



INFORMATION BULLETIN #3

June 27th to July 1st, 2018

Richmond, BC

#CDNGymnaestrada

www.gymcan.org

1 – ELIGIBILITY

The Canadian Gymnaestrada (CG) is a “Gymnastics for All” event and all GCG registered participants in good standing are eligible to attend.

Consistent with previous cycles, any group planning to attend the 2019 World Gymnaestrada (WG) in Dornbirn, Austria must attend the 2018 Canadian Gymnaestrada:

- To show part of their WG routine and to receive feedback to enhance their performance at WG. (Note: GCG uses the feedback collected to determine the allocation of the Canadian indoor, city, & national evening performances at the next WG).
- To attend the 1st information meeting for potential WG group managers.
- To try on the team uniforms.

Note: There are a limited number of performance spots available at the WG for each Federation. For more information on WG performance possibilities, please refer to the FIG *Gymnastics for All Manual* on [page 20](#).

1.1- Participant Definitions and Eligibility Specifications

1.1.1 - Gymnast

- By definition, a gymnast trains and partakes in a group performance.
- A gymnast can be registered in one INDOOR performance and one CITY performance.
- The minimum recommended age for gymnasts to participate in the CG is 9 years of age within the year of the event (example: a gymnast who turns 9 on December 29 is considered age 9 during the entire year, from January 1 until December 31). Gymnasts younger than 9 may be permitted to participate by GCG on a case-by-case basis. A written request must be addressed to Meredith Warner (mwarner@gymcan.org) at GCG at the time of the Intent to Participate registration.
- A gymnast must be registered as a gymnast within a provincial/territorial organization (P/TO) when their name is submitted on the nominative registration form.
- A gymnast who is not a registered member in good standing of a P/TO may not participate in the CG.

1.1.2 - Coach

- By definition, a coach prepares the gymnasts and directs the group’s performances.
- Each group must have at least one designated coach, which means that a club registering more than one group must designate a different coach for each group.
- A coach must be NCCP Competition 1 Certified (or equivalent) in at least one gymnastics discipline (men’s artistic, rhythmic, trampoline, or women’s artistic gymnastics) to have access to the training and performance gyms. An exemption to this requirement may be granted by GCG on a case-by-case basis. A written request must be addressed to Suzanne Fisher (sfisher@gymcan.org) at GCG at the time of the Intent to Participate registration.
- A coach must be registered as a coach with a P/TO when their name is submitted on the nominative registration form.
- A coach must hold a valid Criminal Police Check, valid within 2 years from the event.
- Coaches are recommended to take the Making Head Way Concussion eLearning from the Coaching Association of Canada as well: <https://coach.ca/making-head-way-concussion-elearning-series-p153487>.
- It is recommended that coaches complete the Respect in Sport training program: <http://respectinsport.com/>.

- To participate in the CG, a coach must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.3 - Manager

- By definition, a manager coordinates and facilitates their group's participation in the CG and is responsible for all direct communication with the organizers before, during, and after the CG.
- Each group must have a designated manager. If a club registers more than one group, only one manager is required.
- A manager must be registered as a coach, administrator, volunteer, or supporter with a P/TO when their name is submitted on the nominative registration form.
- A manager must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that managers complete the Respect in Sport training program: <http://respectinsport.com/>
- To participate in the CG, a manager must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.4 - Chaperone

- By definition, a chaperone supervises underage gymnasts.
- A group must appoint one chaperone for every 10 gymnasts below the age of 16 participating. A group may appoint a maximum of two chaperones for every 10 gymnasts below the age of 16 participating in the CG.
- A chaperone must be registered as a coach, administrator, volunteer, or supporter with a P/TO when their name is submitted on the nominative registration form.
- A chaperone must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that chaperones complete the Respect in Sport training program: <http://respectinsport.com/>
- To participate in the CG, a chaperone must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.5 - Supporter

- By definition, a supporter is a person (generally a family member) with no other role apart from providing assistance as required by their manager (not a gymnast, coach, manager, or chaperone).
- A supporter must be registered as an administrator, volunteer, or supporter with the P/TO when their name is submitted on the nominative registration form.
- A supporter must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that supporters complete the Respect in Sport training program: <http://respectinsport.com/>
- To participate in the CG, a supporter must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.2 - Group Requirements and Performance Specifications

