

WORKPLAN #2



CHRISTY FRASER MEMORIAL INVITATIONAL
FEBRUARY 16-19, 2024

HOST CLUB



Langley Gymnastics Foundation
#180 - 7888 200 Street
Langley, BC, V2Y 3J4
<http://www.langleygymnastics.ca>

Contact: **Jennifer Coimbra**
604-455-8845
jenc@langleygymnastics.ca

DATE

February 16-19, 2024

VENUE

**Langley Events Centre,
Fieldhouse (Building B)**
7888 200th Street
Langley, BC V2Y 3J4



REGISTRATION	Registration for the 2024 Christy Fraser Memorial Invitational will be done through Kscore : Click here for Kscore Registration Cheques payable to Langley Gymnastics Foundation											
REGISTRATION: FEES	<table><tr><td></td><td>Athlete</td><td>Coach</td></tr><tr><td>October 16, 2023 - November 13, 2023 (or until full)</td><td>\$145</td><td>\$15</td></tr><tr><td>November 14, 2023 - December 18, 2023 (or until full)</td><td>\$165</td><td>\$25</td></tr></table> <i>Athlete and coach registrations include admission to watch all sessions of CFMI and Elite Canada throughout the weekend (February 16-20, 2024).</i>				Athlete	Coach	October 16, 2023 - November 13, 2023 (or until full)	\$145	\$15	November 14, 2023 - December 18, 2023 (or until full)	\$165	\$25
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REGISTRATION: LEVEL CHANGES	Level changes after January 5th, 2024 will incur a \$25 level change fee. Please email Nikki S. at nikkis@langleygymnastics.ca for any level change requests.											

COACH ELIGIBILITY

*(Minimum NCCP
Requirements)*

All coaches must have the appropriate NCCP certification to be on the field of play as per the GymBC Operations Manual, as well as successful completion of the Respect in Sport (RiS) program. Clubs must ensure appropriate certification and RiS completion prior to registration. Coaches who are missing certification and found to be coaching on the field of play will be subject to a \$200 fine.

Minimum NCCP Coaching Certification Requirements:

MAG Provincial Level 1 WAG CCP 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport
MAG Provincial Level 2 WAG CCP 3-5 Xcel Bronze-Gold	NCCP Competition Introduction (Comp 1) Certified and Respect in Sport
MAG Provincial Level 3-4, Elite 3-4 WAG CCP Levels 6-8, Aspire Xcel Platinum	NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport
MAG Level 5, Open, Junior, Senior WAG CCP Levels 9-10, HP	NCCP Competition Development (Comp 3) Certified and Respect in Sport

Coaches must ensure they adhere to the GBC guidelines for competition attire.

EQUIPMENT

Competition equipment is S/A brand. Clubs are not permitted to bring additional equipment.

WAG CATEGORIES OFFERED

The following WAG categories are invited:

- CCP 1 – 5
- CCP 6 – 10
- Aspire Youth
- Xcel Bronze, Silver, Gold, Platinum
- Interclub Performance & Performance Plus

Please Note: Canadian High Performance Novice, Junior & Senior categories will be competing at Elite Canada from February 17-20, 2024 also at Langley Events Centre

MAG CATEGORIES OFFERED

The following MAG categories are invited:

- Provincial 1-5
- National Open (*Trials for Canadian Championships*)
- Aspire, Junior & Senior (*if not competing at Elite Canada*)
- Interclub Performance & Performance Plus

Please Note: If competing in Aspire, Junior, or Senior, please register for National Open category and email nikkis@langleygymnastics.ca to indicate level.

HOTELS



**Sandman Signature Langley &
Sandman Hotel Langley**
Call Sandman's Central Reservations
at 1-800-SANDMAN(726-3626).



AN IHG HOTEL

Holiday Inn Express & Suites
Call (604) 882-2000 to book your room.

Please note: Discounted rates were detailed in Workplan #1 and are no longer available.

SCHEDULE

FRIDAY, FEB 16, 2024	SATURDAY, FEB 17, 2024	SUNDAY, FEB 18, 2023	MONDAY, FEB 19, 2024
SESSION 1	SESSION 5	SESSION 9	SESSION 13
Xcel Platinum Xcel Diamond 0800-1000	Xcel Bronze 0800-1045	CCP 6 (2011-2016) 0730-1045	CCP 1 Interclub 0800-1130
MAG Level 1 0800-1100			
SESSION 2	SESSION 6	SESSION 10	SESSION 14
CCP 8 1030-1300	Xcel Silver (2012-2016) 1100-1400	CCP 6 (2007-2010) CCP 7 (2006-2009) 1100-1345	CCP 2 1200-1445
MAG Level 2 MAG Interclub 1130-1400			
SESSION 3	SESSION 7	SESSION 11	SESSION 15
CCP 9 1330-1645	Xcel Silver (2006-2011) Xcel Gold (2006-2009) 1430-1715	CCP 7 (2010-2015) 1415-1645	CCP 3 1515-1930
MAG Level 3 1430-1700			
SESSION 4	SESSION 8	SESSION 12	
CCP 5 CCP 10 1730-2000	Xcel Gold (2010-2014) 1745-2030	CCP 4 1715-2000	
MAG Level 4 MAG Level 5 MAG National Open 1700-2100			

Please Note: Session start times include a 15-20 minute general warm-up, with the exception of Session 4 MAG, which includes a 75-minute general warm-up.

