

GENERAL INFORMATION

This document contains a section for coaches and a section for the athletes parents.

INFORMATION FOR COACHES

1. ACCREDITATION

Accreditation will be distributed at the accreditation booth next to the elevator in front of the information desk on the ground floor at the Claude Robillard Sports Complex.

The accreditations will be distributed to clubs and not to individuals. **One member per club** can collect the accreditations for each athlete before every session or for the whole weekend.

All accredited gymnasts and coaches of the 2019 Gymnix Classic will have access to all other sessions including the 2019 International Gymnix competitions, on presentation of their accreditation card.







Coupe Internationale Senior

VENDREDI 8 MARS 2019 À 19H

Senior International Cup
FRIDAY MARCH 8TH, 2019
7:00 PM

PAYS PRÉSENTS
PARTICIPATING COUNTRIES

-  • **Australie / Australia**
-  • **Belgique / Belgium**
-  • **Canada**
-  • **Japon / Japan**
-  • **États-Unis / United States**



Coupe Internationale Junior

SAMEDI 9 MARS 2019 À 18H30

Junior International Cup
SATURDAY MARCH 9TH, 2019
6:30 PM

PAYS PRÉSENTS
PARTICIPATING COUNTRIES

-  • **Allemagne / Germany**
-  • **Australie / Australia**
-  • **Belgique / Belgium**
-  • **Canada**
-  • **Japon / Japan**
-  • **France**
-  • **États-Unis / United States**

2. WARMUP

Coaches are responsible for informing their athletes of their warm up location. Gyms A and B are located on the ground floor; Gym C is located in the 2nd basement of the sports complex. There will be tables at the entrance of each gym with the list of athletes warming up in this gym.

3. MUSIC

All the classic athletes' music should be downloaded on SportzSoft. We ask that you bring with you a CD or a USB of the music as a backup.

4. PERSONAL EFFECTS

Locks: Athletes and coaches need to use a lock so that personal effects are kept safe in the locker room on the 1st floor of the sports complex. No outerwear will be allowed on warm up or competition floor.

Shoes: Gymnasts and coaches must wear sandals or running shoes to walk from the warm-up gym to the competition floor.

5. THERAPY

Physiotherapy services will be provided in the warm-up gym and the competition floor; for injuries and emergency taping. Please bring your own tape for pre-competition taping. A sport massage booth will also be available to athletes on the second floor Friday March 8th from 12pm to 6pm and Saturday March 9th from 12pm to 6pm.

6. GIFTS

All accredited coaches can present themselves at the IG official boutique in the *Gymnastics Tradeshow* on the 2nd floor, with their accreditation, to receive their t-shirt.

7. FOOD

- Food will be provided for all accredited coaches **while** they are on the competition floor. A catering area will be disposed during meal time on the competition floor (coaches' room). No food outside the coaches' room.
- Coaches who are not in competition with their athletes during meal times can eat on the 2nd floor of the Complex. Several food kiosks will be at your disposal.
- Please take note that only volunteers and judges are allowed in the cafeteria on the 3rd floor.
- We ask coaches to bring their own water bottles. Thank you for helping us in becoming an eco-friendly event.

8. VIP EVENING

All coaches of the classic and International Gymnix are invited to the VIP evening Saturday night after the Junior Cup, at 9:30, on the 2nd floor of Claude Robillard Sports Complex. This year an upgrade: a DJ! Come meet coaches from here and abroad. One free drink per person!

INFORMATION FOR PARENTS

1. BUY YOUR TICKETS ONLINE

[Click here](#) to purchase your tickets online and save more than 20%.



2. RESULTS

The results will be available live on www.internationalgymnix.com via SportzSoft. We will also post the results next to the ticket office on the 2nd floor.

3. DESJARDINS BURSARIES

Desjardins will offer cash bursaries to the Quebec winner in each category

4. GIFT

All accredited gymnasts will receive a gift bag at the award ceremonies.

5. OFFICIAL LEOTARD

We are very proud to present the official jersey of the 2019 IG designed by our sponsor GK Elite Sportswear. You can also purchase it at the IG kiosk for 60\$ on the 2nd floor.

The official leotard of the 2019 International Gymnix will be awarded to the winner of each session. In addition, the pins of 2019 IG will be awarded to the 3 winners.



