

# 2010 Canadian Gymnastics Championships

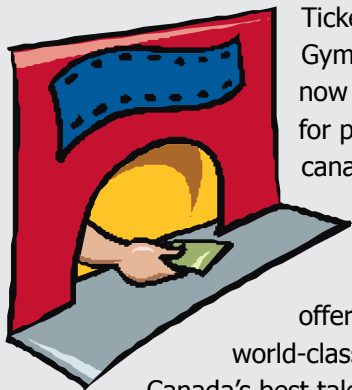
May 24-30, 2010 | Kamloops, BC

[www.canadiangymnastics2010.ca](http://www.canadiangymnastics2010.ca)

April 2010



## Tickets On Sale



Tickets for the 2010 Canadian Gymnastics Championships are now on sale and are available for purchase online at [www.canadiangymnastics2010.ca](http://www.canadiangymnastics2010.ca).

The 2010 Canadian Gymnastics Championships offer fans a chance to take in world-class gymnastics as some of Canada's best talents will be showcased in the 5-day event.

Kamloops will be the home to the 2010 Canadian Gymnastics Championships. The community has been home to the 1995 World Age Group Championships, 2008 Elite Canada and two of the most successful BC Gymnastics Championships in 2007 & 2008.

Ticket prices are as follows:

	Event Passes	Day Passes
Adult	\$60	\$10-\$15
Senior (65+):	\$40	\$8-\$10
Youth (13-17):	\$40	\$8-\$10
Child (6-12)	\$20	\$3-\$5

All Event passes purchased prior to April 30 include a \$5.00 coupon off the purchase of event clothing at the 2010 Canadian Gymnastics Championships.

Seating is general admission with no reserved seating available.

Order your tickets today through the event website and guarantee your spot at the 2010 Canadian Gymnastics Championships.

Canada's best will compete in Canada's West in Kamloops from May 24 - May 30 at the 2010 Canadian Gymnastics Championships

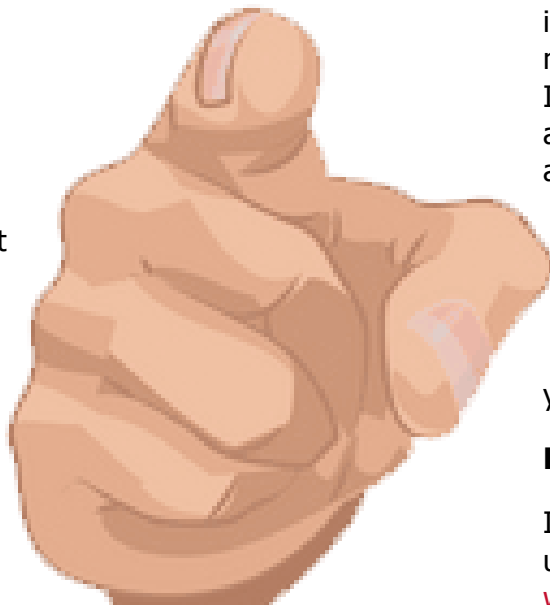
The event will feature Women's Artistic Gymnastics, Men's Artistic Gymnastics and Trampoline Gymnastics. Kamloops' state of the art Tournament Capital Centre is set to be the site for this exciting event!

### How can I help?

With more than 300 volunteers needed for this event, there is something for everyone. Volunteers are needed to assist with areas such as: accreditation, information services, media services, receptions, scoring, security, setup and tear-down, souvenir sales, sponsor sales, ticketing

## Volunteer

**We NEED You!!**



and VIP services.

Positions are available both before and during the championships.

### I have no experience with gymnastics; can I still volunteer?

Experience with gymnastics is not a prerequisite for the majority of positions available. In fact your skills in other areas are an asset in many of the areas involved with this major BC event. All volunteers will receive training appropriate to their position and members of the organizing committee will always be available to assist you if necessary.

### How do I sign up?

Interested volunteers may sign-up through the event website: [www.canadiangymnastics2010.ca](http://www.canadiangymnastics2010.ca).

For more information please contact Carol Paulsen at [cpaulsen@shaw.ca](mailto:cpaulsen@shaw.ca)

# Schedule

## Tuesday, May 25:

15:00: WAG - Junior (Qualification)

19:00: WAG - Senior (Qualification)

## Wednesday, May 26:

08:00: WAG - Novice (Team)

09:00: TG (Qualification)

09:30: MAG - Argo (Day 1)

13:30: WAG - Novice (Team)

14:30: MAG - Open (Day 1)

19:00: MAG - Tyro & Junior (Day 1)

## Thursday, May 27:

08:00: WAG - Open (Team)

09:30: MAG - Argo (Day 2)

12:30: WAG - Open (Team)

13:00: TG (Qualification)

14:00: MAG - Youth (Day 1)

18:30: WAG - Junior & Senior (All  
Around Finals)

18:30: MAG - Senior (Day 1)

## Friday, May 28:

08:00: WAG - National Novice (Finals)

09:00: TG (Finals)

09:30: MAG - Tyro (Day 2)

12:30: WAG - Novice HP (Finals)

14:00: MAG - Youth & Open (Finals)

18:30: WAG - Open 13-15 (Finals)

18:30: MAG - Junior (Day 2)

## Saturday, May 29:

08:00: WAG - Open 16 (Finals)

13:00: TG (Finals)

15:00: WAG - Junior & Senior (Finals)

15:00: MAG - Senior (Finals)

# Relax

## Official Hotels

**Please note that the deadline to reserve hotel rooms at these special rates is April 23, 2010. Don't miss out on these room rates!**

