

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



EPIC Adventures in Wonderland

MAY 17TH & 18TH, 2025

INVITATIONAL

LEVELS 1-5 (7+), XCEL (7+, MASTERS) & ODP



HOST CLUB	EPIC Gymnastics 10 Robertson St. Port Hope, ON L1A 1E9 905-800-0094 epicgym.ca
MEET DIRECTOR	Cassandra McColl meetdirector@epicgym.ca 905-800-0094
GYMNASTICS ONTARIO LIASON	Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
VENUE	EPIC Gymnastics 10 Robertson St. Port Hope, ON L1A 1E9 905-800-0094
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals. Competition Format: OCP Warm Up Scoring Program: KSIS Music: Music can be 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, the compulsory music will be provided by host club. Awards: Medals for 1-3, Ribbons for 4-8. Overall awards for every place. Small awards groups, special awards, and team awards.
LEVELS AND AGES	XCEL (7+, Masters) Levels 1-5 (7+) ODP

REGISTRATION	<p>All athletes and coaches must be registered with G.O. for the 2024-2025 season.</p> <p>Athlete Registration Fee: \$120 Coaches Fee: \$15</p> <p>Registration via KSIS Deadline to enter February 17th, 2025</p> <p><i>Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to EPIC.</i></p> <p><i>*music upload with athlete registration</i> <i>**all registration changes in KSIS must be made through Meet Director</i></p> <p>Payment: Due in full before February 28th, 2025 E-transfer only, sent to info@epicgym.ca, no password required</p> <p>Level Changes/Withdraws: Withdraws/changes must be communicated directly to the host club Refunds: No refunds after February 28th, 2025, unless accompanied by a doctor's note. There will be no refunds for any reason after April 30th, 2025.</p>
EQUIPMENT	<p>Spieth America - 1 full set of equipment</p> <p>Please note: Short vault runway, runway can be extended to full length if needed by opening gate (please notify host).</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>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>EPIC Gymnastics and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i></p>

COACH REQUIREMENTS	<p>Coaches must:</p> <ul style="list-style-type: none"> - 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). <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: http://www.gymnasticsontario.ca/coaching-requirements/</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: https://www.gymnasticsontario.ca/digital-coach-id-information/</p>																		
ADMISSIONS	<p>**Cash Only**</p> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">1 Day Pass</th> <th style="text-align: center;">2 Day Pass</th> </tr> </thead> <tbody> <tr> <td>Adult: 18 years of age & older</td> <td style="text-align: center;">\$10</td> <td style="text-align: center;">\$15</td> </tr> <tr> <td>Senior: 55 years of age & older</td> <td style="text-align: center;">\$7</td> <td style="text-align: center;">\$10</td> </tr> <tr> <td>Student: 11 to 17 years of age</td> <td style="text-align: center;">\$7</td> <td style="text-align: center;">\$10</td> </tr> <tr> <td>Children: 6 to 10 years of age</td> <td style="text-align: center;">\$5</td> <td style="text-align: center;">\$8</td> </tr> <tr> <td>Children: 5 & Under</td> <td style="text-align: center;">Free</td> <td style="text-align: center;">Free</td> </tr> </tbody> </table> <p><i>All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</i></p>		1 Day Pass	2 Day Pass	Adult: 18 years of age & older	\$10	\$15	Senior: 55 years of age & older	\$7	\$10	Student: 11 to 17 years of age	\$7	\$10	Children: 6 to 10 years of age	\$5	\$8	Children: 5 & Under	Free	Free
	1 Day Pass	2 Day Pass																	
Adult: 18 years of age & older	\$10	\$15																	
Senior: 55 years of age & older	\$7	\$10																	
Student: 11 to 17 years of age	\$7	\$10																	
Children: 6 to 10 years of age	\$5	\$8																	
Children: 5 & Under	Free	Free																	
ACCOMMODATIONS	<p>Hampton Inn by Hilton 80 Henderson Street, Port Hope, ON L1A 2G3</p> <p>Comfort Inn Port Hope Route 2211 County Road 28, Port Hope, ON L1A 3V6</p> <p>The participants must pay for their accommodation costs.</p>																		
VENDORS	<p>TBA</p>																		
SOCIAL MEDIA	<p>Facebook: @gymnasticsontario, @EPIC.Gym.Dance Instagram: @gymnasticsontario, @epic_gym_dance Hashtags: #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.</p>																		

**TOURISM &
ADDITIONAL
INFORMATOIN**

Lots of on-site parking, as well as many local free lots within walking distance.

EPIC is located in beautiful, historic downtown Port Hope; you may recognize it as the setting for the recent IT movies! While visiting, please make sure to browse the unique downtown shops, and dine at any of the local restaurants—you're sure to find a new favourite. (We recommend our neighbour Olympus Burger, featured on "You Gotta Eat Here")

On Saturday, the local Farmer's Market is located right across the street!