

**Gymnastics Energy**  
**would like to invite you**  
**to our annual**  
**Boys Invitational**  
**on**  
**June 17th, 2017**

**Hosted By:**

**Gymnastics Energy**

**333 Ontario Street**

**St. Catharines, ON**

**L2R 5L3**

**905.685.9248**

**905.685.8285 (Fax)**

**Email: [meetdirector.energy@gmail.com](mailto:meetdirector.energy@gmail.com)**

***\*\*Sanctioned by Gymnastics Ontario\*\****

- Date:** Saturday, June 17th, 2017
- Competition Site:** Gymnastics Energy Training Centre  
333 Ontario Street  
St. Catharines ON  
L2R 5L3
- Meet Director:** Amy Cranch  
905.685.9248 (Club Phone Number)  
905.685.8285 (Fax)  
Email: [meetdirector.energy@gmail.com](mailto:meetdirector.energy@gmail.com)
- Competition Rules:** As listed in the most current Men's Technical Rules and Regulations manual outlined by Gymnastics Ontario
- Categories:** Demo  
Interclub 1- 4 Boys  
Provincial Level 1
- \*\*We reserve the right to combine or eliminate small categories. The coach will be contacted and the gymnast will be placed appropriately.\*\***
- Registration Fees:** \$70 All Interclub Boys & Provincial Level 1  
\$60 All Demo Boys  
\$10 per coach
- Deadlines:** The final registration deadline is April 14<sup>th</sup>, 2017. The final day to change athlete levels and to request a refund is May 1<sup>st</sup>, 2017.



**Coaches  
Certification:**

**Coaches must be fully certified NCCP Level 2 (Men's Artistic) and have up to date Risk Management certification to be eligible for the competition floor. Coach's certification MUST be displayed on your COACHES IDENTIFICATION CARD.**

**Warm-up:**

**15 minute general stretch, followed by one-touch warm-up or 10 minute event touch (where applicable).**

**Equipment:**

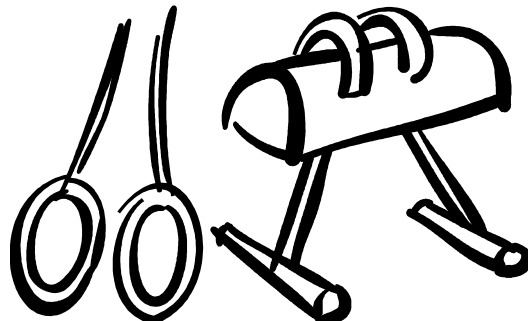
**All Spieth Anderson Equipment and Gym Nova vault.**

**Awards:**

**1st – 3rd: Medals for each event and overall  
4<sup>th</sup> – 8<sup>th</sup>: Ribbons for each event and overall  
Demo boys will receive a special participation award and certificate!**

**Admission Fees**

<b>Admission Fees</b>	<b>1 day Meets</b>
<b>Adult (16 years of age and older)</b>	<b>\$7</b>
<b>Child (10 years of age or younger)</b>	<b>\$3</b>
<b>Senior (55 years of age and older)</b>	<b>\$4</b>
<b>Student (11-15 years of age)</b>	<b>\$4</b>
<b>Family (2 adults and 2 children)</b>	<b>\$18, each child after \$2</b>



## **Directions:**

### **Directions from Toronto**

**Take the QEW Niagara**

**Exit on Ontario Street**

**Turn right on to Ontario Street**

**Gym is on the right side in the same plaza as SkyZone.**

### **Directions from Niagara**

**Take QEW Toronto**

**Take the Ontario Street exit**

**Turn right at lights to go over the bridge**

**Gym is on the right side in the same plaza as SkyZone.**

## **Link to map:**

[https://www.google.ca/maps/place/333+Ontario+St,+St.+Catharines,+ON+L2R+5L3/@43.1711026,-](https://www.google.ca/maps/place/333+Ontario+St,+St.+Catharines,+ON+L2R+5L3/@43.1711026,-79.2677035,17z/data=!3m1!4b1!4m5!3m4!1s0x89d3510a83332e2f:0x7e5fafb7ba8a035b!8m2!3d43.1710987!4d-79.2655148)

[79.2677035,17z/data=!3m1!4b1!4m5!3m4!1s0x89d3510a83332e2f:0x7e5fafb7ba8a035b!8m2!3d43.1710987!4d-79.2655148](https://www.google.ca/maps/place/333+Ontario+St,+St.+Catharines,+ON+L2R+5L3/@43.1711026,-79.2677035,17z/data=!3m1!4b1!4m5!3m4!1s0x89d3510a83332e2f:0x7e5fafb7ba8a035b!8m2!3d43.1710987!4d-79.2655148)

## **Accommodations:**

### **Holiday Inn St. Catharines**

327 Ontario Street

St. Catharines, ON

L2R 5L3

(905) 688-2324