

INFORMATION BULLETIN #1



2022 CANADIAN GYMNAESTRADA

“Connecting Through Movement”

June 30th to July 5th

Edmonton, Alberta

#CDNGymnaestrada

www.gymcan.org

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Introduction

The Canadian Gymnaestrada (CG) is a nation-wide Gymnastics for All (GfA) event hosted by Gymnastics Canada (GymCan) every 4 years. The event provides a national platform for groups of 10 or more gymnasts from across the country to come together and share their passion and love of gymnastics. By featuring performances in both indoor and outdoor venues, the event format not only draws local spectators in, but it also brings the excitement of the event to the local community.

The 2022 theme “*Connecting Through Movement*” captures the true celebratory and inclusive nature of the event.

Canadian Gymnaestrada Objectives

The Objectives of the Canadian Gymnaestrada are to:

- Promote the value and diversity of gymnastics to a wider public;
- Encourage the growth of Gymnastics for All across Canada;
- Celebrate creativity, innovation, and inclusion;
- Showcase regional/national culture, traditions, music, etc.;
- Inspire joy in exercise and physical activity;
- Foster collaboration and friendship between groups from across the country;
- Deliver educational workshops for gymnasts and coaches;
- Establish the Canadian delegation for the following year’s World Gymnaestrada.

Canadian Gymnaestrada Benefits

Every four years, the Canadian Gymnaestrada offers participants many benefits by:

- Providing gymnasts at all levels, abilities, ages, etc. the opportunity to perform on a national stage;
- Providing participants with the chance to become spectators at a national event, gaining inspiration, motivation, and new ideas from other group performances;
- Allowing groups to learn about and experience out-of-province “team travel” (i.e., booking travel/flights, hotel accommodations, meal planning, event transportation and scheduling, etc.);
- Featuring leaders and educators from the GfA community as workshop facilitators/presenters for coaches and gymnasts;
- Embracing a culture of continued development and improvement by providing feedback to groups and if applicable, helping them prepare for the World Gymnaestrada (WG);
- Facilitating connections and collaborations between groups wishing to attend the WG (combining groups is an option since it allows for a more diverse presentation and increases the number of gymnasts involved in the performance);
- Promoting and educating groups about the upcoming FIG World Gymnaestrada and World Gym for Life Challenge;
- Providing groups with the chance to try on the Team Canada uniform kit and determine specific sizing requirements in preparation for joining the Canadian delegation at the World Gymnaestrada.



Organizing Committee

GymCan is proud to partner with the Alberta Gymnastics Federation (AGF) to organize the 2022 Canadian Gymnaestrada. Questions related to the event may be directed to:

Name	Role	Email
Martin Sanio	Event Lead	msanio@gymcan.org
Vacant	Technical Lead	
Bobby Kriangkum	Local Organizing Committee Lead	rec@abgym.ab.ca
Robin McDougall	Sponsorship Lead	operations@abgym.ab.ca

Event Format

The 2022 Canadian Gymnaestrada will take place over four days (not including arrival/departure days):

- 1 day of outdoor performances;
- 1 day of rehearsals and workshops;
- 2 days of indoor performances.

Provisional Schedule

Thursday, June 30	Group Arrivals Registration Orientation Meeting & Venue Tour
Friday, July 1	City Performances Sightseeing (optional) Canada Day Festivities
Saturday, July 2	Indoor Rehearsals and Workshops Opening Ceremonies
Sunday, July 3	Indoor Performances Group Activity
Monday, July 4	Indoor Performances Showcase
Tuesday, July 5	Sightseeing (optional) Group Departures

Preliminary Program

Date	Activity/Venue
Friday, July 1	City Performances – Outdoor Venue <ul style="list-style-type: none">• Location TBC Canada Day Festivities <ul style="list-style-type: none">• City of Edmonton activities/events



Saturday, July 2	<p>Rehearsals – Universiade Pavilion (University of Alberta)</p> <ul style="list-style-type: none"> • Will be held under the same conditions as the actual indoor performances (warm-up area, starting order, apparatus, time allotment, etc.). <p>Workshops – Van Vliet Complex (University of Alberta)</p> <ul style="list-style-type: none"> • Will be open to all accredited participants. • Details regarding workshop topics and presenters will be included within Information Bulletin #2. <p>Opening Ceremony – Universiade Pavilion (University of Alberta)</p> <ul style="list-style-type: none"> • Approximately 75 minutes in duration. • Will include: <ul style="list-style-type: none"> ○ Introduction of participating clubs and P/TOs. ○ Speeches and presentations from dignitaries, sponsors, organization leaders, etc. ○ Special performances featuring local performers/talents, and a selection of routines from local gym club(s) and/or attending groups.
Sunday, July 3	<p>Indoor Performances – Universiade Pavilion (University of Alberta)</p> <ul style="list-style-type: none"> • All Indoor Groups • Half of the City Groups <p>Group Activity – Location TBC</p> <ul style="list-style-type: none"> • Details will be included within Information Bulletin #2.
Monday, July 4	<p>Indoor Performances – Universiade Pavilion (University of Alberta)</p> <ul style="list-style-type: none"> • All Indoor Groups • Remaining half of the City Groups <p>Showcase – Universiade Pavilion (University of Alberta)</p> <ul style="list-style-type: none"> • Approximately 90 minutes in duration. • Will include speeches, a performance by the Indoor Group selected to represent Canada in the upcoming World Gymnaestrada FIG Gala, and several performances selected following the first day of indoor group performances. • 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 the coach and group leader).