- A group may present one INDOOR performance, one CITY performance, or both.
- Group size is a minimum of 10 gymnasts performing AT ALL TIMES (there is no maximum number).
- A group may consist of:
 - Gymnasts from one club.
 - Gymnasts from two or more clubs.
- Indoor groups will have the opportunity to perform twice in the Indoor Performance Venue.
- City groups will have the opportunity to perform once in the Indoor Performance Venue and once in the City Performance Venue.

- Performance time allocation:
 - Varies depending on the type of performance (indoor vs. city);
 - Varies depending on the size of group (# of gymnasts);
 - Includes entrances/exits and the placement/removal of all equipment.
 - Indoor group times:
 - Groups with 10 to 19 gymnasts: 5 min max;*
 - Groups with 20 to 35 gymnasts: 10 min max;*
 - Groups with 36 or more gymnasts: 15 min max.*
 - City group times:
 - Groups with 10 to 19 gymnasts: 3 min max;*
 - Groups with 20 or more gymnasts: 5 min max.*
- * Includes entrances/exits and the placement/removal of all equipment.

2 – REGISTRATION

The registration for this event is a three-step process and may be completed by either the club/team manager or the P/TO.

2.1 – Intent to Participate – Was due on November 1st, 2017 – Step 1

2.2 - Nominative Registration Form & Apparatus Form – Was due January 15th, 2018 – Step 2

2.3 – Music, Final Entries, Refunds, Waivers, Transportation - Due May 28th, 2018 - Step 4

2.3.1 - Music Submission

- Please send an electronic version (.wav or .mp3) of your music to musicgymnaestrada@gmail.com by **May 28th, 2018**.
- Music files must be named in accordance with the following naming convention:
 - Full name of group_performance type (Indoor/City)_duration (minutes.seconds)

Examples:

GCG Performance Team_City_2.55
GCG Performance Team_Indoor_6.34
- Music files that do not follow the prescribed naming convention will not be accepted.
- Coaches are also asked to ensure a copy of their music is readily available on-site as back-up.
- Music duration must be in accordance with the following specifications:
 - **Indoor Group Music:**
 - 5 minutes max (groups with 10 to 19 gymnasts)
 - 10 minutes max (groups with 20 to 35 gymnasts)
 - 15 minutes max (groups with 36 or more gymnasts)
 - **City Group Music:**
 - 3 minutes max (groups with 10 to 19 gymnasts)
 - 5 minutes max (groups with 20 or more gymnasts)
- **Reminder:** Groups registered as both Indoor and City Groups must have two (2) different performances (i.e. the City performance should not be a shortened version of the Indoor performance).

2.3.2 - Registration Changes and/or Additions

- The nominative registration fee is 100% transferable and replacement participants will be accepted until May 28th, 2018.
- Following the nominative deadline, additional participants will be accepted until May 28th, 2018 but will be subject to an additional **\$50 late registration fee**.
- No additional participants will be accepted after May 28th, 2018.

2.3.3 - Refund Policy

- The *Intent to Participate* fee (\$150) is non-refundable.
- The *Nominative Registration* fee (\$140) is 100% refundable up until **May 28th, 2018**.
- After May 28th, 2018, the *Nominative Registration* fee (\$140) is non-refundable, even for withdrawals due to injury.

2.3.4 - Participant Risk Waiver and Medical Forms

- Clubs/groups must submit an *Assumption of Risk* waiver and medical form for **each of their participants** by May 28th, 2018.
 - Assumption of Risk and Medical Form: <http://gymcan.org/events-results/general-event-documents/participant-forms>.
- Forms can be sent either by mail to the GCG office (see address in section 2.4) or via email to Mylaine Doré (mdore@gymcan.org).

