

ENVOL 2012

23^e Compétition annuelle
23rd Annual Invitational Competition

MAY 5th & 6th 2012

OCP LEVELS 2-7 MASTERS

REGISTRATION DEADLINE:
MARCH 23rd, 2012

MEET DIRECTOR:
Sylvie Béland &
Dayna Rhéaume



- ★ Athlete Gift
- ★ Games and Prizes
- ★ Special Awards

ENVOL 2012

A Gymnastics Ontario Sanctioned Event

Call-to-Meet

Club de gymnastique "Les Sittelles" will be hosting their 23rd Invitational gymnastics meet. You are cordially invited to participate at this event in our facility. We look forward to meeting you and your gymnasts for some fun and friendly competition.

Location

2760, Sheffield Road, Units 1-4, Ottawa, Ontario

Date

Saturday May 5th and Sunday May 6th, 2012

Levels

OCP Levels 2-7 and Masters, girls ages 7 and up

Awards

- ★ **9 years old and over**
- ★ **Events:** Medals 1st to 3rd and Ribbons, 4th to 8th place.
- ★ **All Around:** Medals 1st to 3rd and Rosette ribbons 4th to 8th place.
- ★ **7 & 8 year olds will be given a certificate for events and all-round*.**

Warm Up

OPTION D as per OCP Requirements 11/12.

Coaches Certification

All coaches must have NCCP Level 2 Women's Artistic and be registered with Gymnastics Ontario. Coaches will be asked to present their Coach ID onsite.

Equipment

Spieth-Anderson
Spring Floor
Vault table: accelerator board, landing mat is 20cm and runway of 25 m.
Bars - peg adjusters, mats are 20 cm thick
Beam - crank beam, mats are 20 cm thick

Music

Each gymnast's music must be clearly labelled with their name, level, club and age category. No cassettes will be accepted.

Medical

If any gymnast has a medical condition that the Meet Director and Medical Attendee should be aware of, please submit details on the registration form.

This is a Peanut Free Competition.

Entree Fee

\$55.00 per gymnast.

No refunds will be given, unless accompanied by a medical certificate.
Alternates will be accepted until April 13th, 2012.

Registration

Please return your club registration form no later than **March 23rd, 2012**. Send **a single cheque** for your entire team's total number of participants payable to "Les Sittelles".

MAIL TO: Jocelyne Legault, Head Coach
Club de gymnastique Les Sittelles
2760 Sheffield Road, Units 1-4
Ottawa, ON, K1B 3V9

TEL: (613) 742-5098 (club)

EMAIL: clubdegymnastique@bellnet.ca

* If our maximum number of gymnasts is surpassed, registration will be accepted on a first come first serve basis.

** Groups may be divided if numbers are too high in a same category.

Spectator Admission Fees

	1 Day	2 Days
Adult (16 years of age and older)	\$8	\$14
Senior (55 years of age and older)	\$4	\$6
Child (5 years of age to 15 years of age)	\$4	\$6
Family (2 adults and 2 children)	\$20	\$35
(4 yrs & under – Admit Free)	-	-

Athletes competing in this meet are not required to pay an admission fee throughout the weekend

Driving Directions

In Ottawa, Ontario.

- From Highway 417,
- Take Exit 110 West - Walkley Road
- Take 1st right on Sheffield Road.

★ 2760 Sheffield Road, Units 1-4



Accommodations



Travelodge

1486 Innes Road
Ottawa ON K1B 3V5
(613) 745-1133

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OCP LEVEL 2-7 & MASTERS REGISTRATION FORM		
Club Name		
Club Contact Person	Telephone Number	Fax Number
	()	()
Club Contact Person Email		
Head Coach Name	Telephone Number	
	()	
Club Colors		

All teams are responsible for ensuring they have the G.O. **Participant consent Form** and **Medical Data Record** at the meet for all participating gymnasts.

GYMNAST'S NAME IN FULL (PLEASE PRINT)	G.O. MEMBER #	BIRTHDATE D-M-Y	OCP LEVEL	AGE
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

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COACHES REGISTRATION FORM

Club Name

ALL COACHES (*including Masters' Coaches*) must be fully registered as competitive coaches in the appropriate levels being coached (as per GO policy) in order to receive accreditation to the competition floor.

NAME OF COACH	G.O. MEMBER #	NCCP #	ATHLETE LEVEL(S)	AGE GROUP(S)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				