

Come join us for **Rec Rock 2017**



Get your athletes pumped up for
AGC's Annual
Recreational Fun Meet
for ages 6 and up!

All Athletes will receive positive
feedback on their skills and
an event award!

Event Date
January 29th, 2017
1:00pm-5:00pm

Location
Altadore Gymnastics Club
Bay 101, 6303 30th Street
SE

Registration Deadline
January 20th, 2017



Event Contact
Samantha Floyd
(403)720-2711

bmanager@altadoregym.com

Registration Information

Registration Fees

Girls Artistic- \$50.00

Boys Artistic- \$50.00

Trampoline and Tumbling- \$50.00

Group Performance- \$45.00

Girls, Boys or T&T plus Group Performance -\$80.00

REFUND POLICY

Refunds will **ONLY** be offered with a signed Doctor's note.

Registration Deadline is January 20th, 2017

All registrations must be accompanied with payment, registration form & signed waiver (all attached).

All payments are to be made by cash, debit, credit or club Cheque
(Sorry, no personal cheques will be accepted).

If paying by club cheque, please make it payable to Altadore
Gymnastic Club.

Please forward your Registration Package to AGC:

By Email:

Subject: Rec Rock 2017
bmanager@altadoregym.com

By Mail:

Attn: Samantha
Altadore Gymnastic Club
Bay 101, 6303 30th Street SE
Calgary, AB, T2C 1R4

Categories & Schedule

Categories and Levels

To group athletes appropriately, please refer to the following guide for their designated level.

Women's Artistic (WAG)

Beginner

Badge Burgundy-Bronze

Intermediate

Badge Purple-Turquoise

Advanced

Badge Silver+

Junior Olympic

Jo 1,2 or 3

Men's Artistic (MAG)

Beginner

Badge Burgundy-Bronze

Intermediate

Badge Purple-Turquoise

Trampoline & Tumbling

Beginner

CanJump Level 1-4

Intermediate

CanJump Level 5-8

Advanced

CanJump Level 9-12

Tentative Schedule

Session 1- 1:00pm-2:30pm

Beginner (WAG, MAG & T&T)

Advanced (WAG & T&T)

JO 1 & 3

Session 2- 2:30-3:30pm

Group Performance

Sessions 3- 3:30-5:00pm

Intermediate (WAG, MAG & T&T)

JO 2

*Schedule is subject to change due to registration numbers.

Final Schedule will be available January 23rd, 2017.



Registration Categories

Girls Artistic

Athletes can perform skills individually or in a routine.

Gymnasts will perform on four Olympic Events:

- Vault or Stacked Mats
(1 vault performed)
- Uneven Bars
- Beam
(no minimum time but must be under 1 minute)
- Floor Exercise
(no minimum time but must be under 1 minute, music optional)



Boys Artistic

Athletes will perform on six Olympic events:

- Floor Exercise (no minimum time but must be under 1 minute)
- Pommel Horse/Mushroom
- Vault/Stacked Mats
- Parallel Bars
- High Bar
- Rings

Trampoline & Tumbling

Athletes will perform on Trampoline, Double Mini and Rod Floor

- Trampoline
(no minimum skills but no more than 10 skills)
- Tumbling & Double Mini
 - (1 pass may be performed)

Group Performance

Groups of any size and level are welcome to perform. The maximum time for each group performance is 5 minutes

Equipment Specifications

Vault

Adjustable regulation vault and any height of mats available upon request. Any level of beat boards as well as a mini tramp.

Bars

Regulation set of uneven bars with an 8 inch mat and/or a porta pit under. Other mats and beat boards will be available upon request.

Beam

A high, medium and low beam as well as an 8 inch mat will be available. Beam extenders and other mats available upon request.

Floor

Regulation spring floor. Mats, cheese mats and boxes will be available.

Rings

Lowered set of Rings stationed over the pit with an 8 inch crash mat for landing.

Parallel Bars

Regulation set of p-bars, with 8 inch mat for landing.

High Bar

High Bar stationed over pit with 8 inch mat for landing.

Trampoline

Regulation size, in-ground trampoline. Safety mats around trampoline bed, with throw mats available.

Double Mini

Dismounts into the foam pit with an 8 inch mat for landing.