2.3.5 – Airport Transportation Information

- All airport arrival and departure information must be submitted to GCG by **May 28th, 2018** by updating the designated fields in the nominative form. Should a club/group fail to submit the transportation information by the deadline, they will not receive any local transportation.
- **If your group has already booked flights, please send the flight information (flight arrival/departure date & time) to Mylaine Doré (mdore@gymcan.org). This will greatly help with the organizing of transportation.**

**** Please note that organized transportation will be for REGISTERED participants staying at the host hotels ONLY.**

2.4 – Method of Payment

Only payments by cheque are accepted.

Registration Step 1

One cheque per club/group with the hard copy of the Intent to Participate must be **received** by **November 1st, 2017**.

Registration Step 2

One cheque per club/group with the hard copy of the financial info tab from the nominative registration form must be **received** by **January 15th, 2018**.

Registration Step 3

One cheque per club/group with the hard copy of the financial info tab from the nominative registration form for any late registrations must be **received** by **May 28th, 2018**.

Cheque made payable to: **Gymnastics Canada**

Packages to be mailed to:

Gymnastics Canada
 Attn: Mylaine Doré
 1900 City Park Drive, Suite 120, Ottawa, ON, K1J 1A3

3 – SCHEDULE

****Please note that the schedule is subject to change.**

Wednesday June 27, 2018	
All Day	Group arrivals and Registration (Richmond Oval and Official Hotels)
Thursday June 28, 2018	
Performance Rehearsals (Richmond Oval)	8:00-12:00 Morning Group Block A 12:00-13:15 Lunch Break 13:15-17:00 Afternoon Group Block B
Workshops (Richmond Curling Club)	8:30-11:30 Morning Group Block B 12:00-13:30 Lunch Break 13:30-16:30 Afternoon Group Block A
Opening Ceremonies (Richmond Oval)	19:00-20:15
Coach/Manager Reception (Location: TBC)	20:30-21:30
Friday June 29, 2018	
Indoor Performances (Richmond Oval)	8:30-10:05 Group Performances 10:05-10:20 Break 10:20-12:00 Group Performances 12:00-13:00 Lunch Break 13:00-14:45 Group Performances 14:45-15:00 Break 15:00-16:30 Group Performances
Group Activity (Richmond Oval)	19:00-21:00 Group Activity
Coach Professional Development Activity (Richmond Oval)	18:30-21:00 Coach PD Activity
Saturday June 30, 2018	
Indoor Performances (Richmond Oval)	8:30-10:05 Group Performances 10:05-10:20 Break 10:20-12:00 Group Performances 12:00-13:00 Lunch Break 13:00-14:55 Group Performances 14:55-15:10 Break 15:10-17:00 Group Performances
Showcase (Richmond Oval)	19:00-20:30 Showcase
Sunday July 1, 2018	
City Performances and Canada Day Festivities (Steveston Village)	Parade – Time TBC 13:00-14:00 Group Performances (Children Festival Stage) 14:00-15:00 Break 15:00-16:00 Group Performances (Canada Day Stage)

Appendix A contains the detailed starting orders for rehearsals on June 28th and Indoor/City performances on June 29th, 30th & July 1st. The times and starting orders are subject to change as they are dependent on confirmation of group performance times. Every effort will be made to minimize the changes to the original schedules. Any questions or comments regarding the starting orders/times may be directed to mwarner@gymcan.org.

4 – WORKSHOPS

The Canadian Gymnaestrada Workshops will be open to all registered participants. The schedule has been specifically arranged to allow each group the opportunity to enjoy the workshops for one half of the day while reserving one half of the day for rehearsals.

8:30–11:30 Morning Workshop Sessions (Group Block B)

- Session 1B 8:30-9:20
- Session 2B 9:30-10:20
- Session 3B 10:30-11:20

11:30-13:30 Lunch Break

13:30-16:30 Afternoon Workshop Sessions (Group Block A)

- Session 1A 13:30-14:20
- Session 2A 14:30-15:20
- Session 3A 15:30-16:20

4.1- Workshop Sign-Up

The workshop sign-up will be on a first-come, first-serve basis. Each workshop station can accommodate 50 people on each rotation. The workshop sign-up process will be communicated via email at a later date. In the meantime, please complete the survey (link is at the end of the bulletin) by **Monday, April 16th** to indicate your group's interest in participating in the workshops.

