

DELEGATES HANDBOOK



2022 CANADIAN GYMNAESTRADA

“Connecting Through Movement”

June 30th to July 5th

Edmonton, Alberta

#CDNGymnaestrada

www.gymcan.org

Welcome to the 2022 Canadian Gymnaestrada! In this Delegates Handbook, you will find all the information you need for the event.

ORGANIZING COMMITTEE

Gymnastics Canada (GymCan) is proud to work with Alberta Gymnastics and numerous volunteers in the organization of the 2022 Canadian Gymnaestrada.

Name	Role	Email
Bobby Kriangkum	Event Chair	rec@abgym.ab.ca
Robin McDougall	AGF Executive Director	operations@abgym.ab.ca
Kevin Quon	AGF Marketing Manager	mag@abgym.ab.ca
Martin Sanio	GymCan National Events Manager	msanio@gymcan.org
Denise Alivantov	GymCan Education Program Coordinator	dalivantov@gymcan.org
Taylor Matthews	GymCan Communications Coordinator	comms@gymcan.org

Please email rec@abgym.ab.ca as soon as possible in case of flight changes or cancellations.

GROUP PACKAGES

Each group will receive a group package which will include:

- Accreditations
- Copies of the delegates handbook
- Participant gifts
- Welcome BBQ tickets

The group packages will be distributed on the check in day on Thursday, June 30th. If a group representative cannot attend the check-in window, the group package will be given the next morning.



GENERAL SCHEDULE

Thursday, June 30, 2022	
Group Arrivals, Registration, Coaches Meeting/Site Tour	All Day
Coach/Manager Orientation Meeting & Venue Tour (Universiade Pavilion)	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
True Sport Participant Activation	15:00 – 16:00
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
World Gymnaestrada Info Session / True Sport (Coach/Managers)	16:30 – 17:30
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

See end of document for a full list of start orders and performance times.



INDOOR PERFORMANCE VENUE – UNIVERSITY OF ALBERTA – UNIVERSIADE PAVILLION

11440 97 Ave NW, Edmonton, AB, T6G 1C9

REHEARSALS, INDOOR & CITY GROUP PERFORMANCES (JULY 1-4, 2022)

Rehearsals, indoor and city group performances that are scheduled July 1-4, 2022.

WARM-UP AREA

Warm-ups will take place in the Main Gym, which is behind the Universiade Pavilion. Please follow the directional signage in the facility. Groups are asked to report to the main gym five minutes prior to their scheduled warm-up time. There will be areas available to store personal belongings and groups will be assigned to a designated bag drop area for each performance. **Note:** The bag drop area will be in a location that only Canadian Gymnaestrada Participants may enter; however, it will not be locked so please do not leave valuables in your bags in the bag drop area.

Groups have been allotted a specific time block in the official warm-up area prior to their performance(s). This applies to all performances occurring in the Universiade Pavilion (rehearsals, performance day 1, performance day 2 and showcase).

The official warm-up area will contain two side-by-side carpets (12m x 12m AG floor top, 12m x 12m RG carpet). Each group will warm-up on the carpet they have selected for their performance (i.e., if a group has indicated they will be performing on an AG floor top, the group will warm-up on the AG floor top in the official warm-up area).

The time allotted to each group for their official warm-up will depend on their performance time:

- Groups with a performance time of more than 5 minutes will receive 10 minutes in the official warm-up area
- Groups with a performance time of 5 minutes or less will receive 5 minutes in the official warm-up area

Some warm-up times will overlap between groups, but they have been scheduled on two (2) different carpets (i.e., a warm-up on the AG carpet may overlap slightly with the timing of a warm-up on the RG carpet). For this reason, there will be no music sound system provided in the official warm-up area. Groups may bring their own portable music playing device, but they are expected to remain mindful of the volume level and warm-up happening on the other carpet.

TRANSITIONING BETWEEN WARM-UP AREA AND PERFORMANCE AREA

Marshals will facilitate the rotation of groups in and out of the warm-up area. Due to the proximity of the Performance area, groups will be given 3 minutes to walk to the “holding area” and then they will have 3 minutes to line-up and wait for their turn to enter the Performance Area.