* Additional mats, boxes, inclines, etc. will be available on site by request



CanGym Sample Routines

Beam (Girls Artistic)

Beginner

- Prone or Supine Lie
- Front to Stride to Front Support
- 2 or 3 Point Balance
- Bear Walk
- Walks with Kicks
- Tuck Jump Dismount

Intermediate

- Tuck On Mount
- Forward Roll
- Tuck Jump
- Handstand or Cartwheel
- Round Off or Handspring Dismount

Advanced

- Straddle On Mount
- Cat Leap to Handstand
- Split Jump
- Cartwheel or Walkover
- Front tuck or Dive Roll Dismount

Floor (Girls and Boys Artistic)

Beginner

- Forward Roll (with or without incline)
- Backward Roll (with or without incline)
- Cartwheel (over box or on line)
- Tripod Balance
- Log Roll

Intermediate

- Handstand Roll
- Cartwheel series or Cartwheel Round Off
- Round Off to Rebound
- Full Turn on Toe
- Straight Arm Backward Roll down incline or Back Extension to Handstand

Advanced

- Front Handspring from Height
- Backhandspring (with or without incline)
- Handstand with 4 Weight Transfers
- Back Extension to Handstand
- Front or Back Walkover

Vault (Girls and Boys Artistic)

Beginner

- Run 5 Meters to a Jump onto Knee Height
- Stuck Landing from Hip Height

Intermediate

- Handstand Pop to Back onto an 8" Mat
- Run to Jump to Handstand on Stacked Mats

Advanced

- Handspring over Vault Table

Bars (Girls and Boys Artistic)

Beginner

- Jump to Front Support
- 3 Baby Casts
- From Front Support, Forward Rotation to Stand
- Straddle Hang to Fall to Back

Intermediate

- Glide Swing
- Pullover
- 3 Cast to Bar Height
- Back Hip Circle
- Forward Rotation to Stand
- Jump or Cast to Underswing Dismount

Advanced

- Pullover
- Cast Back Hip Circle
- Tuck on to High Bar
- Swing to Long Hang Pullover
- Cast to 3 Swings, Landing in Back

Parallel Bars (Boys Artistic)

Beginner

- Tuck Hold
- Pike Hold
- Long Hang Swings
- Landing on Feet

Intermediate

- Cross Support Swings
- Cross Support to Upper Arm Support
- 3 Glide Swings to
- Pike Inverted Hang

Pommel Horse (Boys Artistic)

Beginner

- Front Support
- Circle to Right Side Support
- Circle to Rear Support
- Circle to Left Side Support

Intermediate

- Pendular Swings in Front Support
- Front Support Swing to Stride Support
- Stride Support Swing to Rear Support

Rings (Boys Artistic)

Beginner

- Long Hang Support
- Pike Hang 3 Seconds
- Beat Swings
- Land on Feet

Intermediate

- Long Hang
- Pullover to Rear Hang
- Rear Hang Pull Out to Pike Inverted Hang
- Long Swings
- Land on Feet

CanJump Sample Routines

Pick given number of skills from the lists given

Trampoline

Beginner- 5 skills

- Straight Jump
- Tuck/Pike/Straddle Jumps
- 1/2 or 1/1 Turn
- Seat Drop
- Dogge Drop
- Stop Bounce

Intermediate- 6 skills

- Swivel Hips
- Backdrop / Frontdrop
- Front Snowball
- Back Snowball
- Seat Drop 1/1 Turn to Feet
- Stop Bounce

Advanced- 8 skills

- Backdrop 1/1 Turn to Feet
- Backdrop to Frontdrop
- Back Tuck
- Cat Twist
- Cradle
- Airplane
- Cruise
- Previous Levels Skills

Double Mini

Beginner- 3 skills

- Straight Jump
- Tuck Jump
- Straddle Jump
- Stuck Landing

Intermediate- 3 skills

- Pike or Straddle Jump
- 1/1 Turn
- Front Tuck Dismount
- Tuck Barani Dismount
- Stuck Landing

Advanced- 3 skills

- Choice of skills from previous levels or those not included (subject to coach approval)

Tumbling

Beginner - 3 skills

- Left/Right Leg Hops
- Forward Roll to Stand
- Cartwheel
- Backward Roll
- Handstand

Intermediate- 6 skills

- Hurdle to Round Off
- Hurdle to Front Handspring
- Backhandspring (Incline Optional)
- Front Tuck
- Round Off Backhandpsring
- Forward Roll 1/1 Turn

Advanced- 8 skills

- Choice of skills from previous levels or those not included (subject to coach approval)