

It's showtime!

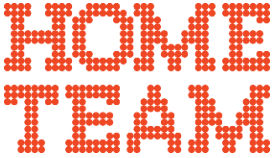
APRIL
26-28,
2024

**A NIGHT
AT THE MOVIES**

GYMfest
2024
EVENT DIRECTIVES

Mount Royal University, Calgary, AB

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| Host | <p>Alberta Gymnastics Federation Suite 170 – 500 71 Ave SE Calgary, AB T2H 0S6403.259.5500 www.abgym.ab.ca</p> <p>Bobby Kriangkum – Event Chair rec@abgym.ab.ca</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Event Dates | April 26-28, 2024 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Venue | Mount Royal University, 4825 Mt Royal Gate SW, Calgary, AB T3E 6K6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Theme | A Night At The Movies | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Organizing Committee | <p>The Alberta Gymnastics Federation (AGF) and the Gymnastics For All Committee (GFAC) are excited to host Gymfest 2024!</p> <table> <tr> <td>Bobby Kriangkum</td> <td>Event Chair</td> </tr> <tr> <td>Kayla Bonnell</td> <td>GFAC Chairperson</td> </tr> <tr> <td>Kelly Wills</td> <td>GFAC Chairperson</td> </tr> <tr> <td>Vicky Hodgson</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Brenda Krossa</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Laura Scott</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Peggy Schumann</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Kari Binder</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Tanya Harty</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Brandi Howe</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Jamie Kambeitz</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Keltie O’Brien</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Kristin Rosichuk</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Jessica Safronovich</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Scott Whiteside</td> <td>GFAC Member At Large</td> </tr> </table> | Bobby Kriangkum | Event Chair | Kayla Bonnell | GFAC Chairperson | Kelly Wills | GFAC Chairperson | Vicky Hodgson | GFAC Coordinator | Brenda Krossa | GFAC Coordinator | Laura Scott | GFAC Coordinator | Peggy Schumann | GFAC Coordinator | Kari Binder | GFAC Member At Large | Tanya Harty | GFAC Member At Large | Brandi Howe | GFAC Member At Large | Jamie Kambeitz | GFAC Member At Large | Keltie O’Brien | GFAC Member At Large | Kristin Rosichuk | GFAC Member At Large | Jessica Safronovich | GFAC Member At Large | Scott Whiteside | GFAC Member At Large |
| Bobby Kriangkum | Event Chair | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kayla Bonnell | GFAC Chairperson | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Laura Scott | GFAC Coordinator | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Peggy Schumann | GFAC Coordinator | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kari Binder | GFAC Member At Large | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Scott Whiteside | GFAC Member At Large | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schedule | <p>Friday, April 26, 2024 5:00 PM – 6:00 PM – Coaches Meeting (Hybrid – Zoom call link will be emailed)</p> <p>Saturday, April 27, 2024 8:45 AM – 12:40 PM – Morning Session Workshops & Performance Rehearsals 12:30 – 2:30 PM – Gymfest Fair 1:45 PM – 5:40 PM – Afternoon Session Workshops & Performance Rehearsals</p> <p>Sunday, April 28, 2024 9:00 AM – 11:30 AM - Performances</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| AGF Registration | To participate in Gymfest 2024, all participants must be registered with AGF in the Developmental registration category (or equivalent from other PSOs). |
| Release of Liability & PIPA Forms | <p>All participants (coaches & athletes) must have already completed an AGF Release of Liability and PIPA form with their club.</p> <p>Teams who are registered to a PSO/NSO that is not the Alberta Gymnastics Federation are required to declare that all participants/coaches have completed their PSO/NSO Release of Liability and PIPA Forms.</p> <p>All participating clubs must complete the linked Statutory Declaration to confirm all forms are complete prior to arriving at the event: Gymfest 2024 Statutory Declaration</p> <p>Deadline: Monday, April 23, 2024</p> |
| Admissions | <p>Admissions are \$8.00 and can be purchased either online or at the door for spectators 6 years of age or older. Children who are 5 years of age or younger will receive free admission.</p> <p>VISA, MasterCard, and Debit are accepted. No Cash Sales. Click here to purchase</p> <p>Spectators are encouraged to purchase their tickets in advance to bypass the purchase line!</p> |
| Live Stream | <div data-bbox="808 884 1078 1041" style="text-align: center;">  </div> <p>We are excited to have partnered with HOMETEAM Live to be able to bring you live streaming for our Sunday Performances. You will be able to sign up for \$10.00, which will give you access to our event stream. In addition, you will be able to access the footage following the event so you can relive the performances whenever you like!</p> <p>Clubs will receive a link for how to gain access in the week leading to the event, which can be distributed to your teams' families, and will also be posted on the AGF Website and Social Media Platforms.</p> |
| AGF Refund Policy | <p>If the entry fee refund form is submitted 9 business days prior to the event, a full refund will be issued minus a \$25 administration fee.</p> <p>If the entry fee refund form is submitted between 5 and 8 business days prior to the event, a full refund will be issued minus a \$35 administration fee.</p> <p>If the entry fee refund form is submitted less than 5 business days prior to the event, no refund will be issued.</p> <p>Exception: Full entry fee will be refunded for medical reasons at any time prior to the start of the event. Please note that the Event Chair may request additional information up to and including a medical doctor's note for an exception to be granted.</p> <p>NOTE: All service fees are non-refundable. In the case where AGF cancels the event, the full fee including the service fee will be refunded.</p> |

