

2025 EASTERN CANADIAN CHAMPIONSHIPS

MAY 8 -12, 2025

Bulletin, version 2 – February 2025

Welcome!

It is with great pleasure and enthusiasm that OAA, in partnership with Gymnastics Ontario, are preparing to welcome the gymnastics community to the 2025 Eastern Canadian Championships at Durham College's North Oshawa Campus and Residence in Oshawa, Ontario!

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Host Club
The Osborne Academy of Acrobatics Inc.
1420 Bayly Street, Unit 16
Pickering, ON L1W 3R4
905-492-9299 / events@oaagym.ca
oaagym.ca/Easterns2025

Host Provincial Sport Organization
Gymnastics Ontario
2950 Keele Street, Suite #202
Toronto, ON M3M 2H2
647-598-8843 / gymnasticsontario.ca

Organizing committee

Lead Organizing Committee Members: Cameron Osborne, Adrian Tuen, Katherine Hale

Ontario PSO technical contacts

Trampoline Gymnastics – Lauren Cohen - tnt@gymnasticsontario.ca

Men's Artistic Gymnastics – Jorge Solorzano-Filho - mag@gymnasticsontario.ca

Women's Artistic Gymnastics – Audra Sederavicius - wag@gymnasticsontario.ca

Technical Meeting

Online/virtual via Zoom on **Wednesday, April 30, 2025 from 6:00 to 8:30 pm (EST).**

Link to be distributed closer to meeting date.

Trampoline Gymnastics - 6:00 to 6:45 pm (EST)

Q&A/break – 6:45 to 7:00 pm

General competition- 7:00 to 7:30 pm (EST)

Q&A/break – 7:30 to 7:45 pm

Artistic Gymnastics – 7:45 to 8:30 pm (EST)

Q&A/break – 8:30 to 8:45 pm

Organizing committee & all provincial chefs – 8:45 to 9:00 pm (EST)

Competition site

Campus Recreation and Wellness Centre
Ontario Tech University / Durham College, Oshawa
Address: 21 Avenue of Champions, Oshawa, ON, L1G 8C4
Telephone: 905-721-3040

Competition equipment

All equipment will be supplied and managed by Speith America, with the exception of the trampoline beds and springs, which will be supplied by Rebound Products (string bed and rapid springs).

Medical services

On-site first-aid and medical services will be provided by St. John Ambulance services.

Eastern Championship Policy Manual (2025)

Airport shuttle

An exclusive Eastern Canadian Championships rate with Metrolinx has been arranged for return travel from Pearson Airport to Durham College. A promotional code of "ECC25" has been setup to provide a 15% discount for GO Transit, and a 25% discount for UP Express (Pearson Airport to Union Station), both being active through May 12th.

GO tickets are only valid for 7 days from the time of purchase. Tickets can be booked by visiting the GO site and entering the code during the purchase flow. <https://www.gotransit.com/en/>

UP Express tickets can be purchased in advance and are good to be activated for a year from when they are purchased. Tickets can be booked by visiting the UP website and entering the code during the purchase flow. <https://www.upexpress.com/>

The following are links for directions within the airport to the UP Pearson station:

<https://assets.metrolinx.com/image/upload/Documents/UP/UP-Express-Terminal-1-Directions.pdf>

<https://assets.metrolinx.com/image/upload/Documents/UP/UP-Express-Terminal-3-Directions.pdf>

<https://www.upexpress.com/en/up-express-stations/pearson-station>

Alternative bus charter service

Should clubs wish to book their own (school) bus transportation to/from the airport or for other trips, group rates are available at [Durhamway Bus Lines](#). Please reach out to Charter Coordinator Deina Darrach at deina@durhamwaybus.com.

Delegate accommodations

Residence assignments will depend on the delegation group size and duration of stay, to ensure team delegations are grouped together. (See Campus Map on page 8 for residence locations.)

Each delegate will be provided with 1 double bed, desk with chair, and free parking. Each room will have the following shared amenities for up to 2 delegates per room.

