

2023 CANADA WINTER GAMES

FEBRUARY 18-25, 2023

PEI

BULLETIN #1

**all information in Bulletin #1 is subject to change and will be confirmed in Bulletin #2*

COMPETITION INFORMATION

This information and forms have been shared with clubs and are posted on the Uplifter Registration pages. Please make sure you read all the material including the Technical Packages.

More information such as competition schedules, bus schedules etc. will be shared with team directly.

DATES:

- February 17: Travel from Toronto (Pearson) to PEI and Athlete's Village
- February 18: Pep Rally & Opening Ceremonies
- February 18-19: Training
- February 20-25: Competition
- February 26: Travel from PEI to Toronto

[COMPETITION SCHEDULE](#) – Monday, February 20- Friday, February 24.

* specific training and competition schedule are TBC

VENUE:

Artistic Gymnastics	Trampoline
Norton Diamond Soccer Complex 21 Myrtle Street, Stratford PE, C1B 1P4	Eastlink Centre 46 Kensington Rd, Charlottetown, PE C1A 5H7

RULES:

For rules, competition and warm-up format etc. Please see the CWG Technical Package and Gymnastics Canada manuals:

[Artistic Gymnastics – Technical Package](#)

Women's Artistic

CCP Level 10 (2022-2026 USAG Development Program - Code of Points – Optional)

Team Format 6-6-4

Men's Artistic

The following will govern the competition (MAG):

- Current GymCan MAG Program Technical Regulations
- Current FIG Code of Points and current updates/newsletters/clarifications
- The Canada Games rules will be those set for the Open category in effect for the 2023 Canadian Championships with the following supplemental additions:
 - In preliminary competition only 1 vault will be performed
 - In event finals only 1 vault will be performed.
 - Gymnasts will have the option of 125 cm to 135 cm vault table height
 - Gymnasts will have the option of lowering the Pommel Horse, or using a beat board to mount the apparatus
- The 2022-2024 FIG Code of Points for situations not covered by the first two documents

Team Format: 6-6-4

Individual All-Around Final (CII) (Max 3 per Province/Territory)

Apparatus Finals (CIII) (Max 2 per Province/Territory)

Trampoline – Technical Package

EQUIPMENT:

Artistic Gymnastics - Spieth Anderson
Trampoline – TBC

MEDICAL:

Onsite medical services will be available and include taping and ice. There is also an all-in-one Medical Polyclinic (medical doctors, physiotherapy, massage therapy, mental health support, chiropractic, nursing and limited pharmacy). More information to come but please note that non-urgent appointments must be booked (phone, online or in-person). Athlete must be with coach/manager and athletes must provide Provincial Health Card.

Open 7am-11pm daily.

WEBSITE:

2023 Canada Winter Games (CWG) <https://www.2023canadagames.ca/>

Clubs must confirm spot by registering through Gymnastics Ontario Uplifter and CWG Gem Pros (as per “Registration” section below).

ONTARIO DELEGATE INFORMATION

DELEGATION:

Team Coach/Managers are responsible for the supervision of the athletes at all times /for the entire duration of the event (including, curfews, meals, homework and team activities etc.).

All athletes must be responsible and communicated with the team coach/manager at all times.

Any Personal Coaches can attend as a spectator but will not receive accreditation and/or be allowed on the training and competition floor.

Team Ontario will be made up of the following teams:

MAG

Athletes: 6 athletes. **One (1)** non-travelling alternates will be named. Additional alternates will be identified for a long list.

Team Coach/Manager: 2 Team Coach/Manager per team will be selected. (one Coach/Manager must be male).

WAG

Athletes: 6 athletes. Two (2) non-travelling alternates will be named. Additional alternates will be identified for a long list.

Team Coach/Manager: 2 Team Coach/Manager per team will be selected. (one Coach/Manager must be female).

Judges: 3 as selected by committee

Trampoline

Athletes: Two (2) female and two (2) male athletes. Two (2) female and two (2) male non-travelling alternates will be named. Additional alternates will be identified for a long list.

Team Coach/Manager: 2 Team Coach/Manager per team will be selected (1 female/1 male).

Judges: 1 as selected by committee

COACHING

CERTIFICATIONS:

Team Coaches – Coaching Certifications

Artistic (MAG/WAG) - must be fully certified Competition 3 (Development Context) under the National Coaching Certification Program (NCCP) or have exemption from Gymnastics Canada.

Trampoline - must be NCCP Level 3 Certified in Trampoline, or NCCP Competition 3 (Development) Certified in Trampoline.

All coaches must be certified not later than 90 days before the opening of the Games (February 18, 2023).

Respect in Sport

Note: may need to complete again if done over 4 years ago and/or weren't at last CWG (2019). Sport teams with staff who have completed a sport-specific RIS training through your PSO can provide the completion certification information to your mission staff.

