




2024 ORCA INVITATIONAL

APRIL 26 - 28, 2024 Mill Bay, BC



WORKPLAN #3 (2024/04/15)

EVENT INFORMATION

HOSTED BY	Duncan Dynamics Gymnastics Club 2687 James Street Duncan, BC V9L 2X5 (250) 746-0193 info@ddgc.ca	
CONTACT	tiffany@ddgc.ca Tiffany Tse (Assistant Head Coach)	
EVENT DATE	Friday, 26th April – Sunday, 28th April 2024	
VENUE	Kerry Park Recreation Centre 1035 Shawnigan Lake-Mill Bay Rd Mill Bay, BC V0R 2P2	
EVENT WEBSITE	https://orcainvitationalee.weebly.com/	
ATHLETE GIFT	This year's athlete gift will be a Lululemon 1L Belt Bag. <i>*Colour is yet to be determined.</i>	
ADMISSION FEE	\$5.00 per person or \$15.00 per family (up to 2 adults and max. 4 accompanying children)	
ACCOMMODATION	Best Western Cowichan Valley Inn 6457 Norcross Rd, Duncan, BC V9L 6C6 \$179 per night before tax for up to 2 people (incl. Breakfast and High Speed Internet) Click here to book. *Please mention Duncan Dynamics Gymnast 2024 and use code DDG2024 when booking.	

REGISTRATION DETAILS

REGISTRATION	<p>All registrations will be done through K-score. Please click here to register.</p> <p>Payment details: Cheques should be made payable to Duncan Dynamics Gymnastics Club E-transfers can be made to info@ddgc.ca **Full payments must be received within 7 days of the February 10th deadline to be considered on-time. DDGC will only accept one payment made by the club, not from individual athletes.</p>																
FEES & DEADLINES	<p>Registration Periods & Fees:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: #f2d2d2;"> <th style="padding: 5px;">Registration Period</th> <th style="padding: 5px;">Dates</th> <th style="padding: 5px;">Athlete</th> <th style="padding: 5px;">Coach</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Early Bird</td> <td style="padding: 5px;">January 8th – February 10th</td> <td style="padding: 5px;">\$135</td> <td style="padding: 5px;">\$0</td> </tr> <tr> <td style="padding: 5px;">Regular Registration</td> <td style="padding: 5px;">February 11th – March 15th</td> <td style="padding: 5px;">\$150</td> <td style="padding: 5px;">\$20</td> </tr> <tr> <td style="padding: 5px;">Late Registration</td> <td style="padding: 5px;">March 15th – April 6th</td> <td style="padding: 5px;">\$170</td> <td style="padding: 5px;">\$45</td> </tr> </tbody> </table> <p><i>*Entries will NOT be accepted after April 6th 2024. No on-site registrations will be allowed.</i></p> <p>Please ensure that the birth year entered for each athlete is correct, as this will determine the age group that your athletes will be competing in. Please also verify your athlete's competition levels carefully.</p> <p>Failing to register a coach who is on the competition floor will result in a \$75 fee charged to the club where the coach is employed.</p>	Registration Period	Dates	Athlete	Coach	Early Bird	January 8th – February 10th	\$135	\$0	Regular Registration	February 11th – March 15th	\$150	\$20	Late Registration	March 15th – April 6th	\$170	\$45
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WITHDRAWALS & REFUNDS	<p>Please submit all withdrawal requests using this google form.</p> <ul style="list-style-type: none"> Until February 10th, refunds will be issued less \$10 withdrawal fee. From February 11th to March 15th, refunds will be issued less \$25 withdrawal fee. After March 15th, refunds will only be issued with medical notes submitted with a refund request, less \$40 withdrawal fee. No refunds will be issued for no-shows or withdrawals on-site. 																
LEVEL CHANGES	<p>Please email tiffany@ddgc.ca for level change requests. Any requests for level changes received <u>after March 31st</u> will incur a \$25 admin fee.</p>																
CLUBS FROM OUTSIDE OF BC	<p>All Out-of-Province Athletes, Coaches, and Judges MUST complete the GymBC Assumption of Risk/Liability Waiver form before they attend a GymBC-sanctioned event in BC.</p> <p>You may choose to use either the pdf or online version of the form available on the GymBC website: https://gymbc.org/safety-and-risk-management. The PDF form can be found under the heading "Exclusion of Liability - Assumption of Risks"). Please email a copy of your completed PDF form to headcoach@ddgc.ca for record keeping.</p> <p>**A Parent/guardian must complete the form for minor participants.</p> <p>Please make sure ALL your athletes and coaches complete this form upon registration.</p>																

