



# Yorkton Springers Gymnastics Club

## 2019 Invitational

**Date:** April 5-7, 2019

**Location:** Yorkton Regional High School  
150 Gladstone Avenue North, Yorkton SK

**Entry Fees:** \$105.00 Women's Artistic JO 3-8  
\$75.00 Women's Artistic JO 1-2  
\$40.00 Recreational

### **Tentative Schedule:**

Friday Evening – JO6

Saturday morning – JO7/8

Saturday mid-morning – JO 4/5

Saturday afternoon – JO 3

Saturday evening – JO 2 (max 50)

Sunday morning – JO 1 (max 50)

Sunday mid-morning - Kindergym 3-5 years

Sunday afternoon – Recreational CANGYM 6-8 years

Sunday afternoon – Recreational CANGYM 9+

**NOTE:** Schedule is tentative and is subject to change based on registrations.  
Schedule will be finalized once all registrations are in.

**Deadline:** Registration summary and payment must be received by **March 1, 2019**. Registrations received after March 1, 2019 will be subject to a **\$20.00** late fee per athlete. Athletes will be considered registered when forms and payment have been received. Waivers can be scanned in and emailed, mailed or handed in at the venue. Refunds will be issued for medical reasons only, upon the receipt of a doctor's certificate.

Please email and send a hard copy of your registration summary to the following address:

**Springers Gymnastics Club**  
**Box 2027, Yorkton SK S3N 3X3**  
[mail@yorktonspringers.com](mailto:mail@yorktonspringers.com)

Please make one cheque payable to Springers Gymnastics Club.

**Judges:** As per Gymnastics Saskatchewan Technical Regulations.  
Clubs are required to provide 1 judge for every 4 athletes in JO 3-8.  
Clubs are required to provide 1 judge for every 6 athletes in JO 1-2.

**Equipment:** As per WAG Technical Regulations.  
All equipment is either Spieth or AAI and fully adjustable.  
Clubs are welcome to bring their own beat boards.

**Music:** Our club will provide music for JO Levels 1-5. Music for JO 6-8 will only be accepted in MP3 format.  
Please email music by **March 15, 2019** to [nellie@sasktel.net](mailto:nellie@sasktel.net) and label each file:

- 1) Gymnast Level
- 2) Gymnast Club
- 3) Athlete Name

**Awards:**

JO 3-8: Event and All-Around 1<sup>st</sup> to 3<sup>rd</sup> medals and 4<sup>th</sup> to 8<sup>th</sup> place ribbons.  
JO 1-2: 1<sup>st</sup> to 3<sup>rd</sup> ribbons for each event and 1<sup>st</sup> to 3<sup>rd</sup> medals for all-around, based on score ranges.  
Recreational: All-Around medal

\*Please note that we may combine some age groups based on registrations.

**Inquires:** Jessica Ronn  
Head Coach & Club Judging Chair  
(306) 621-7069  
[jnronn@hotmail.com](mailto:jnronn@hotmail.com)

Shaunya Kien  
Office Manager  
(306) 621-9591  
[mail@yorktonspringers.com](mailto:mail@yorktonspringers.com)

**Hotels:**

**Quality Inn**  
2 Kelsey Bay  
Yorkton SK  
(306) 783-3297

**Holiday Inn Express**  
63 Seventh Ave N  
Yorkton SK  
(306) 782-9888

**Days Inn & Suites**  
1-275 Broadway St. East  
Yorkton SK  
(306) 782-3112

# Springers Gymnastics Club Invitational

## Athlete Waiver Form

Name of Event: Yorkton Springers Gymnastics Invitational 2019

Date of Event: April 5, 6, 7, 2019

Name of Athlete: \_\_\_\_\_  
Please Print Clearly

Date of Birth (d/m/y): \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact During the Event: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

In consideration of your acceptance of my entry, intending to be legally bound do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for damage which I may have or may hereafter accrue to me against **Yorkton Springers Gymnastics Club**, the organizers or their respective officers, agents, representatives and/or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my travelling to or participating in and returning from said athletic meet.

### **Photo/Video Release**

I give my permission for images of my child to be captured during this meet through video/photo, to be used solely for the purpose of Springers Gymnastics Club and /or Gymnastics Saskatchewan promotional and training material and publications, including the website. I waive any rights of ownership of the images and compensation for their use.

