**Team Adventure**

**(T&T)**

**Competition Handbook**

**2014-2015**

**Registration Procedure & Policies**

* You will be informed in advance with all competition details and all forms will be posted on Team Adventure blog
* You will be sent an invoice for comp fees which can be paid on-line or in person at the front desk
* Waivers can be handed in at the front desk
* It is your responsibility to respond with a signed waiver form and the required entry fee by the date specified to avoid late charges
* Fees and waivers must be handed in before date of competition
* There will be a $25.00 charge for late waiver and fees. There is no guarantee that a late registration will be accepted by the host club.
* ***The club reserves the right to refuse a registration that is submitted past the deadline or if your account is in arrears***

**Competition Information**

* It is important to have your registrations in on time so that the schedule can be made and sent out to the participating clubs
* When a host club receives the registrations, they finalize the sessions and schedules
* Please do not call the host gym for information.
* Please talk to your own coach or Jesse (jesse@gymadv.ca). It is his/her responsibility to furnish you with this information
* Sometimes there are unforeseen problems that might cause a delay in this information being communicated
* Unfortunately meet schedules change. Please consider this before making travel arrangements and please be flexible with your travel
* ALWAYS follow the host gyms rule. Here are a few rules that are common to ALL meets:
  + NO flash photography
  + NO parents or siblings in the competition area
  + NO outside food or drinks in the gym
  + NO parents are allowed to approach the judges
  + NO spectators are allowed on the competition floor
  + NO profanity
  + NO unsportsmanlike behavior
  + NO destruction of gym property
* **Athletes representing Team Adventure as a Gym Sask team member must abide by the guidelines set out in the Gym Sask Code of Conduct.**

**Competition and Travel Costs**

* Athletes that attend competitions are responsible for their entry fees, their own travel costs and for coaches’/judges’ travelling expenses
* Coaches and judges travel expenses will be divided by the number of athletes who attend the competition and invoices will be sent after each competition
* A block of rooms will be reserved at one hotel for all athletes and their families to book.
* Families may car-pool to competition to save on travel expenses

**Stretch and Warm-up**

* Athletes should arrive 15 minutes prior to competition
* Athletes should be organized and ready for warm up
* Stretching and warm up is done as a team
* Any athlete that arrives more than 15 minutes late for warm up may not be allowed to compete in the competition due to safety concerns and rules of compeitition

**Competition Attire**

* All gymnasts must wear competitive or pre-competitive club bodysuit.
  + Provincial T&T
    - Short sleeve warm up (optional)
    - Long sleeve competitive suit
    - Club tracksuit
  + Fast Cat and Gym Cat
    - Short sleeve suit
* Please no jewelry (nose, lip, ears, etc)
* No bright colored nail polish on toes or hands; only nude or neutral colors.
* All braces or tape must be white or beige or the athlete will receive a deduction
* Completely white socks and/or tramp shoes MUST be worn on trampoline and double mini tampoline

**Competition Hair**

* All athletes must have their hair tied back in either braids or a simple ponytail
* ALL long hair MUST be pulled back into a bun
* Hair should not be in athletes face
* Please no loose hair nor buns





**2014-2015 Competition Season**

**Provincial Level**

Dec 13-14 Canada Winter Games Trials (Red Deer, Alb) *National Athletes only*

Jan (TBA) SK First Trials (MooseJaw) *T&T A (10-12hrs only)*

Feb 14 – 15 Gymtastik’s Family Day Invitational (MooseJaw) *All T&T Provincial*

Feb. 28- Mar 1 Amazing Adventures Invitational (Regina) *All T&T Provincial*

March Canada Cup (TBA) *National Athletes only*

April 10 -12 Provincial Championships (TBA) *All T&T Provincial*

May 9 – 10 Saskatchewan Cup & WCC Trails (Saskatoon) *All T&T Provincial*

June 5-7 Western Canada Cup (BC) *T&T A (All provincial athletes that qualify)*

May 24-31 Canadian Championships (TBD) *National Athletes only*

**FAST CAT**

Feb 14 – 15 Gymtastik’s Family Day Invitational (MooseJaw)

Feb. 28- Mar 1 Amazing Adventures Invitational (Regina)

June Tentative (in house) Spring Fling