

Bulletin #1

The organizing committee, along with Gymnastique Québec, is pleased to welcome athletes, coaches and officials to the 2016 Eastern Canadian Gymnastics Championships.

You will find below important information regarding your preparation to this competition, which will bring together women's and men's artistic gymnastics, as well as trampoline sports.

A warm welcome to all!

Dates:

May 5-9, 2016

May 5 or 6: Teams' arrival
May 6th: Training
May 7-8: Competitions
May 8th: Closing banquet
May 9th: Team's departure

Competition venue :

Stade Telus

2380 rue du Peps
Québec, Québec, G1V 0C2

Contact-person :

Geneviève Després

Floor manager
Gymnastique Québec
gdespres@gymqc.ca
(514) 252-3043 ext. 3558

Transportation :

Each province is responsible of its team's transportation at all times. You will find below a list of services in the region:

RTC (réseau de transport de la capitale) – Autobus de la ville :

<http://www.rtcquebec.ca/Default.aspx?tabid=88&language=fr-CA>

Taxi Coop Ste-Foy Sillery Québec – TAXI

<http://www.taxicoopstefoysillery.com/>

info@taxicoopstefoysillery.com

Phone number : 418 653-7777

Location Discount – VOITURE

loue@discountquebec.com

750 boul. Vanier Bureau 120, Pierre-Bertrand

Phone number : 1866-798-9324

Orléans Express – Gare de Ste-Foy - AUTOCAR

<http://www.voilaquebec.com/quebec-pratique/transport/autocars/autocars/publication/879/93/index.html>

3001, Chemin des Quatre-Bourgeois

Québec Qc

G1V 5A6

Phone number : 418 650-0087

Web site : www.orleansexpress.com

Via rail Canada (gare de Ste-Foy) – TRAIN

<http://www.viarail.ca/fr/decouvrez-nos-destinations/gares/quebec/sainte-foy>

Arrivals and departures: (888) 842-7245

Informations and reservations: (888) 842-7245

Official hotels:

Preferential rates have been negotiated with the following hotels for all participating teams. Each province is responsible of making its own accommodation arrangements. We strongly recommend that you stay at one of the listed hotels to ensure an enjoyable stay. **Reserve early!**

Hôtels Jaro

7 locations to serve you better

For information: www.hotelsjaro.com

1-800-567-5276

Mention Eastern Championships 2016

Hôtel Clarion Québec

For information: <http://www.clarionquebec.com>

1.800.463.5241 Ext. 6110

Ask for Laury Latulippe

Hôtel Classique

For information: 1-800-463-1885

Group code: 444801

For group reservation:

Stéphane Rancourt srancourt@hotelclassique.com or 418-780-1388

Provincial registration (preliminary entries):

You will find attached the provincial registration form (Excel spreadsheet). We ask that each province fill out and send the completed form no later than **February 2nd, 2016** by email to: gdespres@gymqc.ca

*****Please send us your arrival date and time as soon as possible*****

Nominative registration:

It is REQUIRED to send the complete list of participants by email to:

gdespres@gymqc.ca no later than **April 20, 2016**. (The form will follow in bulletin #2).

We ask that the same form be **mailed**, along with the full payment, no later than **April 20, 2012**.

*****A late fee of \$500 fee will be charged to all registrations postmarked after April 20. An additional 200\$ per day will be charged for each of the following day until the complete registration package is received. *****

Mailing address:

Club de gymnastique Québec Performance

6920 des Brumes

Québec (Quebec), G2C 2A6

Reminder – Deadlines:

- Feb. 2nd, 2016:* ✓ Provincial registration form
(by email to: gdespres@gymqc.ca)
- April 20, 2016:* ✓ Nominative list (complete list of all participating athletes, coaches, officials and support staff) by email to gdespres@gymqc.ca **AND** by mail
✓ Completed consent forms (will follow in Bulletin #2).
✓ Completed medical forms (will follow in Bulletin #2).
✓ Full payment

Registration fees:

\$80/athlete + 15\$ if register in more than one discipline
\$40/coach
\$40/official or support staff
1 complimentary representative per province (free)

Meals:

No meals will be provided by the organizing committee to the participants. Each province is therefore responsible of feeding its athletes and coaches.

****Meals will be provided to coaches in competition, when the competition schedule overlaps meal times. ****

Training times:

One training session will be available to each province on Friday, May 6th, 2016. Training times will be announced in Bulletin #2, based on each province's arrival time.

Equipment:

The official equipment supplier for the event is GYMNOVA CANADA.

Medical:

Physiotherapists will be available at all times during training and competition sessions.

Tickets:

There will be entry fees, to announced in Bulletin #2.

Athletes' banquet:

All athletes are invited to a closing banquet on Sunday, May 9th, 2016. The place, time and format of the evening will be detailed in bulletin #2 (to be sent in March 2016).

Closing social:

Coaches, officials and support staff are invited to a closing social. The date, place, time and format of the evening will be detailed in Bulletin #2 (to be sent in March 2016).

Additional information: A **second bulletin** will be sent in **March 2016**.

We look forward to welcoming you!