

June 6th, 2018

We invite you to the **2019 Gym Power International Cup (Edmonton), Gymnastics Invitational**.

### **2019 GP ICE**

We are pleased to be hosting this event in the Universiade Pavilion, at the University of Alberta. (Butterdome). This will be the 4th event we have hosted at this location.

We are extending our WAG levels to High Performance this year. We are also extending Gym Power to International Teams for the second year, and are very excited at the prospects of Teams that may be attending. More on this in future bulletins.

We are pleased to again be hosting Rhythmic Gymnastics. We will be hosting a separate Acrobatic Gymnastics competition on a later date and different location.

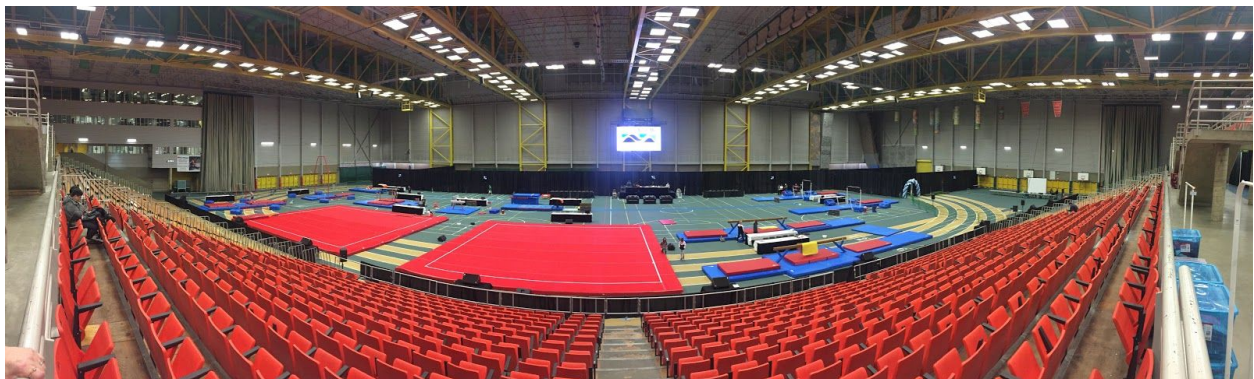
Please find attached the 2019 registration package for all 3 disciplines. Please note, that ALL Artistic registrations will be entered via SportzSoft, while RG will be handled by the included physical registration forms.

**We will be including event finals this year, so watch for our updated schedule!**

We look forward to welcoming your athletes to this next competition!

**2019 Gym Power International Cup (Edmonton) Organizing Committee**

[www.capcitygym.com](http://www.capcitygym.com)





## 2019 Gym Power International Cup (Edmonton), Gymnastics Invitational.

Hosted by Capital City Gymnastics Centre

**Phone:** (780) 469-0662    **Fax:** (780) 466-0839    **E-mail:** [info@capcitygym.com](mailto:info@capcitygym.com)

### BULLETIN #1

You are invited to join us for the 2019 “Gym Power International Cup (Edmonton)”  
Gymnastics Invitational January 9-13, 2019.

### Levels & Disciplines

**WAG:** JO levels 1-10, CPN Aspire & Elite, HP Novice, Junior, Senior

**MAG:** Levels P1-P5, National Open, Elite 1-4, Junior, Senior

**RG:** Interclub, Provincial & National Stream  
Individual Competition and Group Competition

#### **National levels:**

Seniors Level 9-10 (age 16 and over) FIG program (hoop, ball, clubs, ribbon)

Juniors Level 9-10 (age 13-15) FIG program (hoop, ball, clubs, ribbon)

Novices Level 8 (age 10-12) Free routine and 3 any apparatus. Max 7 Difficulties, max D -7.00 points. For Canada -free, clubs, ball, rope routines.

Level 3C-free and 2 any apparatus. Max.7 difficulty. For Canada -free, rope, ball or clubs.

**Regional levels:** These levels are similar to Level 6, 7 in USA.

Level 6 in Canada (2003and older)-3 Apparatuses (no Free). Max 7 Difficulty. Max D value -8 points

Level 5 in Canada (2003-2004-2005) -3 routines (5A Free + 2 apparatus). Same as above.

Level 4 in Canada (2005-2006-2007) -free+ball or free + 2, 3 apparatus. Same as above.

Level 3 in Canada (2007-2008-2009)-Free+2 apparatuses. Same as above.

**Provincial Levels 1-3:** These levels are similar to USA levels 3, 4, 5

Level 3: (2007-2008-2009)-Level 3A -free+hoop, Level 3B free+2 apparatuses (ball, rope). Max 7 Difficulty.

Level 2: (2008-2009) 2A -free+rope, Level 2B -free+ball. Level 2C -free+ball.+rope Level 1B (2010-2011)-free+rope.

