



## High Performance & Canada Winter Games Winter Break Training Camp

GymBC in collaboration with the Women's Technical Committee would like to invite you to participate in a training camp at Inspire Sports Victoria on December 29-30, 2022.

**What:** 2-day training camp focusing on routine composition and detail work with judge feedback

**When:** 1:15-6:00pm both days, December 29-30, 2022 (exact times TBC)

**Where:** Inspire Sports Victoria\*, 601 Boleskine Rd Unit #2, Victoria, BC V8Z 1C5

**Who:** Athletes going to Elite Canada, L9-10 athletes and their coaches

**How much:** Free for HP and L10 participants, \$60 per athlete for L9, fee for all coaches. Clubs will be invoiced after the camp.

### Tentative schedule

Day 1	Day 2
IST 'classroom' session TBC	IST 'classroom' session TBC
Team BC warm-up	Team BC warm-up
Full or partial routines with judge feedback	Training focused on judge feedback from Day 1
HP + CWG routine submission	

### Travel & Accommodations

As this is usually a very busy time for travel, it is recommended that any ferry bookings be done in advance. There are two host hotels for the evening of December 29<sup>th</sup>. Each club/participant is responsible for their own hotel booking and may choose alternative accommodations.

Accent Inn Victoria	Hotel Zed Victoria
3233 Maple St Victoria, BC V8X 4Y9	3110 Douglas St Victoria BC, Canada V8Z 3K4
Standard 2 Queen - \$129 + tax	Zed 2-bed (2 queens) - \$109 + tax
Reservations: 1-800-663-0298, quote Group ID 6208417 "Gymnastics BC"	Reservations: 1-800-997-6797, quote Group ID 6208420 "Gymnastics BC"

### Additional note

Please note that there will be C1 and C2 coach training going on at the same time in the same location. Athletes will be asked to sporadically act as demonstrators. Personal coaches are welcome to double spot. We kindly ask that knowledge and resources be shared between all.

### Registration

To register, each club must email a list of their attending athletes, their level and coaches (with NCCP numbers please) to [wag@gymbc.org](mailto:wag@gymbc.org) no later than Friday December 16<sup>th</sup>, 2022, noon. Confirmations and final information will be sent no later than December 16<sup>th</sup>, 2022, 4pm.

\*Please note that the vault runway is 1.5 meter shorter than FIG.