



GYMNASTICS NOVA SCOTIA

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*****REVISED*****

To: 2010 Eastern Canadian Championships - Potential Team Members
From: Angela Gallant, Executive Director
Re: 2010 Eastern Canadian Artistic Championships – Revised Accommodations
Date: March 22, 2010

Gymnastics Mississauga in conjunction with Gymnastics Ontario will host the 8th Eastern Canadian Gymnastics Championships at the Hershey Sports Zone in Mississauga, ON from May 7th - 8th, 2010. The Nova Scotia Provincial Team will be announced following competition at the NS Provincial Championships, based on the Women's and Men's Program regulations.

In order to make the process more efficient, we ask that you have the following fully prepared and ready to hand in at the GNS Provincial Championships:

- A cheque for **\$630.00**** payable to Gymnastics NS (****please note that this revised cost no longer includes meals - only 3 breakfasts are included**)
- GNS Consent Form (2 attached – one for 18 years and over and one for Under 18 years)
- FairPlay Form (1)
- Host Consent Forms (1 attached)
- Host Medical Form (1 attached)

This information is to be passed on to your child's head coach at the Provincial Championships. Clubs will collect all the information and then pass it on to GNS before the end of the Championships.

Please ensure that you complete ALL 4 forms! These forms are also available on the GNS webpage at www.gymns.ca under Competition and Events - Team NS Parent Information.

Transportation -

365.00 flight

50.00 ground transport to and from the hotel and competition venue

Athletes will be flying Air Canada from Halifax to Toronto (flight information is included below). Once in Toronto athletes will be shuttled from the Airport to the residence. During the competition, athletes will travel on buses to and from the competition site.

Flight information

Thursday, May 6th - AC 609 depart Halifax at 9:00am and arrive in Toronto at 10:24am

Sunday, May 9th - AC 606 depart Toronto at 10:00am and arrive in Halifax at 1:01pm



****Accommodations ** Revised**

\$80.00 per athlete – Nova Scotia Athletes will be staying at the **Quality Inn & Suites Airport Hotel** due to the high cost of residence. Rooms have been booked for athletes, coaches and judges for Thursday, Friday and Saturday nights. The coaches and the GNS Program Committees will make the rooming assignments. **As per GNS Policy, all team members are required to stay with team members at the hotel.** Athletes will be the responsibility of the coaches and chaperones. Because Nova Scotia is staying in a hotel, we will not be on the meal plan at the university.

Family and friends can book at:

Delta Toronto Hotel Airport West

5444 Dixie Road

Toronto

Ontario, L4W 2L2

905-624-1144

Toll Free Reservations in North America: 1-888-890-3222

Rates: \$109/Night

The Block Code is "GYM0507" Or Gymnastics Mississauga Block

Please note that there are only single rooms available at this hotel.

Delta Meadowvale Hotel

6750 Mississauga Rd.

Mississauga, Ontario

L5N 2L3

905 821-1981

Toll Free Reservation in North America 1 800 422-8238

Rates: \$109/Night

When reserving, quote: Block Code: GZEA0510 Eastern Canadian Championships or Eastern Canadian Championships Block.

Space is limited, please book as soon as possible.

Registration fee

\$70.00 per athlete - Also includes a Saturday evening banquet social

Cost Share Amount –

\$65.00 per athlete

Uniforms -

All athletes and coaches are required to wear the official GNS Tracksuit. Girls are to have the provincial leotard and boys are to have the provincial singlet with their grey pants. **Club coaches are responsible for ensuring that all gymnasts from their club are outfitted properly.** Please contact the GNS office if there are any problems.

Payment for singlets and bodysuits will be made to your club and one cheque will be sent to GNS from the club. The prices for bodysuits and singlets will be relayed to your club once they arrive.

****Meals ** Revised**

Please note that a hot buffet breakfast is included at the hotel. Please ensure that your child has meal money for the following meals:

Thursday lunch and supper
Friday lunch and supper
Saturday lunch and supper
Sunday lunch

Athletes may also need some money for snacks for flight travel.

Competition Site-

Gymnastics Mississauga
Hershey Sports Zone
Rose Cherry Place, Mississauga

Competition Schedule-

Will be distributed when available.

Further information will be communicated to team members as it becomes available.