## Registration

**Registration Open:**

October 2nd, 2018

**Deadline:**

**December 1st, 2018 (All Disciplines)**

**Artistic:**

To register, access the Gym Power 2019 registration link on our website: [www.capcitygym.com](http://www.capcitygym.com) or use the following link:

<https://www.sportzsoft.com/meet/meetWeb.dll/MeetLogin?Id=644>

Remember to use your SportzSoft Number when registering. Please ensure you've added SportzSoft to your trusted sites.

**RG:**

PLEASE DO **NOT** USE SPORTZSOFT REGISTRATION. Instead, fill out the separate **RG Registration** form which is attached.

REGISTRATION FORM, MUSIC, SKILL SHEETS AND PAYMENT - ALL DUE **December 1st, 2018**

Please e-mail RG registration form, as well as music, which should be provided by a Dropbox link to: [connie@capcitygym.com](mailto:connie@capcitygym.com)

## Fees

- ARTISTIC:** \$140/athlete (artistic MAG & WAG)  
 \$120/athlete (registered in JO levels 3-4)  
 \$100/athlete (registered in JO levels 1-2)  
 Early bird registration is Oct. 2nd to Nov. 1st, 2018.  
 Between Nov. 2nd and Dec. 1st, 2018 registration is \$165, per athlete, and \$100 per JO 1-3, and \$45 per coach.
- RG:** \$35 per individual routine/per gymnast for first routine  
 \$30 per individual routine/per gymnast for additional routines  
 \$20 per group routine/per gymnast  
 Coaches must be named on registration form and registered with Rhythmic Gymnastics Alberta, Alberta Gymnastics Federation or the PSO for their province, be a minimum of Foundation trained. Foundations Trained. Provincial and National level gymnasts shall be accompanied by a coach with a minimum of NCCP Level 2 training, Making Ethical Decisions (Comp Intro) and Respect in Sport.
- COACHES**
- FEES:** \$40/coach for ALL disciplines  
 Early bird registration is Oct. 2nd to Nov. 1st, 2018. Between Nov. 2nd and Dec. 1st, 2018 registration is \$45, per coach.

## Payment/Schedule

**Artistic:** Preferred method of payment for all gymnastics disciplines, other than RG, is by cheque.

Cheques can be made out to:

**Capital City Gymnastics Centre and mailed to  
4130-101 Street,  
Edmonton, AB, T6E 0A5**

Alternatively, payment can also be made using Visa or Mastercard as per registration link.

### **RG**

**Payments:** Payment for RG gymnasts can be made via E-Transfer:

E-Mail :	<a href="mailto:rga@rgalberta.com">rga@rgalberta.com</a>
Question?	Which event am I going to?
Password:	gympower

**Waivers:** Waivers can be mailed, faxed, or scanned and emailed to the club prior to the meet and must be received prior to competition date.

### **Cancellation**

**Policy:** Any withdrawals prior to the registration deadline of December 1st, 2018 will be refunded in full. After December 1st, 2018, registration fees will be refunded only with a medical note and provided to the meet coordinator no later than Jan 15th, 2018 and will be subject to a \$35 administration fee. Any non-medical withdrawal will not be refunded. No refunds will be issued after January 19<sup>th</sup>. All refunds after the December 1<sup>st</sup>, 2018 deadline will be processed the week following the competition.

**Host Hotel:** We have two host hotels  
TBD

### **Tentative Schedule:**

- **Artistic Schedule:** to be sent out at a later date and will be based on registration numbers. (Tentative schedule (attached) based on GP 2018)

- **Rhythmic Schedule:** January 11, 12 & 13, 2019

**\*\* RG PODIUM TRAINING\*\***

\*\* We will offer podium training on **Friday, January 11**, from 12:00PM-4:00PM on RG floor\*\*. (Maybe earlier depending on interest.)

## General Information

- Venue:** **Universiade Pavilion (Butterdome) at the University of Alberta (114 St and 87 Ave, Edmonton, AB)**
- Parking:** Stadium Parking (89 Ave & 116 Street): \$14/day  
Education Car Park (87 Ave and 114 St): \$15/day
- Contact:** **WAG:** Kristi Cloman [kristi\\_1\\_b@hotmail.com](mailto:kristi_1_b@hotmail.com)  
**MAG:** Miguel Angel Costante [mianco1952@gmail.com](mailto:mianco1952@gmail.com)  
**RG:** Connie Bramer [connie@capcitygym.com](mailto:connie@capcitygym.com)  
**Registration:** Jessica Pach [gpreistration@capcitygym.com](mailto:gpreistration@capcitygym.com)
- Equipment:** **Artistic:** SA/Gymnova equipment as per all AGF, GCG, and FIG specifications. (Double equipment for WAG, with exception of floor).  
**RG:** 1 full competitive RG carpet and 1 warm up carpet
- Music:** **Artistic:** All WAG floor music **must** be uploaded via SportzSoft registration system. For JO 1 to 3, just indicate version of music to be used. (Can be determined at time of competition as last year.) Please adhere to proper song file formatting. (.mp3, .m4a, .aiff.) (NO WAV) CD, iPod, backup of music must be on competition floor.  
**RG:** Music submission by December 1, 2018. Please email Dropbox link to [connie@capcitygym.com](mailto:connie@capcitygym.com)

