

September 5, 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.

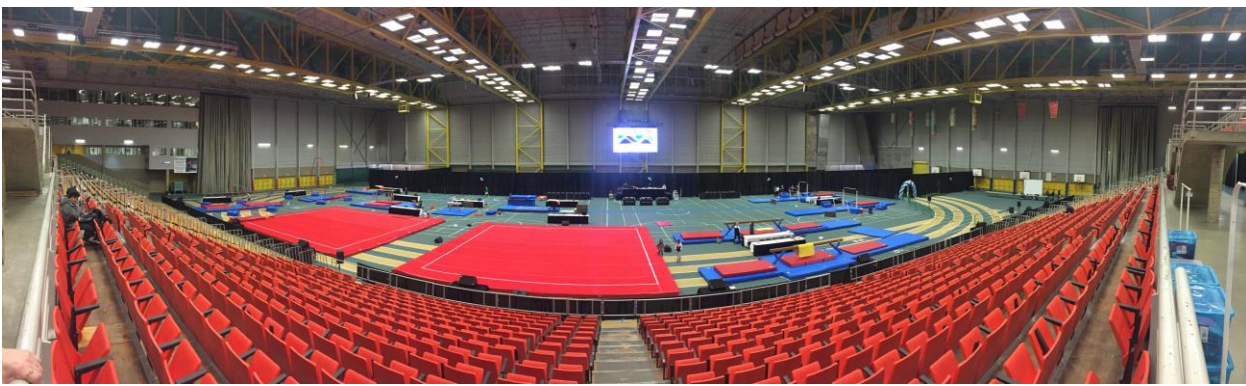
Please find attached the 2019 registration package for all 3 disciplines. Please note, that ALL Artistic registrations will be entered via SportzSoft, while RG will be entered via KSIS.

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



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

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, Regional & National Stream; AGG;
Individual Competition and Group Competition

Registration

WAG/MAG Registration Open: **October 2nd, 2018**

RG Registration Open: **September 5, 2018**

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

Artistic: To register, access the Gym Power 2019 registration link on our website: 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, please register via KSIS or use the following link:
https://www.rgform.eu/event.php?id_prop=936

REGISTRATION VIA KSIS AND PAYMENT:	December 1st, 2018
SCRIPTS AND SKILL SHEETS:	December 15 th , 2018
MUSIC FINAL DEADLINE	January 1, 2019

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 entered via KSIS as well, and need to be registered with Rhythmic
 Gymnastics Alberta, Alberta Gymnastics Federation or the PSO for their province,
 be a minimum of Foundation 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: Payment for RG gymnasts/coaches can be made via E-Transfer directly to Rhythmic Gymnastics Alberta (RGA):
 E-Mail : rga@rgalberta.com
 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.

Alberta RG coaches can upload the Statutory Declaration Form via KSIS with their coach registration. Individual forms for gymnasts/coaches are not required with this form. All gymnasts and coaches from outside the province will be required to complete the participant release and FOIP Form for Gympower 2019.

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 19th. All refunds after the December 1st, 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:** (tentative schedule depending on registration)
January 11, 2019: Interclub Individual and Interclub Group; AGG
January 12, 2019: Provincial, Regional, and National Stream Individual and Group competition
January 13, 2019: Provincial, Regional and National Stream Individual and Group competition.

RG PODIUM TRAINING may be offered tentatively:
Thursday, January 10, 2019 or Friday January 11, 2019
Times TBA depending on interest and competition schedule

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
MAG: Miguel Angel Costante mianco1952@gmail.com
WAG/MAG Registration:
Jessica Pach gpreistration@capcitygym.com
RG: Connie Bramer connie@capcitygym.com
RG Registration: Mandy Jones mandyljones@shaw.ca
- 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 January 1, 2019 via KSIS. Please bring back up music (mp3 player or CD) to the competition floor.

Rules

Artistic:

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

MAG: GCG Provincial, FIG

RG: Current Alberta Interclub guidelines – 2019 RGI and RGG Development Program, 2019 GCG Free requirements for levels 1B, 2ABC, 3ABC, 4C & Novice Development Program, Junior and Senior F.I.G. Code of Points.

Interclub and AGG routines will be adjudicated according to valid Interclub regulations at time of competition. Provincial, Regional and National stream routines will all be officially scored.

RG Scripts and skill sheets can be uploaded via KSIS.

