WESTERN CANADIAN GYMNASTICS CHAMPIONSHIPS 2023

Spruce Grove, Alberta

SPRUCE GROVE, ALBERTA

BULLETIN #1

December 15, 2022

HOST	Alberta Gymnastics Federation & Aerials Gymnastics Club Suite 207 - 5800 2 Street SW Calgary, AB, T2H 0H2 (403) 259-5500 www.abgym.ab.ca
ORGANIZING COMMITTEE	Robin McDougall - Event Chair operations@abgym.ab.ca Carolyn Foster – WAG Technical Chair wag@abgym.ab.ca Colin Plomp – MAG Technical Chair mag@abgym.ab.ca
COMPETITION DATES	April 27 - 29, 2023
VENUE	TransAlta Tri Leisure Centre 221 Jennifer Heil Way Spruce Grove AB T7X 4J5 (780) 960-5080
REGISTRATION FEES	A registration fee is required for all Athletes, Coaches and Judges. Thank you for payments received to date. **Carolyn Foster** will be sending a note to all Provinces to indicate any outstanding fees. Received by **16:00 Friday, April 7th**, 2023 $160.00 Late fee received by **16:00 Thursday, April 20th, 2023** $190.00
REGISTRATION PROCESS	Registration will open on **Monday, March 13, 2023.** All registrations must be completed by **16:00 Friday, April 7, 2023.** **WAG SPORTZSOFT LINK:** https://bit.ly/WAGWesterns2023 **MAG SPORTZSOFT LINK:** https://bit.ly/MAGWesterns2023
MEDICAL WAIVER, PARENT CONSENT & PIPA	Each PSO must submit their Statutory Declaration via https://bit.ly/Westerns23Declaration in advance of their arrival to the competition.
REFUNDS	Refunds will only be issued provided that a medical certificate and request for refund is submitted to AGF by **16:00 Thursday, April 19th.** A $15 administration fee will be withheld for those withdrawing from the competition after **16:00 Thursday**, **April 12th.**
SESSION ROTATIONS	Session rotations are noted in the attached schedule.

COMPETITION ORDER FORMS	The order forms can be found in the Western Canadian Policy Manual and Technical Regulations. Please bring these forms with you to fill out. They are to be completed and handed in following your training session on **Thursday, April 27th.** WAG can be submitted to **Carolyn Foster.** MAG can be submitted to **Colin Plomp.**
EQUIPMENT	All equipment for the Western Canadian Championships competition will be supplied by SA. Teams are not authorized to bring their personal boards or Yurchenko mats to the event.
JUDGE ASSIGNMENTS	All Province/Territories are required to submit a list of judges to AGF by 16:00 Friday, March 17, 2023. Should this information be available earlier, please feel free to submit ahead of the deadline. WAG Judges – Carolyn Foster – wag@abgym.ab.ca MAG Judges - Chris Grabowecky - mag@abgym.ab.ca
AWARDS	Throughout the event, awards will be handed out immediately following each session in the **Jenn A Room** at the **Holiday Inn Express Spruce Grove** adjacent to the venue. For the Event Finals, awards will be distributed within the venue. Additional discussion and final plan regarding format to occur at the Thursday Technical Meeting.
MEDICAL AND PHYSIOTHERAPY SERVICES	Both EMTs and a Physiotherapist will be available and on-site during the training and competition sessions. Each coach or manager must carry the necessary written authorization to have his/her athlete(s) treated. Each person must carry his/her Provincial health card. There is a wellness Centre located in the parking lot adjacent to the TransAlta Tri Leisure Centre. Below is their contact information and hours of operation. **Tri Wellness MD Centre** Suite 100, 7 Tri Leisure Way Spruce Grove, AB T7X 0T3 587-853-0451 **Hours:** Wednesday – Thursday 9:00 – 19:00 Saturday 9:00 – 15:00

TRANSPORTATION	All Teams (athletes, coaches, judges, support staff) are responsible for their own transportation. Driving Distances: Airport to Holiday Inn Express and Suites - Spruce Grove 52 KM Airport to Holiday Inn Express and Suites – West Edmonton 38 KM Airport to Travelodge by Wyndham – Stony Plain 54 KM Airport to Best Western Inn & Suites – Stony Plain 54 KM If you are interested in renting vehicles, Gymnastics Canada has an agreement with Enterprise; quote account code **"XVC5150"**. Rental vehicles can be hard to come by at certain times of year, so please book early. There are several Enterprise depots in Edmonton and one in Spruce Grove the two below are the most convenient options: Option #1 Edmonton Airport (780) 980-2338 Option #2 (5 mins from venue) Spruce Grove, 5 – 120 St. Matthews Ave (780) 960-9202 Local Transportation Companies: Go Coach Charters 780-238-3866 https://gocoach.ca Red Arrow 1 800 232 1958 https://www.redarrow.ca