# Rules

**Artistic:**

**WAG:** Pre Novice Aspire 1 & 2, Canadian Junior Olympic, FIG

**MAG:** GCG Provincial, FIG

**RG:**

\* Interclub guidelines

\* 2018 RGI & RGG Development Program

2018 GCG 1B, 2ABC, 3ABC, 4C, & Novice Program, Junior Senior FIG Code of Points.

Evaluations and judging will be provided according to status of judges trained, official RG scoring system available, and valid Interclub regulations at the time of competition.

**We ask you to submit one Interclub skill sheet per routine for all levels (Interclub, Provincial Stream, National Stream) to ensure that feedback can be provided.**

*Depending on judges availability Provincial & National Stream athletes may also be adjudicated according to Interclub regulations.*

Elements need to be marked on skill sheet with the addition of “D” dominant or “ND non-dominant (R/L) hand or leg for mandatory skills and handling requirements.

Mandatory scripts for free routines 1B, 2ABC, 3ABC, 4C, Novice according to GCG regulations.

Skill sheet can be found online at:

<http://www.capcitygym.com/gympower/>

Due date for skill sheets is: December 1, 2018

# Awards

**MAG****WAG JO levels 4-10****Aspire, HP:**

Medals for 1<sup>st</sup>-3<sup>rd</sup> on each event and all around, Ribbons for 4<sup>th</sup> to 8<sup>th</sup>

**JO levels 1-3:**

These levels will be judged by compulsory trained judges. Scores will not be flashed and live scoring will not be available. Gold, Silver and Bronze and All-Around ribbons will be awarded according to new AGF guidelines.

**RG Interclub:**

Gold, Silver or Bronze Medal per routine depending on percentage achieved

**RG Provincial &****National Stream:****Apparatus Awards:**

All-Around Awards: Gold, Silver or Bronze Medals, Ribbons for 4<sup>th</sup>-8<sup>th</sup>

Gold, Silver or Bronze Medals, Ribbons for 4<sup>th</sup>-8<sup>th</sup> or according to  
Interclub awards: Gold, Silver or Bronze Medal per routine depending on percentage achieved.





## Participant Release and FOIP Form

GYM POWER 2018  
January 11-14, 2018

**Location:** University of Alberta  
Universiade Pavilion (Butterdome) 87 Ave & 114 Street, Edmonton, AB

Participant's Name: \_\_\_\_\_

Participant's Health Insurance Number: \_\_\_\_\_

Participant's Club: \_\_\_\_\_

### Participant Release:

In consideration of the Capital City Gymnastics Centre providing service, supplies, and facilities for the above-mentioned event, I do hereby, for my child or ward, our heirs, executors and administrators, release and forever discharge Capital City Gymnastics Centre and all of its servants, agents, officers, employees and all persons assisting it and/or them for any or all liability for injury, loss, sickness, death or any other damage resulting from the negligence of the above mentioned-persons or in any cause whatsoever attribute in any way to the conduct of said persons or in any arising out of my participation in such event or which may arise out of my traveling to, and attend, or returning from such an event.

I hereby covenant and agree to save harmless Capital City Gymnastics Centre and its servants, agents, officers, employees and persons assisting them from all claims and demands whatsoever which may be made in respect of such injury, loss, sickness or any other damage which may happen to me, my child or my ward.

Signed This \_\_\_\_\_ Day of \_\_\_\_\_, \_\_\_\_\_

Athlete (over 18) or Parent/Guardian (if athlete under 18 years of age):

\_\_\_\_\_

Witness: \_\_\_\_\_

### FOIP:

Capital City Gymnastics Centre may be contacted by the media for participant quotes, interviews or pictures. These sounds and images (video and still) may be published or aired in a variety of locations, including audio tapings on television, radio and newspaper, as well as Capital City website and publications. Your permission is required for the above to take place.

