

**2023 OAKVILLE ACRO FRIENDSHIP CUP INVITATIONAL**  
**JULY 8<sup>th</sup>-9<sup>th</sup>**  
**OAKVILLE, ONTARIO, CANADA**

**Hosted by Gymnastics Ontario**



<b>COMPETITION DATE</b>	July 8 <sup>th</sup> -9 <sup>th</sup>
<b>HOST</b>	<p>Oakville Gymnastics Club  1415 Third Line, Oakville Ontario L6M3G2  Tel: 905-847-7747  Director: Melanie Provost &amp; Anna Attard  Tel: 905-510-6329  <a href="mailto:Mprovost06@hotmail.com">Mprovost06@hotmail.com</a></p> <p>Please note: Club administrators and coaches may contact the Meet Director(s) with any questions. Athletes and parents should direct questions to their own club staff. <b><i>The host club will not respond to communications from athletes and parents.</i></b></p>
<b>GYMNASTICS ONTARIO LIAISON</b>	<p>Gymnastics Ontario  Ekaterina Kharlip  Phone: (416) 426-7102</p> <p>E-mail: <a href="mailto:acro@gymnasticsontario.ca">acro@gymnasticsontario.ca</a>  Website: <a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a></p>
<b>COMPETITION SITE</b>	<p>Oakville Gymnastics Club  1415 Third Line, Oakville Ontario L6M3G2  Tel: 905-847-7747  Fax: 905-847-7722  <a href="mailto:info@oakvillegym.com">info@oakvillegym.com</a>  <a href="https://oakvillegym.com">https://oakvillegym.com</a>  Directions to the venue will be sent out with the schedule</p>
<b>COMPETITION DATE</b>	July 8 <sup>th</sup> -9 <sup>th</sup> with podium training July 6 <sup>th</sup> -7 <sup>th</sup> at OCG Nest Facility
<b>PRESENTATION THE CITY OF (NAME OF CITY)</b>	<p>Oakville is a suburban town in Southern Ontario, located in the Halton Region on Lake Ontario, between Toronto and Hamilton. Oakville is part of the Greater Toronto Area. Once in Oakville you are 30 minutes to downtown Toronto or a 1-hour drive from Niagara Falls and the US Border. Oakville boasts a beautiful waterfront, numerous golf clubs, a beautiful downtown core and many fine dining experiences. The host club of Oakville Gymnastics is located within the Glen Abby Community Centre, 1415 Third Line, Oakville Ontario.</p>