ACCOMODATIONS

Holiday Inn Express & Suites – Spruce Grove

201 Jennifer Heil Way
Spruce Grove, AB
T7X 0T3
(780) 571-1101

2-minute walk from venue.
Standard 2 Queen - $119.99 plus tax

Group Code: WCA **MUST BE BOOKED BY JANUARY 31, 2023**

Online Booking Directions: (April 26-30 2023)

- Click Link Below
- Select Exact Dates within the Group
- Select From Available Room Types
- Enter your Info & Reserve

https://www.hiexpress.com/bookings

- Individual Call-In Cancellation: Notification of Cancellation or Change at least 72 Hours prior to Reservation Arrival Date to avoid any penalties.
- Hot buffet breakfast, pool, hot tub, fitness center, 10% discount on local restaurants and shops.

Holiday Inn Express & Suites – West Edmonton

18520 – 100 Avenue
Edmonton, AB
T5S 0K6
(780) 756-2134

20-minute drive to venue
Standard 2 Queen - $149.99+ plus tax

Group Code: 2023 Western Canadian Championships
MUST BE BOOKED BY MARCH 30, 2023

- Please call 780-756-2134 to book.
- Rooms can be cancelled up to 4 days prior to check in to avoid penalties.
  Hot Buffet Breakfast, free parking, 5 min to West Edmonton Mall

ACCOMODATIONS

4 Points Sheraton/Elements Westin
18540 – 100 Avenue
Edmonton, AB
T5K 0K6
(780) 244-8355
20-minute drive to venue
Standard 2 Queen - Four Points $149.00
Elements $169.00
Western Canadian Gymnastics Room Block
Start Date: Wednesday, April 26, 2023
End Date: Sunday, April 30, 2023
Last Day to Book: Friday, March 24, 2023

Hotel(s) offering your special group rate:

- ***Four Points by Sheraton Edmonton West for 149 CAD per night***
- ***Element Edmonton West for 169 CAD - 179 CAD per night***

Book your group rate for Western Canadian Gymnastics Room Block

Rooms can be cancelled up to 4 days prior to check in to avoid penalties.
Hot Buffet Breakfast, free parking, 5 min to West Edmonton Mall

Best Western Sunrise Inn and Suites – Stony Plain
3101 43 Avenue
Stony Plain, AB
T7Z 1L1
(780) 968-1716
5-minute drive to venue
Standard 2 Queen - $140.59 plus tax

Group Code: Western Canadian Champions
MUST BE BOOKED BY MARCH 26, 2023

- Please call 780-968-1716 to book.
- Rooms can be cancelled up to 24 hours prior to check in to avoid penalties.
  Hot Buffet Breakfast, pool, waterslide.

Travelodge by Wyndham – Stony Plain
74 Boulder Blvd.
Stony Plain, AB
T7Z 1V7
(780) 963-1161
5-minute drive to venue
Standard 2 Queen - $100.00

Group Code: Western Canadian Champions
MUST BE BOOKED BY MARCH 15, 2023

- Please call 780-963-1161 to book.
- Rooms can be cancelled up to 72 hours prior to check in to avoid penalties.
  Hot Buffet Breakfast and pool.

EVENT SOCIAL	AGF and the Local Organizing committee will host a social for all participants of Artistic Westerns at the Tri Leisure Centre. (Competition venue) They will have an opportunity to swim, there is an open gym, followed by pizza and a dance party. It is on Saturday, April 29, 2023, following the competition from 19:30 – 22:30. Each participant will be given a wristband for entrance. The judges and coaches social will be held on Saturday, April 29, 2023, at the Holiday Inn Express in the Jennifer Heil Room. Each coach and judge will be provided with 2 drink tickets upon entry. Once tickets are used, a cash bar will be available. Light snacks will be provided. We look forward to seeing everyone for a fun evening!
50/50 RAFFLE	Please let your friends and families know there is a 50/50 raffle! Details to follow. Draw date is Saturday, April 29, 2023, at 7:00 PM
TECHNICAL MEETING	The technical meeting is for all coaches, managers and officials, providing an opportunity for discussion on any policy, procedures, concerns etc. Thursday, April 27th 16:00 – 16:30 Holiday Inn Express Spruce Grove Jenn A Room 201 Jennifer Heil Way Spruce Grove AB T7X 0T3 The Westerns Debrief meeting will be held online at a later date.
HOSPITALITY	Lunch, dinner and snacks will be provided for coaches and judges at the venue in the hospitality room on the second floor of the venue. Mealtimes will be based on the competition schedule.
ADMISSION	Passes will be available for purchase prior to and on-site. A link will be provided in bulletin #2. Onside only debit, VISA, and MC accepted. No cash. Artistic Western Prices: **Single Day** / **Weekend** Adult (18+) $15.00 / $25.00 Senior 55+ $10.00 / $15.00 Student (6-17) $10.00 / $15.00 Kids (5 & under) Free / Free Family (4 passes) $40.00 / $70.00 **All prices plus GST & service fees*