- Kitchenette with mini-fridge, sink, and microwave
- 3-piece washroom with stand-up shower
- TV, wireless internet, and landline for local calls
- Thermostat for temperature control

South Village Residence

Address: 32 Commencement Drive, Oshawa, ON
Two-bedroom suite with kitchenette & washroom

South Village Residence website



South Village Residence

Disclaimer: Suite may not be exactly as shown



Simcoe Village Residence

Simcoe Village Residence

Address: 1910 Simcoe St N, Oshawa, Oshawa, ON
Shared suite with kitchenette & washroom

Simcoe Village Residence website

Meals

Meals will be provided at the South Village Residence Dining Hall from dinner on the day of arrival (May 8th/9th) to Monday (May 12th) breakfast, with the exception of dinner on Sunday, May 11th, which will be served at NEB's Fun World. Judges and event staff's lunch and dinner will be provided onsite at the venue during competition. A snack station will also be provided for judges, coaches, and event staff.

Fun Night Out

A fun night out has been scheduled on Sunday, May 11th from 7:00 to 10:00 pm at **NEB's Fun World** for all athletes, coaches, and judges! We will have exclusive access to the entire facility, which will include unlimited play on all VR games, non-token games*, mini golf, bowling, arcades, rides, as well as dinner and round-trip transportation (from South Village Residence). Athletes must be supervised by accredited coaches/managers. A dedicated space will be provided for judges and coaches. For more information on NEB's Fun World, visit their website nebsfunworld.com.

**Token/prized game play and additional food and beverages are available for purchase.*

Individual registration fees

Athletes **\$225.90+HST** (Competition \$150.00 and Fun Night Out \$75.90)

Coaches, Team Managers,
Support staff, Judges **\$65.00+HST** (Competition and Fun Night Out)

*The registration fee for each Province's Head of Delegation will be waived.

Delegation all-Inclusive package

The Delegation Package is not required but strongly encouraged for the full Eastern Canadian Championships experience! All participants must register with their provincial sport organisation (PSO), including accommodations, meal plans, and Fun Night Out. Rooming lists will be communicated to the delegates by each PSO.

Meal & Accommodation Packages

3-day package **\$347.59+HST**

Includes 3-nights stay at Durham College Residence, checking in on Friday, May 9 at 3:00 PM and checking out on Monday, May 12. Meals included from Friday dinner to Monday Breakfast, with the exception of Sunday dinner, that will be included with cost of the Fun Night Out registration.

4-day package **\$476.59+HST**

Includes 4-nights stay at Durham College Residence, checking in on Thursday, May 8 at 3:00 PM and checking out on Monday, May 12. Meals included from Thursday dinner to Monday breakfast, with the exception of Sunday dinner that will be included with cost of the Fun Night Out registration.

Each PSO is responsible for the management of their delegates (athletes, coaches, team managers, support staff, and judges) throughout the entire duration of the event (including the Fun Night Out).

Registration requirements

All delegates (athletes, coaches, judges, managers, chefs) must be registered with their provincial sport federation. The complete registration package (listed below) of the provincial delegation must be submitted to the Organizing Committee by the registration deadline. (Entries must be sent by each province in a single document if possible.)

The registration package must include:

1. Registration fees+HST
2. Rooming form for athletes, coaches, judges, managers, support staff, and chefs
3. GymCan informed consent and assumption of risk agreements (under 18 | 18+) (coaches and athletes)
 - to be uploaded to [PSO - GymCan Assumption of Risk Dropbox](#)
4. GymCan medical forms (athletes) (only to be completed and accessible at the competition)
5. Police Check (coaches/managers/support staff) – Option to use [Sterling Backcheck](#) if needed
6. Statutory Declaration form for the risk agreement, medical form, and police check (PSO)
 - to be uploaded to [PSO - Statutory Declaration Form Dropbox](#)
7. Projected Easterns Numbers form (PSO)

Any attending alternate athletes should be included on all necessary registration documents. An alternate can only compete when a team member is unable to compete as determined prior to the first event. Once the meet begins, an alternate cannot replace an injured athlete.

Registration of judges

In order to ensure the number of rooms required at the residence, the organizing committee needs to receive the official registration of the judges from each province (numbers per sport / full name and level of certification) by **Tuesday, February 18, 2025**.

