



MAG Fall Update

2023-2024 Season

Men's Technical Committee	Michael J. Hood	Chair (director_mtc@gymbc.org)
	Ken Ikeda	Vice Chair
	Christopher Sheremeta	Judging Chair
	Kris Krunick	Coaching Chair
	Ryan Woodhead	Athlete Representative
	John Carroll	Member
	Mark Rowbotham	Member
	Richard Ikeda	Provincial Performance Advisor (ex officio)
Thorstein Fischer	Men's Program Coordinator (ex officio)	

Meetings	Men's Program Assembly	Summer 2024 (TBD)
	MAG Retreat	Summer 2024 (TBD)
	Technical Committee Meetings	Second Wednesday of every month

Provincial Camps	Camp #2	Langley Gymnastics Foundation	18 November 2023
	Camp #3	Vancouver Phoenix Gymnastics	28 January 2024

Deadline to change categories Athletes must declare their category by 1 March 2024. Any athlete that competes in a trial event will be considered that category for the duration of the season. BC Games trials are exempt from this rule.

Written petitions for all category changes after 1 March 2024 must be accompanied by one cheque per individual for \$25.00 made out to "Gymnastics BC MTC" and will be considered on a case-by-case basis. Category changes will not be accepted after the BC Championships registration deadline.

Dress Code As we get back into competition season, coaches are reminded to abide by the GymCan dress code at all competitions:

- Club or Team BC polo/t-shirt, with or without jacket.
- Sneakers.
- No hats, shorts, midriff tops, ripped or torn clothing or similar

Team BC attire may only be worn at Team BC events. Coaches dressed inappropriately will receive a warning from the Competition Head Judge or host club. The coach will have 30 minutes to comply; if the situation is not corrected after 30 minutes, a penalty may be applied.

Judges are also reminded that the uniform (for male judges) consists of a dark navy blazer and pants, white shirt, and a neck tie.

Program Pathway Updates Gymnastics Canada has updated their Elite Pathway Program. Aspire ages are now 13-14, and Junior is split 15-16 and 17-18. More information is available in the [GCG Elite Pathway Program Manual](#).

Trial Events & Championships	BC Games Trial Deadline	—	16	Jan 2024
	Elite Canada	Langley, BC	16 – 21	Feb 2024
	1st Trial to CC2023	Langley, BC	17 – 18	Feb 2024
	BC Games	Quesnel, BC	22 – 25	Feb 2024
	Trials to Westerns	Victoria, BC	1 – 3	Mar 2024
	2nd Trial to CC2023	Abbotsford, BC	16 – 17	Mar 2024
	3rd Trial to CC2023 (BC Champs)	Vancouver, BC	29 – 30	Mar 2024
	Western Canadian Championships	Langley, BC	18 – 20	Apr 2024
	Canadian Championships	Gatineau, QC	2 – 9	Jun 2024



Each Zone can send up to four (4) MAG athletes. It is the responsibility of each Zone to determine its selection process and host a trials event. All Elite and Provincial Pathway athletes are eligible to participate in the BC Games, if they are age eligible. Athletes can compete at their Zone trials and BC Games without affecting their category for the remainder of the year. For BC Games, athletes must compete for the Zone where they reside.

Invited Categories

Athletes born 2009-2014

Rules

GCG Provincial Pathway—Level 3

Trial Events

All zone trials and registration are to be completed by 16 Jan 2024.

- Please list all available substitutes for wild card spot consideration.
- Please also list all available coaches in case additional coaches can be added to your zone's team.



Elite Canada
16 – 21 Feb 2024
Langley, BC

Invited Categories

GCG Elite Pathway—Aspire, Junior, & Senior



BC Championships
29 – 30 Mar 2024
Vancouver, BC

Invited Categories

GCG Provincial Pathway—P1-5, & National Open
GCG Elite Pathway—Aspire, Junior, & Senior



**Western Canadian
Championships**

18 - 20 Apr 2024
Langley, BC

Invited Categories

GCG Provincial Pathway—Provincial 2 (10+), Provincial 3 (12+), Provincial 4 (11+),
& Provincial 5

Trial Event

2 - 3 Mar 2024, Inspire Cup

Training Camp

14 Apr 2024, Vancouver Phoenix Gymnastics, 12:00–16:00



**Canadian
Championships**

2 - 9 Jun 2024
Gatineau, QC

Invited Categories

GCG Provincial Pathway—National Open
GCG Elite Pathway—Aspire, Junior, & Senior

Trial Events

17 - 18 Feb 2024, Christy Fraser Memorial Invitational

16 - 17 Mar 2024, Twisters Invitational

29 - 30 Mar 2024, BC Championships

Training Camp

25 May 2024, Langley Gymnastics Foundation, 14:00–19:00