Important Dates to Remember	March 13	Registration Opens
	March 17	Names of judges who will be attending
	April 7	Registration Deadline
	April 14	Bulletin #2 Distribution
	April 12	Refund without administration fee
	April 19	Refund with medical certificate
	April 19	Late registration

Should you have any questions, please feel free to contact any of the organizing committee.

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS TRAINING SCHEDULE - WAG		
THURSDAY, APRIL 27, 2023	8:00 – 10:00	Training – Team AB
	10:00 – 12:00	Training – Team SK/YK
	12:00 – 14:00	Training – Team MB/NWT
	14:00 – 16:00	Training – Team BC
	16:15 – 16:45	Technical Meeting – Location TBC
	16:45 – 17:00	Opening Ceremonies

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS TENTATIVE SCHEDULE - WAG		
THURSDAY, APRIL 27, 2023 **SESSION 1 – Level 8 (14+)**	17:00 – 17:20	General Warm-up
	17:00	Judges Meeting
	17:30 – 20:30	Competition
	20:40	Awards

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS TENTATIVE SCHEDULE - WAG		
FRIDAY, APRIL 28, 2023 **SESSION 2 - Level 9 (15+)**	8:30 - 8:50	General Warm-up Judges Meeting
	9:00 - 11:30	Competition
	11:45	Awards
FRIDAY, APRIL 28, 2023 **SESSION 3 – Level 9 (11-14) and Level 10 (12-15)**	12:00 - 12:20	General Warm up Judges Meeting
	12:30 - 15:00	Competition
	15:15	Awards
FRIDAY, APRIL 28, 2023 **SESSION 4 – Level 10 (16+)**	15:30 - 15:50	General Warm up Judges Meeting
	16:00 - 18:30	Competition
	18:45	Awards

**Please note that all times are MDT.*

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS TENTATIVE SCHEDULE - WAG		
SATURDAY, APRIL 29, 2023 **SESSION 6 – Level 8 (13 and under)**	8:30 – 8:50	General Warm-up Judges Meeting
	9:00 – 11:15	Competition
	11:30	Awards
SATURDAY, APRIL 29, 2023 **SESSION 7 – CCP 9 & JO 10** **Apparatus Finals**	13:00 – 13:20	General Warm up Judges Meeting
	13:30 – 16:00	Competition
	16:15	Awards
SATURDAY, APRIL 29, 2023 **SOCIAL**	19:30 – 22:30	Holiday Inn Express, Jennifer Heil Room

**Please note that all times are MDT.*

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS TRAINING SCHEDULE - MAG		
THURSDAY, APRIL 27, 2023	8:30 – 11:00	Training – Team AB
	11:00 – 13:30	Training – Team MB/SK/YK/NWT
	13:30 – 16:00	Training – Team BC
	16:15 – 16:45	Technical Meeting – Location TBC
	16:45 – 17:00	Opening Ceremonies
SESSION 1 – P2 & ASPIRE	17:00 – 18:15	General Warm-up
	18:00	Judges Meeting
	18:20 – 20:50	Competition
	20:55	Awards

2023 WESTERN CANADIAN ARTISTIC CHAMPIONSHIPS SCHEDULE - MAG		
FRIDAY, APRIL 28, 2023 **SESSION 1 – PROVINCIAL 3**	08:00 – 9:15	General Warm-up
	8:45	Judges Meeting
	9:20 – 11:50	Competition
	12:05	Awards
FRIDAY, APRIL 28, 2023 **SESSION 2 – PROVINCIAL 4**	12:00 – 13:15	General Warm-up
	13:00	Judges Meeting
	13:20 – 16:20	Competition
	16:35	Awards
FRIDAY, APRIL 29, 2023 **SESSION 3 – PROVINCIAL 5**	16:30 – 17:45	General Warm up
	17:30	Judges Meeting
	17:50 – 19:50	Competition
	20:00	Awards

**Please note that all times are MDT.*

SATURDAY, APRIL 29, 2023 **SESSION 4 – APPARATUS FINALS**	12:05 – 13:20	General Warm-up
	13:15	Judges Meeting
	13:30 – 17:00	Competition
SATURDAY, APRIL 29, 2023 **SOCIAL**	19:30 – 22:30	Swim, court use, pizza and dance at the Tri Leisure Centre

**Please note that all times are MDT.*