\_\_\_\_\_  
Athlete's Signature  
(if 18 years or over)

\_\_\_\_\_  
Parent/Guardian Signature  
(if athlete is under 18 years of age)

\_\_\_\_\_  
Date

**JO1-JO8 Athlete T-Shirt Size (YXS-AXL):** \_\_\_\_\_

## Dear Recreational Clubs, Coaches, Parents and Gymnasts:

We would like to invite you and your club to compete in our annual FUN MEET, a meet where all of the skills are the coach's choice. We understand the importance of companionship that a FUN Meet brings to the club, the gymnasts, the parents and their community. We have set aside a special time where these gymnasts get a chance to shine and to experience a competition. Please review the following guidelines for the FUN MEET with your athletes:

1. The warm-up will be as follows: General Warm-Up on Floor: 10 minutes (warm-up & stretching); Apparatus Warm-Up: During the competition, athletes may practice prior to competing (30 second touch).
2. March-In: Prior to competition, athletes are marshalled into their club, march in, and are recognized by club.
3. Competition: Athletes receive their order from the official(s). It is highly recommended that coaches fill out the skill list for each of their athletes prior to the event to present them to the judges at each event. See the form at the end of this document.

Vault: Choose 1 of 3 vaults listed.

Bars, Beam & Floor: 6-8 recognizable skills are performed.

No scores are flashed.

**\*\*If you have younger gymnasts, you may perform fewer skills on each event.**

When the competition is complete, the results committee will get the certificate and the scoring sheet together along with a participation medal. During this time, athletes will have a short break and Springers Competitive athletes will perform a few routines on each apparatus. Once awards are prepared, clubs will be asked to sit together on the floor and the awards will begin. We have provided some extra information in this package to answer some of your questions. Thank you in advance for your consideration and we look forward to meeting each of you at the competition!

### **Frequently Asked Questions**

#### **My club does not have matching bodysuits. What should the gymnasts wear?**

Gymnasts are encouraged to wear bodysuits, but they will be allowed to wear t-shirts and shorts. Please make sure clothing is not loose fitting. All hair must be tied back and not restricting the view of the gymnast. No jewelry will be allowed on the competition floor. Track suits, sweat pants, yoga pants, etc. can be worn when the gymnasts are not competing.

#### **Do the gymnasts need to memorize their routines or skills series?**

We encourage all gymnasts to perform routines unassisted, but there is no penalty for hints from coaches.

#### **How many coaches need to be on the floor with my club?**

Depending on how many gymnasts you have, if your club is big and the groups need to be split, a coach will be needed for every group; we recommend a minimum of 1 coach for each group.

#### **What sort of things should I prepare my gymnasts for?**

The things that you should go over with your athletes are: the judging panel, the fact that they are going to be tested (competing) separately, they will be called by name by a judge and they may get 1 warm-up (practice) before they compete. You should also review entrance into the competition and the line-up that you would like to see on the floor (standing for march-in and sitting in straddle for awards).

#### **What sort of items can be taken on the floor?**

Track suits and water are allowed on the floor.

#### **Are parents allowed to take photographs?**

Flash photography is not allowed during the competition. Please advise parents of this beforehand. Chad McDowell and several high school students will be there to capture memories of the event. Details of the link to access the photos will be provided at the venue.

#### **Who should attend?**

We encourage all gymnasts to bring parents, grandparents, neighbours and friends to attend this very special event.

#### **More questions?**

Contact Springers Gymnastics Club at [mail@yorktonspringers.com](mailto:mail@yorktonspringers.com)

**Springers Gymnastics Club Invitational**  
**April 7, 2019**  
**RECREATIONAL ROUTINE SHEET**

**\*Please submit skill sheets for each athlete either by mail or by email, no later than Monday, March 11, 2019.**

\*Please list skills that will be performed for each athlete attending.

\*Please ensure skills are at the athlete's level.

ATHLETE NAME: \_\_\_\_\_

Vault – choose one of the following (please indicate which one)	Score
Squat on to 60 cm box OR handstand fall to back on crash mat OR handspring to back on 110cm mats, with mini tramp	
Bars – 4-6 skills	
1.	
2.	
3.	
4.	
5.	
6.	
Beam – 6 skills (mount, 1 turn, 2 leaps or jumps, 1 scale or acro skill, dismount)	
1.	
2.	
3.	
4.	
5.	
6.	

Floor – 6 skills (3 acro skills, 1 turn, 2 leaps or jumps)	
1.	
2.	
3.	
4.	
5.	
6.	