4.2- Workshop Presenter Details

4.2.1- Circus

The **Vancouver Circus School** is a family owned and operated educational institution, our mission is to provide a physical education in circus arts for children, teens, adults, and seniors, notwithstanding race, gender, socioeconomics, or ability. Their programs are specifically designed to promote long-term development, physical literacy, and healthy practices for students and staff in anticipation of achieving their dreams.

They wish to inspire an approach to wellness that encourages all ages to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their years of functionality and independent living, furthermore provide career options for those that are looking to pursue circus as a career.

The Vancouver Circus School will be teaching workshops in prop manipulation, including juggling, flower sticks, Diabolo and more.

4.2.2- DancePl3y: Get PLAYFUL with DANCE

Get ready to bust-a-move as you foster physical literacy and develop fundamental movement skills (FMS)! Learn simple moves from today's most popular dance and music styles including Hip Hop, Urban, Ballroom, House/Club, Lyrical, Jazz/Funk etc. as you explore the elements of dance in a an interACTIVE way. DANCEPL3Y (dance-play) is an internationally accredited curriculum-based program that "plays" with the rules of dance to allow students to experience success with movements and rhythms from around the globe!

Presented by: **Melanie Levenberg, M.Ed., B.Kin**

Mélanie G Levenberg is the Chief PLAY Officer at PL3Y International Inc, a company that provides physical literacy certifications and programming solutions. A certified trainer and fitness instructor, Mélanie holds a Masters of Education in Curriculum, Teaching and Learning, a B.Ed. in Health and Physical Education and B.A. Hnrs in Kinesiology. Applying best practices in positive thinking, personal development, fitness, health and physical education, she has created various physical literacy programs that inspire kids, teens, and adults to get active as they claim their *Bubble of Awesome* and live the 3 Rules of PLAY: Be Positive. Be Fun. Be Yourself.

4.2.3- Stage Makeup for Performers

The instructors from the Makeup Artistry Certificate Program at Vancouver Community College will be demonstrating how to apply basic stage makeup for performers. In this 50 min session, performers will learn the purpose and importance of stage makeup and how to enhance their facial features for the stage performance. With live demonstrations, participants will see the transformation that stage makeup creates.

Presented by: **Marie-Helene Babin and Justin Ewart**

Marie-Helene Babin has more than 20 years of experience as a face & body painter. For Marie-Helene this has been a great journey, where body art brought her into the makeup artistry 10 years ago. Marie-Helene is a professionally trained makeup artist for beauty, fashion, stage, film & TV, airbrushing, special FX makeup and prosthetics. She currently work as an IATSE 891 member for the film & TV industry; as well working on numerous photo shoots and freelance productions. For the past 4 years she has been a makeup instructor for the VCC Makeup Artistry Certificate program.

Justin Ewart started his career path as a makeup artist at an early age. While in St. Johns Ambulance Cadets, Justin used to do casualty simulation makeup for first aid training simulations. This led him to pursue a career in the makeup industry. Since completing his professional training, Justin has led a multifaceted career within the industry; being a demo artist with a variety of cosmetic companies, doing editorial prints, working on both stage, film and television productions, a purchasing director as well as working in education. He has over nine years of experience as a makeup instructor and for the past three years he has been the Program Coordinator for Makeup Artistry Certificate program at the VCC.

4.2.4- World Gymnaestrada Information and World Team Choreography

Presented by: **Suzanne Fisher**

As part of Gymnastics Canada's World Gymnaestrada management team, Suzanne Fisher has had the pleasure of attending World Gymnaestrada (WG) twice (in Lausanne in 2011 and in Helsinki in 2015). Suzanne will draw upon her World Gymnaestrada experience to share some very insightful and interesting information, including:

- WG history
- Canada's participation at WG
- the WG experience
- WG 2019 – what to expect
- Dornbirn, AUT (and surrounding area) travel details
- WG tips and tricks
- WG World Team choreography

4.2.5- One with Music – From Expression to Execution (Afternoon Workshops only)

Together we will explore what it means to “move with the music” and how to improve our performance quality with this skill! Music is the driving force in our choreographies, and ideally, we should let the music speak through us. However, this can be much easier said than done! In this workshop, we will practice and play with several different music styles to learn how to bring the show home to our audience. We will look at everything from facial and body expression, to clean execution so that we can better our style and our performance. Get ready to learn, move, and have fun!

