

Bulletin #2

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 6-7-8: Competitions
May 8th: Closing banquet
May 8-9: Team's departure

Competition venue :

Stade Telus

2380 rue du Peps
Québec, Québec, G1V 0C2

Contact-person :

(Gymnastique Québec)

Geneviève Després

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

Contact-person :

(Organizing committee)

Emilie Maurice

Acting Assistant Director
Québec Performance
emaurice@gymquebecperformance.com
(581) 450-1496

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

Budget location – VOITURE

locations.budget.com

1110 Boulevard Wilfrid Hamel, Quebec QC G1M 2S4

Téléphone : 418-687-4220

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

Hôtel Pub Universel

For information : www.hoteluniverselqc.ca

1.800.463.4495

Group code : 279782

Ask for Pascal Pineault

***** In order to have access to the shuttle service organized by the organizing committee, judges must be lodge at Hôtel Pub Universel*****

Trajet des Hôtels vers site de compétition

Palace Royal	https://goo.gl/maps/s58tq4ueBGG2
Hôtel Plaza Hôtel Québec	https://goo.gl/maps/2Ydi6ewdSj52
Hôtel Québec INN	https://goo.gl/maps/bX6vjvQKDzN2
Hôtel Must	https://goo.gl/maps/Mgmm3buUAA42
Hôtel Lindbergh	https://goo.gl/maps/uZ3fqr255Xp
Auberge Québec	https://goo.gl/maps/iznkCvoPybs
Hôtel Clarion Québec	https://goo.gl/maps/qjynfaKf4Dz
Hôtel Classique	https://goo.gl/maps/7BxK9sd89uF2
Hôtel Universel Québec	https://goo.gl/maps/to23XP9UU8L2

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:

- March 21, 2016:*
- ✓ Judges complete registration form
(by email to: hlaliberte@gmqc.ca **AND** by mail)
 - ✓ For T&T, section « Level » MUST be fully completed
- 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.
 - ✓ Completed medical forms.
 - ✓ 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. ****

TIM HORTONS' food truck:

Tim Hortons' food truck will be on site all week-end long for those who would like to buy cold or hot drinks.

Training (tentative schedule) :

Trainings' will be hold on Friday 6th at following time (this schedule could be modified following the receipt of complete registration forms) :

				WAG	MAG	T&T
AM	8 h 00	à	8 h 30	Quebec	Quebec	
	8 h 30	à	9 h 00			
	9 h 00	à	9 h 30			Quebec
	9 h 30	à	10 h 00			Newfoundland & Labrador and New-Brunswick
	10 h 00	à	10 h 30			
	10 h 30	à	11 h 00			
	11 h 00	à	11 h 30			
	11 h 30	à	12 h 00			Newfoundland & Labrador and New-Brunswick
12 h 00	à	12 h 30	Nova-Scotia			
12 h 30	à	1 h 00				
1 h 00	à	1 h 30	Ontario			
1 h 30	à	2 h 00				
2 h 00	à	2 h 30				
2 h 30	à	3 h 00				
3 h 00	à	3 h 30				
3 h 30	à	4 h 00				
4 h 00	à	4 h 30				
4 h 30	à	5 h 00			Nova-Scotia and PEI	Nova-Scotia and PEI
5 h 00	à	5 h 30				
5 h 30	à	6 h 00				
6 h 00	à	6 h 30				
6 h 30	à	7 h 00				
7 h 00	à	7 h 30	Nova-Scotia and PEI	Nova-Scotia and PEI		
7 h 30	à	8 h 00				
	Technical meeting			8 h 15 pm	8 h 15 pm	2 h 45 pm

Equipment:

The official equipment supplier for the event is GYMNOVA CANADA.

Medical:

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

Web link for Eastern Championships 2016

<http://www.gymquebecperformance.com/championnats-de-lest-mai-2016/>

Tickets :

Entry fees :

ADULT (16 and older) = 10\$ / day
 18\$ / 2 days
 24\$ / 3 days

CHILDREN (6-15) = 5\$ / day
 8\$ / 2 days
 10\$ / 3 days

5 and younger = Free

Athletes' banquet:

All athletes are invited to a dance on Sunday, May 9th, 2016 at 7 pm at the Grand Salon of Laval's University. Dinner won't be include.

Closing social:

Coaches, officials and support staff are invited to a closing social on Sunday 9th, 2016 at 7 pm at the PUB at Laval's University. The athletes' banquet will be in the same building, both room are separated by a stair, which will ease the athletes' supervision. Dinner won't be include.

OFFICIALS event :

Officials are invited to a event on Saturday 7th at 8 pm at the PUB at Laval's University.

Parking on competition venue:

Competition venue has many parking places which are paid parking on week days before 4:30 pm, and free during the week-end.

Tourist interest :

AQUARIUM DE QUÉBEC : <http://www.sepaq.com/ct/pag/>

PLAINS OF ABRAHAM AND SURROUNDING: <http://www.ccbn-nbc.gc.ca/fr/>

OLD-QUEBEC: <http://www.quebecregion.com/fr/region-quebec/vieux-quebec/>

MUSÉE DE LA CIVILISATION : <https://www.mcq.org/fr/>

LAURIER QUEBEC MALL : <http://www.laurierquebec.com/>

EVENT LEOTARD :

An Eastern Championships 2016 leotard will be revealed in the third bulletin. Additional information's to come.

Additional information: A **third bulletin** will be sent in April **2016**.

We look forward to welcoming you!