COMPETITION DETAILS

LEVELS & CATEGORIES

The following WAG levels and categories will be offered at Orca 2024:

- CCP 1 to 10
- Xcel Bronze, Silver, Gold, Platinum, Diamond
- Interclub Performance and Performance Plus

*Athletes will be grouped by birth year(s) after all entries are received. Ideally, groupings for awards will be balanced with a maximum of approximately 14 participants in any given level/birth year. Athletes registered in level(s) and/or birth year(s) with few participants will be grouped together. No changes to the groupings will be made once the schedule is finalized.

AWARDS

Awards will be presented according to below:

Categories /Levels	Individual	Team	Special Awards
CCP 1	Apparatus: G/S/B Ribbons All Around Medals	Trophies for 1st, 2nd, 3rd per level	1 to 2 special awards per apparatus per level may be presented. Details TBC.
CCP 2 - 10	Apparatus & All Around		
Xcel	- 1st - 3rd Medals - 4th - 10th Ribbons		
Interclub	G/S/B Ribbons	/	Special awards according to GymBC Interclub Program

COACH ELIGIBILITY

Min. NCCP Requirements

All coaches must have the appropriate NCCP certification to be on the field of play as per the GymBC Operations Manual as well as successful completion of the Respect in Sport (RiS) program. Coaching certification and RiS completion will be verified by DDGC for all coaches registered for the competition. Coaches with inadequate certification will be contacted to advise them of the situation.

Any coach with missing certification who is found to be coaching on the field of play during the event, will be subject to a \$200 fine (from Gymnastics BC).

Minimum certification requirements:

WAG CCP 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport
WAG CCP 3-5, Xcel Bronze to Gold	NCCP Competition Introduction (Comp 1) Certified and Respect in Sport
WAG CCP Levels 6-8, Xcel Platinum, Diamond	NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport
WAG CCP Levels 9-10, HP	NCCP Competition Development (Comp 3) Certified and Respect in Sport

WARM UPS	<p>Orca 2024 will follow the GymBC Warm-up Procedures for all levels. Please refer to the following document for details: https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf</p>
EQUIPMENT SPECIFICATIONS	<p>Equipment in the competition gyms will be branded S/A Sport. Clubs may NOT bring any additional pieces of equipment.</p>
COMPETITION ATTIRE	<p>Gymnasts from the same team competing in the same level must wear identical team leotards. Coaches should dress according to GymBC Guidelines while on the competition floor (i.e. appropriate team/club uniform; t-shirt, polo shirt or training jacket; indoor sport footwear; no hats, sandals, slippers, shorts, crop tops, tank tops, jeans, ripped or torn clothing or similar).</p>
COMPETITION SCHEDULE	<p><i>FINAL SCHEDULE (Updated April 15th 2024)</i></p> <p>Friday 26th April</p> <p>Session 1 12:00 - 15:00 – Interclub Performance <i>Warm-up 12:00, Competition 12:15</i></p> <p>Session 2 15:30 - 17:30 – Interclub Performance Plus <i>Warm-up 15:30, Competition 15:45</i></p> <p>Saturday 27th April</p> <p>Session 3 08:30 - 11:00 – CCP 6 <i>Warm-up 08:30, Competition 08:45</i></p> <p>Session 4 11:15 - 13:30 – CCP 7-10 <i>Warm-up 11:15, Competition 11:30</i></p> <p>Session 5 14:00 - 16:30 – Xcel Bronze & Silver <i>Warm-up 14:00, Competition 14:15</i></p> <p>Session 6 16:45 - 19:00 – Xcel Gold, Platinum, Diamond <i>Warm-up 16:45, Competition 17:00</i></p> <p>Sunday 28th April</p> <p>Session 7 09:00 - 11:00 – CCP 1 & 2 <i>Warm-up 09:00, Competition 09:15</i></p> <p>Session 8 11:15 - 14:00 – CCP 3-5 <i>Warm-up 11:15, Competition 11:30</i></p> <p>Order of Passage is now available via k-score (link here)</p>