

## **BULLETIN #1**

### **COMPETITION INFORMATION**

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- DATES:** **Wednesday, January 17:** Travel from Toronto (Pearson) to Pheonix  
**Thursday, January 18-Saturday, January 20:** Competition\*  
**Sunday, January 21:** Travel from Pheonix to Toronto  
*\*competition schedule will include times for cheering other teams. All team activities must be planned around the competition and cheering times.*  
*\*\*Saturday – Athlete & Coach's Pool Party @ Oasis Water Park (on resort) – 6:30 pm*
- VENUE:** Arizona Grand Resort & Spa  
8000 South Arizona Grand E, Phoenix, AZ 85044, United States  
*\* 20 minute walk from hotel*
- RULES:** USAG Developmental Program (2022-2026 Code of Points – Optional)  
Modified Capital Cup Format  
Team – Top 3 counting scores (no designation)
- EQUIPMENT:** AAI Elite
- WEBSITE:** <https://goldmedalevents.com/arizona-grand-invitational/>

All information and forms are available on the [Uplifter Registration Page](#).

**Clubs must confirm spot by registering through Gymnastics Ontario. Registration for this competition will be completed by Gymnastics Ontario on all Team Coaches and Athletes behalf.** (as per below “Registration Information” and “Registration and Payment Information”).

All travelling team members (including Personal Coaches) will be required to purchase the G.O. tracksuit, if members do not already have one, and all athletes will be required to purchase the Team Ontario leotards (competitive and training) this season.

**Travelling members will be required to have:**

- a valid passport (expiry more than 6months from return date)
- notarized letter of consent to travel from their parent(s)/guardian
- proof of Out of Country health insurance (make sure it includes sport accident/injury coverage)

### **ONTARIO DELEGATE INFORMATION**

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**DELEGATION:** Team Ontario will be made up of the following teams. A Head of Delegation and Manager will be assigned to the team.

**Athletes:**

Level 6-9 (14+): 8 athletes per level  
 Level 10 (12-15 & 16+): 8 athletes per age group  
 Two (2) non-travelling alternates will be named per team

**Team Coach/Manager:**

2 Team Coach/Manager spots per team will be named.

**Personal Coaches:**

Any personal coaches attending must register with GO as attending with their club package.


All athletes and coaches are expected to attend the entire duration of the event and participate in all scheduled team activities.

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

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

**TRANSPORTATION:** Flights and ground transportation (to and from airport) have been booked by Gymnastics Ontario for all team athletes and team coaches. All athletes and team coaches must utilize flights with Team Ontario to the from the event.

QR Vaccination record should be accessible and match identification (passport) but is not required.

Air Line	Date	Flt#	From	To
 AIR CANADA	<b>17-Jan</b>	AC 1287	Toronto (Terminal 1)	8:15 am Phoenix PHX 10:54am
	<b>21-Jan</b>	AC 1288	Phoenix PHX	12:30pm Toronto (Terminal 1) 6:26pm

\*\*\*Please arrive **2.5 hours** early for flights (5:45AM). You will be allowed 1 checked bag with a 23kg weight limit.

For athletes and Team Coaches outside of the GTA transportation assistance can be requested from Gymnastics Ontario using the '**Additional Travel Request Form**'. Please contact the Women's Program Manager to plan additional travel arrangements. Flight confirmation for these additional flights will be sent to clubs directly.

Mileage can be claimed by clubs for athletes from home and point of departure if over 200 km (one way) at \$0.30/km. Mileage for athletes is reimbursed to the club and then the club is responsible for reimbursing families for mileage.

Team Coach/Managers can be reimbursed mileage (round trip) at \$0.30/km and for airport parking with submission of receipt after the event.

Airport transfers have been arranged for the entire delegation from the Phoenix (PHX) airport to the hotel/competition site. Public transportation is available at own cost for any other transportation during the trip.