Presented by: **Elena Mager-Tetz, BComm**

Elena Mager-Tetz started her rhythmic gymnastics career at age four under her mother’s instruction, former National Russian Team member Dr. Elena Mager-Lukjanova. During her 12 competitive years, she was named Provincial Champion 7 times and travelled as part of Team Alberta to compete in Hokkaido, Japan. In addition to rhythmic gymnastics, Elena fell in love with Vaganova ballet, receiving top accolades, which has contributed to her foundation.

Currently, Elena is the Executive Director and Competitive Coach at Elena’s Rhythmic Gymnastics Club. She has been coaching for over 13 years and is a trained NCCP Level 3 Coach and NCCP Gymnastics Foundations Learning Facilitator. She participated as both a coach and a gymnast at the 2010 and 2014 Canadian Gymnaestradas, as well as the 2011 and 2019 World Gymnaestradas (Switzerland & Finland). Her team is known for their grace, musicality, and classical rhythmic gymnastics style.

Elena loves the beauty of her sport and uses it as her creative outlet. She is always motivated to learn more and has since incorporated salsa, tango, yoga, and other forms of movement into her repertoire. She looks forward to sharing her knowledge so that everyone can benefit and grow.

4.2.6- Acrobatic Storytelling (Morning Workshops only)

Exploration of the purpose of choreography beyond movement for movement sake. This workshop will draw on the inspiration and development of choices in music, expression, mood, and shapes to connect and deepen the experience for the audience in witnessing a movement presentation.

Presented by: **Monica Goermann**

“There is only one thing that makes a dream impossible to achieve: fear of failure.” -Paulo Coelho

Dreaming, believing, and achieving are the steps that line the path to fulfilling our goals & dreams, a path Monica has traveled many times. Her job as Artistic Director & Choreographer at her studio, Monica’s Danz Gym, has realized some of her earliest aspirations in life. Monica has always known she wanted to be a choreographer--as a young girl, she could often be found pirouetting her way around the wooden floors of her family’s living room for hours at a time. Her formal training at the Royal Winnipeg Ballet was second only to her passion for artistic gymnastics, the path she chose to pursue at age twelve.

Though she continued to dance as a complement to her training, Monica’s seven years as a member of the Canadian National Gymnastics Team gave her the opportunity to compete all over the world, from Japan to Russia. Her signature grace & artistic flair was widely known; she truly shone on floor exercise, where her most influential teacher & choreographer, Peggy Cook, captured Monica’s finesse in her many floor routines over the years. Peggy opened Monica up to a world of endless possibilities, helping lay the foundation she continues to thrive off of to this day.

Family has always played a significant role in Monica’s success. It was her parents who coached her to the

top, pushing her to fulfill her full potential as a five-time medallist at the Pan American Games, and a member of the 1980 Olympic Team. Building something from nothing is a passion passed down through the generations--Elfriede & Wolfgang Goermann built the Winnipeg Gymnastics Center up from the ground. Their humble beginnings were found within the walls of the YMCA, where gym time most often meant family time. The first time Monica did her Tsukahara on Vault was a family affair, with her mom spotting in the front, her dad flipping her in the back, and her brother bringing up the rear. It was her father who first suggested Monica establish her own dance studio, after her years of teaching dance to her fellow gymnasts, and her many experiences coaching & learning abroad.

Twenty successful years later, Monica's Danz Gym is thriving under the careful guidance of Monica, with Liz Cooper's aerial expertise adding the unique element of flight to their repertoire of classes. Monica plays a very active role in her studio's success--she teaches a variety of classes, from acro danz to aerial, to students of all ages. Her most recent endeavour took her on an adventure to Sarasota, FL, where she became an instructor in Flying Aerial Yoga. Striving to pass along the knowledge she has gained on her journey, Monica has given many girls the opportunity to travel overseas to study & perform, throughout much of Europe & North America. In 2003, she and Liz established Winnipeg's premier youth circus troupe, Momentum Aerial & Acrobatic Troupe, which enables youth to pursue the aerial arts at a high level. Monica strives to open up a world of possibilities to her students, just as she was taught when she was young.

