



# GYMNASTICS NOVA SCOTIA

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**To:** 2010 Eastern Canadian Championships - Potential Team Members

**From:** Angela Gallant, Executive Director

**Re:** 2010 Eastern Canadian T&T Championships

**Date:** March 8, 2010

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Just Bounce Trampoline Club in conjunction with Gymnastics Ontario will host the 8<sup>th</sup> Eastern Canadian Gymnastics Championships at the University of Toronto (Mississauga) – Recreation and Wellness Center from May 8<sup>th</sup> - 9<sup>th</sup>, 2010.

The Nova Scotia Provincial Team will be announced following GNS sanctioned competitions in March based on the Trampoline Program Committee regulations.

**In order to make the process more efficient, we ask that you have the following fully prepared and ready to hand in to your club coach by March 25<sup>th</sup>, 2010:**

- A cheque for **\$740.00** payable to Gymnastics NS
- GNS Consent Form (2 attached – one for 18 years and over and one for Under 18 years)
- FairPlay Form (1)
- Host Consent Forms (2 attached – one for 18 years and over and one for Under 18 years)
- GNS Medical Form (1 attached)

**This information is to be passed on to your child's head club coach by March 25, 2010. 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](http://www.gymns.ca) under Competition and Events - Team NS Parent Information.**

**Transportation -**  
**350.00 flight**

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 by the organizing committee. During the competition, athletes will compete on campus and will not require transportation.

**Flight information**

**Friday, May 7**

**AC 605 depart Halifax at 9:00am and arrive in Toronto at 10:24am**

**Monday, May 10**

**AC 606 depart Toronto at 10:00am and arrive in Halifax at 1:01pm**



**Accommodations & Meals -**

**\$255.00 per athlete** – Teams will be staying at U of T, Mississauga Campus at the Oscar Peterson Residence. Rooms have been booked for athletes and coaches for Friday, Saturday and Sunday 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 in the residence.** Athletes will be the responsibility of the coaches and chaperones. All **meals** will be served on campus.

**Family and friends can book at:**

**Hampton Inn Toronto Mississauga**

2085 North Sheridan Way  
Mississauga ON  
2 queen beds N/S  
\$119.00 per night + taxes  
Breakfast / Pool included  
5 minutes to University

**Holiday Inn Toronto Mississauga**

2125 North Sheridan Way  
Mississauga ON  
2 double beds N/S  
\$109.00 per night + taxes  
Breakfast / Pool included  
4 minutes to University

**To book your accommodations and receive these special group rates, please contact Kelly Heikkila with Merit Travel, toll free 1-866-885-8846 1-866-885-8846 ext.6904 (Monday – Friday 9:00am – 5:00pm EST)**

**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 black 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 -**

Meal costs are included in the accommodations fees. Athletes may need some money for snacks for flight travel.

**Competition Site-**

University of Toronto at Mississauga – Recreation and Wellness Center  
3359 Mississauga Rd N  
Mississauga ON L5L 1C6

**Competition Schedule-**

Will be distributed when available.

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