



2023 Team Ontario Eastern Canadian Championships (ECC)

Bulletin #1



May 11-15, 2023

Hosted by Club de gymnastique SherGym

1. Competition Venue

Centre Sportif de l'Université de Sherbrooke Centre sportif Yvon -Lamarche
2500 Bd de l'Université, Sherbrooke, QC, CANADA, J1K 2R1
(819) 821-7575
<https://www.usherbrooke.ca/sport/>

2. Equipment

MAG & WAG: Gymnova
TG: EUROTRAMP ULTIMATE BASE AND EURO 4X4 NEST

3. Schedule

Thursday, May 11, 2023 – arrival. Times TBC.

Friday, May 12, 2023 – training day, technical meeting, adult social
Training for MAG & WAG: 11:00am-2:00pm (times could change)
Training for TG: 12:30pm-3:30pm (times could change)
Technical Meeting: 7:30pm

Saturday, May 13, 2023 – competition (schedule attached)

Sunday, May 14, 2023 – competition and banquet

Monday, May 15, 2023 – departure

4. Team Ontario Eligibility & Selection



MAG:

Athletes will be selected from Ontario Championships. Athletes will be named on-site based on All-Around ranking.

Athletes: Four Team members plus two independents in the following levels and age groups. Age groups are determined as per GymCan Provincial and Elite Pathways.

Provincial Level 3: Age 11-12 and Age 13-17

Provincial Level 4: Age 11-12 and Age 13+

Provincial Level 5: Age 13-16

Aspire: Age 11 to 13

National Open: Age 14+

Team Coaches: One Team Coach per team will be selected (up to 7 in total) Please see team coach responsibilities below. MAG Teams with two or less athletes may share a team coach with another team.

Judges: Two as selected by the Ontario Judging Chairperson

WAG:

Athletes will be selected from Ontario Championships. Athletes will be named on-site based on All-Around ranking (exception Level 9 and 10 athletes will be named from All-Around ranking following the top 6 for Canadian Championships selection).

Athletes:

Teams of 6 athletes per category:

Level 7	Ages 11-12 (Tyro)	Ages 13-14 (Novice)	Ages 15+ (Open)
Level 8	Ages 11-12 (Tyro)	Ages 13-14 (Novice)	Ages 15+ (Open)
Level 9	Ages 11-14	Ages 15+	
Level 10	Ages 12-15	Ages 16+	

Team Coaches: One (1) Team Coach per category will be selected (10 in total). Selection based on club points as per Technical Rules and Regulations, Section F.

Judges: 3 as selected by the Technical Committee

TG

Athletes: Trampoline, Tumbling, and Double Mini Trampoline:

Level 1 - 12 & Under (4 team members per gender).

Level 1 - 13 & Over (4 team members per gender).

Level 2, 3 and 4 (8 athletes per gender: 4 team members, 4 independent).

Coaches: Comprised of personal coaches only

Managers: Club Coaches to Manage Athletes

Judges: 5 as selected by the Technical Committee

Medical: Gymnastics Ontario will provide two athletic therapists



5. Coach Certification

WAG:

All registered coaches must be at minimum certified NCCP Competition 1 (Introduction)

MAG:

All registered coaches must be at minimum:

- **Provincial Coaches** (i.e. coaches of Provincial Levels 3 to 5 and Aspire athletes) must be Competition 1 (Introduction) Trained in Men's Artistic **and** have Respect in Sport certificate to be eligible for the competition floor.
- **National Coaches** (i.e. coaches of National Open athletes) must have their Competition 2 trained in Men's Artistic in addition to the certifications of a Provincial Coach (described in the paragraph above).

TG:

Trampoline & DMT

- All registered coaches of athletes in Levels 1, 2, or 3, must be at minimum certified NCCP Level 2 in Trampoline or trained Competition 1 in Trampoline.
- All registered coaches of athletes in Level 4 must be at minimum technical NCCP Level 3 in Trampoline or trained Competition 2 in Trampoline.

Tumbling

- All registered coaches of athletes in Levels 1, 2, or 3, must be at minimum certified NCCP Level 2 (Trampoline or Artistic) or trained Competition 1 (Trampoline or Artistic).
- All registered coaches of athletes in Level 4 must be at minimum technical NCCP Level 3 (Trampoline or Artistic) or trained Competition 2 (Trampoline or Artistic).