[Canada Games Coaching](#) (Locker - elearning module)

There is an **e-module** in the Locker to support the professional development of current and prospective coaches at the Canada Games:

For the majority of coaches, the Canada Games will be their first multi-sport Games experience of their careers. The new Canada Games eLearning module educates coaches about the dynamics of coaching at multi-sport events and is available for free to all coaches on [The Locker](#).

Coaches who complete the module will develop the skills and confidence necessary to navigate the multi-Games experience while optimizing the performance of their athletes or teams. They will also receive professional development points towards the maintenance of their NCCP certification.

TRANSPORTATION:

Flights are being booked by the Canada Winter Games Council – Team Ontario. **All delegates must travel with and utilize the departure and return fights.** Flight information will be communicated once it has been received but here is some general information:

[Departure from Toronto \(Pearson\) to PEI – February 17](#)

[Departure from PEI to Toronto \(Pearson\) - February 26](#)

Reminder: Athletes and Team Coach/Managers must use the flights above and will not be able to deviate from the above travel itinerary.

If you are travelling over 300kms one way to Pearson, travel subsidy may be available. Please contact the Discipline Program Manager as soon as possible if you require information on the subsidy policy.

Luggage Allowance: 1 carry-on, 1 personal bag, 1 checked bag.

Specialized CWG luggage tags will be provided by the CWG and required for checked bags.

On-site transportation to and from the airport and from the athlete village to the competition venue will also be provided. On-site transportation to and from athlete village and competition venue is based on training and competition schedule as per Sport Transportation Schedule. (ie. athletes and coach transportation arrival is 45 min prior to training or competition and departure is 30 min after training or competition).

ACCOMMODATIONS: All delegates will receive accommodation at in the UPEI (athlete's village). Please note only accredited CWG persons are allowed in the athlete village and the accommodations.

New bedding (sheets, blanket, pillow) and towels are being provided. Towels can be exchanged during the week.

MEALS:

Meals will be provided. There are scheduled meal times and a ‘grazing’ menu throughout the day. Dining hall capacity is 700 so coats and bags must be checked before entry.

- Participants with dietary restrictions will include that information in their registration.
- Participants with specific dietary needs will be able to identify themselves in the dining hall for specific foods

Venue Food Services

TG - The Eastlink Centre does have venues with meal feeding on-site. Venue dates and times for each sport will be shared the first week of January. All venues will have water, gatorade, energy bars and selection of fruit available in the athlete break areas.

MAG/WAG – Norton Diamond Soccer Complex is a venue with boxed lunches. All box lunches must be pre-ordered 48 hours in advance using the Google form (link in Master Participant Menus file). More information coming in January.

Wanda Wyatt Dining Hall Schedule is as follows:	
Breakfast	6:00AM-10:00AM
Lunch	11:00AM-3:00PM
Dinner	4:00PM-8:00PM
Late Dinner (only for team competing)	8:00PM-11:00PM
Grazing is 6AM-11PM every day (during open hours)	
Grazing 3pm-11pm also available at Fox and Cow (capacity 200)	

ACCREDITATION:

Accreditations will be distributed to all registered coaches and athletes upon arrival at the competition venue. The accreditation must be worn to access the venue, ground transportation, meals and the training/competition areas.

TEAM O ATTIRE &

DRESS CODE:

All members of the Ontario delegation are required to wear the CWG Team Ontario tracksuit or jacket at all times. Coaches and Athletes are required to wear Gymnastics Ontario competitive attire on the training and competition floor.

Canada Winter Games – Team Ontario Ceremonial Uniforms:

<p>2in1 winter outer jacket system (shell/puffy) 1 ceremonial/podium jacket 2 long sleeved shirts 2 short sleeved shirts 1 hoodie 1 toque 1 backpack</p>	<p>**Sizing Chart – coming soon</p>
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All Team Ontario participants are required to bring black pants for the Opening or Closing Ceremony (both indoors). In addition to the apparel kit it is recommended to bring your own red and white clothing.

Please note that the CWG Mission Staff has asked that:

- No one wears or posts the uniform until departure day.
- No one exchanges uniforms with other teams until leaving the Games
- Sizes that don't fit can be traded with own teammates or possibly exchanged on-site at CWG.

Gymnastics Ontario Competitive Attire:

Team athletes and coaches will receive training and competition attire from Gymnastics Ontario and Jagwear.

Team Athletes & Coaches - there is no cost (\$0) for team athletes and coaches.

Alternates have the option to purchase the track jacket from Gymnastics Ontario in the Uplifter Products for (\$80 +HST).