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| <p>Rehearsals</p> | <p>Rehearsals will be held on the main floor at Mount Royal University on April 27, 2024, with a maximum of 15 minutes per group. An exception may be made for larger groups but must be arranged prior to the event with the Event Chair.</p> <p>Rehearsal time provides an opportunity for each group to get accustomed to the floor, the entrance and exit for performances, and time to run through your performance. Performances will be monitored during rehearsal to ensure that they adhere to the time limits as outlined in the “Performance Regulations” section. If your performance runs long, the GFAC will request that your performance be shortened to adhere to the guidelines.</p> <p>If you are a performance-only group and would like some rehearsal time on Saturday, please note this in your registration.</p> |
| <p>Workshops</p> | <p>Our workshops will feature a variety of fun activities for your team to enjoy!</p> <p>Sound and Rhythm – Hosted by Cameron Taylor Have you ever wanted to write a song? Form a beat? Start the newest TikTok trend? This workshop will have your team come together to combine sounds and rhythms that will be looped and cut together to make your own sound! The unique part is that you are the instrument! Clap your hands, make sounds with your mouth, and step up to the mic to find your creative side!</p> <p>Acrobatic Gymnastics – Hosted by Robert Light Do you want to fly? Is doing gymnastics with your friends your favourite thing in the world? Do you want to learn skills to take your Gymfest performance to the next level? Look no further as this workshop will provide you with all these things! Join us as we explore the world of Acrobatic Gymnastics and all the fun Acro has to offer!</p> <p>Stunting & Set Design – Hosted by The Stunt Garage Our friends at The Stunt Garage are so excited to come to Gymfest to guide your team in setting and acting out an action scene! You’ll have a chance to work with your friends to set the stage, play it out with your friends, and most importantly, have fun!</p> <p>“Make Your Mark” – Hosted by AGF and the GFAC AGF and the GFAC want to invite teams to “Make their Mark” at Gymfest 2024! We will have a banner that teams can sign, draw, and express their creativity on, signifying their participation at Gymfest, and providing an opportunity for teams to show how they can make their mark!</p> |

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| True Sport Awards | <p style="text-align: center;">TRUE SPORT</p> <p>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:</p> <p style="text-align: center;"><u>True Sport Award Nomination Form</u></p> <p style="text-align: center;">Nomination Deadline: 11:59 PM - Monday, April 23, 2024</p> |
| Social Media | <p>Gymfest will be active on Facebook and Instagram. Use the official event hashtags and tag us with the following social media handles for a chance to be featured on the AGF social media platforms!</p> <p>Facebook facebook.com/AlbertaGymnastics/</p> <p>Instagram: @albertagymnastics</p> <p>TikTok @albertagymnastics</p> <p>Official Event Hashtag: #abgymfest</p> |
| Equipment | <p>The epicentre where all rehearsals and performances will be on a non-sprung floor.</p> <p>The equipment listed below will also be available for both rehearsals and performances:</p> <ul style="list-style-type: none"> • Landing Mats • Mini-Trampolines • Springboards • Trapezoid Boxes • Wedge Mats • Spotting Blocks <p>NOTE: Your team is responsible for bringing any extra equipment (beyond the above list); please ensure that any equipment that your team brings is labelled with your team’s name and club.</p> |