<b>ENTRY FEES</b>	<p>One (1) Event - \$95.00  Additional events - \$25.00  Athletes Banquet - \$10.00</p> <p><b>**There will be a blocks competition for those who register**</b>  <b>*** Only ONE sanction fee of \$10 per gymnast is payable, regardless of the number of events or categories registered***</b></p> <p>Payment and the payment form attached below must be received by Oakville Gymnastics Club on <b>June 25<sup>th</sup>, 2025</b>. Payment may be done in the form of a cheque (<b>One</b> cheque per club) made out to Oakville Gymnastics Club. The payment form attached below must accompany all payments. Send by mail to <b>Oakville Gymnastics Club, c/o Agnes Jankura, Administartion Representative, 1415 Third Line, Oakville ON, L6M 3G2</b></p> <p>The payment form may also be faxed to Oakville Gymnastics Club at 905-847-7722 or emailed to <a href="mailto:a.jankura@oakvillegym.com">a.jankura@oakvillegym.com</a> if you wish to pay by credit card.</p>																																				
<b>REGISTRATION DEADLINE and INFORMATION</b>	<p><b>June 20th, 2023</b></p> <p><b>All registrations are ONLINE on KSIS system at</b>  <a href="https://rgform.eu/event.php?id_prop=1443">https://rgform.eu/event.php?id_prop=1443</a></p> <p>Registration by telephone of fax or verbally will not be accepted. If you need to make any changes to the registration after the form has been submitted, please email the changes to <a href="mailto:a.jankura@oakvillegym.com">a.jankura@oakvillegym.com</a>. Failure to do so will mean that your changes will not be in effect. Do not send a hard copy of the registration form.</p> <p><b>Registration Deadline is Tuesday June 20, 2019 by 5:00 pm</b></p>																																				
<b>LATE FEES</b>	<p><b>Additional \$25.00 per athlete for all registrations received after June 20<sup>st</sup>, 2023</b></p> <p>Late fees will be applied to clubs who do not submit a fully completed registration form, in addition to full payment, by the registration deadline to <b>Oakville Gymnastics Club</b>.</p>																																				
<b>ORGANIZING COMMITTEE</b>	<table border="1"> <thead> <tr> <th>Position</th> <th>Name</th> <th>Languages Spoken</th> </tr> </thead> <tbody> <tr> <td>Chair</td> <td>Melanie Provost Anna Attard</td> <td>English and French</td> </tr> <tr> <td>Event Director</td> <td>Melanie Provost Anna Attard</td> <td>English and French</td> </tr> <tr> <td>Finance Manager</td> <td>Joe Provost</td> <td>English</td> </tr> <tr> <td>Sponsorship Manager</td> <td>Oakville Gymnastics Club</td> <td>Multi</td> </tr> <tr> <td>Marketing/Media Manager</td> <td>Lisa Montenegro</td> <td>English</td> </tr> <tr> <td>Ticketing Manager</td> <td>Jeannie Ho</td> <td>English Mandarin</td> </tr> <tr> <td>Communications Manager</td> <td>Carol Summers</td> <td>English</td> </tr> <tr> <td>Technical Manager</td> <td>Nunzio Izzo</td> <td>English Spanish</td> </tr> <tr> <td>Hospitality Manager</td> <td>Rhonda Sibley</td> <td>English</td> </tr> <tr> <td>Volunteer Manager</td> <td>Susan Dianna</td> <td>English</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Position	Name	Languages Spoken	Chair	Melanie Provost Anna Attard	English and French	Event Director	Melanie Provost Anna Attard	English and French	Finance Manager	Joe Provost	English	Sponsorship Manager	Oakville Gymnastics Club	Multi	Marketing/Media Manager	Lisa Montenegro	English	Ticketing Manager	Jeannie Ho	English Mandarin	Communications Manager	Carol Summers	English	Technical Manager	Nunzio Izzo	English Spanish	Hospitality Manager	Rhonda Sibley	English	Volunteer Manager	Susan Dianna	English			
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<b>EQUIPMENT</b>	<p>SA Sport Spring Floor (Moscow)</p>																																				
<b>MUSIC</b>	<p>Music for Level 5 routines will be the compulsory music set for USJO competition and may be found at: <a href="https://usagym.org/pages/acro/music/jo_compulsory.html">https://usagym.org/pages/acro/music/jo_compulsory.html</a></p> <p>Music for Level 6 routines must be uploaded into the registration system at <a href="https://rgform.eu/event.php?id_1443">https://rgform.eu/event.php?id_1443</a></p> <p>Music must be uploaded by no later than June 15, 2023.  Coaches must bring back up music on either iPod, CD or flash drive.</p>																																				

<b>COACH ELIGIBILITY</b>	<p><b>Acrobatic Gymnastics Coaches:</b> All coaches must be Gymnastics Ontario members with a minimum of NCCP Level 2 (two) Artistic Gymnastics or Trampoline Fully Certified. All coaches must be listed on the attached registration form. If a coach is not registered on the attached form, he / she must be prepared to show proof of GO membership and NCCP certification on-site at the competition to gain access to the competition floor.</p> <p><b>Any out of province Coaches</b> must provide proof of coaching certification from their province, territory, or country.</p>
<b>JUDGE</b>	<p>At least 1 Judge is recommended for all delegations with 6 or more competitors. The accreditation for judges will be given at the beginning of the first judge's meeting.</p>
<b>ACCREDITATION</b>	<p>All athletes, coaches, judges and officials will receive accreditation upon arrival. Accreditation must be shown to gain access to the competition gymnasium and hospitality locations for coaches and judges. To gain entrance to the Closing Banquet you must purchase a ticket (to be included on the form attached) and have your accreditation.</p>
<b>COMPETITION RULES</b>	<p><b>Acrobatic Gymnastics:</b> Refer to the Gymnastics Ontario Acrobatic Gymnastics Technical Rules and Regulations. Please know that the following rules will be different for this Invitational.</p> <p>Only USJO Level 5 and Level 6 participate in this event.</p> <p>Information for Canadian Championship event that includes USJO Level 7 and above, Youth and FIG competition is organized under another directive that can be found at: <a href="https://rgform.eu/event.php?id_prop=1309">https://rgform.eu/event.php?id_prop=1309</a></p> <p>No GO Level 5 Individual Routines will be part of this Invitational.</p> <p>For competition in Ontario, athletes must be a minimum of 8 years old as of Dec 31, 2019. Pairs or groups with members younger than this may participate in a demonstration event. Please contact the Meet Directors for additional information.</p> <p>If you have any questions regarding the competition rules for Acrobatic Gymnastics, please contact Nancy Carss – Technical Chair at <a href="mailto:n.carss29@gmail.com">n.carss29@gmail.com</a>.</p>
<b>MEDICAL</b>	<p>Coaches are responsible for ensuring that they have the GO Participant Consent and Medical Data Record forms for all participating gymnasts in their possession at the competition. Gymnastics Ontario sanctioned events are NOT guaranteed to be peanut or tree nut free. However, attendees should refrain from bringing items containing any peanuts or peanut products to this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</p>
<b>MEDICAL PERSONNEL</b>	<p><b>First Response Medical Staff On-Site</b> Dynamic Health and Performance</p>
<b>AWARDS</b>	<p>Medals will be awarded for first, second, and third place. Ribbons will be awarded for the fourth to eight places.</p>
<b>ACCESS TO WARM-UP GYM</b>	<p>Only athletes, accredited coaches, and approved volunteers are allowed in the warm-up gym. Gymnasts who have finished competing will be asked to leave the warm-up area.</p>
<b>EVENT TRANSPORTATION</b>	<p>Clubs are responsible for their own local transportation.</p>
<b>VALUABLES</b>	<p>Neither the host club nor the G.O. will be responsible for any lost or forgotten items. You may email the meet director after the event if you wish to make inquiries concerning lost items</p>