Signed This \_\_\_\_\_ Day of \_\_\_\_\_, \_\_\_\_\_

Athlete (over 18) or Parent/Guardian (if athlete under 18 years of age):

\_\_\_\_\_

## International Levels

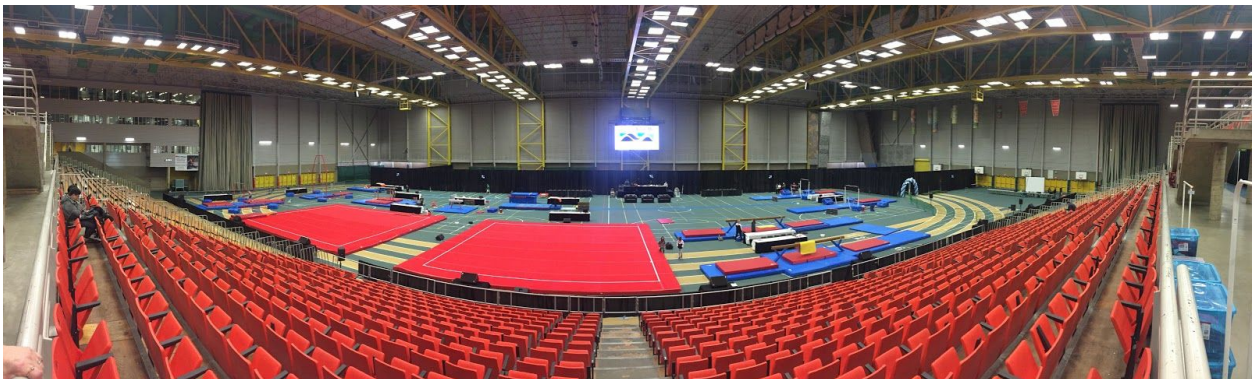
<b><u>WAG levels:</u></b>	<b>Junior and Senior FIG International, Junior Olympic levels 1-10 (US Teams)</b>
<b><u>MAG levels:</u></b>	<b>Junior and Senior FIG International, Open and Novice (International and USGA equivalent)</b>
<b><u>RG levels:</u></b>	<p><b>National levels:</b></p> <p>Seniors Level 9-10 (age 16 and over) FIG program (hoop, ball, clubs, ribbon)</p> <p>Juniors Level 9-10 (age 13-15) FIG program (hoop, ball, clubs, ribbon)</p> <p>Novices Level 8 (age 10-12) Free routine and 3 any apparatus. Max 7 Difficulties, max D -7.00 points. For Canada -free, clubs, ball, rope routines.</p> <p>Level 3C-free and 2 any apparatus. Max.7 difficulty. For Canada -free, rope, ball or clubs.</p> <p><b>Regional levels:</b> These levels are similar to Level 6, 7 in USA.</p> <p>Level 6 in Canada (2003and older)-3 Apparatuses (no Free). Max 7 Difficulty. Max D value -8 points</p> <p>Level 5 in Canada (2003-2004-2005) - 3 routines (5A Free + 2 apparatus). Same as above.</p> <p>Level 4 in Canada (2005-2006-2007) - free + ball or free + 2, 3 apparatus. Same as above.</p> <p>Level 3 in Canada (2007-2008-2009) - free+2 apparatuses. Same as above.</p>

## Countries and Clubs to Invite:

1. United States (USAG) (Open invitation)
2. Australia (Open Invitation)
3. Japan (Open Invitation)
4. China (Open Invitation)
5. Thailand - Open Invitation
6. Hong Kong (Open Invitation)
7. S. Korea (Open Invitation)
8. Great Britain (Open Invitation)
9. Ireland
10. Jamaica
11. Cayman Islands
12. Bermuda
13. Argentina (Open Invitation)
14. Brazil (Open Invitation)

2019 Gym Power Organizing Committee

<https://www.capcitygym.com/gym-power/>



## For International Teams & Clubs

The following information is related specifically to those teams travelling from outside of Canada.

1. Registration fee is waived for all participants.
2. Two hosted meals. (More details to be provided)
  - a. Welcome Social
  - b. Athlete Social wrap up party
3. Accommodation assistance
4. Transportation assistance via local LRT (Light Rail Transit)
5. Host Club Training
6. Cultural and coaching exchange - (To be determined - TBD)
7. Training camp prior to or following competition - (TBD)
8. Local sightseeing and special tourism options

In addition to the above, for MAG & WAG HP Junior and Senior, Junior Olympic Level 10:

9. Event Finals, (TBD)
10. Podium Training (TBD)
11. Funding may be available for National Level HP Junior and HP Senior athletes to help offset meals, accommodations and transportation costs. Inquire as to amounts by emailing [info@capcitygym.com](mailto:info@capcitygym.com) with athletes bios and any recent competition video/ YouTube link.

### **Tourism and Web Links:**

City of Edmonton  
<https://www.edmonton.ca/>

Explore Edmonton  
<https://exploreedmonton.com/>

West Edmonton Mall - Indoor Water Park, Indoor amusement Park.  
<http://www.wem.ca/>

Alberta  
<https://www.alberta.ca/index.aspx>

Jasper  
<https://www.jasper.travel/>

Ice Castle  
<https://icecastles.com/edmonton/>

Rogers Place  
<http://www.rogersplace.com/>