### Downtown Kamloops

#### **Accent Inns - Kamloops**

1325 Columbia St, West

[www.accentinns.com](http://www.accentinns.com)

Standard Room: \$115

Distance to TCC:

4.3km / 10 mins

#### **Coast Canadian Inn**

339 St. Paul  
Street

[www.coasthotels.com](http://www.coasthotels.com)

Coast Comfort

Rooms: \$135

Coast Superior

Rooms: \$155

Distance to TCC:

2.9km / 6 mins

#### **Hospitality Inn**

500 Columbia  
Street West

[www.hospitalityinn.kamloops.com](http://www.hospitalityinn.kamloops.com)

Single Occupancy:  
\$70

Double Occupancy: \$80

Distance to TCC: 3.2km / 5 mins

#### **Sandman Inn Kamloops**

550 Columbia Street

[www.sandman.com](http://www.sandman.com)

Standard Room: \$121

Suite: \$136

Distance to TCC: 3.1km / 5 mins

### **Travelodge Kamloops**

430 Columbia Street

[www.travelodge.com](http://www.travelodge.com)

Single Room: \$105

Double Room: \$115

Suite with back bedroom: \$125

King Room with soaker tub: \$125

Distance to TCC: 3km / 5 mins

### Near Aberdeen Mall

#### **Comfort Inn & Suites**

1810 Rogers Place

[www.comfortinnkamloops.com](http://www.comfortinnkamloops.com)

Standard Room: \$125

Executive Room: \$135

Mini Suite: \$179

1 Bedroom Suite: \$199

Distance to TCC: 2.6km /  
5 mins

#### **Holiday Inn Express**

1550 Versatile Drive

[www.hiexpress.com](http://www.hiexpress.com)

Standard Room:  
\$131

Distance to TCC: 3.1km  
/ 5 mins

#### **Kamloops Towne Lodge**

1250 Rogers Way

[www.kamloopstownelodge.ca](http://www.kamloopstownelodge.ca)

Single Room: \$129

Double Room: \$144

Business Class: \$175

One Bedroom Suite: \$225

Distance to TCC: 2.8km / 5 mins



## Official Car Rental Agency - National Car Rental

Rates: Economy to Full Size Car: \$32.95/day or \$198/week SUV or Mini-Van: \$49.95/day or \$294/week

Included mileage: 200 km/day or 1,400 km/week \$0.10/km over

Location: 174 W Victoria Street, Kamloops Shuttle service is provided to and from the airport

Contact: 604-374-5737 and ask for the "Canadian Gymnastics Championships" rate

# Green

## Reducing Our Footprint

The organizing committee of the 2010 Canadian Gymnastics Championship is committed to providing a "green" event.

The selection of the Tournament Capital Centre as the venue for the championships is a major part of the Green Component of this event. It is a LEED Building (Leadership in Engineering and Environmental Design Certification) at the Silver level, using Geothermal Heating and Cooling (located underneath the artificial field outside) to reduce operating costs by 30%.

The building provides low flush toilets and waterless urinals, temperature and run time controlled showers. It has been built to meet the LEED standards of environmental design both in operation and construction, and is one of a few in North America and BC at this level.

Beyond the venue itself, all participants will be encouraged to use reusable water containers throughout the event in order to reduce waste. In fact, no individual sized water bottles will be purchased for the competition venue.

Kamloops was selected our host community in part because the majority of athletes, coaches and judges can be housed on the Thompson Rivers University campus which eliminates the need for transportation of these participants.

As we move closer to the event, the OC is using local products wherever possible to reduce the footprint left by these championships.

If you are planning to attend the 2010 Canadian Gymnastics Championships, please help us "Green the Championships" by carpooling from your home or hotel, recycling in the venue, utilizing a reusable water bottle, etc.



# The Event

## Facts & Figures

### ORGANIZING COMMITTEE

#### Event Co Chairs:

Moira Gookstetter, Susan Willett  
[mgookstetter@gymnastics.bc.ca](mailto:mgookstetter@gymnastics.bc.ca)  
[shineswillett@gmail.com](mailto:shineswillett@gmail.com)

#### Assistant Chair

Louise Demers  
[ldemers@gymnastics.bc.ca](mailto:ldemers@gymnastics.bc.ca)

#### Vice Chair (Operations):

Lisa Palechuk

#### Vice Chair (Delegate Services):

Jenna Van Der Poelen

#### Vice Chair (Technical):

Viv Hughan

#### Vice Chair (Marketing & Communications):

Sandra Patterson

#### Vice Chair (Human Resources):

Carol Paulsen

#### Vice Chair (Finances):

Jane Randazzo

### \$\$ GYMNASTICS CHALLENGE \$\$

Donate to the 2010 Canadian Gymnastics Championships, have

your donation matched and receive a tax receipt! Thanks to the generosity of two Kamloops' residents, all cash contributions to the championships will be matched to a maximum of \$5,000.

All individuals and business are eligible for a tax receipt for donations of at least \$100. For businesses looking for advertising opportunities, there is a comprehensive sponsor package available.

More details are available on the event website.

### TWEET, TWEET

Keep up to date by following the 2010 Canadian Gymnastics Championships on Twitter and/or Facebook.

Twitter: CdnGymChamps

Facebook: <http://www.facebook.com/pages/Gymnastics-BC/108668404267>

Then visit the events tab, and RVSP to the 2010 Canadian Gymnastics Championships. Alternatively, become a fan of Gymnastics BC.