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| Event Objectives | <p>Gymfest is an annual event hosted by the Alberta Gymnastics Federation (AGF) and the Gymnastics For All Committee (GFAC). The purpose of this event is to:</p> <ul style="list-style-type: none"> • Provide an opportunity for gymnasts, acrobats, dancers, or any combination of participants to showcase their performance to the Alberta Gymnastics Community. • Engage in workshops/activities. • Celebrate the accomplishments of the season. • Display and celebrate the sport of gymnastics in a creative and fun way. <p>As teams prepare for Gymfest, be sure to remember:</p> <ol style="list-style-type: none"> 1. Have fun! The most important aspect of Gymfest is that everyone has a great time! 2. Performances can be 5, 10, or 15 minutes in length depending on the number of participants in the group: <ul style="list-style-type: none"> • Groups with 8-19 participants are limited to a maximum of 5 minutes. • Groups with 20-35 participants are limited to a maximum of 10 minutes. • Groups with 36 or more participants are limited to a maximum of 15 minutes. 3. Groups should consist of a minimum of eight (8) participants but can be as large as what can be safely performed on the floor. Should you be looking for an exception or clarification, please contact the Event Chair (rec@abgym.ab.ca). 4. Each participant is permitted to participate in one display. If a participant is looking to perform in more than one display, please contact the Event Chair (rec@abgym.ab.ca) for an exemption. 5. Each group will have an opportunity to choose their music. Groups will be responsible for providing a copy of their music to the Event Chair. Your team's music should be submitted in an MP3 or MP4 format and be clearly labelled with your team's name. A master playlist will be created for rehearsals and performances, and it is recommended to have a backup version via a phone. During registration, you will be asked to indicate what song your team will be using and will be notified if any other teams have chosen that song. There is no ruling on duplicate songs should your team happen to have the same music as another. 6. Your team's registration must comply with the AGF's suggested coach/participant ratios, which can be found on the AGF website: https://www.abgym.ab.ca/Programs/Gymnastics-for-All 7. All performing participants must be registered with AGF, at minimum, as a Developmental Category Participant, or equivalent registration category, if your team is registered with a PSO/NSO that is not Alberta Gymnastics Federation. |
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| <p>Gymfest Skill Regulations</p> | <p>1. At least one coach on your team must be NCCP C1 Certified (or equivalent) in at least one gymnastics discipline (MAG, WAG, RG, TG) for your team to be able to participate at Gymfest. If your team has a C1 Certified (or equivalent) coach on the team, you are welcome to have additional coaches who may be Foundations trained/certified to assist your team. Coaches in Training who have not received any formal NCCP training will not be permitted to assist your team during the event.</p> <p>2. AGF will be requiring the following items completed in alignment with the coaching requirements:</p> <ul style="list-style-type: none"> • A coach must hold a valid Back/Police Check, valid within three (3) years of the event • All coaches must have completed Respect in Sport <p>3. Participants are permitted to do any skills that the coach is qualified to instruct (NCCP Certification dependent), including but not limited to the following examples:</p> <ul style="list-style-type: none"> • Round-off back handspring/Aerial → Artistic MAG/WAG • Pitch/Basket/Platform → Acrobatic • Mini-tramp shape jumps/Front tuck → Trampoline • Kash Vault → Parkour <p>4. Trampolines may only be used in a routine if the Coach that is directly supervising the participants is minimum NCCP Trampoline Level 1 Certified and the skills that are being performed do not exceed the NCCP training of the coach.</p> <p>It is the expectation that skills being performed in routines can be quantified back to a recognized program (Artistic, Trampoline, Acrobatic, Rhythmic, Parkour).</p> <p>Coaches are responsible for having the appropriate certification and training in teaching skills. If a skill exceeds what a coach has been formally trained (NCCP), it may not be performed.</p> <p>Due to the nature of Gymnaestrada being a gymnastics performance, there may be some discrepancies for skills that do not fit in any one category. Because of this, some skills may be reviewed/requested to be changed by the Event Chair and Gymnastics For All Committee to ensure the safety of all participants.</p> <p>If you are unsure, please submit a video of your routine to the Event Chair (rec@abgym.ab.ca) for review by the Gymnastics For All Committee.</p> |
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| Gymfest 2024 Draft Workshop Rotation Schedule | | | | | |
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| Morning Session - 8:45 AM - 12:40 PM | | | | | |
| 8:45 - 9:00 AM | Team Check In | | | | |
| 9:00 - 9:10 AM | Group Warm Up | | | | |
| | Sound & Rhythm | Acrobatic Gymnastics | Stunting | Make Your Mark | Rehearsal |
| 9:15 - 9:50 AM - Workshop | Norglen (11) Troopers Sr. (15) | Salta (24) | CGC W Jr. (24) | CGC W SR. (14) CGC N (11) | Troopers Jr. (24) |
| 9:50 - 9:55 AM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 9:55 - 10:30 AM - Workshop | Troopers Jr. (24) | Norglen (11) Troopers Sr. (15) | Salta (24) | CGC W Jr. (24) | CGC W SR. (14) CGC N (11) |
| 10:30 - 10:45 AM - 15 Minute Break | 15 Minute Break for all groups | | | | |
| 10:45 - 11:20 AM - Workshop | CGC W SR. (14) CGC N (11) | Troopers Jr. (24) | Norglen (11) Troopers Sr. (15) | Salta (24) | CGC W Jr. (24) |
| 11:20 - 11:25 AM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 11:25 AM - 12:00 PM - Workshop | CGC W Jr. (24) | CGC W SR. (14) CGC N (11) | Troopers Jr. (24) | Norglen (11) Troopers Sr. (15) | Salta (24) |
| 12:00 - 12:05 PM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 12:05 - 12:40 PM - Workshop | Salta (24) | CGC W Jr. (24) | CGC W SR. (14) CGC N (11) | Troopers Jr. (24) | Norglen (11)* Troopers Sr. (15)* Calgary Acro (22)* |

