

2026 3rd Ontario Cup for Trampoline and Tumbling Gymnastics

FRIDAY, MARCH 6 TO SUNDAY, MARCH 8, 2026



Host Club Information

The Osborne Academy of Acrobatics Inc.
16-1420 Bayly Street,
Pickering, ON L1W 3R4
905.492.9299
events@oaagym.ca; oaagym.ca

Gymnastics Ontario Liaison

Lauren Cohen, TG Manager
tnt@gymnasticsontario.ca

Venue and Surrounding Area

Campus Recreation and Wellness Centre
21 Avenue of Champions, Oshawa, ON, L1G 8C4
(905) 721-3040



The venue is located approximately 10-kilometers North of the 401, or just South of the 407, both taking the Simcoe Street exit. Bus routes are available to the campus from the Oshawa GO station. Parking is available for free in Founders Lot Two, North of the venue.

Quick overview of tourist attractions in Oshawa

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/>



2026 3rd Ontario Cup Information

March 6 to 8, located in Gyms 3, 4, and 5 (south of main entrance)

For complete Trampoline Gymnastics Technical Rules and Regulations, please go to:
<https://www.gymnasticsontario.ca/programs/trampoline/>

Athlete Registration Information

Events offered: Individual Trampoline, Synchro (including Mixed and LOD), Double-Mini, Tumbling

Levels offered: Provincial 1 to Senior National (with the exception of Provincial 1 SYN)

Initial registration fee (1st event): \$150.00 (\$70.00 to Senior Athletes)

Additional events - 2nd event: \$45.00, 3rd event: \$35.00, 4th and more: \$30.00 each

Coach Registration Information

Coach registration fee: \$30.00 Flat Rate for the entire weekend

Coaching requirements: Up-to-date Coach Certification Requirements are listed in *Section 1* of the *Gymnastics Ontario TG Technical Rules and Regulations*, item 5 (pg 5).

Registration Forms

All clubs must fill out the event registration forms provided by either the host club or GO Liaison. Clubs are required to email their completed Excel registration form to the host club and GO prior to the registration deadline. Email the completed registration form to events@oaagym.ca AND tnt@gymnasticsontario.ca.

The completed REGISTRATION and PAYMENT must be received by the host club by the REGISTRATION DEADLINE: ***Friday, January 9, 2026***. Post-dated cheques will NOT be accepted and will be considered as a late payment.

- Late fees will be applied to clubs who do not submit a fully completed Excel registration form by the registration deadline, in addition to the full payment, to be paid to the host club.
- A late fee of \$25.00 *per athlete* will apply to all registrations received after the deadline.
- Late fees must be paid in full prior to the competition or the athlete(s) will not be permitted to compete.
- Deadline for REFUNDS, LATE REGISTRATIONS, and CHANGES: ***Tuesday, February 10, 2026***. No refund requests, late registrations, or level changes will be accepted after this date. Changes after the final deadline may still be done but will only be processed on-site at the competition and are subject to a \$20 cash fee per change. To make a change on-site, see the Chief Scorer upon arrival.

DD cards (for TRA Level 1 to 4) must be handed in prior to the start of each specific warm-up. The host club is not required to have blank DD Cards available at the competition; coaches and athletes must arrive at the meet prepared. Blank DD Cards are available on the Gymnastics Ontario website at the following link: <https://www.gymnasticsontario.ca/programs/trampoline/>.

Equipment

Equipment will be supplied by Speith America, which includes (but not limited to): Two EuroTramp Ultimate Frames with Rebound pads, springs, and beds; a EuroTramp complete Double-Mini Trampoline; and a complete Speithway Rod Floor.

Registration, Admission, Payment, General Event Information

Athlete and Coach Payment Information

Participating clubs must remit payment on or before the registration deadline by either 1) E-transfer to events@oaagym.ca (no password required) OR 2) cheque issued to 'OAA Inc.' and mailed to: 16-1420 Bayly Street, Pickering, Ontario, L1W 3R4.

General Eligibility for Coaches and Athletes

Please note that ALL athletes and coaches must be registered with Gymnastics Ontario for the 2025-2026 season. All athletes from outside of Ontario should contact the appropriate Gymnastics Ontario Liaison for additional sanctioning information. All on-site coaches MUST bring their 'Coach ID Tag', provided by Gymnastics Ontario, to the competition. For replacement IDs or an exemption contact Danielle at education@gymnasticsontario.ca. **Digital Coach ID Application Form (click here)**

First Aid Information

Coaches must have Participant Consent and Medical Data Record forms for all participating gymnasts in their possession at the competition.

Access to Competition/Performance Areas

Only athletes, accredited coaches, judges, and event volunteers are allowed in the competition/performance areas. Gymnasts are to only be in the competition/performance areas for their scheduled event(s) to reduce crowding on the floor.

Spectator Admission (on-site sales only)

	1-Day Pass	2-Day Pass	Full Weekend Pass
Adult (18 years of age and older)	\$8	\$13	\$18
Youth (11 to 17 years of age)	\$5	\$8	\$12
Senior (55 years of age and older)	\$5	\$8	\$12
Children (6 – 10 years of age)	\$3	\$5	\$7
Children (5 years of age or younger)	Free	Free	Free

All athletes competing in the competition are not required to pay an admission fee throughout the weekend. Only Cash, Debit, Visa, and Mastercard accepted.



Valuables

Neither the host club nor Gymnastics Ontario will be responsible for any lost or forgotten items. You may email the host club after the event if you wish to make inquiries concerning lost items.

Vendor Information

There will be a variety of vendors on site, such as: Fine Designs (custom event apparel), FitsUWell (trampoline slippers), Jagwear (gym suits), Charm Xpress (shoe charms), OAA merchandise, food/beverage sales. Vendors' methods of payment may vary.

Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.

Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

Accommodations

There are limited rooms at each hotel; all options are first-come-first-serve. Check-in date is Friday, March 6, 2026 and check-out date is Sunday, March 8, 2026 at all locations.

- 1) Holiday Inn Express & Suites Oshawa - 67 Simcoe Street North, Oshawa, ON
\$200 plus taxes per night, breakfast & parking included. Last day to book: Friday, February 6, 2026

Click here to book your accommodations at Holiday Inn Express Oshawa

Update dates to March 6-8, 2026 and under "Rate preference" the group rate code "OAA" will auto-generate. Or make reservations by phone at **905-434-3666**, quote dates March 6 to 8, 2026 and group code "OAA".

- 2) Courtyard Marriott Oshawa - 1011 Bloor St E, Oshawa, ON
\$199 plus taxes per night, breakfast included. Last day to book: Friday, February 6, 2026

Click here to book your accommodations at Courtyard Oshawa

- 3) Quality Suites - 1700 Champlain Ave., Whitby, ON
\$199 plus taxes per night, breakfast included. Last day to book: Friday, February 6, 2026

Click here to book your accommodations at Quality Suites



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.