

INFORMATION BULLETIN #3



2022 CANADIAN GYMNAESTRADA

“Connecting Through Movement”

June 30th to July 5th

Edmonton, Alberta

#CDNGymnaestrada

www.gymcan.org

Table of Contents

Eligibility	4
Participant Definitions and Eligibility Specifications	4
Gymnast	4
Coach	4
Manager	5
Chaperone	5
Supporter	5
Group Requirements and Performance Specifications	6
Registration	6
STEP 1: Intent to Participate – Was due November 5, 2021	6
STEP 2: Nominative Registration and Apparatus Forms – Was due January 14, 2022	6
STEP 3: Music, Final Entries, Refunds, Waivers, Transportation - Due May 2, 2022	6
Meal Options	6
Accommodations	7
Music Submission	8
Registration Changes and/or Additions	8
Refund Policy	9
Participant Risk Waiver and Medical Forms	9
Transportation	9
Method of Payment	9
COVID-19 Policy	9
Schedule	10
Venues	11
Indoor Performance Venue	11
City Performance Venue	11
Workshop Venue	11



Workshops.....	12
Other Activities/Receptions.....	12
Adjudication.....	12
Mass Performance.....	13
Closing Ceremony Performance.....	13
Tourist Attractions	13
Social Media.....	14
Deadlines	14



Eligibility

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

Consistent with previous cycles, any group planning to attend the 2023 World Gymnaestrada (WG) in Amsterdam, Netherlands must attend the 2022 Canadian Gymnaestrada:

- To show part of their WG routine and to receive feedback to enhance their performance at WG. (Note: GymCan 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 22.

Participant Definitions and Eligibility Specifications

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.
- 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.

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 GymCan on a case-by-case basis. A written request must be addressed to Martin Sanio (msanio@gymcan.org) 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 who is not a registered member in good standing of a P/TO may not participate in the CG.
- A coach must hold a valid Criminal Police Check, valid within 1 year 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>.
- 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.



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 1 year 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.

Chaperone

- By definition, a chaperone supervises underage gymnasts.
- A group must appoint one chaperone for every 10 gymnasts below the age of 18 participating. A group may appoint a maximum of two chaperones for every 10 gymnasts below the age of 18 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 who is not a registered member in good standing of a P/TO cannot participate in the CG.
- A chaperone must hold a valid Criminal Police Check, valid within 1 year 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.

Supporter

- By definition, a supporter is a person (generally a family member) with no other role apart from providing assistance as required by their group leader (a supporter is not a gymnast, coach, group leader, 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 who is not a registered member in good standing of a P/TO cannot participate in the CG.
- A supporter must hold a valid Criminal Police Check, valid within 1 year 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.



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.

Registration

The registration for this event is a three-step process and may be completed by either the group leader or the P/TO representative.

STEP 1: Intent to Participate – November 5, 2021

STEP 2: Nominative Registration and Apparatus Forms – January 14, 2022

STEP 3: Music, Final Entries, Refunds, Waivers, Transportation - Due May 2, 2022

Meal options

Conveniently located across the street from the indoor performance and workshop venue, the University of Alberta's Lister Hall can provide reasonably priced catering services for breakfast, lunch, and dinner as either a buffet or boxed-style option (only available for lunch and dinner), and are able to accommodate specific food allergies or sensitivities (with advanced notice).

A sample meal plan and information on how to make arrangements for your team can be found here: [LINK](#)



Accommodations

Gymnastics Canada and the Alberta Gymnastics Federation are excited to be able to offer accommodation options that are both reasonable priced and in close-proximity to the indoor performance and workshop venue. As a result, **teams are strongly encouraged to stay at Lister Hall** in order to enhance their team's experience and manage accommodation expenses.