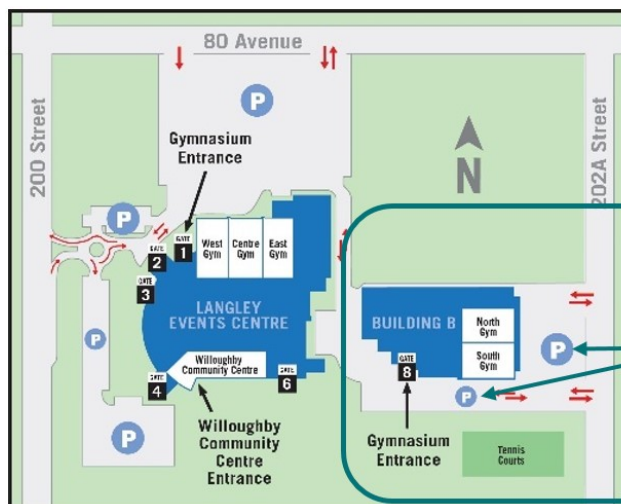
PHOTOGRAPHY



Samantha Birosh, from Calieight Photography, will be on-site to take photos of CFMI athletes! After the event, you will be able to view and purchase your photos here:

<https://calieightphotography.smugmug.com/>

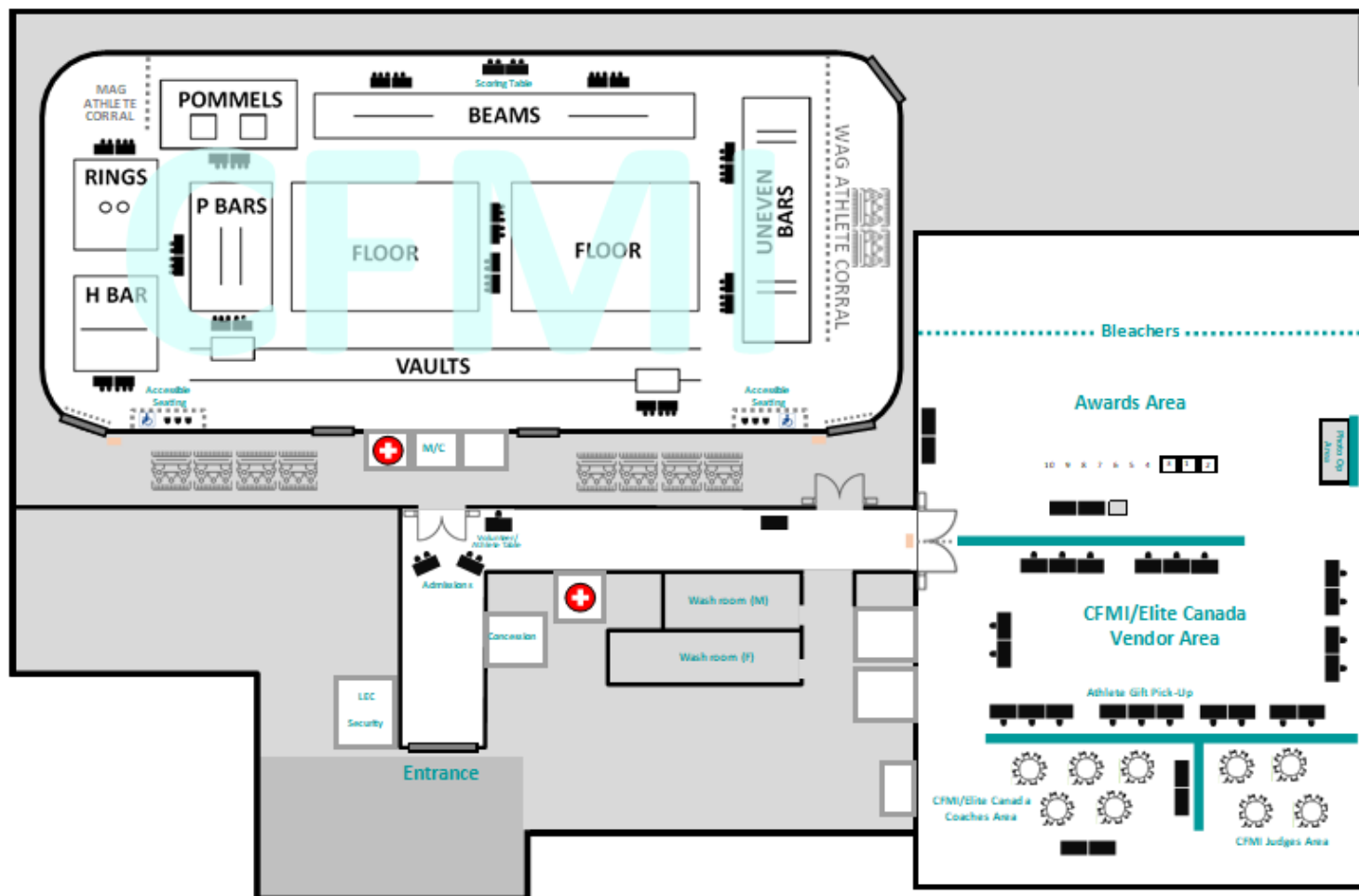
VENUE INFO



Parking is free at the Langley Events Centre. *

- **Please Note:** There are Vancouver Giants games on Friday, February 16th at 7:00pm and Monday, February 19th at 2:00pm. We recommend arriving early as the parking lot will be very busy at this time.

LANGLEY EVENTS CENTRE—BUILDING B MAP



COMPETITION PROTOCOLS

Athletes should gather in the athlete corral no earlier than 15 minutes prior to session start time.

The **General Warm-Up** will be announced at the start time. After the General Warm-Up, athletes will be asked to gather in the Athlete Corral. They will be introduced by club and asked to march on to the competition floor. The National Anthem will be played during the first session of each day, and a welcome address will take place for each session. Athletes will then proceed to their first event.

MUSIC

Floor music must be uploaded on K-Score. Please ensure you have a back-up of your music for the competition (E.g. on phone, iPod, tablet, etc.)

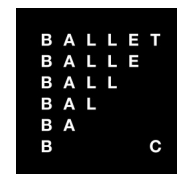
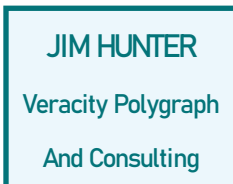
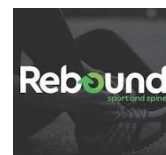
AWARDS

Athletes will head to the Awards Area in the Gymnasium after the competition. Athletes are welcome to pick up their Athlete Gift located in the vendor area before or after the awards ceremony. We will also provide a light snack for the athletes at this time. Those with dietary restrictions are asked to bring their own snack.

Awards:

- **AA & Events Medals for 1st-3rd placing, Ribbons for 4th-10 placing.**
- **Christy Fraser Award**– Awarded by Lory Fraser to the athletes that show the most **positive, determined, and supportive** attitude throughout the competition.

SPONSORS



VENDORS

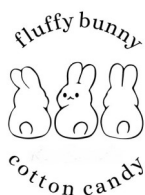
We are excited to have the following vendors on-site during the competition:



Official supplier for Gymnastics Canada, selling gymnastics apparel and accessories.



On-site custom event apparel for both CFMI and Elite Canada 2024.