PERFORMANCE AREA

The official performance area will contain two side-by-side carpets (12m x 12m AG floor top, 12m x 12m RG carpet). Each group will perform on the carpet they have indicated on their registration form.



Performance time allocations are based on the music time indicated by the group on their registration form and rounded to the next highest whole minute (i.e., if the music time is 6 minutes and 23 seconds, the group has been allotted 7 minutes in the schedule). **The performance time includes all entrances, exits, transitions, equipment/apparatus set-up and take-down.**

There is a 1-minute break scheduled between each performance for announcer introductions and group set-up.

When the performance is complete, groups will exit the Universiade Pavilion and will return to the bag drop area to collect their belongings and then join the spectators in the participant bleachers to watch the other groups.

A few other important things to note regarding the Indoor Performance Venue:

- **WATER:** There are water filling stations at the Universiade Pavilion so please remind your participants to pack their reusable water bottles. The water stations are located throughout the facility, so your group should be reminded to fill up their bottle before entering the field-of-play area for warm-up.
- **SEATING:** Participants are asked to sit in the participant designated bleacher sections. The bleachers will be the set that reach down to the performance floor level. Please avoid bringing large bags or items into the seating area as space is limited.
- **LOCKERS/CHANGE ROOMS:** There are public change rooms available at the Universiade Pavilion with designations for male, female, and non-binary participants.

CITY PERFORMANCE VENUE – HAWRELAK PARK

CITY GROUP PERFORMANCES (OUTDOOR VENUE) – JULY 1ST

The City Group Performances will take place at Hawrelak Park. The performances will be taking place in the open space of the park and will draw spectators that are in the park to celebrate Canada Day.

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.

Thank you for your understanding. It is integral that we remember and honour the philosophy behind the City Performances at a Gymnaestrada event - **“Bringing Gymnaestrada to the community”**. We must be adaptable and creative in our performance plans to make our collaboration with the local community event a true success for everyone.



WORKSHOP VENUE – UNIVERSITY OF ALBERTA – UNIVERSAIDE PAVILLION

11440 97 Ave NW, Edmonton, AB, T6G 1C9

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.

WELCOME BBQ

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 indoor performance venue at the University of Alberta.

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!

TRUE SPORT AWARDS

Teams are invited to nominate one member of their team to receive their team's true sport award. One participant per team may be nominated for their award, which can be completed using the following form:

[TRUE SPORT AWARD NOMINATION FORM](#)

Nominations will be due at 11:59 PM on Saturday, July 2.

OPENING CEREMONIES

Location: **Universiade Pavillion**

Date: **Saturday, July 2, 2022**

Time: **19:00-20:15**

Gymnaestrada is an event that is non-competitive in nature and utilizes adjudicators that provide feedback to teams, which is slightly different 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.

All registered groups have been given the opportunity to receive formal feedback on their performance from the Canadian Gymnaestrada Adjudication Panel.



The adjudication panel is made up of two long standing members of our Gymnaestrada community:

- Penny Erickson
- Marta Kroupa

Groups that have signed up for this opportunity will have Penny and Marta observe your team's performances, and have feedback delivered by GymCan's Denise Alivantov.

The feedback teams receive will take into consideration each team's experience level and aspirations, and constructively guide teams in a direction where they can further enhance their performances for the future.

MASS PERFORMANCE

Location: **Universiade Pavilion**

Date: **Monday, July 4, 2022**

Time: **19:00-20:30**

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.

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.



TRANSPORTATION

AIRPORT

Airport transportation is provided on the official arrival and departure days.

ARRIVALS/DEPARTURES

There will be a Gymnaestrada representative holding a sign to greet you at the baggage carousel. From there, you will be directed towards the shuttle area.

The Canadian Gymnaestrada Organizing Committee has organized busses to transport groups to and from the University, and will ensure teams that have requested transport will be on the correct bus.