Lister Hall

11613 87 Ave, Edmonton, AB, T6G 2H6
3-minute walk (300m) to Universiade Pavilion

[Website](#)

Amenities

Dormitory-styled rooms: Single or dual occupancy (twin beds)
Complementary WIFI included
Common-washroom facilities with independent shower stalls
Linen and towel service is provided

Rates

Traditional Single: \$56.00

Traditional Twins: \$66.00

All room rates are quoted in CAD and subject to 4% tourism levy, 3% destination marketing fee (DMF) and 5% Goods and Services Tax (GST).

To book your reservations

Booking Form: [Lister Hall Room Booking Form](#)

Deadline: April 30, 2022

Campus Tower Suite

11145 87 Ave NW, Edmonton, AB, T6G 0Y1
8-minute walk (600m) to Universiade Pavilion

[Website](#)

Note: Rooms available are limited

Amenities

Full fitness facility
Work stations
Complimentary WIFI
Self-Parking - \$15.75/night

Rates

Single Occupancy: \$150.00

All room rates are quoted in CAD and subject to 4% tourism levy, 3% destination marketing fee (DMF) and 5% Goods and Services Tax (GST).

To book your reservations

Call 780.439.3030 and use group code: ACT-GFC3842

Deadline: May 30, 2022



Chateau Lacombe

10111 Bellamy Hill, Edmonton, AB, T5J 1N7

8-minute drive (4.0km) to Universiade Pavilion

[Website](#)

Note: Rooms available are limited

Amenities

Complimentary WIFI

Guestroom Rates include Parking (1 vehicle per room)

Rates

Standard Double/King/Jr. Suite: \$109.00

These rates are net of taxes. Hotel's room rates are subject to applicable provincial and local taxes (currently 9%) in effect at the time of check-in. Room rates are also subject to the Destination Marketing Fee of 3%.

To book your reservations

Call 1.800.661.8801 and mention room block: Canadian Gymnaestrada – Friends & Family

Deadline: June 15, 2022

Music Submission

- Please upload an electronic version (mp3.) of your music to your Uplifter Account by **May 2nd, 2022**.
- Music files must be named in accordance with the following naming convention:
 - Full name of group Performance type (Indoor/City)_Duration (minutes.seconds)
 - Examples:
GymCan Performance Team_City_2.55
GymCan 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 Minute Max (groups with 10 to 19 gymnasts)
 - 10 Minute Max (groups with 20 to 35 gymnasts)
 - 15 Minute Max (groups with 36 or more gymnasts)
 - City Group Music:
 - 3 Minute Max (groups with 10 to 19 gymnasts)
 - 5 Minute Max (groups with 20 or more gymnasts)

Registration Changes and/or Additions

- The nominative registration fee is 100% transferable and replacement participants will be accepted until May 2nd, 2022.
- Following the nominative deadline, additional participants will be accepted until May 2nd, 2022, but will be subject to an additional **\$50 late registration fee**.
- No additional participants will be accepted after May 2nd, 2022.



Refund Policy

- The *Intent to Participate* fee (\$150) is refundable in case the event cannot take place due to COVID-19 circumstances.
- The *Nominative Registration* fee (\$140) is refundable in case the event cannot take place due to COVID-19 circumstances.
- After May 2, 2022, the *Nominative Registration* fee (\$140) is non-refundable, even for withdrawals due to injury.

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 2, 2022.
- [Assumption of Risk and Medical Form link](#).
- Forms must be converted to a single PDF file and uploaded to your team's Uplifter Registration.

Transportation

- All airport arrival and departure information must be submitted to Gymnastics Canada and the LOC (msanio@gymcan.org & rec@abgym.ab.ca) by **May 2, 2022**. Should a club/group fail to submit the transportation information by the deadline, they will not receive any local transportation.
- **Note that only groups that choose to stay in a host hotel/dorm will receive local transportation.**

Method of Payment

Registration Step 1

Intent to Participate Form was due **November 5, 2021**.

Registration Step 2

Nominative Registration and *Canadian Gymnaestrada Nominative Registration Template* was due **January 14, 2022**.