<b>ADMISSION FEES</b>		1 Day	2 Days
	Adult (16+)	\$15	\$25
	Student (11 to 15)	\$12	\$20
	Senior (55+)	\$9	\$15
	Child (10 and under)	\$8	\$13
	Family (2 Adults and 2 Children)	\$54	\$90
<b>ACCOMMODATION</b>	All registered delegates are responsible for their own accommodations. The local organizing committee has secured the following host hotels:		
	<p><b>Holiday Inn Oakville Centre</b>  590 Argus Road  Oakville, Ontario, L6J 3J3  866-266-3306</p> <p><b>Rates:</b></p> <ul style="list-style-type: none"> <li>\$169.00 per room per night including breakfast.</li> </ul> <p><b>Please note there are 10 rooms set aside.</b>  <b>This is the location of the Athlete banquet.</b></p> <p><b>Amenities/Parking/Distance from Venue</b>  Distance from the hotel to the venue is approximately 8km.</p> <p><b>Reservations</b>  Hotel phone: 866-266-3306  Online: <a href="https://www.guestreservations.com/holiday-inn-oakville-centre">https://www.guestreservations.com/holiday-inn-oakville-centre</a>  Reservation deadline: June 15, 2023</p> <p><b>Holiday Inn &amp; Suites Oakville @ Bronte</b>  2525 Wycroft Road,  Oakville Ontario, L6L6P8</p> <p><b>Reservations</b>  Hotel phone: 905-847-1000  Online: <a href="https://www.ihg.com/holidayinn/hotels/us/en/oakville/yyzov/hoteldetail">https://www.ihg.com/holidayinn/hotels/us/en/oakville/yyzov/hoteldetail</a>  Reservation deadline: June 15, 2023  905-847-1000</p> <p><b>Rate:</b></p> <ul style="list-style-type: none"> <li>\$164.00 per room per night including breakfast. 2 Queens or 1 King with pullout.</li> </ul> <p><b>Amenities/Parking/Distance from Venue</b>  Distance from the hotel to the venue is approximately 4.5km.</p>		

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JULY 8<sup>th</sup>\_9<sup>th</sup>

## USJO LEVEL 5 and 6 Competition

Club Name:	Club Contact:
Phone Number:	E-mail:
Fax Number:	
Coach Name:	NCCP #:
Coach Name:	NCCP#:
Coach Name:	NCCP#:

**Total Number of Athletes:** \_\_\_\_\_

**Total Number of Banquet Tickets:** \_\_\_\_\_ (**\$10 per ticket per athlete**)

**Total Registration Fee:** \_\_\_\_\_ (**from KSIS registration system plus banquet fees**)

Include: Registration form and Full payment.

**CLUB CHEQUE ONLY!**

*Payable to **Oakville Gymnastics Club***

Return Registration form to Agnes Jankura, Oakville Gymnastics Club,

BY MAIL TO: 1415 Third Line Oakville Ont, L6M 3G2