



EDUCATIONAL GYMNASTICS MEET

MEET PACKAGE

Dates: March 1 – 3, 2011
(March 4 is reserved for a Snow Day)

Time: 9:30 a.m. to 2:00 p.m. (approximately)

Location: Western Fair Agriplex,
845 Florence Street, London, Ontario

Presented by: The Phys-Ed Department

Important Deadlines:

- **February 4, 2011** – Pre-registration forms (including choice of dates, number of participants, names of coaches, etc.) are due. Schools not responding by this date will be assigned a day.
- **February 11, 2011** – Registration forms with names of participants are due.

REMINDERS:

1. **Very important notice:** follow the event set-up diagram that is included in the package. If the set-up is changed, it may result in an unsafe set-up for the participant. Absolutely no changes to the set-up are to be made. Please arrange the gymnastics equipment as shown in the event guidelines. Pay special attention to the position of the judges in the diagram. Your student will see a deduction in their score if they change a set-up.
2. Refer to the Gymnastics Section of the OPHEA Safety Guidelines, the Gymnastics Safety Video and the Educational Gymnastics Meet Video for safe practices.
3. Participants are judged on their ability to meet the Required Elements of each event as outlined in the Educational Gymnastics Meet General Information Package.
4. Bussing arrangements are the responsibility of the individual school.
5. Parents are welcome to attend but must view the event from designated areas.

Please mail, email or fax the forms to the Phys-Ed Dept. at 519-663-9250 ext. 42112.

EDUCATIONAL GYMNASTICS MEET
PRE-REGISTRATION FORM

Please fill out this Pre-registration Form with your top 3 choices of days and an approximate number of participants. Accommodations will be made on a first come first serve basis. **Please respond by February 4, 2011.** Teams not responding by February 5 will be assigned a day.

_____ Tuesday, March 1, 2011

_____ Wednesday, March 2, 2011

_____ Thursday, March 3, 2011

Friday, March 4, 2011 is reserved for a Snow Day

Entering a team in the Mass Participation Event? YES NO

SCHOOL: _____

APPROXIMATE NUMBER OF PARTICIPANTS (including Mass Event): _____

COACHES: _____

PRINCIPAL'S SIGNATURE: _____

FAX COMPLETED FORM TO THE PHYS-ED DEPT. AT 519-663-9250.

IMPORTANT INFORMATION

Please review the following list very carefully before you begin your practices.

1. When setting up your event, please take note of the judges positioning. Routines should begin and end facing the judges.
2. For safety reasons, no equipment may be moved. Set up your stations as shown in the diagrams. A full point will be deducted for moving apparatus. Please call if you have any questions in regards to setting up your stations.
3. Music Selection: Music may only be used where specified in the various events (i.e. Junior Girls #2; Junior Mixed #2, Intermediate Girls #1; Mass Participation Event.) Performers can choose their own music selections providing they meet the following criteria:
 - i. Selection has appropriate content – lyrics, style, etc.
 - ii. Must use the ORIGINAL CD – no copies.... if someone is concerned about losing/damaging their original, they can copy it to a cassette (not another CD).
 - iii. CD selections are to be played from the beginning of a track...no cueing. If they would like to perform to a section in the middle of a track, they can record that section to a cassette.
 - iv. Time limits - 60-90 seconds (Junior Division – Grade 4 – 6)
- 90-120 seconds (Intermediate Division – Grade 7 – 8). Music will be faded at the time limit.
4. There have always been required elements for each event. However, they are now part of the scoring process. To ensure adherence to the requirements, the judges will use this as part of their judging. Please refer to the Meet Package for a sample of a judging sheet.

GENERAL MEET INFORMATION

1. SCHOOL PARTICIPATION SCHEDULE

- a schedule will be made available after the pre-registration deadline.

2. LUNCHESES

Students are responsible for bringing their own lunches; a light lunch with **NO BEVERAGE** is recommended. There is no official lunch break; therefore, students are encouraged to eat their lunches whenever they have a break in their program. Students are permitted to eat in the grandstand as long as they tidy up after themselves. **ABSOLUTELY NO FOOD OR DRINK IS ALLOWED ON THE TURF.** Principals may want to decide to have a common lunch period upon arrival of the students at the school after the conclusion of the day's Meet. **The "Feed Bag" Snack Bar will be providing healthy snack options each day.**

3. SUPERVISION

- a) All students must be adequately supervised at all times by a teacher or parent volunteer. **Please do not allow students to leave the stands needlessly.** The constant flow of students is disruptive for the performers.
- b) Please have children in the stands adhere to the QUIET PLEASE sign so that participants and judges will not be disturbed. Silence must be observed during all public announcements.
- c) Students are permitted access to the Turf, the Wash Rooms and the Canteen/Lobby Area. All other areas are "OUT OF BOUNDS".
- d) "Prefects" from Catholic Central High School will be available to direct and assist the children, teachers and visitors.

4. SEATING ARRANGEMENTS

Student volunteers will be directing schools to the seating area when they arrive at the AgriPlex. Seating is on a first-come, first served basis.

5. CHANGE ROOMS

The change rooms and the washroom facilities are located under the stands. Students are to be reminded to take valuables with them (or leave them at home). The Department of Physical Education and the Western Fair AgriPlex will not be responsible for any losses.

6. WARM-UP AREA

No warm-up area will be available this year because of misuse of the area over the years. Participants will be given a few moments to warm-up at their stations prior to their event.

7. PROPER DRESS

Students must wear short-sleeved shirts, shorts and bare feet or gymnastics slippers. Running shoes are acceptable if necessary. All earrings and jewellery must be removed. Hair must be tied back and glasses secured. Participants must wear footwear when not performing.

8. SCRATCHES OR NAME CHANGES

Please report any name changes or scratches as soon as possible to the Dept. of Physical Education (prior to the event) or to the Announcer's Table (day of the event.)

9. POISE

Reinforce this component of the children's routines by reminding participants to tie hair back from face, tuck in shirts before routine and not to tug at clothing, etc., during or after their routine while being judged.

10. CONTINGENCY PLANS

If weather forces a cancellation or a schedule adjustment, an announcement will be aired on the **RADIO-98 and Q97.5 family of stations** the morning of the Gymnastics Meet. If possible, an email will be sent to the Principals and Secretaries through the First Class email system.

11. PRIMARY EVENTS

All **Primary Events** will be finished at the end of Round #2. Schools have the option of sending their Primary Participants back to school after their events.

12. PARTICIPANT DROP-OFF AND PICK-UP

Please advise your bus company to drop-off the students at the front door and pick them up on the East side of the building. Please review the diagram of the Western Fair for passenger drop-off and pick-up information. A Western Fair Security Officer may be there to direct you. Please follow their directions.

WESTERN FAIR

www.westernfair.com



MAP LEGEND

- \$ ATM Machine
- P Parking
- Police Western Fair Security
- Bus Stop

Subject to change