
	<p><b>Victoria, British Columbia March 5-6, 2020</b></p> <p><b>Work Plan #1</b></p>	
<p><b>Welcome to the 2020 BC High- school Provincial Championships</b></p>	<p>We believe sports are a universal language that brings people together. This provincial gymnastics championships gymnastics competition will bring together male and female gymnasts of levels 1 through 5 from all across BC! While this event will not only provide athletes to showcase their abilities, athletes and coaches will leave the 2020 championships with having a true Victoria experience of sightseeing and culture, while also building camaraderie with gymnasts from around the province.</p>	
<p><b>Inspire Sports Contact Information</b></p>	<p><b>Address:</b> Unit 2 – 601 Boleskine Road Victoria, BC Canada, V8Z 1C5</p> <p>Contacts: June Tiefenbach &amp; Mia Angus (P): (250) 590-5950 (leave messages in the competitive mailbox) (E): <a href="mailto:hsgymnastics@inspiresportsvictoria.com">hsgymnastics@inspiresportsvictoria.com</a></p>	
<p><b>Website and Social Media</b></p>	<p>Website: <a href="http://www.inspiresportsvictoria.com">www.inspiresportsvictoria.com</a> Social Media: <a href="https://www.instagram.com/inspiresportsvictoria">@inspiresportsvictoria</a></p>	



## Event Information

<b>Date</b>	March 5-6 <sup>th</sup> , 2020
<b>Goal</b>	To bring the High School Provincial Championships to Victoria for both Men's and Women's Artistic Gymnastics while raising awareness for the Sport and benefitting of Gymnastic for all, and to inspire future high school athletes.
<b>Registration Information and Fees</b>  <b>K-Score Registration due Feb. 24th</b>	<p>Registration consists of 2 parts:</p> <ol style="list-style-type: none"> <li>1). Use the K-Score link to submit athletes names, level, school, and banquet ticket **KScore link will be sent out closer to date of event</li> <li>2). Submit the e-registration summary page electronically to Mia Angus: <a href="mailto:mia@inspiresportsvictoria.com">mia@inspiresportsvictoria.com</a></li> </ol> <p style="text-align: center;"> <b>Deadline:</b> February 24th, 2020  <b>Cost per athlete:</b> \$70  <b>Cost per coach:</b> \$30         </p> <p>NEW: Individual schools will be sent an invoice for registration fees</p> <p style="text-align: center;"><b>Schools will be charged a late fee of \$50.00 if registration is not received by the registration deadline.</b></p>
<b>Summary Page Registration</b>  <b>Due Feb. 24th</b>	<p>Please print the summary page, have it signed by the school's principal, scan, and e-mail the page to Mia Angus at <a href="mailto:mia@inspiresportsvictoria.com">mia@inspiresportsvictoria.com</a></p> <p><b>Mail summary page to:</b>            BCSSGA- Att. Terry Mitruk            721 East 16th Street            North Vancouver, BC, V7L 2V2</p>
<b>Cut off Dates and Refunds</b>	<p>Refunds will only be issued if the "Request for Refund" form is submitted to the BCSSGA Commissioner (Terry Mitruk), at least 2 days before the competition, and is accompanied by a medical note.</p> <p>This form can be found at the end of this package.</p>



<p><b>Team Pictures</b></p> <p><b>Due Feb. 3rd</b></p>	<p>Please email your team pictures to <a href="mailto:mia@inspiresportsvictoria.com">mia@inspiresportsvictoria.com</a></p> <ul style="list-style-type: none"> <li>• Pictures should be in the form of high resolution jpegs</li> <li>• Include school name, city, and athletes names</li> <li>• Send in photos regardless of which athletes from your team have qualified or not</li> </ul>
<p><b>Competition Criteria</b></p>	<p>Men's and Women's Artistic Gymnastics Levels and Standards will be based off the BC High School Provincials Programs that can be found on the BC School Sports website.</p>
<p><b>Music</b></p>	<p>Music for levels 1-5 will need to be provided by coaches prior to warm-up. Music can be provided in CD or MP3 format (a AUX cable will be provided).</p> <p>We ask for the convenience of playing the music efficiently, that athlete and school name be clearly labeled on music files.</p>
<p><b>Banquet/ Team Awards</b></p>	<p>All registered guests are invited to attend the semi-formal banquet.</p> <p style="text-align: center;">Delta Ocean Pointe Resort Friday, March 6th 8-11pm</p> <p>Tickets will be included in the team packages during check in.</p> <p>Coaches and sponsors must accompany their athletes to the banquet and assist with dance supervision.</p>
<p><b>AGM</b></p>	<p>Thursday, March 5th 6:30-8:30 Location: TBD</p>
<p><b>Competition Apparel</b></p>	<p>TBD</p>
<p><b>School Banners</b></p>	<p>All school banners can be put up on Thursday morning before the opening ceremonies. All schools are responsible for their own banner.</p>