The one thing that has remained throughout the years is the strong presence of family in Monica's endeavors. MDG never would have become the place it is today without the unwavering support of her husband, Michael Thomlinson, also known as Engineer Extraordinaire. And now, just as her mother coached her on her gymnastics journey, Monica has become her own daughter's coach--it's a passion that runs through their blood. The dynamic mother-daughter duo will no doubt go far in achieving their dreams. Through teaching her students to embrace the world of endless possibilities, Monica continues to change lives through the art of dance.

5 – VENUES

5.1– Indoor Performance Venue

See **Appendix B** for the **DRAFT** Indoor Performance floor plan.

5.2– City Performance Venue

There will be two (2) stages at the City Performance venue:

1. Children Festival Stage
2. Canada Day Stage

Each stage will be 20ft x 20ft with a 9ft clearance height. The floor will be steel deck (plywood flooring), and there will be speaker stacks on the front corner of the stage.

See **Appendix A** for the Canada Day schedule.

6 - GROUP INFORMATION

Help us enhance the spectator experience by telling us more about your group. The details you provide will be used by our event announcers to introduce your group and will also be included in our official event program. Please use the survey link located at the end of the bulletin to input your group's information by **Monday, April 16th**.

7 – CANADIAN GYMNAESTRADA GROUP FEEDBACK FORM

The true nature of a Gymnaestrada event is to come together in a non-competitive, inclusive, celebration of gymnastics. While it is important to recognize and honour the celebratory nature of Gymnaestrada, it is also important to embrace the opportunity to share, grow, and pursue continued learning and development for coaches and participants.

All registered groups (Indoor and City) will be given the opportunity to receive formal feedback on their performance from the Canadian Gymnaestrada Adjudication Panel. The adjudication panel will be made up of three long standing members of our Gymnaestrada community:

- Penny Erickson
- Marta Krupa
- Sheila Moses

All three adjudicators bring a unique perspective and a wealth of knowledge to the Canadian Gymnaestrada. Learn more about each of them in our “Meet the Adjudicators” section in **Appendix D!**

Using the “Group Feedback Form” (see **Appendix C**), the adjudicators will provide input based on four main criteria:

- Execution and Safety
- Choreography
- Artistry
- Impression and Entertainment

Similar to past Gymnaestrada cycles, the “Group Feedback Form” will:

1. Assist Gymnastics Canada in the allocation of World Gymnaestrada performance spots. As outlined in the FIG Gymnastics for All Regulations, each federation receives a limited number of performance spots. This means we must find collaborative and creative ways to allow all interested groups the chance to participate in the world event. The “Group Feedback Form” assists greatly in this process.
2. Provide formal written feedback to any coach/group who has indicated interest in receiving input from a non-affiliated, 3rd party perspective. The adjudicators are committed to sharing their knowledge and expertise in the area of Gymnaestrada and Performance Gymnastics to highlight the successes of each performance and also offer ideas, suggestions and feedback for continued development.

The “Group Feedback Form” may be used in many different ways, depending on the personal goals of each coach and group. Coaches will have the option of meeting with the Adjudication Panel to discuss their performance and feedback form on-site. Coaches may also choose to use the “Group Feedback Form” independently, as a self-reflection exercise, or they may choose to work with a fellow coach to conduct a peer-review of each other’s group performances.

Groups are requested to complete the Group Information survey to indicate their interest in participating in the formal feedback process by **Monday, April 16**.

8 – OTHER ACTIVITIES/RECEPTIONS

8.1– Coach/Manager Reception

Each registered coach and manager will receive a ticket for the coach/manager reception on June 28th from 20:30-21:30. The tickets will be distributed in the group's registration package.

