

# 2024-2025 WOMEN'S ARTISTIC GYMNASTICS

## DIRECTIVE



INVITATIONAL  
**MAY 16-18/25**  
**CORNWALL GYMNASTICS CLUB**  
**1<sup>ST</sup> ANNUAL LEMONADE SPLASH**



<b>HOST CLUB</b>	Cornwall Gymnastics Club PO Box 1941, 525 Boundary Road Cornwall, ON K6H 6N7 (613)933-4356 <a href="http://www.cornwallgymnasticsclub.ca">www.cornwallgymnasticsclub.ca</a>
<b>MEET DIRECTOR</b>	Lisa Virtue <a href="mailto:cgcmeet@gmail.com">cgcmeet@gmail.com</a> (613)933-4356
<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>	Cornwall Gymnastics Club PO Box 1941, 525 Boundary Road Cornwall, ON K6H 6N7 (613)933-4356
<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 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.  For Level 1-5 event, the compulsory music will be provided by host club.  <b>Awards:</b> For Events and Around (1st to 3rd medals, 4th to 8th Ribbons). No bumping of places for ties. Special Awards for Vault, Bars, Beam and Vault
<b>LEVELS AND AGES</b>	Level 1-5 Invitational (Ages 7+)/Qualifier Level 3-9 (Ages 9+) Xcel Bronze, Xcel Silver, Xcel Gold (Ages 7+)
<b>REGISTRATION</b>	All athletes and coaches must be registered with G.O. for the 2024-2025 season. <b>Athlete Registration Fee: \$130.00</b> Day 2 of Competition is Event Finals. Two flights with the top athletes of compulsory level 3-5 athletes, flight 2 top athletes from level 6-9 competing in event finals as a club

<b>Registration via KSIS</b>	<p><b><i>Once athlete is entered into KSIS competition they are considered registered and corresponding payment must be remitted to Cornwall Gymnastics Club</i></b></p> <p><i>*music upload with athlete registration</i></p> <p><i>**all registration changes in KSIS must be made through Meet Director</i></p>
<b>Payment</b>	<p><b>Registration Deadline:</b> April 16th, 2025 or until meet is full</p> <p><b>Method of Payment:</b> Cheque (Payable to Cornwall Gymnastics Club) or e-transfer to <a href="mailto:payablecgc@gmail.com">payablecgc@gmail.com</a>. Excel spreadsheet must be accompanied along with registration form to the Meet Director.</p>
<b>Level Changes/ Withdraws</b>	Withdraws/changes must be communicated directly to the host club
<b>Refunds</b>	<b>There will be no refunds or level Change after April 16, 2025 (except with a medical letter from physician)</b>

**EQUIPMENT**

Spieth America – 1 full set of equipment

**HEALTH AND SAFETY**

**First Aid Certified Personnel On-Site.**

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.

*Cornwall 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 (filed 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/>

**ADMISSIONS**

<i>Cups and Qualifiers</i>	<b>1 Day Pass</b>	<b>2 Day Pass</b>	<b>3 Day Pass</b>
<b>Adult: 18 years of age &amp; older</b>	\$8	\$13	\$18
<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**

Best Western  
 1515 Vincent Massey Dr  
 Cornwall, ON  
 K6H 5R6  
 (613) 932-0451  
 The participants must pay for their accommodation costs.

**VENDORS**

Vendors to be confirmed

**SOCIAL MEDIA**

**Facebook:** @gymnasticsontario, @cornwallgymnasticsclub  
**Instagram:** @gymnasticsontario, @cornwall\_gymnastics\_club  
**Hashtags:** #wagquaifiers #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.

**TOURISM & ADDITIONAL INFORMATOIN**

Cornwall, Ontario  
[www.choosecornwall.ca](http://www.choosecornwall.ca)  
[www.whereontariobegan.com](http://www.whereontariobegan.com)

Directions from Ottawa  
<https://bit.ly/2HpEJcU>

Directions from Toronto:  
<https://bit.ly/2JkPSxd>

**Parking is available on the north and south side of the building.**