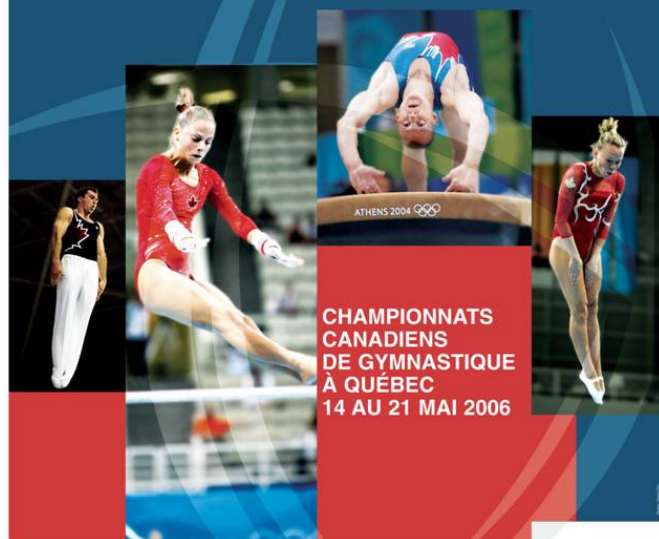


PERFORMANCES AU SOMMET



CANADIAN GYMNASTICS CHAMPIONSHIPS ULTIMATE PERFORMANCES QUÉBEC CITY May 14 – 21, 2006. *Bulletin # 1 - December 2005.*

Welcome home, Canada! Québec City, the provincial capital, awaits you with open arms! In Québec, you will find people who are passionate about sports and are known for their warmth and hospitality. We hope that you will spend some of your free time discovering the culture and history of the city, meet the people and soak in the European charm and architectural beauty of Old Québec, named a UNESCO "World Heritage Site".

With much anticipation, we await the great Canadian Artistic Gymnastics, Trampoline and Tumbling family. Rest assured that all will be in place to ensure a wonderful and rewarding experience in Québec!

Thanks to all our partners, sponsors and supporters!

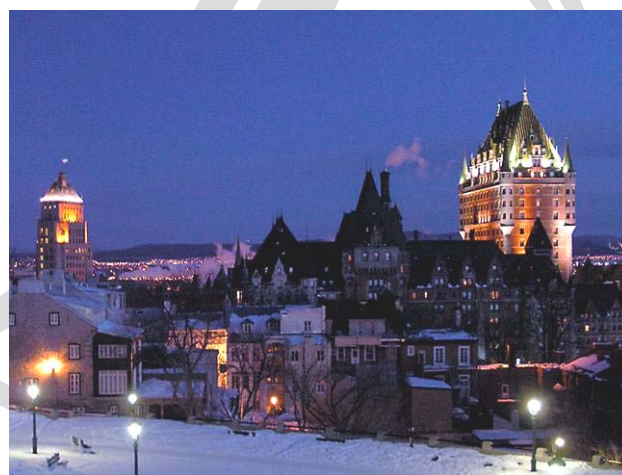


Website: gymcan2006.ca

Email information: questions@gymcan2006.ca

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Competition site

All competitions and training will be held inside the sports complex, the *Pavillon de l'Éducation physique et des sports* (PEPS) of Laval University. The PEPS includes an indoor stadium (that will be used for the competition), an arena with two skating rinks (for training) as well as numerous meeting rooms.



-- Venue dimensions --

Covered stadium: open floor space of 48 000 square feet, with ceiling at 33 feet.

Arena: each of the two (2) skating rinks offers close to 17 000 square feet of open floor space, with ceiling heights at 38 feet.

Equipment

Thanks to *SA Sport*, supplier for the artistic gymnastics equipment and *Rebound* (to be confirmed) for the trampoline and tumbling gear. **No other outside or additional equipment will be permitted in the facility.** Both artistic and T + T competitors will be provided with a training area. Training and pre-competition warm-ups will be held in the training area (Arena), except as assigned. Competition area (Stadium) will include separate men's and women's floor exercise areas as well as a complete set of world class equipment. The training area will include all of the same equipment.