Please Note:

All registered coaches must be approved and assigned by their province.

All exemption requests are the responsibility of each province. Contact your Program Manager immediately if you need to apply for an exemption.

6. Team Coaches (MAG & WAG)

Named Team Coaches will be partially funded by Gymnastics Ontario (registration, accommodations/meal package). Team Coaches will be responsible for obtaining and paying for all travel costs. Please note that a shuttle is provided between the residence and the competition venue.

Team Coach Responsibilities:

- Minimum age of 21
- Full knowledge of all technical rules and routine requirements/sheets
- Attend training camp
- Anything related to team training and competition (team warm up, setting the



competition order of passage, score inquiries etc.)

- Tagging in/out with personal coaches (follow 2 coaches per province rule)

Any club who does not send a coach or manager to coach on the floor and or supervise their athlete(s) must make arrangements with another club to do so, otherwise this athlete(s) will not be permitted to register or attend.

7. Club Managers

2023 Eastern Canadian Championships is a club-run event. Clubs are responsible for their own athletes at all times. Clubs have the option for their club coach to be responsible for the athletes, or they may register a club manager to be responsible for the athletes. These managers will have accreditation but will not have access to the field of play unless they are also an accredited coach and follow the maximum two coaches per Province rule (MAG & WAG only). Coaches and/or managers who are responsible for athletes are expected to stay on-site at Bishop's University with the athletes. A club manager must be at least 21 years of age.

All Clubs are responsible for the supervision of their athletes at all times throughout the event (including the banquet).

8. Responsible Coaching Movement

All clubs should abide by the [Responsible Coaching Movement \(RCM\)](#). The RCM is a movement established by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport. It invites coaches and sport organizations to learn and apply safety principles. The goal of the movement is to create a sport environment that is Safe, Smart, and Secure. The Responsible Coaching Movement has three pillars: the Rule of Two, Background Screening, and Ethics Training.

The Rule of Two calls for two responsible adults to be present around a participant. This ensures that communications and interactions are open, observable, and justifiable. When traveling, there should always be two adults with a participant or participants. Communication should be sent to a group or include parents/guardians and not one-on-one with a participant.

Background Screening means all coaches and sport organization leaders should be screened to ensure they meet requirements. This can include criminal record checks, interviews, and reference checks.

Ethics training is an excellent way for individuals to expand their knowledge and awareness of important topics. Coaches and sport organization leaders can equip themselves to identify and respond to the legal, ethical, and moral implications of difficult situations in sport.



9. True Sport

Team Ontario and its members are expected to follow all True Sport Principles. Please be sure all members are familiar with these principles. True Sport information is attached.

10. Respect in Sport

All coaches and club managers are required to complete Respect in Sport. For those who do not have a digital coaching ID you will need to provide a copy of your Respect in Sport certificate.

If coaches/club managers have not yet completed this online course, please see below.

Go to the [Respect in Sport landing page](#).

In order to access the Respect in Sport (for **Activity Leaders**) course, Ontario coaches will be required to select their Province and Association, as well as enter a Program Code (Pre-Registration Code: GO-K9F3M7V).

If coaches do not follow the attached instructions, they will be prompted to pay for the online training.

For questions about your Respect in Sport account or accessing the course, contact the Respect Group Inc. directly for assistance: info@respectgroup.com

11. Dress Code

All members of the Ontario delegation (including personal coaches) are required to follow Gymnastics Ontario's Dress Code (as per Technical Rules and Regulations, Section E & F) and to wear the Team Ontario jacket and PLAIN BLACK PANTS (no logos, design, etc.). Pants/leggings are not included so athletes and coaches are required to get/can use their own.

The Team Ontario jacket is the same as last year. Team Ontario jackets must be ordered through the club's Uplifter account and will be mailed from the Gymnastics Ontario office to each club address.

All athletes are required to wear the Team Ontario competitive attire. Competition attire will be mailed from Jagwear to each club (if more than one uniform) or to athlete's home (if only one uniform).



