



**2009 Eastern Canadian Gymnastics Championships  
May 8 & 9, 2009  
St. John's, Newfoundland & Labrador**

**Bulletin #1**

The organizing committee would like to invite the Eastern Canadian provinces to the upcoming 2009 Eastern Canadian Gymnastics Championships hosted by Gymnastics Newfoundland, Cygnus Gymnastics & Campia Gymnastics. We look forward to welcoming Men's and Women's Artistic Gymnastics to beautiful and historic St. John's.

|                      |                              |   |
|----------------------|------------------------------|---|
| <b><u>Dates:</u></b> | Thursday May 7 <sup>th</sup> | Equipment Set Up<br>Team Arrival<br>Technical Meetings<br>Team Practice |
|                      | Friday May 8 <sup>th</sup>   | Competition   |
|                      | Saturday May 9 <sup>th</sup> | Competition   |

**Venue:**

|  |   |
|--|---|
| Men's and Women's Artistic<br>Gymnastics | Powerplex, Crosbie Road<br>St. John's, NL |
|--|---|

**Equipment:**

|                            |   |
|----------------------------|---|
| Men's and Women's Artistic | Equipment supplied by SA sport /<br>Speith Anderson |
|----------------------------|---|

**Registration:**

|   |         |
|---|---------|
| Athletes  | \$70.00 |
| Coaches/Mangers   | \$40.00 |
| Judges  | \$25.00 |
| 1 Complementary Chef de Mission/Representative per Province |         |

**Transportation:** Provinces are responsible for making their own arrangements to and from St. John's, NL. **Michelle Cole of Harvey's Travel** has been able to secure exceptionally low rates with West Jet for several of the provinces. She can be contacted at 1-877-726-0318 if you wish to avail of this discount.

## **Ground Transportation**

GNL has secured special rates for this event from the following companies. Please quote Eastern Canadian Gymnastics Championship when calling.

### **Coach & School Bus Charter**

Parson's & Son's Stephanie Parson [scott.parsons@parsonsandsons.ca](mailto:scott.parsons@parsonsandsons.ca)  
1-877-744-3050 Toll Free  
1-709-744-3300 or 3050

### **Car & Van Rental**

Thrifty Pam Driscoll [pamd@thrifty.nf.net](mailto:pamd@thrifty.nf.net) 709-576-4106

**Accommodations:** Provinces are responsible for making their own arrangements. Below is the host athlete hotel and the neighboring hotel to accommodate all the coaches and judges. In addition we have provided a list of hotels for parents, family and friends.

### **Athlete Host Hotel Accommodation:**

#### **Holiday Inn**

180 Portugal Cove Road  
St. John's, NL  
A1B 2N2  
1-800-933-0506 or 1709-722-0506  
709-722-9756  
Contact: Patricia Martin  
Email: [pmartin@fortisproperties.com](mailto:pmartin@fortisproperties.com)  
Rate: \$124.00 + tax  
[www.holidayinn.com/stjohnsnl](http://www.holidayinn.com/stjohnsnl)

Book rooms under Eastern Canadian Championships

Provinces are responsible for making their own hotel arrangements with the host hotel.

### **Judge and Coach Accommodation:**

#### **Battery Hotel**

100 Signal Hill Road  
St. John's, NL  
A1A 1B3  
1-800-563-8181 or 709-576-0040  
Fax: 709-576-6943  
Rate: \$99.00 + taxes  
[www.batteryhotel.com](http://www.batteryhotel.com)

Book rooms under Eastern Canadian Championships

\*\*\* Transportation to and from venue will be provided for the judges registered at the Battery Hotel\*\*

**Family & Friends:**

Travellers Inn  
199 Kenmount Road  
St. John's, NL  
Toll Free # 1-800-261-5540  
Direct to Hotel: (709) 722-5540  
Rate: \$95.00 + taxes  
[www.travellersinnstjohns.com](http://www.travellersinnstjohns.com)  
Room are under block: Eastern Canadian  
Gymnastics- Parents

The host committee will be hosting a parent's social at the Travelers Inn on Friday, May 8, 2009. Tickets for this event a complimentary and will be available upon check in at the hotel. Information on this event will be posted on the web at [www.gymnastics.nl.ca](http://www.gymnastics.nl.ca)

Please complete the attached preliminary registration form and return by **January 12<sup>th</sup>, 2009** to:

**gymnastics@sportnl.ca**



**2009 Eastern Canadian Championships  
Pre- Registration  
Tentative Numbers**

|   |                 |
|---|-----------------|
| Province:   | Contact Person: |
| Telephone:  | E-mail:         |
| Delegation Chef de Mission/Provincial Representative: |                 |

| Men's Artistic     | Numbers | Women's Artistic    | Numbers |
|--------------------|---------|---------------------|---------|
| Level 3 (10-11-12) |         | Level 3 Tyro        |         |
| Level 3 (13+)      |         | Level 3 Novice      |         |
| Level 4 (10-11-12) |         | Level 3 Open        |         |
| Level 4 (13+)      |         | Level 4 Tyro        |         |
| Level 5 (13-14-15) |         | Level 4 Novice      |         |
| Level 5 (16+)      |         | Level 4 Open        |         |
| Level 6 (16+)      |         | Level 5 Tyro        |         |
| Judges             |         | Level 5 Novice      |         |
| Coaches            |         | Level 5 Open        |         |
| Managers           |         | National Pre-Novice |         |
|                    |         | National Open       |         |
|                    |         | Coaches             |         |
|                    |         | Judges              |         |

*Our province will be attending the closing banquet:*       YES       NO