Accommodations & meals

Athletes, coaches, managers and judges will be housed in the *Lacerte, Lemieux et Moraud* buildings, that are part of the *Résidences universitaires* (student residences: www.sres.ulaval.ca) of Laval University. Rooms are single or double occupancy. The residences are a short walk (5 minutes) from the PEPS. They are

also served by the *Métrobus*, of the *Réseau de transport de la capitale*, Québec City's transportation system. The *Métrobus* offers a direct link to downtown Québec and comes through Laval University every 5 minutes during rush hour, and every 10 to 15 minutes during regular hours. Finally, the residences are located at less than a 15-minute walk from three of the most important shopping malls in the Québec City region.

Meals will be served at the *Pavillon Alphonse-Desjardins* (a 3 minute walk from the residences). Interesting fact: all buildings part of the Laval University campus are linked by more than 10 kilometers of underground tunnels. So, if the weather is bad, you can use these tunnels to get to your destination.

Registration & participation fees

- Athletes: 75\$ each
(+ additional 25\$ each *GCG* fee).
- Coaches, judges, delegates: \$75 each.
- Accommodations & meals: \$75 each / day.
- Late entry penalty: \$25 each.

Deadline for entries: Friday, April 21st, 2006.

No entries will be accepted after Friday, April 28th, 2006.

As you already know, the logistics involved in organizing Canadian championships are very important. Therefore, we count on your usual good cooperation to send us, as quickly as possible, all registration and participation information and fees. This will help our OC to ensure the quality of the planning process, which will directly benefit you.

Refund policy

Requests for refunds of entry fees can be made up until noon (12:00) Friday, April 28th 2006. Requests for refunds for accommodations and meals will not be considered after noon (12:00) Friday, May 12th 2006.

Ticket sales

Information on advance ticket sales will follow by email. More info will also be included in the next issues of the bulletin, as well as on the championships website.

Social events

Our Organizing Committee is presently completing details concerning the opening and closing ceremonies, as well as other social events to be held during competition week. Further information on these events will be sent by email in the next few weeks.

Host hotel

The host hotel for the 2006 Canadian Gymnastics Championships will be:

Hotel Plaza Québec (part of the *Hôtels Jaro* group)

3031, boulevard Laurier

Sainte-Foy (Québec).

Rates: 99\$ to 159\$ / night (+ taxes).

Website: www.jaro.qc.ca/fr/plaza/default.htm

Hotels for supporters & visitors

Other than at the Plaza Québec Hotel, JARO Hotels also offer family, friends, dignitaries and other championship visitors special rates in three of their other hotels:

Hôtel Québec

3115, avenue des Hôtels

Sainte-Foy, Québec.

Rates: 99\$ to 139\$ / night (+ taxes).

Website: www.jaro.qc.ca/fr/hotelquebec/default.htm

Sir Wilfrid / Auberge Sainte-Foy

3055, boul. Laurier

Sainte-Foy, Québec.

Rates: 84\$ to 93\$ / night (+ taxes). Continental breakfast included.

Website: www.jaro.qc.ca/fr/wilfrid/default.htm

Hôtel Lindberg

2825, boul. Laurier

Sainte-Foy, Québec.

Rates: 84\$ to 85\$ / night (+ taxes). Continental breakfast included.

Website: www.jaro.qc.ca/fr/linbergh/default.htm

Reservation process:

The special rates for all these hotels will be valid from May 14th to the 22nd inclusively. Also, reservations must be made before May 6th (deadline). To get these rates, call 1-800-567-5276 (toll free) and mention that you will be in Quebec City for the *2006 Canadian Gymnastics Championships*.

For more information on these hotels and the accommodation packages that they offer us, visit the 2006 Canadian Gymnastics Championships website at: www.gymcan2006.ca

Transportation

Transportation in Quebec City

Ground transportation for delegations, judges and VIPs will be provided to and from *Jean-Lesage International Airport* (www.aeroportdequebec.com) located in Sainte-Foy and the Laval University campus (approximately a 12 minute ride). Ground transportation will also be provided for those arriving by train (Via Rail) at the *Gare de Sainte-Foy* (Ste-Foy train station).

Those traveling by air should keep in mind that flights in and out of Québec City are limited. We recommend that you book your flights as soon as possible.