12. Socials

Welcome Social for Coaches and Judges: Friday, May 12

- athletes must have supervision at accommodations while coaches are at the social.

Banquet for Athletes: Sunday, May 14

- athletes must be supervised by club coach/manager

13. Accommodations & Meals Package and Shuttles

Athletes, Coaches and Judges will be provided with an all-inclusive format at the 2023 Eastern Championships from arrival on Thursday, May 11, 2023 until departure on Monday, May 15, 2023. All delegations will be accommodated at Bishop's University residences. Meals are also included in the package from Thursday evening dinner until breakfast on Monday.

The fees also cover the Banquet participation, shuttle services (athletes and coaches as judges are walking distance), an event T-Shirt, a souvenir gift and several other activities (weight room, yoga class, free swim, athletes' village activities, etc.)

14. Registration & Fees

Club registration must be completed online through Uplifter (via your club's administrator account/login).

Please be sure to collect all appropriate information and forms (ie. waiver and medical forms) from coaches and athletes and check they are filled out completely prior to submitting them via Uplifter as per the information below:

For MAG, please go to: [Uplifter MAG Eastern Championships](#)

Forms - please scan each form separately with the person's name in the file name and upload into each participant's Uplifter registration. Please do not bundle forms. If there are any issues with uploading files please contact the Women's Program Manager at wag@gymnasticsontario.ca.

Deadline: **Thursday, April 27, 2023 12:00 noon.**

For WAG, please go to: [WAG Eastern Canadian Championships](#)

Forms - please scan each form separately with the person's name in the file name and upload into each participant's Uplifter registration. Please do not bundle forms. If there are any issues with uploading files please contact the Women's Program Manager at wag@gymnasticsontario.ca.

Deadline: **Thursday, April 27, 2023 12:00 noon.**

For TG, please go to: [TG Eastern Canadian Championships](#)

Forms - must be scanned and emailed back to the TG Program Manager



(tnt@gymnasticsontario.ca) by the deadline. One pdf document for all delegates from a club is preferred.

Deadline: **Monday, April 10, 2023, 5:00PM.**

To Register, please be prepared for the following:

- 1) Registration will be completed in Uplifter
- 2) Fees to be paid directly through Uplifter
- 3) Requested size for Gymnastics Ontario coach shirts through Uplifter
- 4) Clubs must purchase tracksuit jackets online through Uplifter, here under our [Purchase Products Page](#) with the individual's registration checkout
 - pants/leggings are not included so athletes require any to get/can use their own pants provided they are solid black (no logo/designs) in addition to the jacket
 - * recommend that track jackets are completed at the same time, same invoice as the individual registration check-out
- 5) Easterns Athlete and Coach Waiver Forms (see discipline instructions for submission)
- 6) GCG Athlete and Coach Medical Waiver Form (see discipline instructions for submission)
- 7) GO Waiver & Code of Conduct form
- 8) Team Coaches – GO Roles and Responsibilities Agreement
- 9) All Coaches (Personal and Team) and Club Managers – Respect in Sport
- 10) All Coaches (Personal and Team) and Club Managers – Police Check (valid in the past 12 months)
 - here is an option to use [mybackcheck](#) if needed

Please note: For WAG participants all floor music must be submitted in mp3 format via athlete's Uplifter registration, no later than Thursday, April 27 at 12:00noon.

Breakdown of Fees:

	Athletes	Team Coaches	Personal Coaches	Support Staff/Club Managers
Registration Fee	\$125 + HST (\$16.25) = \$141.25	\$0	\$65 + HST (\$8.45) = \$73.45	\$65 + HST (\$8.45) = \$73.45
Meals & Accommodations Package	\$550	\$0	\$550	\$550
Total	\$691.25	\$0	\$623.45	\$623.45

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15. Families and Spectators

Parents may book parallel trips but understand that the athletes are there as part of Team Ontario with their clubs. Parents are at the event as spectators and are not permitted in the team spaces. Athletes may be allowed to see family and friends after they have competed as per club/coach discretion.

Spectator Admissions Fees:

Adult (age 13+): \$20 per day

Child (age 5-12): \$10 per day

Senior (age 65+): \$10 per day