

The Burlington Gymnastic Club Presents:
Our 23rd Annual "Spring Cup"
"Spring Cup in the Islands"

Call to Meet

- Location:** Central Recreation Centre
519 Drury Lane
Burlington, Ontario
L7R 2X3
- Burlington Gymnastic Club (ODP only)
710 Maple Avenue
Burlington, Ontario
L7S 1M6
- Meet Director:** Jenna Gleza
jgleza@cogeco.ca
- Regulations:** Ontario Competitive Program Levels 2-9 and National as well as ODP (Ontario Developmental Program). If international and out of province clubs have difficulty understanding the rules, we have several judges that will be more than happy to help you understand how to achieve the best possible maximum score for your gymnasts.
- Warm Up Format:** TBD
- Equipment:** TBD
- Music:** CD only. One CD per gymnast - must be labeled clearly with name and club.
- Coaches' Certification:** Coaches: Coaches must be fully certified NCCP Level 2 and have an up to date Risk Management Certificate to gain access to the competition floor (or US equivalent)
- Medical:** Coaches are responsible for ensuring that they have the GO Participant Consent and Medical Data Record forms for all participating athletes in their possession at the competition.

"Pairs Competition"

Perfect for 'Event Specialists'

Eligible for Levels 6-National

(note: if there is enough interest, Level 5 may be offered)

The "Pairs" competition has now become a tradition at Spring Cup. The "Pairs" event is a great way to end your competitive season - low stress and LOTS of fun!

It's the end of the season. Are you tired of training for all 4 events? In the Pairs Event you don't have to! Pick a partner and only train for 2! Do you excel on some events more than others? Are you almost ready to move up a level, but not quite sure how you'll do? Back by popular demand is the PAIRS COMPETITION. You can partner up with someone in your level and you each compete your 2 best events (all 4 events must be competed, i.e. you can't both compete on the same two events in one pairs team). Maybe one of you happens to be great at vault and bars, and the other excels on beam and floor. What a perfect combination! Does one of your events excel so much that you could make the requirements in a level higher than you usually compete? You can team up with someone in a higher level and try your new skills on that event! Sound too good to be true? No way! It's going to be a great event!

A FEW NOTES:

- the age categories will be dependent on registration. However, if one gymnast is 9 years old and the other is 14, they must compete in the older age category.
- You may compete with an athlete from a lower level. However, they must be moving up to your level to compete, not you moving down to their level.
- You may compete on any 2 combinations of events (vault & bars, vault & floor, beam & bars, etc.)
- The two partners will compete as a team. There will be event awards and all-around awards (where each partner will receive the all-around award!)
- The rules will follow all GO standards for every level. The only catch is that you must compete in your 2009-2010 competitive level or higher.
- Registration will be \$80 per pair and will be on a first-come-first-served basis.

End your competitive season on a high note and try something new... get ready to move up to the next level!

There will be a \$15 discount for the pairs registration for athletes also competing in the regular all-around competition (\$65 per pair).

Registration Information

Level 2-4	\$60 per gymnast
Level 5 - National	\$80 per gymnast
Pairs (Level 6-National):	\$80 per pair (\$65 if registered in the regular portion of the competition*)
ODP Physical Testing	\$50 per gymnast
Coaches	\$10 per coach

(cheques to be paid in Canadian funds to The Burlington Gymnastic Club)

Refunds: Refunds will be issued up until March 31st, 2010. After that refunds will only be given for medical reasons with a doctor's note minus a \$15 administration and T-shirt fee. Any **CHANGES** made after March 31st, 2010 will also result in a \$10 administration fee.

Early Bird Deadline - \$5 off per gymnast (or pair*)

February 15th, 2010

All money and registration must be received by this date!

there is not an additional early bird \$5 off for gymnasts registered for the all around and pairs. They will receive the \$15 discount for competing in both and ONE \$5 discount if they reach the early bird deadline

There is however, a separate early bird discount for the regular OCP competition and the ODP competition.

Final Registration Deadline is March 15, 2010

****registration is processed on a first come first served basis – last year we were full before the Early Bird Deadline and had to turn many clubs away – register asap – don't be disappointed!****

Registrations should be mailed to:
Burlington Gymnastics Club
Spring Cup 2009
710 Maple Avenue
Burlington, Ontario
L7S 1M6

Rules and Categories:

Spring Cup 2010 will follow the Ontario Competitive Program (OCP) and will offer Level 2 through to Level 9 as well as a National category.

We also offer an ODP meet. The ODP meet will be offered at our Maple Avenue facility and it will be held on a different day from the all around competition for 7 & 8 year olds.

ODP will likely be Saturday and the Pre-Comp all around competition on Sunday. If registration warrants it, ODP will be held over 2 days.

Age categories will be dependent on registration.

National (age 10+)

(Note: A Pre-Novice National athlete may choose to compete as a Level 8, 9 or as a National gymnast)

The National categories (age and level) will be dependent on registration. The National Category will follow the Open category rules.

NO CATEGORY CHANGES WILL BE ACCEPTED AFTER APRIL 15, 2010

For out of Province clubs: To best access these rules, visit the Gymnastics Ontario website: www.ogf.com. When there, click on "Women's". Then click on "rules and regulations". The file you need to access is called "**Ontario Competitive Program**". For the ODP requirements, the file you need to access is called "**Ontario Developmental Program**". If you have any problems understanding any of the rules, please contact me at jgleza@cogeco.ca. I am more than willing to explain any misunderstandings as well as help you place your athletes in the correct categories.

Level 2-4 Registration Form

Club Name:	Club Colours:	
Club Contact:		
Club Phone #:	Club Fax #:	Contact email:

First Name	Last Name	Level (2-4)	Birthdate (M/D/Y)	Age	T- Shirt	GO or USAG #	Fee \$60 or \$55 EB
Total # of Level 2-4 gymnasts ____ x \$60 or \$55 =							\$

Level 5-National Registration Form

Club Name:	Club Colours:	
Club Contact:		
Club Phone #:	Club Fax #:	Contact email:

First Name	Last Name	Level (5-9)	Birthdate (M/D/Y)	Age	T- Shirt	GO or USAG #	Fee \$80 or \$75 EB
Total # of Level 5-9 gymnasts _____ x \$80 or \$75 =							\$

Pairs Registration Form

Club Name:	Club Colours:	
Club Contact:		
Club Phone #:	Club Fax #:	Contact email:

(you only need to put the T-Shirt size if they are not already registered in the all-around portion of the competition)

Gymnast Name	T-Shirt	Birth date	Category	GO or USAG #	Fee \$80 (\$65 if already registered)
1. _____ 2. _____					
1. _____ 2. _____					
1. _____ 2. _____					
\$80 or \$65 per pair (dependent upon registration in the regular portion of the competition) X _____ pairs =					\$

ODP Registration Form

Club Name:	Club Colours:	
Club Contact:		
Club Phone #:	Club Fax #:	Contact email:

First Name	Last Name	Level	Birthdate (M/D/Y)	Age	T- Shirt	GO or USAG #	Fee \$50 or \$45 EB
Total # of ODP gymnasts _____ x \$50 or \$45 =							\$

Coach Registration Form

Name of Club: _____

Name of Coach	T-Shirt	GO #	NCCP Level	Risk Mgmt Date	Cost \$10
Total # of coaches at \$10 each _____					\$_____