



*Celebrating over 40 Years
of Rhythmic Gymnastics
Excellence in Kanata*

Kanata RSG Club
www.krsg.org

Kanata Cup 2017 Saturday March 11th & Sunday March 12th

We are pleased to extend an invitation to you to participate in the 2017 Kanata Cup Invitational competition. This event is open to all Provincial and Interclub RG Disciplines including individual, group and AGG, and National Stream Individuals. In addition, the event is open to RG Special Olympics Athletes from the Ottawa and National Capital area. A registration package for this annual event is attached.

The Competition's Technical Requirements for all categories are as per Gymnastics Ontario's Technical Rules and Regulations as posted on the Gymnastics Ontario website at www.gymnasticsontario.ca.

Here are some registration deadlines to be aware of:

February 9th Deadline to receive **electronic** copy of registration form, and mailed cheque. One cheque per club please! There will be no refunds, except at the sole discretion of the Meet Director. Please email forms to vpoperations@krsg.org

February 23rd Music Deadline – all music to have been received.

March 6th Script Deadline – all required scripts to have been received. Note it takes minimum of 3 business days for post from Toronto to Ottawa.

As always, the success of the event depends on having judges. Please be sure to note the name of your judge on the registration form.

We look forward to receiving your package, and to hosting you at our competition. If you have any questions, please feel free to contact the Meet Director, Paula Preston, by phone at 613-831-0182, or by email at vpoperations@krsg.org

Visit our club website (www.krsg.org) for additional information as we get closer to the date.



2017 Kanata Cup Invitational

DATE	Saturday March 11 th 2017 Sunday March 12 th 2017
VENUE	Bridlewood Elementary School, Kanata, Ontario 63 Bluegrass Drive, Kanata Spectator entrance fee will be charged. Site map posted on KRSG website
PRELIMINARY SCHEDULE	March 11 – Interclub & SO March 12 – Provincial & National <i>Note this is subject to change based on registrations</i>
CONTACT	Dasa Lelli (Head Coach) 613-435-0713 Paula Preston (Meet Director) 613-831-0182 (or by email at ypoperations@krsg.org)
REGISTRATION FEE	\$40.00 per routine per National, Provincial or Interclub individual gymnast \$40 per gymnast in a group \$15.00 per routine per Special Olympics gymnast
DEADLINE	February 9th for registrations February 23 for music March 6 for required scripts. Please submit as early as possible.
PENALTY LATE REGISTRATION	\$100.00 per gymnast, in addition to registration fee. Acceptance of late registrations is at the discretion of the meet director
PROGRAM	The Kanata Cup is open to PROVINCIAL & INTERCLUB STREAM ATHLETES including Individual, Group and AGG, NATIONAL INDIVIDUALS and SPECIAL OLYMPIC ATHLETES from the Ottawa region.
TECHNICAL RULES	As per the rules set by Gymnastics Ontario At this point scripts are required for free routines for Levels 2C, 3C, 4D, 4C and Novice. The requirements as per GCG and GO as of March 1, will be followed.
COACH CERTIFICATION	The 2017 Kanata Cup is a GO sanctioned event. <u>As such we will be following the GO regulation requiring all coaches to be NCCP Level 2 certified, and if presenting National stream athletes they must be Level 3 certified.</u> Please ensure that all coaches bring their picture id coaching card.
AWARDS	Individual and Group Competition - Event and All Around awards will be presented in each category from first to eighth place Special O will be split into flights as required. KANATA CUP for Provincials Team Award KANATA CUP for Interclub Team Award
JUDGE RESPONSIBLE	Xinhong Jin
JUDGES	For the benefit of all gymnasts, each participating club should send at least one judge who will be available to judge the entire competition. All judges will receive an honorarium according to their qualifications.