<b>Gymnastics Bursary</b>  <b>Due Feb. 3rd</b>	<b>Louise Chelsey Memorial Bursary</b> Each school may nominate one male and one female grade 12 athlete. Application can be found at the end of this package.
<b>BCSSGA Contribution to Sport Award</b>  <b>Due Feb 3rd</b>	The BCSSGA wishes to recognize the contributors of its longest serving members, in honour of their years of service. Application can be found at the end of this package.
<b>The Gymnast Alumni Bursary of British Columbia</b>	<p>The Gymnast Alumni Bursary of British Columbia was founded by Will Erichson a former gymnast in North Vancouver. Will has generously donated \$20,000 for a scholarship for grade 12 athletes in levels 4 and 5.</p> <p>There will be an internal competition between grade 12 athletes in these levels. All level 4 and 5 grade 12 athletes are automatically entered, no application required.</p> <p>Details available at <a href="https://www.gymnastalumnicbc.com">https://www.gymnastalumnicbc.com</a></p>
<b>Deadlines</b>	Feb 3rd- Team Pictures Feb 3rd- Gymnastics Bursary and Contribution to Sport Feb 5 <sup>th</sup> - Hotel Booking Feb 24th- Registration/ Summary Page

**Venue Information**

<b>Venue Location:</b>	<p>Unit 2 – 601 Boleskine Rd, Victoria, BC, V8Z 1C5</p> 
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## Host Hotels

### Host Hotels

**Book By Feb. 5<sup>th</sup>**

#### **Delta Ocean Point Hotel**

100 Harbour Rd, Victoria, BC V9A 0G1

<https://www.marriott.com/hotels/travel/yyjvo-delta-hotels-victoria-ocean-pointe-resort/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2>

Banquet Site  
Fitness Centre  
Shuttle to competition site

**Standard Rooms:** \$149.00

2 Queen Beds with a TV, Coffee maker and wifi.

**For booking please use this link:**

<https://www.marriott.com/events/start.mi?id=1576612417611&key=GRP>

#### **Accent Inn**

3233 Maple St, Victoria

250-475-7500 1.1 km

<https://www.accentinns.com/locations/victoria-hotel/>

Complimentary Continental Breakfast Included  
Fitness Centre  
Pet Friendly

**Standard Rooms:** \$119

2 Queen Beds with a mini fridge, TV, and wifi.

**Kitchenette Queen Room:** \$139

2 Queen Beds with a kitchenette (full fridge, 2 burner stove top, microwave, sink, pots/ pans, utensils, toaster, and kettle), and TV

**For booking please use the group code:** #5789606



### Other Hotel Options

#### Hotel Zed

3110 Douglas St, Victoria

855-680-4322 850m

<https://www.hotelzed.com>

Free Shuttle

Free Bike and skateboard rentals

In-door pool/ sauna with waterslide

Pet Friendly

Ping Pong and Video Game Lounge

#### **The Zed Two Bed: \$119**

2 Queen Beds, mini fridge, TV, and wifi.

#### **Sweet Suite: \$139**

2 Queen Beds, pull out couch, kitchenette (full fridge, 2 burner stove top, microwave, sink, pots/ pans, utensils, toaster, and kettle), and 2 TVs.

### Official Equipment:

All equipment used at the 2020 High School Provincial Championships will be set up to FIG standards and will be Spieth America Equipment. The only modification to FIG requirements will be our vaulting runway at a maximum distance of 23m as compared to the 24m.

The gym offers plenty of matting and boxes as needed for whatever athletes and or coaches may require.



## Tentative Event Competition Scheduling

<b>Day 1 (March 5<sup>th</sup>)</b>	<b>Timings for each session may change depending on registration</b>
Check in/ Opening Ceremonies 8-9am	All athletes must check-in and awards be returned
Session 1- 9:15-12:30	<b>WAG Level 2</b> Warmup: 9:15-9:30am Competition: 9:30-12:30
Session 1- 1:15-4	<b>WAG Level 5</b> <b>MAG Level 3,4, and 5</b> Warmup : 1:15-1:30pm Competition: 1:30-4
Session 2- 4:30-7	<b>WAG Level 4</b> Warm-up: 4:30-4:45pm Competition: 4:45pm-7pm
AGM/ Athlete Activity- 8-9pm	Location TBD
<b>Day 2 (March 6<sup>th</sup>)</b>	<b>Timings for each session may change depending on registration</b>
Session 3- 8-11am	<b>WAG Level 3</b> Warmup: 8-8:15am Competition: 8:15-11am
Session 4- 12-3pm	<b>WAG Level 1 Sr.</b> <b>MAG Level 1 and 2</b> Warmup: 12-12:15pm Competition: 12:15-3
Session 5- 4-7	<b>Level 1 Jr.</b> Warmup: 3:30-3:45 Competition: 3:45-6:30
8-11pm	Banquet and Awards @ Delta Hotel



## Request For Refund

Refunds will be issued only if a medical certificate and this form are submitted 2 days before the event.

School: \_\_\_\_\_ Contact: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Athlete Refund Requested For:

Athlete Name	Competition Level	Medical Note Submitted	
		Yes	No
		Yes	No
		Yes	No
		Yes	No
		Yes	No
		Yes	No

Please e-mail a scanned copy of the completed form and medical note to:  
Terry Mitruk: [tmitruk@sd44.ca](mailto:tmitruk@sd44.ca)

For BCSSGA use only:

Date Received:	Registration Fee Paid:	Refund Issued:	Date:	Treasurer Initials
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