

Visualize then realize...



*Success doesn't
come to you!
You go to it!*

DGC
INVITATIONAL
2019

JO 3 to 8

TEAM AWARDS
ATHLETE GIFTS
NEW MEDALS



PARENT INFO PACKAGE

February 15-17th

Message from Dynamyx Gymnastics Club

We are always happy to have the support of all our participating clubs and their athletes that take part in our annual DGC Invitational 2019. This year we are hosting 10 clubs with over 100 athletes competing.

We wish all athletes the very best and hope that each of you enjoy your time at Dynamyx. Remember that we focus on team spirit and good sportsmanship and we ask that spectators and athletes alike to be respectful to all competitors.

Thanks must go out to all our volunteers who contribute many hours to make this event a success. To our sponsors, we are grateful to your commitment to support not only Dynamyx, but also the girls who commit to multiple hours in training each week.

You have worked hard, made personal sacrifices, and put your heart in to all you do in training. Go out today, have fun and know you gave it your very best!

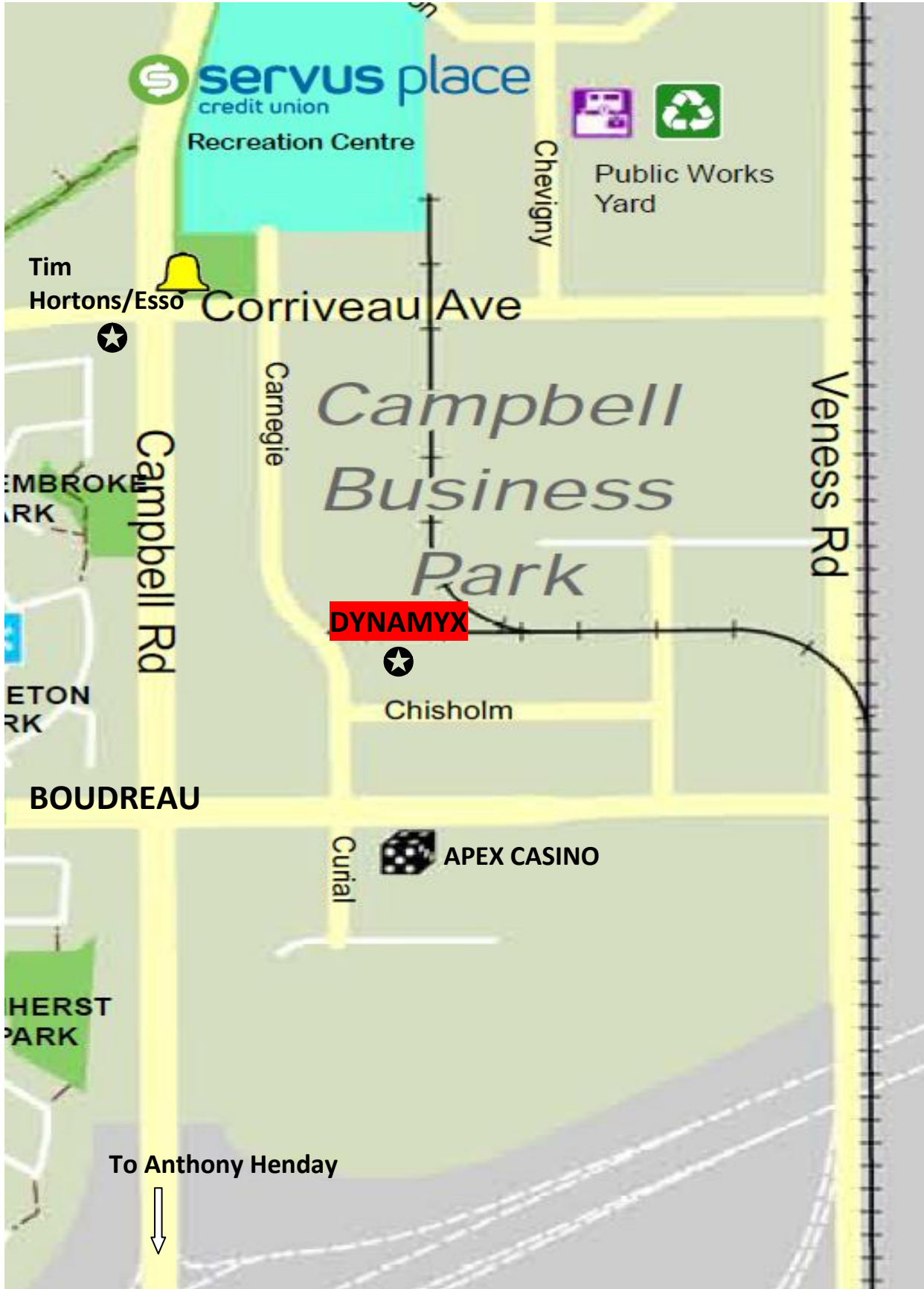
Dynamyx Gymnastics Club

WHERE AM I GOING?