Return flight deviations may be possible but are limited and will be allowed on a first-come-first-serve basis and due with forms. Clubs can request Travel Deviation form from WPM as needed.

**ACCOMMODATIONS:** All delegates will receive accommodation at [Holiday Inn Express & Suites Tempe, an IHG Hotel](#)  
1520 W Baseline Rd, Tempe, AZ 85283, United States

**MEALS:** Continental breakfast is included at the hotel. Lunch and dinner are not included in the cost share. Athletes will be responsible for bringing snacks and purchasing their own meals. Team Coach/Managers will be reimbursed a per diem \$50 USD per day (Lunch \$20, Dinner \$30).

**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 and the competition area.

**TRAINING:** There is no training gym available at the venue.

**DRESS CODE:** All members of the Ontario delegation (including personal coaches) are required to wear on the competition floor and jacket at the airport:

- The Team Ontario jacket, and
- All delegates must wear PLAIN/SOLID BLACK PANTS/LEGGINGS (no logos, design, etc.).
- All athletes are required to wear the Team Ontario competitive attire.

*\*Images of the team attire can be seen on the registration page.*

Attire outside of competition should include track jacket especially on excursions or team cheering and but otherwise should be appropriate and modest attire and follow dress code.

Team Ontario Apparel will be sized on-site at Tour Selection. **Please note THESE ARE ORDERED AND PAID FOR TWO SEPARATE VENDORS/SUPPLIERS:**

1) **Tracksuit Jacket** (through GO's registration system Uplifter with confirmation of spot):

**All team athletes and coaches must have the current track jacket.**

Size and payment for the tracksuit jacket must be provided **to the club** and [submitted to Gymnastics Ontario with payment via Uplifter registration](#).

For Team Coaches: clubs need to add the Team Coach registration either before or on the same invoice as the track jacket for the discount to apply.

2) **Jagwear Leotards:**

Payment information for the training and competitive leotards suit must be provided at the time of sizing (on-site at Tour Selection). Payment will be

processed by Jagwear once attendance is confirmed and leos are made.

Every effort is made to have the leotards either handed out at the training camp or will be mailed to the club/individual. Any inquiries regarding leotards should be directed to [Jagwear](#).

#### **COACH REQUIREMENTS:**

Team Coach/Managers and Personal coaches travelling with the team must have a **minimum NCCP Competition 1 Certified** but recommend Competition 2 Trained for Provincial level athletes and Competition 3 Trained for National level athletes (as per GymCan travel authorization form).

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.

<https://coach.ca/sport-safety/responsible-coaching-movement>

#### **TEAM COACH**

The team coach responsibilities are:

- Attend training camp
- Hold meeting upon arrival at hotel outlining behaviour, expectations, curfews etc.
- Anything related to team training and competition
- Plan and coordinate any off-site activities (ie. Disney) and bring team to on-site activities (ie. cheering)
- Develop and implement a team warm up
- Setting the competition order of passage
- Adjusting equipment / springboards
- Spotting (if necessary – can defer to personal coach if available)
- Full knowledge of all technical rules and routine requirements/sheets
- Score inquiries
- Tagging in/out with personal coaches (follow 2 coaches per province rule)
- have all athlete's music on hand (and ability to provide back up)

All forms and receipts must be submitted NO LATER THAN 30 DAYS FROM THE EVENT. **NO EXEPTIONS.**

#### **PERSONAL COACHES**

Please list all personal coaches attending on the confirmation form for registering with the host. There is no cost to register as a coach. All coaches on the competition floor with Team Ontario must have a Team Ontario tracksuit. The cost of the tracksuit jacket is \$65.00 + HST (bottoms not included).

Personal Coaches will be charged the USAG membership registration through GO Uplifter Registration. USAG Membership will be purchased on your behalf with the team. The cost is \$50.00 USD to register with USAG as a Foreign Coach.

Personal coaches are responsible for booking their own flights, ground transportation and accommodations etc.