Registration Step 3

Updated [Nominative Registration](#) and [Canadian Gymnaestrada Nominative Registration Template](#) for any late registrations must be received by **May 2, 2022**.

COVID-19 Policy

The COVID-19 policy for Canadian Gymnaestrada will be in alignment with the **University of Alberta's protocols**, which may be subject to change.

For a full breakdown of the U of A's current policies, please visit their website:

<https://www.ualberta.ca/covid-19/vaccinations-testing/index.html>



Schedule

****Please note that the schedule may be subject to change.**

Thursday, June 30, 2022	
Group Arrivals, Registration, Coaches Meeting/Site Tour	All Day
Coach/Manager Orientation Meeting & Venue Tour (Universiade Pavillion)	20:00 - 21:00 Coaches Meeting/Site Tour
Friday, July 1, 2022	
Outdoor City Performance General Warm up	8:00 - 10:00
Outdoor City Performances (Hawrelak Park)	11:00 - 13:00 (tentative)
Canadian Gymnaestrada Welcome BBQ	16:00 - 19:00
Saturday, July 2, 2022	
Workshops and Rehearsals	9:00 - 11:30 Morning - Group A
	11:30 - 13:30 Lunch Break
	13:30 - 16:00 Afternoon - Group B
Opening Ceremonies (Universiade Pavilion)	19:00 - 20:15
Sunday, July 3, 2022	
Indoor Performances (Universiade Pavilion)	9:00 - 11:30 Group Performances
	11:30 - 13:00 Lunch Break
	13:00 - 15:30 Group Performances
Adjudicator Feedback Sessions /Mass Routine Rehearsal (Universiade Pavilion)	18:30 - 20:30
Monday, July 4, 2022	
Indoor Performances (Universiade Pavilion)	9:00 - 11:30 Group Performances
	11:30 - 13:00 Lunch Break
	13:00 - 15:30 Group Performances
Closing Ceremonies/Showcase/Mass Routine (Universiade Pavilion)	19:00 - 20:30

The times and starting orders for the July 1st City Performances at Hawrelak Park will be communicated in the Event Handbook that will be released in June 2022.



Venues

Indoor Performance Venue

University of Alberta – Universiade Pavilion
11440 87 Ave NW, Edmonton, AB, T6G 1C9

City Performance Venue

City performances will take place as a part of the city of Edmonton's Canada Day Celebrations, and will take place at [Hawrelak Park](#), which is one of Edmonton's busiest locations during Canada Day.

There will be busses that will transport our performers to and from the park, and the performance surface will be on a flat, grassy surface that is uncovered. Teams are encouraged to build the composition of their performances in consideration of the surface/setting we will be in, which would include logistical details such as the choreography, costumes/attire, and props included.

Workshop Venue

University of Alberta – Van Vliet Complex
11440 87 Ave NW, Edmonton, AB, T6G 1C9

Workshops will take place at the University of Alberta and will be spread across various locations on campus.

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.

The workshops will feature a variety of activities including:

African Dance – Presented by Masani with drummer Bill Mitchell

An exploration of traditional rhythms and dances from Guinea through traditional drums and pedagogy on musical instruments from across West Africa.

DancePL3y – Presented by Tracy Lockwood

We are the world leader in developing physical literacy through dance. Our innovative and interactive dance-fitness programs feature simple moves and routines inspired by chart-topping music and popular dance styles including Club, House, Hip-Hop, Latin, Reggaeton, Bollywood, Jazz, Funk and more. DANCEPL3Y promotes positive mental health through the Three Rules of PL3Y: Be Positive, Be Fun, Be Yourself.

Dancehall (Jamaican Style Dancing) – Presented by Raymond Murray-Smith

This style of dance originated from an island called Jamaica and is performed to celebrate with others on all kinds of occasions. The songs and movements are common to Dancehall and have evolved to be a catchy and fun way to get moving!