The event is being held at:
Dynamyx Gymnastics Club
25 Chisholm Ave, Bay 104
St. Albert, AB
780-458-3153

FROM SOUTH: Take the Campbell Road off ramp and turn left at lights to head north on Campbell Road. Move to right lane and turn Right at Boudreau. Head East on Boudreau and move to left lane and make a left turn onto Carnegie Drive. On Carnegie Drive continue north and turn at the first right onto Chisholm Ave. We are located halfway down the street on the North side of street.

FROM NORTH: For those coming from the North, Anthony Henday is accessible at 97 St/Hwy 28 in Edmonton. Take the Campbell Road off ramp and turn right at lights to head north on Campbell Road. Move to right lane and turn Right at Boudreau. Head East on Boudreau and move to left lane and make a left turn onto Carnegie Drive. On Carnegie Drive continue north and turn at the first right onto Chisholm Ave. We are located halfway down the street on the North side of street.



servus place
credit union

Recreation Centre



Public Works
Yard

Tim
Hortons/Esso



Corriveau Ave

Chevigny

*Campbell
Business
Park*

Veness Rd

DYNAMYX



Chisholm

EMBROKE
PARK

ETON
PARK

BOUDREAU



APEX CASINO

Curial

HERST
PARK

To Anthony Henday



WHEN SHOULD I ARRIVE?

It is **very important** you arrive **15 minutes prior to your scheduled warm up time.**

Main Doors will open no earlier than 8:00 am.

Please be patient as we prepare the finishing touches.

PARKING - (LOCAL CLUBS - Car Pooling recommended)

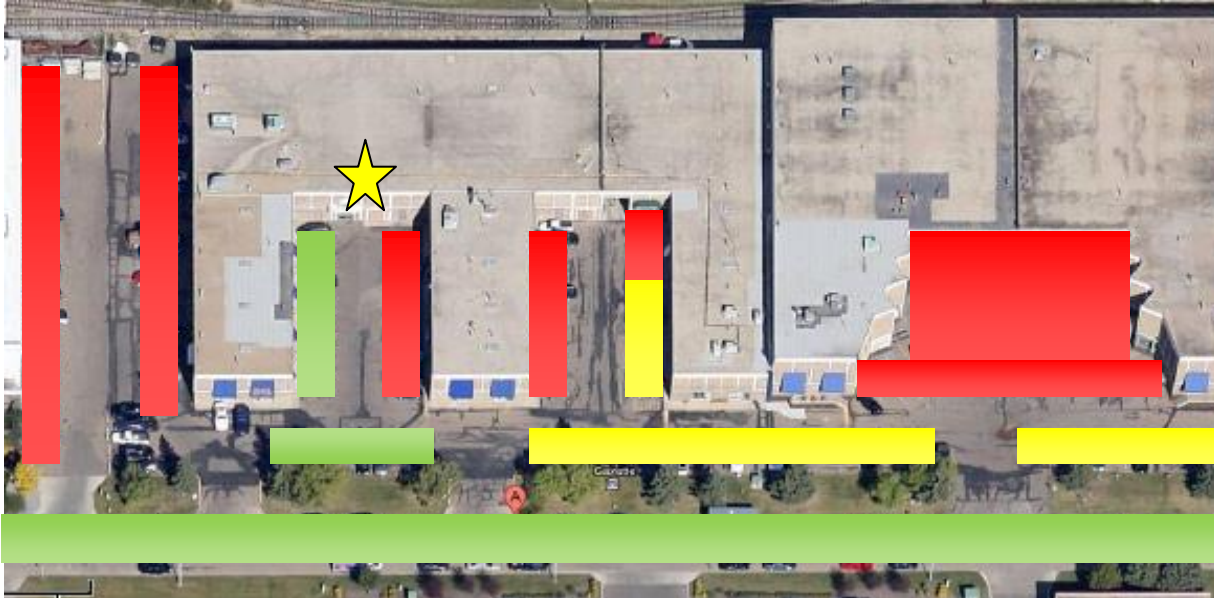
As there are limited parking spaces available we ask that you respect the signs posted in front of other neighbouring businesses and park only in those designated as DGC Invitational Parking spot and Dynamyx parking. You may also park on Chisholm Avenue as well. Please review diagram below.

Red indicates NO parking,

Yellow select parking

Green parking is permitted.

Respect all Bay doors that state "NO PARKING"



 **DYNAMYX FRONT ENTRANCE**

COST OF ADMISSION (includes athlete list):

Adults: \$6.00

Seniors & Students \$4.00

Children 5 and under FREE

All admission includes a wristband.

SHOULD I BRING CASH?

YES! WE ARE CASH ONLY! Small bills are a good choice and appreciated. **We have NO debit machines onsite.** Please do not ask the table to make change as we have limited amounts. There are bank machines located at the Apex Casino, Tim Hortons/Esso and Servus Place to the north that will charge you a small service fee for usage. Please see first map.