Registration deadlines

Provisional registration numbers from each PSO are required by February 2025.

Registration deadline – **Monday, April 7, 2025**. All registrations, documents, and payments must be received by the Organizing committee by this date.

Change, refund request deadline – **Friday, April 18, 2025**. No REFUNDS, LATE REGISTRATIONS, and CHANGES after this deadline.

Late fees

A late fee of \$500.00+HST will be charged if the registration package is not received by the Organizing committee on the day of the registration deadline. An additional \$200.00+HST per day will be charged for each of the following days until the complete registration package is received.

Provisional schedule

Thursday, May 8	Arrival of delegation Check into accommodations
Friday, May 9	Team training Opening ceremony Competition begins
Saturday, May 10	Competition and awards
Sunday, May 11	Competition and awards Fun Night Out
Monday, May 12	Departure of delegation

Opening ceremony

March-in of 3 athletes per province per discipline dressed in their provincial tracksuits. Each province will have one (1) flag-bearer.

An official welcome speech by Oshawa Deputy Mayor Bob Chapman.

Live entertainment.

Oaths for coaches, judges, and athletes will be presented in English and French.

Bilingual National Anthem will be played.

Spectator admissions

Admissions can be purchased by cash or card at the entrance.

	<u>1 Day Pass</u>	<u>3 Day Pass</u>
Children (ages 5 & under)	Free	Free
Youth (ages 6 to 13)	\$10	\$20
Senior (ages 65+)	\$10	\$20
General (ages 14 to 64)	\$20	\$35

Event partners

Fine Designs Event Apparel, Jagwear (gym apparel & merchandise), food & beverage concessions

Canadian Adventure Camp

Spectator accommodations

There are limited rooms at each hotel; all options are first-come-first-serve. Check-in date is Thursday, May 8, 2025 and check-out date is Monday, May 12, 2025 at all locations.

- 1) Courtyard Marriott Oshawa - 1011 Bloor St E, Oshawa, ON
\$189 plus taxes per night. Breakfast included. Last day to book: Tuesday, April 8, 2025

[Click here to book your accommodations at Courtyard Oshawa](#)

- 2) Holiday Inn Express & Suites Oshawa - 67 Simcoe Street North, Oshawa, ON
\$200 plus taxes per night. Breakfast included. Last day to book: Tuesday, April 8, 2025

[Click here to book your accommodations at Holiday Inn Express Oshawa](#)

Update dates to May 8 to 12, 2025, use Group Code "OAA"

Or make your reservations by phone at **905-434-3666**.

Quote dates May 8 to 12, 2025 and Group Code "OAA"

- 3) Quality Suites – 1700 Champlain Avenue, Whitby, ON
\$200 plus taxes per night. Breakfast included. Last day to book: Monday, April 7, 2025

[Click here to book your accommodations at Quality Suites](#)

Other hotel options

- La Quinta Inn & Suites by Wyndham Oshawa - 63 King St E, Oshawa, ON L1H 1B4
- Best Western Plus Durham Hotel & Conf. Centre - 559 Bloor St W, Oshawa, ON L1J 5Y6
- Travelodge by Wyndham Oshawa Whitby - 940 Champlain Ave, Oshawa, ON L1J 7A6
- TownePlace Suites by Marriott Oshawa - 1011 Bloor St E, Oshawa, ON L1H 7K6
- Comfort Inn - 605 Bloor St W, Oshawa, ON L1J 5Y6

Tourism information

Things to do: <https://www.oshawa.ca/en/parks-recreation-and-culture/things-to-do.aspx>