Amazing cotton candy in over 50 unique flavours!



Gourmet healthy meal solutions.



Sustainable healthy living products, including the ever-popular EnergyFizz sticks.



Hat bar, engraved tumblers, wood ornaments, and more.



Handmade bath and body products specializing in uniquely crafted bath bombs.



Hand-crafted knitting and crochet scarves, messy bun hats, key-chains, headbands, amigurumi plushies, tea towels and much more.

ATHLETE INFO

Before competing: Please pick up your accreditation tag near the admissions table prior to your session. This tag will allow you to access the spectator areas in both CFMI and Elite Canada, the shared vendor area, and the CFMI Field of Play during your session. You can head to the Athlete Corral 15-minutes prior to your session start time.

Things to remember:

Water bottle Light snack Have fun!
Warm clothes Indoor footwear

After the competition: Please head to the Awards Area for the awards ceremony, where you will be provided with a light snack. After the awards ceremony, please check out all of our fabulous vendors and collect your athlete gift in the Vendor Area.

COACH/ JUDGE INFO

Before your first session: Please pick up your accreditation tag near the admissions table prior to your session.

Please remember to bring a water bottle, as there will be various refill stations at the venue.

The following meals will be provided:

Friday- Continental Breakfast, Lunch and Dinner
Saturday- Continental Breakfast, Lunch and Dinner
Sunday- Continental Breakfast, Lunch and Dinner
Monday- Continental Breakfast, Lunch and Late Snack

While we try to offer a variety of delicious catered meals, we may not be able to accommodate all dietary restrictions.

SPECTATORS

Admission rates:

	Single-Day	Weekend
Children 5 & Under	Free	Free
Youth/Seniors	\$13	\$21
Adults 18+	\$21	\$31
Family (2 adults + 2 youth/ seniors)	\$51	\$76

Payment methods:

We accept cash, debit and credit cards.

*\$1.00 of each Admission will go towards Langley Gymnastics Foundation's **Community Outreach Fund**. The purpose of this fund is to provide free gymnastics programming to youth from Langley and surrounding cities, that identify as having fewer opportunities to join extra-curricular sports.*