

2024-20245 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



START YOUR ENGINES ODP JANUARY 25-26, 2025



GET THE NEW YEAR STARTED OFF RIGHT!!
JOIN US IN A RACE TO START THE SEASON WITH A BANG!!



Updated July 29, 2024

HOST CLUB	ASF Gymnastic Club 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6 Phone: (905) 780-0913 Website: https://sites.google.com/view/asf2025/		
MEET DIRECTOR	Ron Ophir / TBC asfcompetitions@gmail.com Phone: (905) 780-0913		
GYMNASTICS ONTARIO LIAISON	Audra Sederavicius, Women's Program Manager Phone: (647) 598-0982 E-mail: wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca		
COMPETITION VENUE	ASF Gymnastics Club (host club) 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6 Parking: Please respect parking signs and directions. Neighboring businesses are open weekends.		
REGULATIONS	<p>As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals.</p> <p>Warm-up Format: ODP standard warm-up.</p> <p>ODP Awards: ODP 6 year old athletes will receive a participation certificate and medal. A record of performance (score sheets) will be provided to the coaches. ODP 7+ year old athletes will be awarded a gold, silver, bronze or merit medal for their all-around achievement. A participation certificate will be awarded. Fun athlete gifts for all participants.</p> <p>Coaches: Coaches will be treated to all-day healthy buffet with great food and varied beverage options. Please inform host club with dietary restrictions. Coaches' draw every session.</p>		
LEVELS AND AGES	ODP A/B, Level 1-5, Ages 6+		
REGISTRATION	All athletes and coaches must be registered with G.O. for the 2024-2025 season. Registration Fees: \$115 per athlete \$15 per coach <table border="1" data-bbox="352 1756 1485 2007"> <tr> <td data-bbox="352 1756 608 2007">Registration & Deadline</td> <td data-bbox="608 1756 1485 2007"> Registration via KSIS: https://rgform.eu/event.php?id_prop=6971 Registration Deadline: November 15, 2024 Registration is on a first-come first-serve basis. For registrations <u>after</u> the deadline, please email us directly for availability (\$25 late registration fee, if spots available). <i>Gymnastics Ontario guidelines: Once athlete is entered into KSIS competition they are considered registered and corresponding payment must be remitted to club.</i> </td> </tr> </table>	Registration & Deadline	Registration via KSIS: https://rgform.eu/event.php?id_prop=6971 Registration Deadline: November 15, 2024 Registration is on a first-come first-serve basis. For registrations <u>after</u> the deadline, please email us directly for availability (\$25 late registration fee, if spots available). <i>Gymnastics Ontario guidelines: Once athlete is entered into KSIS competition they are considered registered and corresponding payment must be remitted to club.</i>
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EQUIPMENT	Spieth America										
CODE OF CONDUCT	<p>Aggressive behaviour is not accepted and will not be tolerated. Anyone displaying aggressive or disruptive behaviour, or refusing to adhere to health and safety guidelines, will be asked to leave the premises. If warranted, the police will be contacted.</p>										
HEALTH AND SAFETY	<p>First Aid Certified Personnel On-Site.</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>Coaches are responsible for the behaviour of their athletes and parents. Any form of aggression will not be tolerated.</p> <p><i>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></p>										

ASF Gymnastics Club and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

COACH REQUIREMENTS

Coaches must:

- 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:
<http://www.gymnasticsontario.ca/coaching-requirements/>

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/>

SPECTATORS & ADMISSIONS

NOTE: In adherence with fire regulations capacity, athletes of the next session will be admitted only at the start of their onsite registration period; spectators for the next session will be admitted only after the previous session competition ended.