8.2– Group Activity

The Group Activity will take place at the Richmond Oval on June 29th from 19:00-21:00. All registered participants are invited to take part in this social gathering. The evening will feature a dance party hosted by DANCEPL3Y and will also offer participants the opportunity to socialize with their peers and trade club items if they wish (pins, t-shirts, etc.). The evening activity will also offer everyone the chance to perform the World Team choreography as one large Canadian Group in preparation for the 2019 World Gymnaestrada!

8.3– Coach Professional Development Activity

The Coach PD Activity will take place at the Richmond Oval on June 29th from 18:30-21:00. All registered coaches are invited to take part in this interactive session dedicated to exploring the current Canadian Gymnaestrada Adjudication Process, Performance Assessment Form, and World Gymnaestrada Performance Spot Allocation.

8.4 – Canada Day Parade

All Canadian Gymnaestrada participants are encouraged to participate in the Canada Day festivities at the Steveston Village on July 1st. Transportation will be provided from the hotels to the village. Gymnaestrada groups are invited to be part of the Canada Day parade that will be taking place at approximately 9am (arrival on site at 8am). Space is limited to a maximum of 100 people. A detailed sign-up process will be available at a later date. Please indicate your group's interest in the parade on the survey (link at the end of the bulletin).

9 – SHOWCASE

The Showcase will take place on June 30th from 19:00-20:30 in the Richmond Oval. The goal of the showcase is to highlight the inclusive nature of Gymnaestrada and feature a diverse range of performances from across the country. Groups selected to be a part of the showcase will be notified following the first day of performances in the Indoor Venue (communication will be sent to both the coach and manager).

10 – TEAM CANADA – 2019 WORLD GYMNAESTRADA

Groups planning to attend the 2019 World Gymnaestrada in Dornbirn, Austria will be offered a uniform sizing opportunity following their rehearsal on June 28th. Uniform sizing will take place in the Richmond Oval; A marshal will direct your participants to the room. If your group would like to reserve a uniform sizing time slot, please fill-out the survey (link at the end of the bulletin) by **Monday April 16th**. Please note that space and time is limited in the uniform sizing room. Each group will be allotted 10 minutes and a max of 10 participants in the room at once.

11 – LOCAL TRANSPORTATION

Gymnastics Canada will provide transportation to **REGISTERED participants staying in the host hotels only**. Teams who do not stay at host hotels or do not submit arrival and departure information, and/or their chosen host hotel by **May 28th, 2018** will not receive any local transportation.

8.1- Marriott, Sheraton, Hilton, Executive Airport Plaza Hotels

Transportation to and from the airport will be provided through the host hotels' airport shuttle service. GCG will work with the teams and the hotels to ensure that the appropriate number of shuttles are available based on the arrival and departure information received.

Teams staying at these hotels will be expected to walk to and from the Indoor Performance and workshop venues which are located 1km – an approximately 10-minute walk, from these hotels. The Richmond Olympic Oval (indoor performances) and the Curling Club (workshops) are located across the street from each other.

Teams will be provided transportation to and from the City Performance venue (Steveston Village) according to the event schedule.

8.2- River Rock & Casino, Hampton Inn, Sandman Signature, and Sandman Hotels

Transportation to and from the airport will be provided by charter buses to these host hotels based on the arrival and departure information received.

Transportation will be provided to teams staying at these hotels between the hotels and the Richmond Olympic Oval according to the rehearsal, workshop, ceremonies, and performance schedules. The workshop venue is located across the street from the Richmond Olympic Oval, therefore teams will be expected to walk between the two venues.

Teams will be provided transportation to and from the City Performance venue according to the event schedule.

12 – HOTELS

GCG is actively working on finding additional affordable hotels for the Gymnaestrada groups who have not been able to find accommodations. If your group has hotel rooms that are on hold, we ask that you please register names to these rooms. If you will NOT be using these rooms, please advise Mariève Reid (mreid@gymcan.org) before releasing the rooms.

SURVEY LINK

Please fill out the survey by **Monday April 16th, 2018**.

<https://www.surveymonkey.com/r/R8MLXMN>

CHECKLIST

- Sent flight information to Mylaine Doré (mdore@gymcan.org)
- Filled-out the Group Information survey by **Monday, April 16th**
- Confirmed hotel reservations
- If applicable, informed Mariève Reid of rooms on hold before releasing