Due date: **December 15, 2018.**

Skill sheet can be found online at: <http://www.capcitygym.com/gympower/>

Awards

MAG

WAG JO levels 4-10

Aspire, HP: Medals for 1st-3rd on each event and all around, Ribbons for 4th to 8th

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 and AGG: Diamond, Gold, Silver or Bronze Medal or participation ribbon per routine depending on percentage achieved

RG Provincial & Regional,

National Stream: All-Around Awards: Gold, Silver, Bronze Medals, Ribbons for 4th-8th
Participation Award 9th and up.

Apparatus Awards: Gold, Silver or Bronze Medals, Ribbons for 4th-8th

Participant Release and FOIP Form

GYM POWER 2019

January 10-13, 2019

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

WAG levels: Junior and Senior FIG International, Junior Olympic levels 1-10 (US Teams)

MAG levels: Junior and Senior FIG International, Open and Novice (International and USGA equivalent)

RG levels:

INDIVIDUAL COMPETITIONS:

National levels:

- * Seniors Level 9-10 (age 16+/2003+) FIG program (hoop, ball, clubs, ribbon)
- * Juniors Level 9-10 (age 13-15/2004-2006) FIG program (rope, ball, clubs, ribbon)
- * Novices Level 8 (age 10-12/2007-2009) free routine and 3 any apparatus.
For Canada: free, clubs, ball, rope routines.
- * Level 3C: free and any 2 apparatus. For Canada: free, rope, and choice of ball or clubs.

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

- * Level 6B/6C in Canada (2004 and older) - 3 apparatuses (no free)
- * Level 5B/5C in Canada (2004-2005-2006) - 3 apparatuses (no Free)
- * Level 4B/4C in Canada (2006-2007-2008) – free plus 2 or 3 apparatuses
- * Level 3B Regional in Canada (2008-2009-2010) – free, rope, ball
- * Level 3C in Canada (2008-2009-2010) – free +2 apparatuses

Provincial Levels 1-6: These levels are similar to USA levels 3, 4, 5, 6, 7

- * Level 6A in Canada (2004 and older) - ball, hoop and choice apparatus (no free)
- * Level 5A in Canada (2004-2005-2006) – free, ball and choice apparatus
- * Level 4A in Canada (2006-2007-2008) – free, ball
- * Level 3A in Canada (2008-2009-2010)- free, hoop
- * Level 3B Provincial in Canada (2008-2009-2010)- free, rope, ball
- * Level 2A in Canada (2009-2010) – free, rope
- * Level 2B in Canada (2009-2010) – free, ball
- * Level 2C in Canada (2009-2010) – free, ball, rope
- * Level 1B in Canada (2011-2012) - free, rope

GROUP COMPETITIONS:

Group National Levels:

- * **Senior (age 16 and over): Group of 5: 5 Balls AND 3 hoops & 2 pr. clubs; FIG Program**
- * Senior (age 16 and over) Group of 4: 2 hoops & 2 pr. clubs;
- * Senior (age 16 and over) Group of 3: 2 hoops & 1 pr. clubs,
- * Senior Development (Junior & Senior Mix 13 yrs. And up) Group of 5: 3 hoops & 2 pr. clubs,
- * Junior Development (age 12-15) Group of 5: 5 ribbons
- * Open Group (Novice, Junior, sSenior Mix) Group of 4: 4 ribbons, Group of 5: 5 ribbons,
- * **Junior (age 13-15): Group of 5: 5 hoops AND 5 ribbons; FIG Program**
- * Junior (age 13-15) Group of 3: 3 ribbons
- * Junior (age 13-15) Group of 4: 4 ribbons
- * Novice (age 10-12) Group of 5: 5 hoops, Group of 4: 4 hoops, Group of 3: 3 hoops.

Group Provincial/Regional Levels:

- * Basic Developmental/Intro Level (age 7-9/ 2012,2011,2010) Group of 3&4 or 5 FREE
- * Level 3 (age 9, 10, 11 /2010, 2009, 2008) Group of 3&4 /or 5 BALL
- * Level 4 (age 11, 12, 13 /2008, 2007, 2006) Group of 3&4 /or 5 ROPE or HOOP
- * Level 5 (age 13, 14, 15 / 2006,2005, 2004) Group of 3&4 /or 5 RIBBON or HOOP
- * Level 6 (age 15 and up / 2004 and older) Group of 2&3 / or 4&5 Single apparatus BALL; mixed apparatus: [1 hoop & 1 pr. clubs or 2 hoops & 2 pr. clubs] [2 hoops & 2 pr. clubs or 3 hoops & 2 pr. clubs] Option for level 6 athletes to perform Ball twice, OR mixed twice OR combination of ball once and mixed once.

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)
15. Germany

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 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/>