



MAG Fall Update

2022-2023 Season

Men's Technical Committee	Michael J. Hood	Chair (director_mtc@gymbc.org)
	Christopher Sheremeta	Judging Chair
	Kris Krunick	Coaching Chair
	Vacant	Athlete Representative
	Ken Ikeda	Member
	John Carroll	Member
	Lucas Tiefenbach	Member
	Richard Ikeda	Provincial Performance Advisor (ex officio)
	Thorstein Fischer	Men's Program Coordinator (ex officio)

Meetings	Men's Program Assembly	August 2023 (TBD)
	MAG Retreat	August 2023 (TBD)
	Technical Committee Meetings	As called by the Chair

Provincial Camps	Camp #1—Younger	Langley Gymnastics Foundation	15 October 2022
	Camp #2—Older	Inspire Sports Victoria	27 November 2022
	Camp #3—Younger	Vancouver Phoenix Gymnastics	29 January 2023

Deadline to change categories Athletes must declare their category by 1 March 2023. Any athlete that competes in a trial event will be considered that category for the duration of the season. BC Games trials are exempt from this rule.

Written petitions for all category changes after 1 March 2023 must be accompanied by one cheque per individual for \$25.00 made out to "Gymnastics BC MTC" and will be considered on a case-by-case basis. Category changes will not be accepted after the BC Championships registration deadline.

Dress Code As we get back into competition season, coaches are reminded to abide by the GCG dress code at all competitions:

- Club or Team BC polo/t-shirt.
- Club or Team BC track pants, with or without jacket.
- Sneakers.
- No hats, shorts, midriff tops, ripped or torn clothing or similar

Team BC attire may only be worn at Team BC events. Coaches dressed inappropriately will receive a warning from the Competition Head Judge or host club. The coach will have 30 minutes to comply; if the situation is not corrected after 30 minutes, a penalty may be applied.

Judges are also reminded that the uniform has changed. It is now a dark navy blazer and pants, white shirt, and tie.

Program Pathway Updates

Gymnastics Canada has updated their Elite Pathway Program. Elite 3 and Elite 4 are no longer offered. Instead, the Aspire category is being offered for athletes aged 11-13. More information is available in the [GCG Elite Pathway Program Manual](#).

Gymnastics Canada has also updated their Provincial Pathway Program. Provincial 1 and Provincial 2 have been modified. More information is available in the [GCG Provincial 1 & 2 Program Manual](#).

Trial Events & Championships

Canada Games – MAG Trial #1	Langley, BC	11	Nov 2022
Canada Games – MAG Trial #2	Surrey, BC	10	Dec 2022
Elite Canada	Saskatoon, SK	18 – 22	Jan 2023
BC Games Trial Deadline		3	Feb 2023
1 st Trial to CC2023	Langley, BC	4 – 5	Feb 2023
Canada Games	Charlottetown, PE	17 – 26	Feb 2023
2 nd Trial to CC2023 & Westerns	Abbotsford, BC	18 – 19	Mar 2023
BC Games	Vernon, BC	23 – 26	Mar 2023
3 rd Trial to CC2023 (BC Champs)	Surrey, BC	1 – 2	Apr 2023
Western Canadian Championships	Spruce Grove, AB	27 – 29	Apr 2023
Canadian Championships	Richmond, BC		TBD



Each Zone can send up to four (4) MAG athletes. It is the responsibility of each Zone to determine its selection process and host a trials event. All Elite and Provincial Pathway athletes are eligible to participate in the BC Games, if they are age eligible. Athletes can compete at their Zone trials and BC Games without affecting their category for the remainder of the year. For BC Games, athletes must compete for the Zone where they reside.

Invited Categories

Athletes born in 2008–2013

Rules

GCG Provincial Pathway—Level 3

Trial Events

All zone trials and registration is to be completed by 3 Feb 2023.

- Please list all available substitutes for wild card spot consideration.
- Please also list all available coaches in case additional coaches can be added to your zone's team.



Elite Canada
18 – 22 Jan 2023
Saskatoon, SK

Invited Categories

GCG Elite Pathway—Aspire, Junior, & Senior



Canada Games
17 – 26 Feb 2023
Charlottetown, PE

Invited Categories
Athletes born in 2004 – 2011

Rules
GCG Provincial Pathway—National Open (modified)

Trial Events
11 Nov 2022, Trial #1, Langley Gymnastics Foundation
10 Dec 2022, Trial #2, Flip City Invitational



BC Championships
1 – 2 Apr 2023
Surrey, BC

Invited Categories
GCG Provincial Pathway—P1–5, & National Open
GCG Elite Pathway—Aspire, Junior, & Senior



Western Canadian Championships
27 – 29 Apr 2023
Spruce Grove, AB

Invited Categories
GCG Provincial Pathway—Provincial 2 (10–11), Provincial 3 (12+), Provincial 4, & Provincial 5
GCG Elite Pathway—Aspire

Trial Event
18 – 19 Mar 2023, Twisters Invitational

Training Camp
15/16 Apr 2022, TBD



Canadian Championships
TBD
Richmond, BC

Invited Categories
GCG Provincial Pathway—National Open
GCG Elite Pathway—Aspire, Junior, & Senior

Trial Events
4 – 5 Feb 2023, Christy Fraser Memorial Invitational
18 – 19 Mar 2023, Twisters Invitational
1 – 2 Apr 2023, BC Championships

Training Camp
13/14 May 2023 (TBC)