



2010 Canadian Gymnaestrada

2nd Information Bulletin



WHERE: Winnipeg, Manitoba

Come join us in Winnipeg for the 2010 Canadian Gymnaestrada and celebrate Canada Day in the heart of Canada!

Hosted jointly by Manitoba Gymnastics Association and Rhythmic Gymnastics Manitoba, the 2010 Canadian Gymnaestrada will be held at the University of Manitoba Investors Group Athletic Centre, the host venue of 1999 Pan American Games Rhythmic Gymnastics Competition.

Accommodations will be available at the University of Manitoba and surrounding hotels.

WHEN: June 30th – July 4th, 2010

WHO: All GCG registered members

Athletes from all disciplines (WAG, MAG, AG, and RG & TG) are encouraged to participate to make this truly a Canadian Celebration of Gymnastics.

WHAT: Performances and workshops

As well as the official Gymnaestrada program (performances & workshops), participants will have the opportunity to perform as part of the Canada Day festivities and attend the evening events including the fireworks display.

GYMNASTICS CANADA

Gymnastrada Director: Elisabeth Bureau
Events Coordinator: Annie Gagnon

ORGANIZING COMMITTEE (OC 2010)

Co-Chairs: Zlatica Stauder – Rhythmic Gymnastics Manitoba (RGM)
Kathy Stoesz - Manitoba Gymnastics Association (MGA)
Registration/Accounting: Linda Megarry - Manitoba Gymnastics Association (MGA)
Technical: Tracy Sterdan, Lyndsay Houston

Groups planning to attend the 2011 World Gymnastrada must attend the 2010 Canadian Gymnastrada.

- To show part of their 2011 WG routine
- To determine the final allocation of Indoor Group performances at the 2011 WG
- To attend the 1st information meeting for 2010 WG Group managers

1 Groups:

a. Definition and eligibility requirements:

- By definition, a group presents one performance.
- Group size is a minimum of 10 gymnasts performing on the floor AT ALL TIMES.
- Groups with:
 - i 10 to 15 gymnasts are limited to a 5-minute performance
 - ii 16 to 25 gymnasts are limited to a 10-minute performance
 - iii 26 or more gymnasts are limited to a 15-minute performance
- A group can consist of:
 - i gymnasts from one club
 - ii gymnasts from two or more clubs

b. Registration of groups: (may be by a club or a provincial/territorial gymnastics federation)

- P/T registration:
 - i A provincial/territorial gymnastics federation (P/TGF) may decide to coordinate a P/T 'TEAM' performance.
 - ii In this case, the 'Nominative' and 'Definitive' registration may be done through the P/TGF OR through the clubs.
- Club registration:
 - i A group must be registered by their club if they are representing the club.
 - ii A club may register more than 1 group if each one does a different performance.
 - iii Each club participating in a P/T Team performance could be asked by their P/TGF to register their participants (no PTGF registration in this case).
 - iv A club must be registered as a recreational or a competitive club with their P/TGF when the club sends their 'Intent to Participate' form to the MGA (Dec. 2nd 2009).
 - v A club that is not a registered member in good standing of their P/TGF will not be allowed to participate in the 2010 Canadian Gymnastrada.



2. Participants – definition and eligibility requirements:

a. Gymnast:

- By definition, a gymnast trains and partakes in a group performance.
- The minimum recommended age for gymnasts to participate in the Canadian Gymnaestrada is 9 years of age at the time of the event.
- A gymnast must be registered as either a recreational or a competitive gymnast with the P/TGF when his/her name is submitted to MGA on the Nominative registration form (January 30th 2010).
- A gymnast that is not a registered member in good standing of their P/TGF will not be allowed to participate in the 2010 Canadian Gymnaestrada.

b. Coach:

- By definition, a coach prepares the gymnasts and directs the group's performances.
- A coach must be a minimum of 19 years of age, as of July 1 2010.
- Each group must have at least one designated coach.
- Clubs registering more than one group must designate a different coach per group.
- A coach must be registered as either a recreational or a competitive coach with the P/TGF when his/her name is submitted to the MGA on the Nominative registration form (January 30th 2010).
- A coach that is not a registered member in good standing of their P/TGF will not be allowed to participate in the event. Furthermore, the group will also not be allowed to participate in the 2010 Canadian Gymnaestrada.

c. Manager:

- By definition, a manager coordinates and facilitates their group's participation in the Canadian Gymnaestrada and is responsible for all direct communication with the OC 2010 before, during and after the event.
- A manager must be a minimum of 21 years of age, as of July 1, 2010.
- Each group must have a designated manager.
- If a club registers more than one group, only 1 manager is required for all the groups.
- A manager must be registered as a coach or an administrator with the P/TGF when his/her name is submitted to the MGA on the Nominative registration form (January 30th 2010).
- A manager that is not a registered member in good standing of a P/TGF will not be allowed to participate in the event. Furthermore, the group will not be allowed to participate in the 2010 Canadian Gymnaestrada.