Oshawa Tourism: <https://www.oshawatourism.com/>

Oshawa Centre: <https://www.oshawacentre.com/>

Tribute Communities Centre: <https://www.tributecommunitiescentre.com/>

The Canadian Automotive Museum: <https://www.canadianautomotivemuseum.com/>

Parkwood National Historic Site: <https://www.parkwoodestate.com/>

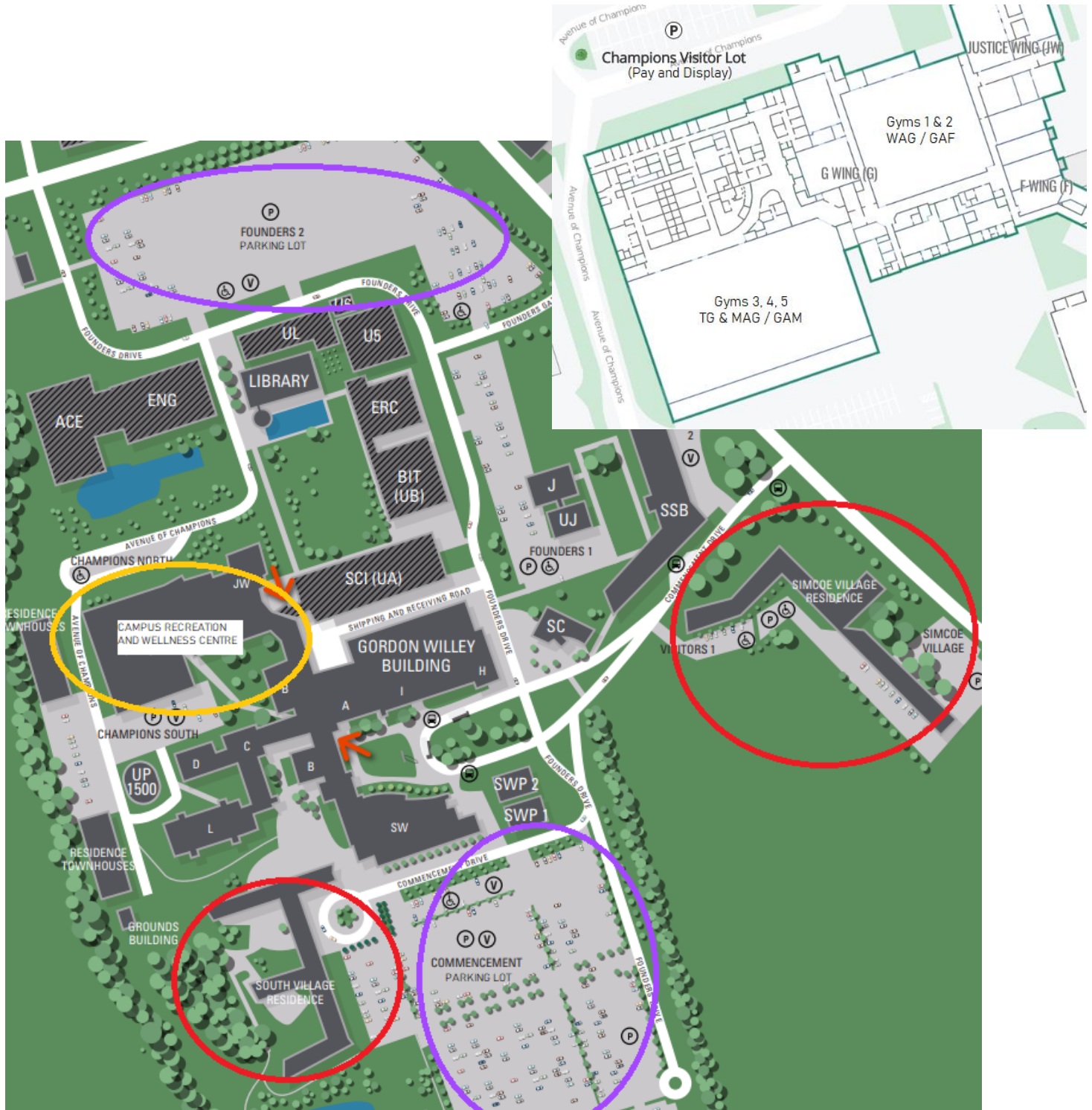
The Ontario Regiment RCAC Museum: <https://www.ontrmuseum.ca/tankmuseum/>

Campus maps

Yellow = Campus Recreation and Wellness Centre (competition site)

Red = Accommodations

Purple = Parking (Founders 2 and Commencement lots)





True Sport Principles

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others.
Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.