ca/coaching-requirements/">http://www.gymnasticsontario.ca/coaching-requirements/</a>  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.  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.	

If need to request a coaching ID please visit the GO website:  
<https://www.gymnasticsontario.ca/digital-coach-id-information/>

**ADMISSIONS**

**Payment is CASH ONLY please:**

<i>Cups and Qualifiers</i>	
<b>Regular Admission: 12 years of age &amp; older</b>	\$15
<b>Senior: 55 years of age &amp; older Children: 6-12 years of age</b>	\$5
<b>Children: 5 &amp; Under</b>	Free

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

**ACCOMMODATIONS**

Holiday Inn and Suites, St. Catharines  
 327 Ontario Street,  
 St. Catharines, ON  
 (905) 688-2324

The participants must pay for their accommodation costs.  
**PLEASE TELL THEM YOU ARE COMPETING AT GYMNASTICS ENERGY.**

**VENDORS**

Jagwear – Gymnastics Apparel & Hoodies

Kinetic Captures Photography- Complimentary Photo Package available as part of the athlete gift.

**SOCIAL MEDIA**

**Facebook:** @gymnasticsontario, @gymnastics.energy.stc

**Instagram:** @gymnasticsontario, @gymnastics.energy.stc

**Hashtags:** #wagquaifiers #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.

**TOURISM & ADDITIONAL INFORMATOIN**

**Directions to Competition Site**

Toronto: Take the QEW Fort Erie bound to Exit #47, Ontario Street, St. Catharines. Turn Right off the exit and proceed 1 KM. The gym is on the Right-hand side of the road behind the Tim Horton's.

**Map:** <https://goo.gl/maps/Q1dq2gZX8WonaWFf8>

**Ample On-site free parking**

**St. Catharines, Ontario (part of the Niagara Region)**

<https://lovestc.ca/>

<https://www.visitniagaracanada.com/>

<https://www.niagarafallstourism.com/play/>