RAFFLES:

As with most non-profit Gymnastics Clubs, we will be holding a:

- “50/50 Raffle for each Session
- Bodysuit Bingo

CONCESSION:

We will have a concession available to the public.

Coffee & assorted tea

Muffins

Fruit (Apples, Bananas and Oranges)

Hot Dogs (All beef)

Taco-in-a-Bag

Chips (Assorted)

Chocolate bars & some candies

Cans Pop (variety)

Bottled water

ATHLETES: Check-in at main entrance

All athletes will be provided snacks and beverage. Due to the short duration and transition of sessions we will no longer be serving lunch for the athletes. Our concession is available.

Athletes using the competitive change rooms are asked to not bring anything of value.

COACHES:

Coaches and Judges will share the Dance room for all meals. Meetings will be conducted on the technical area near the Men’s rings generally during warm up. Please ensure you do not leave valuables in the room. For those with allergies, we try our best to provide suitable choices, but it is recommended to come prepared.

UNDERSTANDING SCORING BREAKDOWN

JO 3

NO SCORES WILL BE FLASHED

Ribbons will be awarded for each event.

RED – 9.00 or above

BLUE - 8.00 to 8.99

WHITE - below 8

These will be attached to the athlete's certificate at the judges table.

UPDATED: All AROUND MEDALS will also be presented as total of all four events as follows:

GOLD – 36.00 or above

SILVER – 32.00 – 35.99

BRONZE – below 31.99

The Certificates will be presented by the clubs coach at the awards ceremony and each club will be called up as a group to present.

THIS FOLLOWS THE NEW GENERAL GUIDELINES PRESENTED BY AGF FOR JO 1-3

JO 4-8

UPDATED: SCORES WILL BE AVAILABLE ON LIVE MEET ONLY

Awards will be presented for each event and all around scores:

1ST – GOLD MEDAL

2ND - SILVER MEDAL

3RD - BRONZE MEDAL

4TH TO 8TH -RIBBONS

Certificate with scores will be given to the coaches at the end of the meet.

NOTE: JO GROUPINGS MAY BE SUB-DIVIDED BY YEAR RANGE IF A LARGE GROUP OF PARTICIPANTS

Link for Live Results:

<https://goo.gl/jRvQoy>



THINGS TO DO IN ST. ALBERT

Please visit: <http://www.visitstalbert.com>

St Albert provides many services and amenities. We have a large variety of chain restaurants located along St Albert Trail and a shopping mall located at Bellerose and St Albert Trail. The Sturgeon Hospital is located in the north end of town on Boudreau Road.

ACCOMMODATIONS

BEST WESTERN PLUS, THE INN AT ST. ALBERT

460 St. Albert Trail
St. Albert, AB, T8N 5J9
Phone: 780-470-3800
Fax: 780-470-0038
Toll free: 1-888-370-0158 (Canada/U.S.),

HORIZON HOTEL

440 St. Albert Road
St. Albert, AB, T8N 5J9
Phone: 780-459-2965
Fax: 780-459-2902
Toll free: 1-888-273-5558 (AB)

SLEEP INN

P.O. Box 123,
St. Albert, AB, T8N 1N2
Phone: 780-459-5311
Fax: 780-460-1435
Toll free: 1-800-459-6602 (W. Canada)

ST. ALBERT INN & SUITES

156 St. Albert Road,
St. Albert, AB, T8N 0P5
Phone: 780-459-5551
Fax: 780-460-7687
Toll free: 1-800-450-8612 (Canada/U.S.)

Clubs Attending
DGC INVITATIONAL 2019
(In alphabetical order)

Capital City Gymnastics Club
Explosions Gymnastics
Fort Gymnastics Club
Grand Prairie Gymnastics Club
Horizon Gymnastics
Jasper Gymnastics
Leduc Kanata Gymnastics Club
North Edmonton Gymnastics Club
Olds Gymnastics
Ortona Gymnastics Club
Ponoka Gymnastics
St. Albert Gymnastics Club
Dynamyx Gymnastics Club

DGC INVITATIONAL 2019

FINAL SCHEDULE as of 15Jan2019

Saturday, February 16th, 2019

Session 1

JO 4 & 5 (43)

March-in/Warm up: 8:30 am
Competition: 8:50 am
Medal presentations to follow

Session 2

JO 6 (44) 2009-2011

March-in/Warm up: 12:30 pm
Competition: 12:50 pm
Medal presentations to follow

Session 3

JO 7 & JO 8 (31)

March-in/Warm up: 4:30 pm
Competition: 4:50 pm
Medal presentations to follow

Sunday, February 17th, 2019

Session 3

JO 3 (44)

March-in/Warm up: 8:30 am
Competition: 8:45 am
Medal presentations to follow