IMPORTANT NOTE:

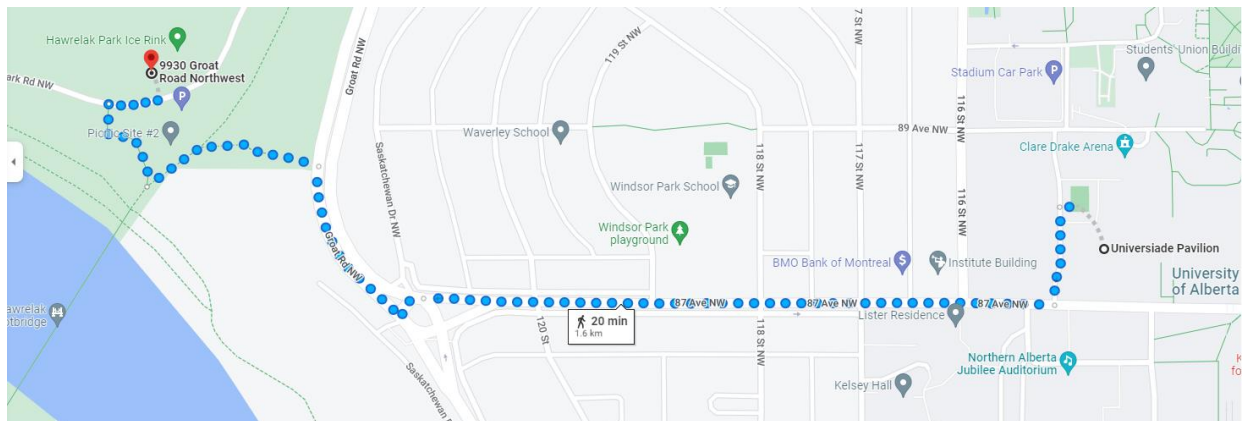
If you miss the scheduled shuttles, you will be responsible for your own transportation.

INDOOR PERFORMANCE VENUE TRANSPORTATION

The workshop and performance venue are across the street from Lister Hall, and is a 2-minute walk. The Welcome BBQ will also be taking place in the field next to the Universiade Pavilion.

CITY PERFORMANCE VENUE TRANSPORTATION

The City Performance Venue is a 20-minute walk from Lister Hall, and teams will be walking to and from the city performance venue.



ADMISSION

TICKETS

Half day tickets and opening ceremonies tickets are available for purchase at

<https://abgym.uplifterinc.com/pages/Canadian-Gymnaestrada-Admissions>

Tickets will also be available for purchase at the door.



P: 613.748.5637 | E: info@gymcan.org
RA Centre, 2451 Promenade Riverside Drive, Ottawa, ON K1H 7X7

WWW.GYMCAN.ORG

Opening Ceremonies Tickets

- Adult: \$10
- Senior/Child: \$7

Closing Ceremonies Tickets

- Adult: \$10
- Senior/Child: \$7

Daily Admissions Tickets

- Adult: \$15
- Senior/Child: \$10

Full Weekend Tickets (Opening Ceremony, Both Performance Days, Closing Ceremonies)

- Adult: \$30
- Senior/Child: \$20

VENDORS

There will be vendors set-up in the performance area.

MEDICAL

MEDICAL SERVICES

Odyssey Medical will provide first-aid services at the Universiade Pavilion and be on site at Hawrelak Park during the City Performances.

HOSPITAL

University of Alberta Hospital

8440 112 St NW

Edmonton, AB

T6G 2B7

780.407.8822

SOCIAL MEDIA

Engage with us on social media using the hashtag #CDNgymaestrada and tagging @gymcan1 in your posts.