d. Chaperone:

- By definition, a chaperone supervises underage gymnasts.
- A chaperone must be a minimum of 21 years of age, as of July 1, 2010.
- A group must appoint at least one chaperone if it has gymnasts younger than 16 participating in the Canadian Gymnaestrada.
- A group is required to appoint one chaperone for every 10 children aged between 10 and 16 years participating in the Canadian Gymnaestrada.
- A chaperone must be registered as a coach or an administrator with the P/TGF when his/her name is submitted to MGA on the Nominative registration form (January 30th 2010).
- A chaperone that is not a registered member in good standing of a P/TGF will not be allowed to participate in the event. Furthermore, the group will not be allowed to participate in the 2010 Canadian Gymnaestrada.

e. Supporter

- By definition, a supporter is a family member with no other role (not a gymnast, coach, manager or chaperon)
- Each supporter must be registered as an administrator with the PT/GF when his/her name is submitted to MGA on the Nominative registration form (January 30th 2010).
- A supporter that is not a registered member in good standing of a PT/GF will not receive an accreditation for the 2010 Canadian Gymnaestrada.

3. Gymnaestrada Provisional Schedule:

- | | | |
|-------------|---------|--|
| ▪ Wednesday | June 30 | Arrival and Team Manager Meeting |
| ▪ Thursday | July 1 | Rehearsals, Opening Ceremonies, City Performances and Canada Day |
| ▪ Friday | July 2 | Performances & Workshops |
| ▪ Saturday | July 3 | Performances & Closing Ceremonies |
| ▪ Sunday | July 4 | Sightseeing and Departures |

4. Venue and Equipment:

- The main performance venue is the Investors Group Athletic Centre at the University of Manitoba.
- Spectator seating is pull out stands with a maximum capacity of 1,500 people.
- The performance surface will be a 12 x 12 metre artistic non-sprung floor.
- Additional apparatus will be limited to:

1 mini-trampoline	4 20 cm safety mats (crash mats)
1 trapezoid box	2 beat boards
- Special apparatus requests must be directed to the *OC 2010* for consideration by **January 30, 2010**.
- The performance surface and additional apparatus will be 'identical' in both gyms.
- Performances will be 5, 10 or 15 minutes in length, as per the current time allotments for the 2011 World Gymnaestrada. (City and Indoor Group performance times).
- We are working with the Canada Day Festivities. More details to come.

5. Schedule:

a. Rehearsals – July 1, 2010 (throughout morning and afternoon – exact times TBC):

- Will be held at the University of Manitoba Investors Group Athletic Centre.
- Will be held under same conditions as actual Indoor Group performance (apparatus and time allotment will be identical).

b. Educational forum – July 2, 2010 (morning & afternoon – times TBC):

- Will be held at University of Manitoba Investors Group Athletic Centre.
- Will include workshops geared to coaches and gymnasts, which are open to all registered participants and are free for all registered participants.
- Will include an information meeting for team managers & coaches attending the 2011 World Gymnaestrada.
- More details to come in the next information bulletin.

- c. Opening Ceremonies – July 1, 2010 (early evening – exact time TBC):
- Will be held at the gymnasium in the University of Manitoba Investors Group Athletic Centre
 - Will be approximately 75 minutes in duration.
 - Will include a presentation of the participating P/Ts and clubs, dignitaries' speeches and several special performances.
- d. Indoor Group Performances – July 2-3, 2010 (morning & afternoon – times TBC):
- Will be held at the University of Manitoba Investors Group Athletic Centre – Groups must comprise no less than 10 active performers on the floor AT ALL TIMES (there is no maximum number).
 - Performances should be designed to show the diversity of Gymnastics.
 - Performances can be 5, 10 or 15 minutes in length.
 - Performance duration includes entrances / exits and the placement / removal of all equipment.
- e. City Performances – July 1st 2010 (morning & afternoon – times TBC):
- We are working with the City of Winnipeg to identify City Performance opportunities in conjunction with the Canada Day Festivities occurring in Winnipeg.
 - City performances will most likely be 5, 10 or 15 minutes in length.
 - More details to come in the 3rd Information Bulletin.
- f. Closing Ceremonies – July 3rd, 2010 (late afternoon – exact time TBC):
- Will be held at the University of Manitoba Investors Group Athletic Centre.
 - Will be approximately 75 minutes in duration.
 - Will include a final speech by the President/CEO of GCG and several 'top-quality' performances selected from the Indoor Group performances.