<p>CWG Track Jacket/Warm-Up Jacket through GYMNASTICS ONTARIO</p> <p><i><u>*note: this jacket is RED (different then the current GO track jacket)</u></i></p> <p>Sizing done by GO Program Manager onsite at CWG Trial #2.</p>	<p>Ordering must be completed through club's Uplifter account. <i>Pants/leggings are not provided but must be SOLID BLACK (no logos or patterns are permitted).</i></p> <p>Sizing Chart linked in Uplifter.</p>
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<p>Leotards and Singlets through JAGWEAR</p> <p>Sizing as per Jagwear. Sizing Charts/Order Forms (if sizing not done on-site)</p>	<p>Ordering must be completed through Jagwear:</p> <p>Women – 3 competition leotards & 2 training leotards</p> <p>Men – 3 competition singlets, 2 training singlets, 1 shorts, 1 longs.</p>
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TRAINING & REQUIREMENTS:

Training Camp(s) in each discipline will be held and will include a presentation/training with CWG representative.

The following online courses must be completed. More information coming soon:

Anti-Doping CCES e-learning course (all participants).

LEGACY INITIATIVE: The PEI 2023 Canada Winter Games Host Society is pleased to partner with the PEI Literacy Alliance to deliver an athlete donation program in support of children and family literacy in Prince Edward Island.

The donation program encourages all 2023 Canada Games provincial and territorial teams to donate new or gently used books for children ages 0-8 years old.

The PEI Literacy Alliance ensures that literacy barriers are minimized and gaps in services are filled so that all people in PEI reach their highest achievable literacy level.

For more information on the PEI Literacy Alliance please visit their website [here](#).

REGISTRATION INFORMATION

GO REGISTRATION: Club registration must be completed online through Uplifter for all team athletes, coaches and alternates.

WAG: Friday, December 16, 2022 at 12 noon

TG: Monday, December 19, 2022 at 12 noon

MAG: Mid-January, immediately after the tryouts #2 (TBD)

Forms and music must be upload as individual files into each athlete and coach's Uplifter registration. This includes WAG Floor MUSIC. Music file must be MP3 format and titled with athlete's full name, club and level. **See Forms section below.**

Please be sure to collect all appropriate information including all applicable forms (ie. waiver and medical forms). All forms must be **scanned separately** with the athlete's name in the file name and uploaded into each participant's Uplifter registration. If there are issues with uploading please contact the Women's Program Manager immediately.

Upload ONLY ONE (1) document at the time (i.e. DO NOT BUNDLE all documents in a single PDF).

All forms must be received by the deadline above. Do not leave it to the last minute to complete your registration.

For Uplifter Registration, please be prepared for the following:

1. GO Code of Conduct
2. Medical Data Form
3. Team Ontario Code of Conduct Agreement

4. GO Team Coach Roles and Responsibilities Agreement
5. CWG Ceremony Apparel Sizing (TBC – completed at later date)
6. GO Track Jacket - Clubs must purchase tracksuit jackets online here under our [Purchase Products Page](#) with the individual's registration checkout.
7. WAG Floor Music (WAG Only)– uploaded in Uplifter with athlete registration
8. Proof of Completion for Ris, Anti-Doping (when available), e-training

CWG REGISTRATION: How to Register - The 2023 Canada Winter Games registration system (GemsPro) is ready for athletes, coaches, managers, and support people to register themselves in the system. Links to the registration system can be found in the Participant Registration Guide attached.

The “Participant Registration Guide Team O 2023” provides instructions for self-registration. This is linked on the Uplifter Registration page.

Headshots – submit a copy with Uplifter registration. Pictures must clearly identify the people they represent and meet the following guidelines:

- This picture will appear on your accreditation and will be seen publicly.
- No sports head gear or sunglasses.
- Ensure picture is of passport quality (Clear, sharp and in focus. Taken straight on with face and shoulders centered and squared to the camera, eyes open and face clearly visible).

2023 Team O Conduct Team Member Agreement document is also available during the registration process under Provincial/Territorial links. It can also be found on the Uplifter page. Every member must complete this form (including all witness signatures and parental/guardian signatures if required).

Please be sure to complete to the fullest (i.e put food allergies etc. in both personal, medical and food sections).

WITHDRAWS: Please communicate any withdraws to the discipline Program Manager as soon as possible.

ALTERNATES: Alternates can be called anytime up until 48 hours to the team’s departure.

INFORMATION FOR NON-TEAM ONTARIO DELEGATES

PARENTS/FAMILIES: Parents are welcome to go and watch the event but will not be permitted in the athlete village as they are not accredited. Parents and families attending are responsible for making their own travel and accommodation arrangements. For host information such as accommodation etc. please visit the Canada Winter Games website.

Team Ontario supporters wanting to attend the Games/book their accommodations, you can share this link: <https://www.tourismpei.com/where-to-stay> It is recommended they book soon due to capacity.

Supporters Breakfast: This is for all Team Ontario supporters (parents, friends, coaches, managers etc. (not athletes).

7-9am Drop-in breakfast event
RSVP to be distributed closer to games

SOCIAL MEDIA: #GoTeamO
[Instagram](#) @GoTeamOntario
[Facebook](#) Facebook.com/GoTeamOntario