City Performance Morning Training Schedule - July 1, 2022

University of Alberta

				General W/U			General W/U	
Group Name	P/T	# of athletes	Floor #	Start	Finish	Floor #	Start	Finish
Gymtastics Troopers	AB	13	RG2	8:00:00 AM	8:20:00 AM	AG1	8:20:00 AM	8:40:00 AM
Regina Rhythmic Gymnastics Club	SK	14	RG2	8:00:00 AM	8:20:00 AM	RG1	8:20:00 AM	8:40:00 AM
NEGC Northern Lights	AB	19	RG2	8:20:00 AM	8:40:00 AM	AG2	8:40:00 AM	9:00:00 AM
Phoenix Gymnastics Centre	AB	10	RG2	8:20:00 AM	8:40:00 AM	AG1	8:40:00 AM	9:00:00 AM
Calgary Gymnastics Centre	AB	14	RG2	8:40:00 AM	9:00:00 AM	AG2	9:00:00 AM	9:20:00 AM
Alpha Rhythmic Gymnastics Club	AB	11	RG2	8:20:00 AM	8:40:00 AM	RG1	8:40:00 AM	9:00:00 AM
CARGO	AB	13	RG2	8:40:00 AM	9:00:00 AM	AG1	9:00:00 AM	9:20:00 AM
Illusions Rhythmic Gymnastics	BC	10	RG2	8:40:00 AM	9:00:00 AM	RG 1	9:00:00 AM	9:20:00 AM
Edmonton Acro	AB	16	RG2	9:00:00 AM	9:20:00 AM	AG2	9:20:00 AM	9:40:00 AM
NEGC Cosmos	AB	16	RG2	9:00:00 AM	9:20:00 AM	AG1	9:20:00 AM	9:40:00 AM
Ad Astra Gymnaestrada Team	AB	15	RG1	9:20:00 AM	9:40:00 AM	AG2	9:40:00 AM	10:00:00 AM
Dreams - GymNation	AB	28	RG2	9:20:00 AM	9:40:00 AM	AG1	9:40:00 AM	10:00:00 AM
NorGlen	AB	12	RG1	9:00:00 AM	9:40:00 AM	RG1	9:20:00 AM	9:40:00 AM

Outdoor City Performance Schedule - July 1, 2022, Hawrelak Park

				Performance Area		
Start #	Group Name	Music Duration	Line-up	Enter	Exit	Time
-->	OPENING			11:00	11:03:00	
	Gymtastics Troopers	3:25	11:00	11:03	11:06:25	3:25
	Regina Rhythmic Gymnastics Club	2:53	11:03	11:08	11:10:53	2:53
	NEGC Northern Lights	2:24	11:08	11:12	11:14:24	2:24
	Phoenix Gymnastics Centre	3:00	11:12	11:16	11:19:00	3:00
-->	BREAK			11:19	11:35	16 mins
	Calgary Gymnastics Centre	2:55	11:30	11:35	11:37:55	2:55
	Alpha Rhythmic Gymnastics Club	2:54	11:35	11:39	11:41:54	2:54
	CARGO	2:03	11:39	11:43	11:45:03	2:03
	Illusions RG	2:53	11:43	11:46	11:48:53	2:53
-->	BREAK			11:49	12:05	15 mins
	Edmonton Acrobatic Gymnastics	3:00	12:00	12:05	12:08	3:00
	NEGC Performance Team	2:32	12:05	12:09	12:11:00	2:32
	Ad Astra Gymnaestrada Team	2:37	12:09	12:13	12:15:37	2:37
	Dreams - GymNation	3:00	12:13	12:17	12:20	3:00
	NorGlen	3:38	12:17	12:21	12:24	3:38
-->	CLOSING COMMENTS					

Canadian Gymnastrada 2022 Rehearsal & Performance Schedules - July 2, 3, & 4 - Morning

