

SGC



2020 SGC Invitational

February 28th - March 1st, 2020 Edmonton, AB, Canada

Parent Information Guide



Welcome to the 17th Annual SGC Invitational, hosted by Salto Gymnastics!

Over the years many faces have come and gone thru the teams, club board and the SGC Meet Committee. However, our love of gymnastics and dedication to host gymnasts from all over the world each year at one of the largest gymnastics competitions in Western Canada has remained constant.

As a long-time resident of Sherwood Park, former gymnast, and mother of three gymnasts, I have been attending gymnastics competitions for as long as I can remember. There is always change; some good, some bad. But one thing that never changes is the thrill of watching these athletes go out there and do the best they can do. They put countless hours into their training, and they strive to be the very best they can be. Every club has visions and with the help from a loyal community and generations of dedicated gymnasts and families, they help our visions come true and help us to continue to strive for bigger and better. We would not be where we are today with out all you amazing gymnastics families.

From gymnasts, alumni, staff and gymnastics fans and families Salto has been blessed with unequalled dedication. The Salto Gymnastics board and staff spend many hours behind the scenes making sure our club thrives and the SGC Committee works year-round to make hosting the near 1,000 gymnasts, and thousands of friends and families look effortless. I would like to take a second and express my admiration and deepest thanks to these extremely hardworking people who do all of this for their simple love of the sport; they never ask for anything and don't bat an eye at the many requests they receive. They just take pride in helping gymnasts and our community.

As gymnasts and families travel from all over to Edmonton, in the heart of Alberta for one action packed weekend, keep in mind the history of this competition and this club – celebrating its 40th year, of the legacy we have built and the future we aspire towards. Enjoy your weekend with friends (new and old) and family. Work hard on the competition floor and enjoy your time off it. Be safe and considerate of your teammates, opponents and surroundings and you can be a positive part of this year's competition that will no doubt be remembered.

In closing, the Salto Gymnastics board members and SGC Committee will be out and about all weekend sporting SGC and Salto apparel. As the hosts of this wonderful event, if we can be of any help feel free to approach us. We hope to make this weekend one you will cherish forever. Have a great weekend competing and watching the best sport in the world. Also make sure to take a second and enjoy the great communities of Edmonton and Sherwood Park. And when you get back to work on Monday or Tuesday if that extra day of recovery is needed try not to be frustrated when others just don't get what you experienced and understand: your love of gymnastics; where your **Pullovers** aren't cable knit or fleece, it isn't rude to yell "**Stick It**", an **Ariel** is NOT a singing mermaid and even little kids go to **Bars**!

Yours truly,

Dawn Ramsay
President of Board of Directors, Salto Gymnastics



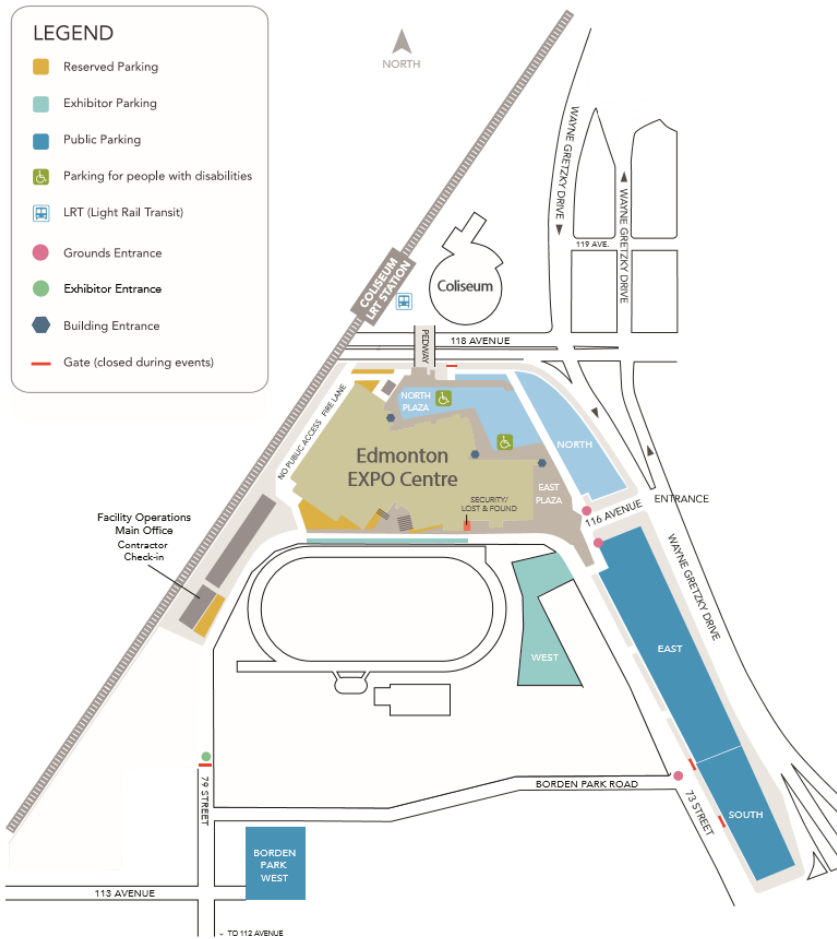
Where is the Venue?

2020 SGC Invitational is being held in Hall D (MAG & WAG) and Hall A (Acro) at:
The Edmonton Expo Centre
7515 118 Avenue
Edmonton, AB, T5B 0J2

Onsite Parking

The Edmonton EXPO Centre is located minutes away from major thoroughfares and features over 3,800 parking stalls. Public entrances are located at 116 Avenue and 73 Street. Exhibitors can enter through the 79 Street entrance. Standard price for guest parking at Edmonton Expo Centre is \$15/entry with no in-out privileges.