Venues

Indoor Performance Venue

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

Two (2) performance surfaces are provided in the indoor performance venue. Groups may choose to perform their routine on either the top of an artistic floor (non-sprung) or a rhythmic carpet.

Performance areas = 12m x 12m each (with an additional 2-3m clearance, minimum, from the performance area border to the spectator seating and/or equipment storage).



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.

City Performance Venue

City performances will take place as a part of the city of Edmonton's Canada Day Celebrations.

More information regarding the performance area(s) and surface(s), indoor and city, will be available in Information Bulletin #2, and it is anticipated that the performance areas will be on flat, grassy surfaces that are uncovered.

Apparatus

GymCan will provide some traditional gymnastics apparatus at the Indoor Performance venue, but groups may also bring their own gymnastics apparatus/equipment (in which case, they are responsible for transportation and storage arrangements).

The Apparatus Request Form will be available with the Information Bulletin #2 and is due on **January 22, 2022**.

Canadian Gymnaestrada Eligibility

Group Eligibility

Any **Group** wishing to attend the Canadian Gymnaestrada must:

1. Meet all eligibility requirements defined by their P/TO;
2. Submit all required registration information (fees, forms, [risk management requirements](#), etc.) according to the deadlines outlined within the official Canadian Gymnaestrada Information Bulletins;
3. Have at least one designated coach with a minimum of NCCP Competition 1 **certified** (or equivalent). All coaches must possess the appropriate discipline(s) certifications and may not coach beyond their formal NCCP certification level. If a club or P/TO registers more than one group, they must designate a different coach for each registered group;
4. Have a designated group leader. If a club or P/TO registers more than one group, only one group leader is required for all the groups registered by that club or P/TO;
5. Appoint one chaperone for every ten gymnasts below the age of 18 at the time of the event. A group may appoint a maximum of two chaperones for every ten gymnasts below the age of 18 participating in the CG. Gender equity is required as per the underage group members. This means at least one of the group's support personnel (coach, group leader, chaperone) must be the same gender or identified gender in relation to each underage participant.



Participant Eligibility

Any **individual** wishing to participate in the Canadian Gymnaestrada must:

1. Be a registered member in good standing with their provincial/territorial gymnastics organization;
2. Adhere to [GymCan's Safe Sport Policies](#);
3. Meet the minimum age for national event participation as recommended by GymCan in accordance with the organization's [Long Term Athlete Development Model](#). The minimum recommended age to participate in the CG is 9 years old. Age is defined as the age of the participant on December 31st of the event year. Gymnasts younger than 9 may be permitted to participate by GymCan on a case-by-case basis.
4. **Minimum Age Exemptions:** An exemption to this requirement may be granted by GymCan on a case-by-case basis. The minimum age exemption request must be sent to Martin Sanio (msanio@gymcan.org) at the time of the Intent to Participate registration. When preparing to submit a request, please ensure your NCCP certified coach refers to Gymnastics Canada's [Long Term Athlete Development Model](#) and considers all aspects of the participant's development (psychologically, emotionally, physically, socially) in relationship to their readiness to travel and perform at a national event. Ultimately, it is the coach's responsibility to confirm the underage athlete is developmentally ready to take on all of the expectations and responsibilities associated with being a registered participant in the CG.
5. Adhere to the "[The Rule of Two Guidelines for Gymnastics Canada](#)" for all interactions with individuals who are under the age of majority. Groups are required to work together to ensure they are always maintaining the gold standard.

Participant Definitions

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.



Group Leader

- By definition, a group leader 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 group leader. If a club registers more than one group, only one group leader is required.
- A group leader 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 group leader who is not a registered member in good standing of a P/TO will not be allowed to participate in the CG.

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.

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.

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 – Due November 5, 2021

- The deadline to complete the [Intent to Participate Form](#), and to pay the fee (\$150 per group, non-refundable) is **November 5, 2021**.
- To complete this form:
 - Click the [Intent to Participate Form](#) link
 - Click the blue Register button
 - Create an account
 - Add 1 Intent to Participate to your shopping cart
 - Click “checkout”
 - Answer all the required questions upon checkout
 - Complete payment
- After November 5, 2021, correspondence regarding the event will be sent only to the groups (group leader and head coach) that have confirmed their intent to participate by submitting the necessary requirements.
- Due to the size and time limitations of the event, a limited number of groups may be accepted. Registration will be reserved on a first-come, first-serve basis.