6. FOOD & DRINKS

- Water and oranges will be provided to the gymnasts on the competition floor.
- We ask gymnasts to bring their own water bottles. Thank you for helping us in becoming an eco-friendly event.
- Several food options will be available on the 2nd floor
 - **Mandy's** : Healthy meal salads
 - **Pasta bar**
 - **Les Délices de l'Érable**
 - **Non Solo Pane (Sobert & Ice cream)**
 - **La Conca d'Oro (Bakery, pastry, coffee)**
 - **Subway**

6. GYMNASTIC TRADESHOW

The Gymnastics Tradeshow welcomes dozens of exhibitors and represents the biggest grouping of storekeepers of gymnastic apparel in Quebec. Also, there will be plenty of new products at the official International Gymnix store!

Kiosks will be located near the box office, the places of medals ceremony, as well as the entrance of the spectators.

Our booths:

- Boutique Gym (Official supplier of GK Canada)
- Official IG Boutique
- Fleuriste O'Pluriel
- IKRA Massage
- Kustom Sportswear
- Glossbar: Create your lip gloss on the spot

7. FANZONE

For the first time this year, the International Gymnix will set the mood for the party before international competitions. Several activities are on the program including autograph signing sessions, virtual animation of the official dance of the IG, make-up and more. To be featured in our program, [follow our Facebook page](#).

The opening hours of the Fanzone are:

- Friday March 8th from 17:00 to 18:30
- Saturday March 9th from 15:30 to 18:00
- Sunday March 10th from 11:00 to 13:15

8. PHOTOS

The Pixelyst sports photography agency will be on site:

- **Get 10% off any purchase made online or onsite during the International Gymnix (stock and studio shots).**
- Photos in action for all competitions: choose your photos on-site, online or on any mobile device as soon as 90 minutes after each block at:

<http://www.pixelyst.com/store/>

- PixPerfect mobile photo studio on site, during the competition, for a unique experience with professional lighting and exceptional rendering.
- Choose from 4 photo montages identified with the logo of the International Gymnix.



Free sessions at PixPerfect studio!

The studio will be located in the Gymnastics Room on the 2nd floor of the Sports Complex. [Book your photo shhot online](#)

now to ensure a place! Hurry, places are limited! An 8-minute session is enough to perform several static poses and in action. In addition, if you book online and participate in the free photo session **you could win a \$50 voucher from Pixelyst.**

9. BEHIND THE SCENE

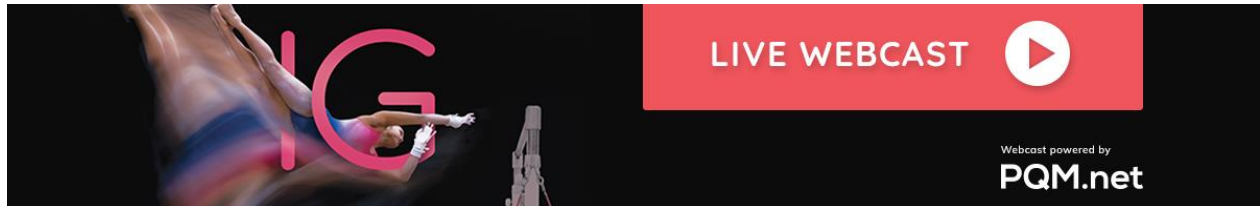
As part of the International Gymnix 2019, you can register to our special activity "**Behind the scenes of the IG**".

This activity is for gymnasts aged 6 and over, parents and coaches who want to discover more about the experience of high-level athletes at the International Gymnix. The activity will take place on Wednesday March 6th. We will open 2 sessions: from 10:30am to 12pm to attend the Junior Cup training and from 3pm to 4.30pm to attend the Senior Cup training. Program: attend training, visit the competition site, photo and autograph session with the athletes, etc. [Register by clicking here](#) to live a unique experience!



10. WEBCAST

We are very proud to confirm that all the international competitions and the Gymnix Classic will be webcast for free via our partner PQM. [Click here to access the live webcast.](#)



11. PARKING

Parking is available on Emile-Journault Avenue or in the parking lots located behind Claude-Robillard Sports Complex, and identified as P1, P2, P3. Exceptionally, from Thursday to Sunday, there will not be any restriction time in the parking lots.

You can access the parking lots from Emile-Journault street or from Christophe-Colomb south street.



HAVE A GREAT WEEK-END !