Musical Theatre – Presented by Rebecca Bissonnette

Do you dance around your room to your favourite song? Choreographed moves like your favourite music video? Know all of the words to your favourite album? Let out your inner stage diva as we sing AND dance to a fun tune from one of today's popular Broadway shows.

Parkour – Presented by Brody Atkin

Discover the art of movement through Parkour. Learn to roll, vault, climb and leap over obstacles and use your body the way it was meant to move! Whether it's being the best kid at recess playing grounders, jumping on rocks while hiking or racing friends through obstacle courses, knowing the basics of Parkour can help you master running around any environment you end up in. You'll also learn how to land and crash safely in all aspects of life so you look just a little cooler falling over while hurting a lot less!

World Gymnaestrada Information Session – Presented by GymCan

This session will provide teams with information as we prepare for World Gymnaestrada. Coaches and Team Managers are encouraged to prepare any questions they may have, as this is the perfect opportunity to learn more about WG2023.

Space is limited in each workshop session, and a poll will be included in the nominative registration for teams to state their preferred workshops.

Other Activities/Receptions

As we welcome our participants and guests to Canadian Gymnaestrada, GymCan is excited to invite all teams to our Welcome BBQ on July 1 in the green space adjacent to our performance venue.

Included will be a variety of games, food, and fun, and we look forward to seeing all of our teams come together as we kick off the weekend!

More information regarding the Welcome BBQ will be provided as we approach Canadian Gymnaestrada!

Adjudication

Gymnaestrada is an event that is non-competitive in nature and utilizes adjudicators that provide feedback to teams, which is slightly differs than a competitive event that utilizes judges to provide a score.

The key roles of adjudicator at Canadian Gymnaestrada are to:

- Provide constructive feedback to teams so they can continue to build and enhance their Gymnaestrada performances.
- Select the team(s) that will be performing during the closing ceremony performance.
- Ensure that teams preparing for World Gymnaestrada are set up for success to perform on an international stage.



Teams that have requested to receive feedback from our adjudicators will be scheduled to a time slot with our adjudicators following our first day of performances on Sunday, July 3.

If your team is unsure if you have requested to receive feedback, please confirm by emailing rec@abgym.ab.ca.

Mass Performance

As a finale to the closing ceremony, GymCan is organizing a mass-routine that all teams are welcome to participate in.

These types of performances are a staple at World Gymnaestrada, and the organizing committee agreed that it would be a great way to expose our teams to what they can expect as they progress toward World Gymnaestrada!

Teams have already received the instructional videos, music, and script to break down the choreography for the mass performance.

When we all meet at Canadian Gymnaestrada we will do a dress rehearsal following our first day of performances to provide an opportunity for our performers to run through the mass performance as a large group.

If your team has not confirmed that you will be participating in the mass-routine, please email rec@abgym.ab.ca.

Closing Ceremony Performance

The objective of the showcase performance 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).

This encore performance will take place in conjunction with the Canadian Gymnaestrada Closing Ceremonies, and provide an opportunity for the selected teams to perform in front of all teams in attendance.

Tourist Attractions

Explore Edmonton has graciously provided us with a summary of the different activities and events that Edmonton has to offer. For more information, feel free to view the following pages on Explore Edmonton's website:

[Summer in Edmonton](#) | [Explore Edmonton](#)

[Summer vacation. No passport required.](#) | [Explore Edmonton](#)



Social Media

#CDNGymnaestrada

Facebook: <https://www.facebook.com/gymcan1>

Twitter: @CDNgymnastics

Instagram: @CDNgymnastics

YouTube: <https://www.youtube.com/user/gymnasticscanada>

Snapchat: @CDNgymnastics

Deadlines

Date	Documents
May 2, 2022	Final Entries and Payment
	Music Submission
	Medical and Assumption of Risk Waivers
	Refund Deadline
	Transportation Information
June 2022	Delegate Handbook – Distributed to registered groups

