



WHISTLER ATHLETES' VILLAGE – WHISTLER GYMNASTICS TG HIGH PERFORMANCE ATHLETES TRAINING CAMP May 7-8, 2022



COVID PROTOCOLS (as of March 10)

All participants at the HP Athletes Camp must adhere to PHO COVID-19 requirements at all times and all GBC COVID-19 requirements in the gym setting.

As you may be aware, Dr. Bonnie Henry explained in a press conference March 10, 2022 how the BC Government would progress in slowly lifting COVID-19 restrictions across a variety of sectors.

The main points as they relate to GymBC member clubs include:

1. Wearing a mask in public indoor settings is no longer required by public health as of March 11th. However, anyone may continue to wear a mask as a personal choice.
2. The current proof of vaccination requirements is still in effect for all athletes 22+. Athletes under the age of 21yrs are not required to show proof of vaccination.
3. The use of COVID-19 Safety Plans will be maintained.
4. All COVID-19 requirements will be reviewed April 12, 2022.

Gymnastics BC's website is constantly being updated. Additional information can also be found on the [Government of BC's website](#).

*The current requirements for **the Whistler Athletes Centre** are as follows:*

To keep our guests and staff safe, we continue to operate with enhanced health & safety protocols in accordance with federal and provincial guidelines.

- *Front desk hours: Monday to Friday 9:00am to 4:30pm; Limited coverage on weekends.*
- *Restrictions are currently still in place for the use of the self-serve kitchen, which are expected to be lifted as BC's restart plan moves forward.*
- *We will not be accessing your room during your stay, but we will be providing you with clean linens on a weekly basis.*



2022 HP ATHLETES TRAINING CAMP

May 7 – 8, 2022

HOST	TG Technical Committee Kirsty Porter – Chair k.porter@kgtc.ca		
GYMNASTICS BC	Trampoline Coordinator Debbie McBoyle dmcboyle@gymbc.org		
DATE	May 7 – May 8, 2022		
ELIGIBLE ATHLETES	World Games Targeted DMT Athletes TR/DMT athletes who competed L6 or higher in the 2021-2022 season		
LIMITED SPACE	Number of Spaces: 20		
REGISTRATION – OPEN	GBC On-Line <u>OPENS</u> - 10:00am TUESDAY MARCH 22ND		
REGISTRATION DEADLINE	CLOSED – 5:00pm WEDNESDAY MARCH 30th REFUNDS will only be given with a MEDICAL note.		
REGISTRATION FEES ATHLETES	ATHLETES: \$100 Includes all training sessions NOTE: this camp is being SUBSIDIZED by the TG Technical Committee		
REGISTRATION FEES COACHES	COACHES: \$100 Includes: shared accommodations for one night 4 meals Participation in all camp activities		

<p>GUEST CLINICIAN</p>	<p><u>DENIS VACHON</u></p> <p>Denis has spent the past 20 years in the high-performance sports world as an athlete, coach and manager. A penchant for doing handstands wherever and whenever he could prompted Denis' parents to sign him up for gymnastics. He loves the feeling of being upside down as there is a level of calmness that comes with it. This journey culminated with his participation in the 2020 Tokyo Olympic Games which was an experience he found both inspiring and humbling.</p> <p>It is a privilege to welcome Denis back to BC. He brings great energy and a wealth of knowledge.</p> <p>Achievements:</p> <ul style="list-style-type: none"> • Level 4 Coach • GymCan National Team member 10+year (retired) • GymCan National Team Director – DMT & TU • World DMT Silver medalist • Olympic coach – 2020 Tokyo Olympic Games • Canadian Team Coach – World Championships, World Age Groups, World Cup, Indo Pacific Championships, Pan American Championships <p><u>JASON BURNETT</u></p> <p>Jason Burnett made his Olympic debut at Beijing 2008 where he performed the most difficult routine of the competition to win the silver medal. He went on to reach the eight-man final at London 2012. In 2016, he qualified for and competed at his third Olympic Games in spite of a torn ACL in his right knee, going on to finish 14th. In June 2010 he broke his own world record by recording an 18.8 degree of difficulty at a World Cup meet in Davos, Switzerland. Graduated from University of Toronto in 2014 with a degree in Philosophy. Jason is also a certified Pilates instructor.</p> <p><u>KIRSTY (PORTER) GRIFFITHS</u></p> <ul style="list-style-type: none"> • Level 3 Coach • FIG Judge • Coach – World Age Groups • Coach – SRNT in Canada and Australia • TG Technical Committee Chair 	
<p>ACCOMMODATIONS</p>	<p>Whistler Athletes Village 1080 Legacy Way, Whistler</p> <ul style="list-style-type: none"> • located 8km South of Whistler Village, in the area of Cheakamus Crossing (the former 2010 Olympic/Paralympic Village). <p>Rooms: Athletes Lodge - Two people sharing</p> <p>Each room has 2 single beds, all bed linens, bedside tables and lamps, clothing cabinets, complimentary wireless, and radiant temperature control.</p> <p>Two rooms share a large, accessible bathroom.</p>	

MEALS	Saturday May 7 th Lunch / Dinner Sunday May 8 th Breakfast / Lunch				
	DIETARY CONCERNS: Please indicate ALL dietary concerns on the Registration form.				
SCHEDULE					
	DATE	PLACE	TIME		
	Saturday May 7th	Arrival	11:30 – 12:00pm		
		Lunch	12:00 -1:00pm		
		1:00 6:45pm	Dryland Training Safe Sport Session Afternoon Training		
		7:00 – 7:45pm	Dinner		
		7:45 – 9:00pm	Mock Meet		
	Sunday May 8th	Breakfast	8:00-9:00am		
		9:00am – 5:00pm	Morning Training Pilates Conditioning Afternoon Training		
		4:00 – 5:00pm	Free Training		
		5:00pm	Debrief Departure		
	WHAT TO BRING	<ul style="list-style-type: none"> • MASK(s) OPTIONAL • Medical Card • Training attire • Water bottle • Healthy snacks • Favourite pillow and/or blanket 			
ADDITIONAL INFORMATION	<div> Athletes Camp Kirsty Porter k.porter@kgtc.ca </div> <div> Registration Debbie McBoyle dmcboyle@gymbc.org </div>				