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FACILITY & EQUIPMENT	Ceiling Height: Competition and warm up gym height is approximately 28 feet Competition Carpet: Spieth Sahara
APPARATUS	If the gymnast's apparatus gets stuck in the ceiling (or elsewhere) gymnasts must use a replacement. Re-start opportunity is at the discretion of the Judge Responsible.
MUSIC	<p>We would prefer to play all music from a computer set list. This reduces the possibility of music failures. All music should be sent electronically ahead of time. We would prefer to use CDs or backups ONLY.</p> <p>Music should be submitted by the Music deadline date, to allow it to be checked and loaded into the system. Please follow the instructions below.</p> <ol style="list-style-type: none"> 1) Create a folder with all of the music submissions for your club using your clubs name as the folder name. Example KRSG, OTTAWA RG..... 2) Ensure that all music files are named as follows: Music file name consist of 3 parts with the first 2 being mandatory to match to rotation order (Note: upper/lower case are both fine and hyphens are optional only for readability): <ol style="list-style-type: none"> 1. first and last name of gymnast as registered 2. apparatus (i.e. free, rope, hoop, ball, clubs, ribbon) 3. (Optional) - level, title and name of song E.g. Jane Doe - Hoop – L3A – Be My Girl 3) The music files should be sent via any of the major file share services (e.g. dropbox, google drive, skydrive or even by email if for 1 or 2 gymnasts). Please ensure that the file share invites / permissions are for vpoperations@krsg.org 4) Please email vpoperations@krsg.org when the music has been submitted, in case there is an issue with the file sharing notification. <p>Note: Only mp3, wma and wav files are supported as other files may not be playable on all platforms of Windows.</p> <p>Please note that if the music stops playing while a gymnast is performing, she must continue the routine. Re-start opportunity is at the discretion of the Judge Responsible.</p>
BACKUP CDs	CDs must be labeled according to GO requirements listing club, gymnast, category/level, apparatus and music timed length. Only one piece of music per CD
MEDICAL	<p>Certified medical staff will be on site.</p> <p>It is the responsibility of each coach to bring the necessary medical forms for each competitor.</p>
CONCESSION	Concession will be provided on site.



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HOTEL	<p>Below are listed accommodations within 10 kms of the competition venue. No rooms have been blocked, as often weekend deals or last minute deals are more cost effective than our blocked rates.</p> <p>Brookstreet Hotel 525 Legget Drive, Kanata http://www.brookstreet.ca/</p> <p>For reservations, please call 1-613-271-1800 Distance from competition: 10 km (15min by car) <i>Very nice hotel, restaurant on site, other nearby meal options limited</i></p>
	<p>Fairfield Inn & Suites by Marriott 578 Terry Fox Drive, Kanata http://www.marriott.com/hotels/travel/yowfi-fairfield-inn-and-suites-ottawa-kanata/</p> <p>For reservations, please call 613-599-7767. Distance from competition: 6km (9 min by car) <i>Nice hotel, breakfast on site, limited nearby meal options</i></p>
	<p>Holiday Inn Select 101 Kanata Avenue, Kanata http://www.hisottawa.ca/ottawa-kanata-hotels/</p> <p>For reservations, please call 613-271-3057 or 1-800-465-4329 Distance from competition: 7 km (10 min by car) <i>Nice hotel, restaurant on site, lots meal options within walking distance in shopping complex</i></p>
	<p>TownePlace Suites by Marriott 1251 Maritime Way, Kanata www.marriott.com/hotels/travel/yowts-towneplace-suites-ottawa-kanata/</p> <p>For reservations, please call 613-599-7200 Distance from competition: 7km (10 min by car) <i>New extended stay hotel, breakfast on site, nearby meal options with car</i></p>

TO ENTER:

Please fill out the attached registration form.

To ensure accurate spelling of names – please email your registration forms to yoperations@krsq.org.

Faxed registrations will not be accepted

Send cheque payable to Kanata RSG Club, one cheque per club.

Club registrations will only be finalized when received by post, with cheque attached. Any returned or NSF cheques will disqualify the Club. Post Dated Cheques will not be accepted.

MAIL TO:

Kanata RSG Club, c/o Paula Preston
43 Hesse Crescent, Stittsville, Ontario, K2S 1E5

Please provide a valid email address as all follow-up communication (information, schedule, draw) will be done electronically.