Since the PEPS, residences and Desjardins pavilion (meals) are all linked by underground tunnels, you will not need any ground transportation while on the Laval University campus.

Please take note that provinces and territories assume full costs and responsibility of all other transportation transfers in Quebec City.

**Ground transportation in between P.-E.-
Trudeau International Airport (Montréal) and
Laval University (Québec)**

Airport website: www.admtl.com

Delegations and other groups who arrive at the Montreal airport and must then use ground transportation to get to Québec City can contact the following company, who offers transportation on coach buses:

Groupe La Québécoise	
Contact : Claude Gendron	
Mention the group code : GYMCAN	
Phone (toll free) : 1-888-872-5525	
Website: www.autobus.qc.ca/anglais/profil_an.html	
Roundtrip in between P.-E. Trudeau Airport (Montreal) and Laval University (taxes and airport pick-up fee included)	
21 passengers	1053.22 \$
48 passengers	1607,84 \$
56 passengers	1780,38 \$

You can also make a reservation for **school buses** to travel in between the Montréal airport and Laval University:

Élie Express	
Contact : Normand Fontaine	
Mention the group code : GYMCAN YELLOW	
Phone : (418) 877-5890	
Roundtrip in between P.-E. Trudeau Airport (Montreal) and Laval University (taxes and airport pick-up fee included. 48 passengers school bus (approx. 30 seats for passengers and 18 for luggage)	
48 passengers	1205.25 \$

Train travel in between Montréal & Sainte-Foy

VIA Rail does not service P.-E. Trudeau Airport (Montreal), leaving instead from Central Station in downtown Montreal (the station is located under the Fairmont Queen Elizabeth Hotel). So, you must first take the shuttle bus (**Aérobis**) from the airport to the Queen Elizabeth Hotel. From the hotel, you will walk a bit underground to get to Central Station and then take the VIA Rail train that links Montreal and the St-Foy Station (located near Québec). We will then provide ground transportation from the Ste-Foy Train Station to the Laval University campus.

Aérobis (48 passengers shuttle buses)

Departure from the airport of 4 shuttles every 25 minutes (4 X 48 passengers)

Contact : Mr. Sofian / Phone : (514) 843-4938

Website: www.admtl.com - Passenger Services - Shuttle schedules.

Roundtrip in between P.-E. Trudeau Airport (Montreal) and Fairmont Queen Elizabeth Hotel, located over Central Station (taxes and airport pick-up fee included). It is preferable to call Aérobis in advance, especially if you plan to travel with a large group. You must also ask specifically the bus driver to get off at the Fairmont Queen E. Hotel.

Children 5- 12	16.97 \$
Adults	26.17 \$

VIA Rail

Phone (toll free) : 1-888-842-7245

Website: www.viarail.ca

Roundtrip in between Central Station in Montréal and **Ste-Foy Station** (taxes included).

Age	Individual	Groups of 20 + more
2 - 11	46.02 \$	46.02 \$
12 - 17	89.72 \$	71.32 \$
Adults	89.72 \$	92.02 \$

Information on truck, van and car rentals will be included in the next bulletin. Please take note that the 2006 Canadian Gymnastics Championships organization will not take charge of any costs for transportation between Montreal and Quebec City.

Organizing committee

Chairperson	Deborah Hook
Vice-chair	René Lacroix
Vice-chair	Alain Gauthier
Board member	Jean-Paul Caron
Board member	Robert Paquin
Board member	Claude Doré
Board member	Denys Genois
Board member	Michel Greene
Board member	Rénauld Samson
Board member	Line Simard
General Manager	Paul Chaddock

Technical liaisons :

Quebec Gym Federation	Serge Castonguay
GCG - WAG	Lise G. -Simard
GCG - MAG	Jeff Thomson
GCG - TRA	Traci House