			General Warm Up			Specific Warm up			Performance					
Group Name	P/T	# of athletes	Floor #	Start	Finish	Floor #	Start	Finish	Line up	Enter	Exit	Max Time	Floor (AG)	Floor (RG)
Quesnel Technics Gymnastics	BC	11	AG 1	8:40	9:00	AG 1	9:00	9:20	9:25	9:30	9:35	0:04:24	AG	
Alpha Rhythmic Gymnastics Club	AB	11	RG 1	8:40	9:00	RG 1	9:00	9:20	9:31	9:36	9:40	0:03:15		RG
SALTA Achievement Squad (SAS)	AB	25	AG 2	8:40	9:00	AG 2	9:05	9:25	9:36	9:41	9:45	0:04:30	AG	
Calgary Gymnastics Centre	AB	14	RG 2	8:40	9:00	AG 1	9:20	9:40	9:43	9:46	9:51	0:04:11	AG	
TAG/White Rock	BC	21											AG	
	BC	44	RG 2	9:00	9:20	AG 2	9:25	9:45	9:49	9:52	10:03	0:10:37	AG	
Acrobatic Studio	AB	38	RG1	9:20	9:40	AG 1	9:40	10:00	10:02	10:04	10:10	0:06:16	AG	
Kanata Rhythmic	ON	33	RG 2	9:20	9:40	AG 2	9:45	10:05	10:07	10:11	10:19	0:07:58	N/A	N/A
Illusions Rhythmic Gymnastics	BC	10	RG1	9:20	9:40	RG1	9:45	10:05	10:15	10:20	10:25	0:04:51		RG
Delta Gymnastics Society	BC	28	RG 2	9:20	9:40	AG 1	10:00	10:20	10:23	10:26	10:34	0:07:50	AG	
CARGO	AB	13	RG 2	9:40	10:00	AG 2	10:05	10:25	10:30	10:35	10:40	0:04:40	N/A	N/A
Elena's RG Performing Team	AB	18	RG 2	9:40	10:00	RG1	10:05	10:25	10:36	10:41	10:46	0:04:47		RG
CAPTivate	AB	42	RG 2	10:00	10:20	AG 1	10:20	10:40	10:44	10:47	10:59	0:12:17	AG	
Dreams - GymNation	AB	28	RG 2	10:00	10:20	AG 2	10:30	10:50	10:55	11:00	11:05	0:04:59	AG	
Momentum Aerial and Acrobatic Troupe	MB	25	RG 2	10:20	10:40	AG 1	10:40	11:00	11:11	11:06	11:15	0:08:53	N/A	N/A
Duncan Dynamics/West Coast Rhythmic	BC		RG 1	10:25	10:45	AG 2	10:50	11:10	11:13	11:16	11:26	0:09:36	AG	
	BC	32												
Regina Rhythmics	SK	14	RG 2	10:40	11:00	RG 2	11:00	11:20	11:22	11:27	11:30	0:02:53		RG
NorGlen	AB	26	RG 1	10:45	11:05	RG 1	11:05	11:25	11:27	11:31	11:35	0:03:38		RG

LUNCH

Canadian Gymnaestrada 2022 Rehearsal & Performance Schedules - July 2, 3, & 4 - Afternoon

			General Warm Up			Specific Warm up			Performance					
Group Name	P/T	# of athletes	Floor #	Start	Finish	Floor #	Start	Finish	Line up	Enter	Exit	Max Time	Floor (AG)	Floor (RG)
Explosion Gymnastics	AB	26	AG 2	12:55	1:15	AG 2	1:15	1:35	1:55	2:00	2:04	0:03:28	AG	
Rhapsodies	NB	13	RG 1 (S)	1:15	1:35	RG 1	1:35	1:55	2:00	2:05	2:10	0:04:50		RG
NEGC Cosmos	AB	16	AG 1	1:00	1:20	AG 1	1:20	1:40	2:05	2:11	2:15	0:03:46	AG	
Troopers	AB	13	RG 2	1:20	1:40	AG 2	1:35	1:55	2:11	2:16	2:10	0:03:25	AG	
Club Aviva	BC	16	RG 1 (S)	1:15	1:35	AG 1	1:40	2:00	2:16	2:21	2:25	0:03:10	AG	
Phoenix Gymnastics Centre	AB	10	RG 2 (s)	1:40	2:00	AG 2	1:55	2:15	2:23	2:36	2:30	0:03:26	AG	
Rhythmic Waves	ON	7	RG 2 (s)	1:40	2:00	AG 1	2:00	2:20	2:29	2:31	2:37	0:05:22	AG	
Manitoba Fusion	MB	35	RG 2 (s)	1:40	2:00	RG 1	2:00	2:20	2:33	2:38	2:50	0:11:50		RG
Ad Astra Gymnaestrada Team	AB	15	RG 2	2:00	2:20	AG 2	2:15	2:35	2:46	2:51	2:56	0:04:47	AG	
Whistler Gymnastics	BC	12	RG 2	2:00	2:20	AG 1	2:20	2:40	2:53	2:57	3:02	0:04:18	AG	
Edmonton Acrobatic Gymnastics	AB	16	RG 1	2:20	2:40	AG2	2:35	2:55	2:58	3:03	3:08	0:04:53	AG	
Island Rhythmics	BC	31	RG 1	2:20	2:40	AG1	2:40	3:00	3:07	3:09	3:14	0:05:15	AG	
Pirouette Gymnaestrada Team	ON	22	RG 2	2:20	2:40	RG 1	2:48	3:08	3:10	3:15	3:20	0:04:59		RG
NEGC Northern Lights	AB	19	RG 2	2:20	2:40	AG2	2:55	2:15	3:18	3:21	3:26	0:04:35	AG	
Calgary Acro	AB	19	RG 2	2:20	2:40	AG 1	3:00	3:20	3:23	3:27	3:36	0:10:06	AG	
TSG w/ Calgary Gymnaestrada	SK	62							3:36	3:39	3:43	0:03:45	NO FLOOR	
	AB	27	RG 2	2:40	3:00	RG 1/2	3:15	3:35						