**REGISTRATION INFORMATION**

**SPOT CONFIRMATION :** Clubs will confirm spots of athletes, team coaches and personal coaches via the Gymnastics Ontario [Uplifter Registration Page](#).

**GO Confirmation & Forms Deadline: Monday, November 20, 2023 (12 noon)**

Clubs are responsible to collect and check all documentation/ required information for any potential team members and submit to Gymnastics Ontario through Uplifter.

It is recommended that clubs collect all forms for alternates so if they are called to compete everything is ready to go and can be submitted to GO.

Gymnastics Ontario will register all participants with the Meet Director/USAG on your behalf.

There will be two times coaches will have to verify athletes are ready to compete all 4 events prior to departing for the tour trip as part of agreement to represent Ontario; at the training camp and 10 days prior to departure. Club/coach must notify GO if this is not the case and gymnast is forfeiting spot in appropriate time so the alternate has an opportunity to attend.

**COSTS:**

**Total per Athlete = \$1080.10**

Breakdown of Costs:

Trip → \$775

Registration & USAG Fee → \$270.0 + 13% HST (\$35.10) = \$ 305.10

*HST # 12212 5131 RT0001*

Role	Athlete	Team Coach/Manager	Manager & Head of Delegation	Personal Coach (USAG#/No Services)
Meet Registration	✓	NA	NA	NA
USAG Registration	✓	✓	✓	No
Flights & Ground Transportation	✓	✓	✓	No
Hotel	✓	✓	✓	No
Meals	Breakfast only	Lunch and Dinner reimbursed	Lunch and Dinner reimbursed	No
Track Jacket via Uplifter	No	✓	✓	No
Leotards via Jagwear (competition & training)	No	NA	NA	NA
Activities/Excursions	No	No	No	No
GO Funding	✓	✓	✓	No
Total Costs Paid to GO	\$1080.10	\$0	\$0	\$76.28

**FORMS:**

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.

**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 highlighted above.

**TO REGISTER, please be prepared for the following:**

1. Registration Fees +HST and Trip Fees will be completed in Uplifter
2. Clubs must purchase tracksuit jackets online here under our [Purchase Products Page](#) with the individual's registration checkout.  
\* recommend that track jackets are completed at the same time, same invoice as the trip payment and forms.
3. GO Waiver
4. Medical Data Form
5. Notarized Travel Consent Form – original must be sent to GO office via mail
6. Passport (copy)
7. Travel Insurance (copy - make sure it includes sport accident/injury coverage)
8. Team Coach & Manager - Roles and Responsibilities Agreement
9. Team Coach/Manager & Personal Coach Police Check  
- here is an option to use [mybackcheck](#) if needed (results typically available within 24-48 hrs)
10. Athlete Floor Music – uploaded in Uplifter with athlete registration
11. Confirm attendance at the Pre-Tour Training Camp (December 18 at Burlington Gymnastics Club)
12. Additional Travel Request Form (if eligible)

**WITHDRAWS:**

Please communicate any withdraws to the discipline Program Manager as soon as possible. If an athlete withdraws a full refund will only be issued if spot is filled by an alternate.

**ALTERNATES:**

Alternates can be called anytime up until 48 hours to the team's departure.

It is recommended that clubs collect all forms for alternates so if they are called to compete everything is ready to go and can be submitted to GO in a short turn around time as needed.

## INFORMATION FOR NON-TEAM ONTARIO DELGATES

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**PARENTS/FAMILIES:** Parents are allowed to book parallel trips but must understand that the athletes are there as part of Team Ontario and parents are at the event as spectators.

Parents are not permitted in the Team rooms or to join team activities. Athletes may be allowed to see family and friends after they have competed but must remain with the team until the end of the entire competition weekend.

More information such as FAQ, event information (ie. admissions) etc. can be found at: <https://goldmedalevents.com/arizona-grand-invitational/az-grand-schedule-fags-new/>

Suggested Packing list is included in email to clubs. Please share with families.