



CCP L7-8 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: 9:30-2:15pm both days, December 29-30, 2022 (exact times TBC)

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

Who: L7-8 athletes eligible for BCWG and their coaches

How much: \$60 per athlete, free for coaches, each club will be invoiced after the camp

Tentative schedule

| Day 1 | Day 2 |
|--|---|
| Team BC warm-up | Team BC warm-up |
| Full or partial routines with judge feedback | Each event led by a BC expert |
| IST 'classroom' session TBC | Training focused on judge feedback from Day 1 |
| | IST 'classroom' session TBC |

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 29th. 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 with birthyears and coaches with NCCP numbers to wag@gymbc.org no later than Friday December 16th, 2022, noon. Priority will be given to athletes already qualified to BCWG and then to all other BCWG eligible participants on a FCFS basis. Confirmations and final information will be sent no later than December 16th, 2022, 4pm.

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