STEP 2: Nominative Registration – Due January 14, 2022

- The *Nominative Registration* instructions will accompany Information Bulletin #2 (distributed in early December 2021).
- The *Nominative Registration* and fee (\$140 per participant) are due **January 14, 2022**.
 - Included in the Nominative Registration fee, each participant (gymnast, coach, team manager, chaperone, and supporter*) will receive an event accreditation which grants access to all performances, ceremonies, and workshops, as well as local transportation (see Transportation section for more details).

*The “Supporter” accreditation will not be granted access to any areas designated as “Field of Play”.

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

- Performance music must be submitted, as per the instructions that will be distributed in Information Bulletin #2 by **May 2, 2022**.
- The nominative registration fee is 100% transferable and replacement participants



will be accepted until May 2, 2022.

- Following the nominative deadline, additional participants will be accepted until May 2, 2022, but will be subject to an additional **\$50 late registration fee**.
- No additional participants will be accepted after May 2, 2022.

Refund Policy

- The *Intent to Participate* fee (\$150) is non-refundable.
- The *Nominative Registration* fee (\$140) is 100% refundable up until **May 2, 2022**.
- 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](#).

Transportation Information

- All airport arrival and departure information must be submitted 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](#) must be **received** by **November 5, 2021**.

Registration Step 2

Nominative registration form must be **received** by **January 14, 2022**.

Registration Step 3

Updated *nominative registration form* for any late registrations must be received by **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 can be found here: [LINK](#)

Please indicate your team/group's interest in Lister Hall's meal options in the dedicated area of the Intent to Participate form. More information will be available in the Information Bulletin #2.

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

Local Transportation

The LOC will provide transportation to **groups staying in the host accommodations only**. Groups who do not stay at host hotels/dorms or do not submit arrival and departure information, and/or their chosen host hotel by **May 2, 2022** will not receive any local transportation.

The Universiade Pavilion (indoor performances) and the Van Vliet Complex (workshops) are located in the same building at the University of Alberta.

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

Specific details regarding local transportation will be included in the Information Bulletin #2.

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
November 5, 2021	Intent to Participate Form and Payment Apparatus Request
December 2021	Information Bulletin #2 – Distributed to registered groups
	2023 World Gymnaestrada Preliminary Information – Distributed to interested groups.
January 14, 2022	Nominative Registration Form and Payment
March 2022	Information Bulletin #3 – Distributed to registered groups
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

Information Bulletin #2

The following information will be part of Information Bulletin #2:

- Workshops
- Group Activity
- Performance Feedback
- Nominative Registration Instructions
- Music Submission Instructions
- Further information regarding performance venues
- Updated provisional schedule
- Tourism Information
- Transportation Information

World Gymnaestrada

The 17th FIG World Gymnaestrada will take place in Amsterdam from July 30-August 5, 2023. The event website contains all general/public information: <https://worldgymnaestrada2023.com/>

To receive specific details related to Canada's participation in the World Gymnaestrada (WG), groups should indicate their interest in learning more about the WG via the "Canadian Gymnaestrada Intent to Participate" registration (due November 5, 2021).



Any group wishing to join the Canadian Delegation at the World Gymnaestrada must have attended the Canadian Gymnaestrada (one year prior):

- To show part of their WG routine and receive feedback to enhance their performance at WG.
- To attend the 1st information meeting for potential WG group leaders.
- To try on the team uniforms.

It is important to understand how the Indoor performance allocation works at the World Gymnaestrada. The number of performance opportunities is determined by the FIG:

- The total number of spots allocated to a national federation may vary between cycles, depending on the size of the delegation and the total number of groups/participants from all FIG member federations wishing to perform.
- All national federations are required to submit their estimated group and participant numbers 1.5 years prior to the event.
- The FIG reviews the total estimated number of groups and participants from all members and sends confirmation of the total performance spots allocated to each national federation approximately 1 year prior to the event.
- Canadian groups may be asked to share a spot depending on the total number allocated by the FIG. Combining group routines is at the discretion of the Gym for All Council according to the recommendations of the Canadian Gymnaestrada adjudicators.

In Canada, groups are encouraged to consider the possibility of a combined performance spot in preparation for the Canadian Gymnaestrada and/or the World Gymnaestrada. The Canadian Gymnaestrada registration process will allow groups the opportunity to indicate their preference for a shared performance spot (if applicable).

Please review Section 2 of the [FIG Gymnastics for All Manual](#) posted on the FIG website for more details regarding the World Gymnaestrada.