When Should I Plan to Arrive?

It is very important you arrive at least one-half hour earlier than your first scheduled event. This will ensure you are on time for the warm-up and March-in. **Athlete Check In** is immediately beside the Admissions Table at the entrance to Hall D. SGC Committee Volunteers will be right there to assist if needed.

Admissions

	DAY	WEEKEND
Children (5 and under)	FREE	FREE
Youth & Seniors (6-17 & 65+)	\$ 6.00	\$ 10.00
Adult (18+)	\$ 12.00	\$ 20.00
Family (max. 4 members)	\$ 25.00	\$ 40.00

Salto will have a wireless debit/credit card terminal at the admissions table; however, you will need cash for the 50/50, bodysuit bingo, and prize raffle table. There is a 50/50 and a bodysuit bingo every session at SGC. Last year's 50/50's winners earned on average \$124.00 cash! All raffle tickets cost \$2.00 each.

Things to Do in Edmonton While You're Here

****Autograph and Q&A Session with Olympian Daniela Silivas during SGC from 8:00pm-8:30pm Friday, February 28th.***

West Edmonton Mall at 8882 170 Street NW, has partnered with us this year to offer our participants great deals and they've graciously provided a great gift basket we'll be raffling off at SGC! With so many families traveling to Edmonton for SGC, it only makes sense that they might be spending some time at West Edmonton Mall Attractions.

You can enjoy a [Party Package at Ed's Bowling](#), enjoy special group rates for [Mini Golf](#), indulge in a [Choice Pass](#) at special group rates for a day pass to the World Waterpark or the Galaxy Amusement Park, and purchase a [Super Savings Coupon Book](#) at half price for use at West Edmonton Mall. (All these links are on our website under the Salto Gymnastics Challenge tab as well.)

Explore Edmonton has an Event Calendar on their website at www.exploreedmonton.com which lists all types of activities in Edmonton and the dates specific events are happening. If you want to see a concert or attend a show, you'll find what you need at this site.

Accommodations

Radisson Hotel & Convention Centre Edmonton at 4520 76 Avenue NW, has partnered with us again this year to offer our participants great rooms, great rates, and the included full breakfast buffet! We sincerely appreciate how they treat all our guests like the VIP's that they are.

*There are 2 ways that a Guest can reserve a Room in our Block. Guests can call Guest Services at 780-468-5400 and give the Block Name (Salto Gymnastics) to reserve their rooms. Guests can go to the hotel website at www.radisson.com/edmonton-hotel-ab-t6b-0a5/canedcc and fill in your required dates, then click on MORE SEARCH OPTIONS. In the Enter Code enter our online promotional code of SG2020, then hit the green search button to the left. **Thank you for supporting us by choosing Radisson!** For information about the hotel, [click here](#). (All these links are on our website under the Salto Gymnastics Challenge tab as well.)*

Clubs Participating in SGC

Acrobatic Studio (Calgary, AB) www.acrobaticstudio.com

Airdrie Edge Gymnastics (Airdrie, AB) www.airdrieedge.com

Ashlin Gymnastics Club (Bonnyville, AB) www.ashlingymnasticsclub.ca

Calgary Acrobatic Gymnastics (Calgary, AB) www.calgaryacro.ca

Calgary Gymnastics Centre (Calgary, AB) www.calgarygymcentre.com

Capital City Gymnastics Centre (Edmonton, AB) www.capcitygym.com

Carstairs Gymnastics Club (Carstairs, AB) www.carstairsgym.com

Dynamyx Gymnastics Club (St. Albert, AB) www.dynamyxgymnastics.com

Edmonton Acrobatic Gymnastics (Edmonton, AB) www.edmontonacro.ca

Edson Tumblers Gymnastics (Edson, AB) www.edsontumblers@gmail.com

Exelta Gymnastics (Red Deer, AB) www.exelta.ca

Explosion Gymnastics (Lloydminster, SK) www.explosiongymnastics.com

Fort Gymnastics Club (Fort Saskatchewan, AB) www.fortsaskgymnastics.ca

Futures Gymnastics (Mississauga, ON) www.futuresgymnastics.com

Gymtastics Gym Club – South (Calgary, AB) www.gymtastics.ca

Horizon Gymnastics (Edmonton, AB) www.horizongym.com

Leduc Kanata Gymnastics Club (Leduc, AB) www.leducgymnastics.com

Marian Gymnastics Club (Saskatoon, SK) www.mariangym.com

Milezero Gymnastics (Dawson Creek, BC) www.milezeroacademy.com

North Peace Gymnastics Association (Fort St. John, BC) www.npga.ca

Okanagan Gymnastics Centre (Kelowna, BC) www.okanagangymnastics.com

Ortona Gymnastics Club (Edmonton, AB) www.ortonagymnastics.com

Pegasus Gymnastics (Calgary, AB) www.pegasusgym.ca

Phoenix Gymnastics Centre (Edmonton, AB) www.phoenixgym.ca

Queen City Gymnastics (Regina, SK) www.qcgc.ca

Salto Gymnastics Club (Sherwood Park, AB) www.saltogymnastics.com

Spruce Grove Aerials Gymnastics (Spruce Grove, AB) www.aerialsgymclub.ca

St. Albert Gymnastics (St. Albert, AB) www.stalbertgymnastics.com

Taber Gymnastics Fitness Club (Taber, AB) www.tabergymclub.com

Taiso Gymnastics Club (Saskatoon, SK) www.taiso.ca

University of Calgary (Calgary, AB) www.ucalgary.ca/activeliving/gymnastics

West Wind Gymnastics Club (Lethbridge, AB) www.westwindgym.com