



2024 Team Ontario Eastern Canadian Championships (ECC)

Bulletin #2



MAY 9-13, 2024 / MAI 9-13, 2024

ST. JOHN'S, NEWFOUNDLAND & LABRADOR / TERRE-NEUVE ET
LABRADOR

Competition Venue

PowerPlex

90 Crosbie Road, St. John's, NL A1B 3W4

St. John's, NL

<https://www.nlsportscentre.ca/>

Schedule

Thursday, May 9, 2024 – arrival

Friday, May 10, 2024 – training day and competition

Saturday, May 11, 2024 – competition and coach/judge social

Sunday, May 12, 2024 – competition and athlete banquet

Monday, May 13, 2024 – departure



Tentative Training Schedule:

MAG/GAM	PTO	WAG/GAF	PTO	TG/STR	PTO
8:00am-9:30am	NL PEI	8:00am-9:30am	NL PEI NB* (9-10)		
9:30am-11:00am	NS NB	9:30am-11:00am	NS NB* (8 + youth)	9:30am-11:00am	NS NB NL
11:00am -12:30pm	QC	11:00am -12:30pm	QC	11:00am -12:30pm	QC
12:30pm -2:00pm	ON	12:30pm -2:00pm	ON	12:30pm -2:00pm	ON

Equipment

Spieth America

Team Ontario Eligibility & Selection

MAG:

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

Athletes: Teams of up to 6 athletes per category in the following levels and age groups. Age groups are determined as per GymCan Provincial and Elite Pathways.

P2 11+ Born 2013 and earlier	P3 U13 Born 2012 - 2013	P4 U13 Born 2012 - 2013	P5 Born 2009 - 2012	NO Born 2010 and earlier	Asp Born 2011 - 2012
	P3 13+ Born 2011 and earlier	P4 13+ Born 2011 and earlier			

Team Coaches: One (1) Team Coach per age category will be selected for teams with 3 or more athletes. Selection is based on athlete’s coach points (NOT Club) as per Technical Rules and Regulations, Section I – MAG.



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.

Managers: Club Managers are accepted. Club coaches to manage athletes (for training, competition and banquet)

Judges: 3 as selected by Committee

TG:

Athletes will be selected based on results from the 2nd and 3rd TG Ontario Cups. Full selection criteria can be found in the Ontario TG Technical Rules & Regulations.

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: 7 as selected by the Technical Committee



Coach Certification

WAG:

All registered coaches must be at minimum certified NCCP Competition 1 (Introduction) **and** have Respect in Sport certificate, MED and Safe Sport to be eligible for the competition floor.

MAG:

All registered coaches must be at a minimum:

- **Provincial Coaches** (i.e. coaches of Provincial Levels 2 to 5 and Aspire athletes) must be Competition 1 (Introduction) Trained in Men's Artistic and have Respect in Sport certificate, MED and Safe Sport 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), including have Respect in Sport certificate, MED and Safe Sport to be eligible for the competition floor.

TG:

All TG coaches must have Respect in Sport certificate, MED and Safe Sport to be eligible for the competition floor.

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.

Team Coaches (MAG & WAG)

Named Team Coaches will be partially funded by Gymnastics Ontario. Gymnastics Ontario will pay for the registration and partial accommodations for named team coaches. The accommodations reimbursement will be **up to \$900** per team coach. Team Coaches will be responsible for obtaining and paying for all other costs. To be reimbursed for any accommodations funds, the receipt from the hotel must be provided. Receipts from third party providers (example: Expedia) will not be refunded. All receipts must show the HST breakdown and the HST number to be reimbursed. Failure to provide this information will result in the coach not being reimbursed for their accommodations fees.

Team Coach Responsibilities:

- Minimum age of 21
- Full knowledge of all technical rules and routine requirements/sheets
- Attend Ontario 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.



Club Managers

The 2024 Eastern Canadian Championships are 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). 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 social events). Parents are not permitted at ECC social events unless they are named as Club Managers.

Note that Club Team Managers are not required to register with Team Ontario unless they are also coaches and require access to the field of play OR will be managers at the ECC social event. It is recommended that all Club Team Managers not registered with Team Ontario be required by their club to submit (at minimum) a current Police Check (valid in the past 12 months).

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.

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 to the end of this Bulletin.

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](#).

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



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 supplied by Jagwear for podium training and competitions. **The competitive leo is new this season** (except the men's training singlet).

Competition attire will be mailed from Jagwear to each club (if more than one uniform) or to athlete's home (if only one uniform). Only team members and named alternates are eligible to purchase the Team Ontario jacket.

Accommodations, Meals and Transportation

Clubs are responsible for arranging all transportation (flights and on-ground), accommodation and meals. We encourage clubs to reserve refundable rooms as soon as possible.

Social/Banquet

Social for Coaches and Judges: Saturday, May 11

- athletes must have supervision at accommodations while coaches are at the social (unless athletes are staying with parents).

Banquet for Athletes: Sunday, May 12

- athletes must be supervised by accredited club coach/manager



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: **Friday, April 19, 2024 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: **Friday, April 19, 2024 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: **Friday, April 18, 2024 4:00 PM.**



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 attire (coaches and athletes) through Uplifter via Club's account
- 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) GO Waiver & Code of Conduct form
- 6) GO Medical Data form
- 7) Team Coaches – GO Roles and Responsibilities Agreement
- 8) All Coaches (Personal and Team) and Club Managers – Respect in Sport
- 9) All Coaches (Personal and Team) and Club Managers – MED Online Evaluation
- 10) All Coaches (Personal and Team) and Club Managers – NCCP Safe Sport E-Learning Course
- 11) 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
- 12) **WAG only** – gymnast floor music must be submitted in mp3 format via athlete's Uplifter registration.

Breakdown of Fees:

	Athletes	Team Coaches	Personal Coaches	Support Staff/Club Managers
Registration Fee	\$200 + HST (\$26.00) = \$226.00	\$0	\$65 + HST (\$8.45) = \$73.45	\$65 + HST (\$8.45) = \$73.45

HST # 12212 5131 RT0001



True Sport Principles

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.