COMBINED SCHEDULE - version # 2 as of December 6th 2005

Canadian Gymnastics Championships 2006

Mai 14-21, Quebec City

DATE	MORNING	AFTERNOON	EVENING
Sunday, May 14 th	WAG - Arrival throughout the day MAG - Arrival throughout the day	WAG - NTSC Meeting 14:00 - 17:00 Arrival throughout the day MAG - Arrival throughout the day Training	WAG - Jr. Training MAG - Training
Monday, 15 th	WAG - Training Novice and Open Judges Briefing MAG - Training	WAG - Training Nov., Open and Sr Judges Briefing MAG - Training and Judges arrival	WAG - Opening Ceremony Junior - Qualification MAG - Training and Judges arrival
Tuesday, 16 th	WAG - Novice Team Finals flight 1 MAG - Training TRA - Arrival throughout the day	WAG - Novice Team Finals flight 2 MAG - Training & Judges course TRA - Arrival throughout the day	WAG - Senior - Qualification MAG - Senior and Junior Day 1 TRA - Arrival throughout the day
Wednesday, 17 th	WAG - Open Team Finals flight 1 MAG - Level 5 Competition TRA- Training by province	WAG - Open Team Finals flight 2 MAG - Level 6 Competition TRA- Training by province	WAG - Junior - All-Around Finals MAG - Tyro and Novice Day 1 TRA- Training by province

- Red = WAG
- Black = MAG
- Blue = TR

COMBINED SCHEDULE (continued)

Thursday, 18 th	<p>WAG - Novice All-Around and Apparatus Finals (late morning)</p> <p>TRA - TRI - Nov W TRA - DMT - Nov M</p>	<p>WAG - Novice All-Around and apparatus Finals (early afternoon)</p> <p>MAG - Argo Day 1</p> <p>TRA - TRS - All levels TRA - TUM - SR & Yth W&M TRA - TUM - Nov & Open M</p>	<p>WAG - Senior - All-Around Finals</p> <p>MAG - Junior and Senior Day 2 AA Final</p> <p>TRA - TRI - SR & Open W&M TRA - DMT - Nov W</p>
Friday, 19 th	<p>WAG - Open All-Around and Apparatus Finals</p> <p>TRA - TRI - Nov M TRA - TUM - Nov W</p>	<p>WAG - Junior Apparatus Finals</p> <p>MAG - Levels 5 and 6 Apparatus Finals</p> <p>TRA - TRI - Youth W&M TRA - DMT - Open W&M TRA - DMT - Youth W Finals TRA - TUM - Nov & Open M Finals</p>	<p>WAG - Coaches Debriefing</p> <p>MAG - Tyro and Novice Day 2 AA and Apparatus Finals</p> <p>TRA - TRS - Nov & Open & Yth W&M Finals TRA - TRI - Open W&M Finals TRA - DMT - Yth & SR W&M</p>
Saturday, 20 th	<p>WAG - Novice and Junior Physical Abilities Competition</p> <p>MAG - Argo AA and Apparatus Finals</p> <p>TRA - TRI - Nov W&M Finals TRA - DMT - Nov M Finals TRA - DMT - Open W&M Finals TRA - TUM - Nov W Finals</p>	<p>WAG - Senior Apparatus Finals</p> <p>MAG - Senior r/Junior Apparatus Finals</p> <p>TRA - TRI - SR & Yth W&M Finals TRA - DMT - SR & Yth W&M Finals TRA - TUM - SR & Yth W&M Finals TRA - TRS - SR W&M Finals</p>	<p>CLOSING CEREMONIES</p>

- Red = WAG
- Black = MAG
- Blue = TR

NOTES:

WAG Judges Briefing on the 2006 Code of Points (not meetings)

Saturday, 13 th	Evening	Arrival of judges from Manitoba, Saskatchewan, Alberta and British Columbia
Sunday, 14 th	12:30	Arrival of all judges from Atlantic, Quebec and Ontario in Québec City
	13:30 - 18:00	Judges briefing on the 2006 Code and Models for <u>all</u> judges
	19:00 - 21:00	Assigned judges to attend the Junior training session
Monday, 15 th	09:00 - 10:00	Judges briefing on the logistics for the championships

BJC Meeting - date and time to be determined when the detailed schedule will be available.



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2006
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Championships

Need more information?

Send your questions by email to:
Paul Chaddock - General Manager
Email: questions@gymcan2006.ca

May 2006, Quebec welcomes Canada!