Canadian Gymnaestrada Workshop Schedule (Morning Session #1) - July 2, 2022

University of Alberta

			Morning - Session 1: 9:00 - 9:45					
Group Name	P/T	# of athletes	African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	World Gymnaestrada Uniform Sizing (Optional)
Ad Astra Gymnaestrada Team	AB	15		15				
Calgary Acro	AB	17					17	
Calgary Gymnaestrada Team	AB	27		27				
Team Saskatchewan Gymnaestrada	SK	62						62
Club Aviva	BC	16					16	
Whistler Gymnastics	BC	12					12	
Edmonton Acrobatic Gymnastics	AB	16			16			
Explosion Gymnastics	AB	26						26
Island Rhythmics	BC	31			31			
Manitoba Fusion	MB	35				35		
NEGC Northern Lights	AB	19	19					
NEGC Performance Team	AB	16	16					
Phoenix Gymnastics Centre	AB	10						10
Pirouette Gymnaestrada Team	ON	22						22
Regina Rhythmics	SK	14	14					
Rhapsodies	NB	13		13				
Rhythmic Waves	ON	7				7		
Gymtastics Troopers	AB	13				13		

Canadian Gymnaestrada Workshop Schedule (Morning Session #2) - July 2, 2022

University of Alberta

			Morning - Session 2: 9:50 - 10:45					
Group Name	P/T	# of athletes	African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	World Gymnaestrada Uniform Sizing (Optional)
Ad Astra Gymnaestrada Team	AB	15						15
Calgary Acro	AB	17		17				
Calgary Gymnaestrada Team	AB	27					27	
Team Saskatchewan Gymnaestrada	SK	62				62		
Club Aviva	BC	16						16
Whistler Gymnastics	BC	12						12
Edmonton Acrobatic Gymnastics	AB	16						16
Explosion Gymnastics	AB	26					26	
Island Rhythmics	BC	31						31
Manitoba Fusion	MB	35		35				
NEGC Northern Lights	AB	19			19			
NEGC Performance Team	AB	16			16			
Phoenix Gymnastics Centre	AB	10	10					
Pirouette Gymnaestrada Team	ON	22	22					
Regina Rhythmics	SK	14			14			
Rhapsodies	NB	13						13
Rhythmic Waves	ON	7						7
Gymtastics Troopers	AB	13	13					

Canadian Gymnaestrada Workshop Schedule (Morning Session #3) - July 2, 2022

University of Alberta

			Morning - Session 3: 10:40 - 11:25					
Group Name	P/T	# of athletes	African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	World Gymnaestrada Uniform Sizing (Optional)
Ad Astra Gymnaestrada Team	AB	15				15		
Calgary Acro	AB	17						17
Calgary Gymnaestrada Team	AB	27						27
Team Saskatchewan Gymnaestrada	SK	62	62					
Club Aviva	BC	16					16	
Whistler Gymnastics	BC	12		12				
Edmonton Acrobatic Gymnastics	AB	16		16				
Explosion Gymnastics	AB	26			26			
Island Rhythmics	BC	31					31	
Manitoba Fusion	MB	35						35
NEGC Northern Lights	AB	19						19
NEGC Performance Team	AB	16						16
Phoenix Gymnastics Centre	AB	10			10			
Pirouette Gymnaestrada Team	ON	22		22				
Regina Rhythmics	SK	14						14
Rhapsodies	NB	13				13		
Rhythmic Waves	ON	7				7		
Gymtastics Troopers	AB	13						13