ADMISSION FEES - CASH ONLY	1 Day	2 Days	3 Days
Adult/Teen Ages 13 to 54)	\$10	\$15	\$20
Adult Ages 55+	\$5	\$8	\$10
Child 3-12 years of age	\$5	\$8	\$10
Child under 3 y/o	<i>free</i>	<i>free</i>	<i>free</i>
Family of 4 (up to 2 adults/teens)	\$25	\$40	\$50
<i>All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</i>			

“Best Seat in the House” raffle: buy your raffle ticket(s) and get a chance to sit close to the action, while you dine on tasty food and drinks.

FOOD & BEVERAGES

Snack bar available on site throughout the competition with a wide selection of food and beverages. **CASH ONLY.**

Outside food and drinks are not permitted, with the exception of reusable water bottles.

SOCIAL MEDIA

Instagram: @gymnasticsontario, @ASFGymnastics
Facebook: @gymnasticsontario, @ASFGymnastics

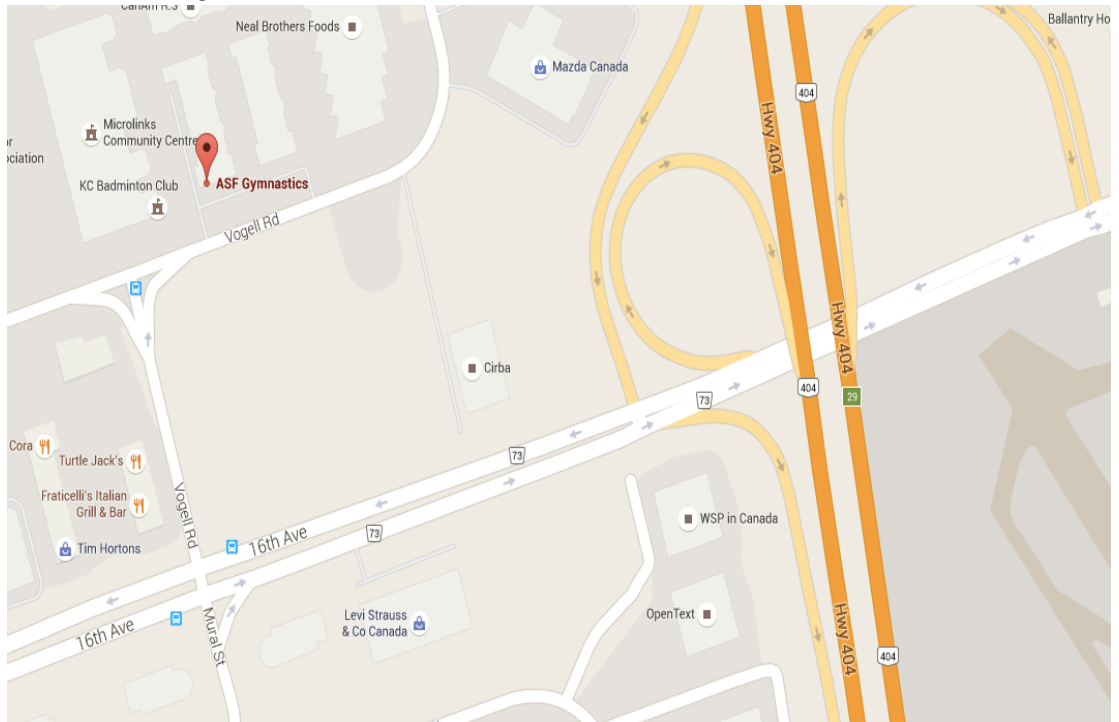
Hashtags: #ODP #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.

ACCOMMODATIONS

The participants must pay for their accommodation costs.

**ADDITIONAL
INFORMATOIN**

Location of Competition Venue:



Directions from south via Highway 404

Take 404 North to 16th Avenue. From interchange, take a right (west) onto 16th Avenue West (right). At the second traffic light, take a right onto Vogell Road going north. At the stop sign, veer to the right to stay on Vogell Rd. Venue located at 2nd driveway on left (building 40, unit #32).

Note: ongoing construction at the intersection of Hwy 404 and 16th Avenue. Please drove safely.

Parking @ ASF