6. Music:

- The music for the performance must be recorded on one CD as a single track. This track must include all cuts, silences, oral directions, fade-ins, fade-outs, etc.
- The music must be submitted with the final payment (**May 1st, 2010**) and the final CD must have the following information typed on the CD label:
 - i The name of the club and/or group
 - ii The title of the performance
 - iii The length of the music

7. Registration Forms & Fees, Payment and Refund Policy Information:

- a. Intent to participate form and fee (December 2nd 2009):
- All clubs are required to confirm their intent to participate to the MGA by Dec. 2nd 2009.
 - All clubs are required to pay a **\$100** registration fee and to complete and return the 'Intent to participation' form to the MGA by **December 2nd 2009**
 - This one-time administration fee is non-refundable.
 - After December 2nd 2009, the OC 2010 will only correspond with clubs (manager & coach) that have confirmed their intent to participate.
 - Please note that there are a maximum number of participants that can be accepted base on the size of the venue. While, the OC 2010's policy is one of acceptance rather than elimination, we could be forced to place clubs on a waiting list, in particular, clubs that do not register and pay by the December 2nd 2009 deadline.
- b. Nominative entry form and payment (January 30th 2010):
- Each club must complete and return the 'Nominative entry' form along with a cheque made payable to the MGA by **January 30th 2010** and indicate on the registration form their plan for accommodation (residence or hotel).
 - Each participant (gymnast, coach, manager, and chaperone) must pay a **\$75** registration fee for his/her accreditation card. This accreditation card permits each participant to access the warm-up and performance gyms and to attend free of charge the Educational forum, the Opening Ceremonies, the Closing Ceremonies and all the Indoor Group Performances held at the University of Manitoba Investors Group Athletic Centre
 - After this deadline, the registration fee will cost **\$100** per participant.
 - Any amount paid at this time is fully transferable or refundable until May 1st 2010.
- c. Final payment (May 1st 2010):
- Each club must send a cheque covering all residence accommodation/meal costs to the MGA by **May 1st 2010**.
 - Late responses (after May 1st 2010) will be subject to a late registration penalty of 10% on the total amount owed.
 - Any amount paid at this time is fully transferable but not fully refundable.
- d. Refunds after May 1st 2010:
- Between May 2nd and May 15th 2010: a \$50 administration fee will be levied and the rest will be refunded (\$25 from registration fee & 100% of meals & accommodation).
 - Between May 16th and May 29th 2010: a \$50 administration fee will be levied and \$25 will be refunded from registration fee, 50% of accommodation & 100% of meals.
 - Between May 30th and June 29th 2010: a \$50 administration fee will be levied and \$25 will be refunded from registration fee, 0% of accommodation & 100% of meals.

8. Accommodation Information:

- Residences are with in walking distance to the Gymnastestrada venue and 20 minutes bus ride to downtown.
- All residence bookings and payments must be made through the MGA.
- On campus parking will be available for a fixed price.



As there is limited space at the University of Manitoba residences:
RESIDENCE ACCOMMODATION IS ON A “FIRST COME, FIRST SERVED BASIS”

Dormitory - all bedding, towels and facecloths, included - no daily maid service - parking not included	Accommodation Per Day/Per Person	Meals/Per Day/Per Person	Breakfast/Lunch Only
Single accommodation (176 rooms)	*\$50.00	*\$40.00	*\$25.00
Double accommodation (131 Rooms)	*\$40.00	*\$40.00	*\$25.00
AV Mauro Residence (Suite style) - all bedding, towels and facecloths included - daily maid service is provided - parking included in daily rate - self contained bathroom - kitchenette with fridge and microwave - Two bedroom: (2 double beds)	Per Suite/per day *\$190.00		
Double occupancy Quadruple occupancy 96 suites available	\$95.00 each \$47.50 each	*\$40.00	*\$25.00

*Taxes are included

Hotel Information



WINNIPEG SOUTH
 1330 Pembina Highway
 Winnipeg, Manitoba R3T 2B4
 Phone: (204) 452-4747 Fax: (204) 284-2751
 e-mail: hiws@gatewest.net
 web: www.hi-winnipeg.mb.ca

- **\$109.00** based on single, double, triple or quad occupancy. Taxes not included
- The hotel has 112 double rooms available
- two bedded queen guestrooms and 33 king guestrooms with pull out sofa bed.
- The hotel is also pleased to offer you our Kids Eat Free Program for all kids who are 12 years or under.





Best Western Pembina Inn & Suites

1714 Pembina Highway,
Winnipeg, Manitoba, R3T 2G2, CA
Phone: 204/269-8888
Fax: 204/269-8889
Toll Free Reservations: 877-269-8811

- **\$110.00** based on single, double, triple or quad occupancy. Applicable taxes are additional.
- The hotel offers a deluxe continental breakfast, Salt water pool, hot tub and waterslide.
- 100 non smoking. Rooms have 2 Queen size bed or 1 king size bed.
- Our website is www.bestwesternpembina.com
- Reservation deadline: April 15, 2010

Participants must call Tammy Buss directly at 204-262-1501 or via email at tbuss@shawcable.com , as Tammy and Laurie our Assistant GM will be the only people making reservation for this group. The group is under 2010 Canadian Gymnaestrada

9. Reminder of Important Deadlines:

- Intent to participate form and fee
- Initial Registration & Payment
- Final Payment for Residence, accommodation and meals

December 2, 2009
January 30, 2010
May 1st, 2010