Canadian Gymnaestrada Workshop Schedule (Afternoon Session #1) - July 2, 2022

University of Alberta

Group Name			Afternoon - Session 1: 13:30 - 14:15					
			African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	World Gymnaestrada Uniform Sizing (Optional)
CAPTivate	AB	42			42			
CARGO	AB	13					13	
Illusions Rhythmic Gymnastics	BC	10				10		
Acrobatic Studio	AB	15						15
Alpha Rhythmic Gymnastics Club	AB	11			11			
Calgary Gymnastics Centre	AB	14				14		
Elena's RG	AB	18				18		
Duncan Dynamics/West Coast Rhythmic	BC	32						32
Dreams - GymNation	AB	28		28				
Kanata Rhythmic	ON	33						33
Momentum Aerial and Acrobatic Troupe	MB	25		25				
NorGlen	AB	12						12
Quesnel Technics Gymnastics	BC	11					11	
SALTA Achievement Squad (SAS)	AB	25		25				
Delta Gymnastics Society	BC	28					28	
TAG Sports Centre	BC	21						21
White Rock Gymnastics	BC	44	44					

Canadian Gymnaestrada Workshop Schedule (Afternoon Session #2) - July 2, 2022

University of Alberta

Group Name			Afternoon - Session 2: 14:20 - 15:05					
			African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	World Gymnaestrada Uniform Sizing (Optional)
CAPTivate	AB	42				42		
CARGO	AB	13						13
Illusions Rhythmic Gymnastics	BC	10		10				
Acrobatic Studio	AB	15	15					
Alpha Rhythmic Gymnastics Club	AB	11	11					
Calgary Gymnastics Centre	AB	14						14
Elena's RG	AB	18					18	
Duncan Dynamics/West Coast Rhythmic	BC	32					32	
Dreams - GymNation	AB	28						28
Kanata Rhythmic	ON	33			33			
Momentum Aerial and Acrobatic Troupe	MB	25						25
NorGlen	AB	12		12				
Quesnel Technics Gymnastics	BC	11		11				
SALTA Achievement Squad (SAS)	AB	25						25
Delta Gymnastics Society	BC	28	28					
TAG Sports Centre	BC	21			21			
White Rock Gymnastics	BC	44						44

Canadian Gymnaestrada Workshop Schedule (Afternoon Session #3) - July 2, 2022

University of Alberta

Group Name			Afternoon - Session 3: 15:10 - 15:55					World Gymnaestrada Uniform Sizing (Optional)
			African Dance	Dance Pl3y	Dancehall	Music Theatre	Parkour	
CAPTivate	AB	42						42
CARGO	AB	13		13				
Illusions Rhythmic Gymnastics	BC	10						10
Acrobatic Studio	AB	15		15				
Alpha Rhythmic Gymnastics Club	AB	11						11
Calgary Gymnastics Centre	AB	14	14					
Elena's RG	AB	18						18
Duncan Dynamics/West Coast Rhythmic	BC	32	32					
Dreams - GymNation	AB	28				28		
Kanata Rhythmic	ON	33		33				
Momentum Aerial and Acrobatic Troupe	MB	25				25		
NorGlen	AB	12					12	
Quesnel Technics Gymnastics	BC	11						11
SALTA Achievement Squad (SAS)	AB	25					25	
Delta Gymnastics Society	BC	28						28
TAG Sports Centre	BC	21		21				
White Rock Gymnastics	BC	44			44			

Canadian Gymnaestrada Adjudicator Feedback Schedule- July 3, 2022

University of Alberta

<u>Team</u>	<u>Time</u>
Acrobatic Studio	18:40
Ad Astra Gymnaestrada Team	18:45
Calgary Acro	18:50
Calgary Gymnaestrada Team/TSG	18:55
Calgary Gymnastics Centre	19:00
CAPTivate	19:05
CARGO	19:10
Club Aviva	19:15
Delta Gymnastics Society	19:20
Dreams - GymNation	19:25
West Coast Rhythmics/Duncan Dynamics	19:30
Explosion Gymnastics	19:35
Rhapsodies	19:40
Island Rhythmics	19:45
NEGC Northern Lights	19:50
Pirouette Gymnaestrada Team	19:55
Quesnel Technics Gymnastics	20:00
Regina Rhythmics	20:05
SALTA Achievement Squad	20:10
Whistler	20:15
White Rock/TAG	20:20
NorGlen	20:25
Illusions	20:30
Rhythmic Waves	20:35
Alpha Rhythmic	20:40
Manitoba Fusion	20:45
Elana's Rhythmic	20:50