* Due to multiple groups during this rehearsal block, the time may be extended to accommodate all groups.

12:30 - 2:30 PM Gymfest Fair (Snacks & Games)
Lunch will NOT be provided – Please ensure your athletes bring lunch.

| Afternoon Session - 1:45 - 5:40 PM | | | | | |
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| 1:45 - 2:00 PM | Team Check In | | | | |
| 2:00 - 2:10 PM | Group Warm Up | | | | |
| | Sound & Rhythm | Acrobatic Gymnastics | Stunting | Make Your Mark | Rehearsal |
| 2:15 - 2:50 PM - Workshop | Cosmos (18) Phoenix (8) | Aerials (15) Gymnation (18) | Dynamyx (17) Dreams - BC (4) | Ortona (12) Wainwright (15) | CAPTivate S (15) CAPTivate W (11) |
| 2:50 - 2:55 PM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 2:55 - 3:30 PM - Workshop | CAPTivate S (15) CAPTivate W (11) | Cosmos (18) Phoenix (8) | Aerials (15) Gymnation (18) | Dynamyx (17) Dreams - BC (4) | Ortona (12) Wainwright (15) |
| 3:30 - 3:45 PM - 15 Minute Break | 15 Minute Break for all groups | | | | |
| 3:45 - 4:20 PM - Workshop | Ortona (12) Wainwright (15) | CAPTivate S (15) CAPTivate W (11) | Cosmos (18) Phoenix (8) | Aerials (15) Gymnation (18) | Dynamyx (17) Dreams - BC (4) |
| 4:20 - 4:25 PM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 4:25 - 5:00 PM - Workshop | Dynamyx (17) Dreams - BC (4) | Ortona (12) Wainwright (15) | CAPTivate S (15) CAPTivate W (11) | Cosmos (18) Phoenix (8) | Aerials (15) Gymnation (18) |
| 5:00 - 5:05 PM - 5 Minute Break | 5 Minute Break for all groups | | | | |
| 5:05 - 5:40 PM - Workshop | Aerials (15) Gymnation (18) | Dynamyx (17) Dreams - BC (4) | Ortona (12) Wainwright (15) | CAPTivate S (15) CAPTivate W (11) | Cosmos (18) Phoenix (8) |

| Gymfest 2024 Performance Schedule | |
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| April 28, 2024 | |
| 9:00 - 9:15 AM | Team Check In |
| 9:15 - 9:30 AM | Warm Up |
| 9:30 - 9:40 AM | Opening Ceremony / National Anthem |
| Performance Schedule | |
| 9:45 AM | Phoenix |
| 9:50 AM | Dreams Gymnaestrada Team |
| 9:55 AM | Cosmos |
| 10:00 AM | Troopers Jr. |
| 10:05 AM | CGC North |
| 10:10 AM | Ortona |
| 10:15 AM | Dynamyx |
| 10:25 AM | CGC West Jr. |
| 10:30 AM | Norglen Jeunesse A and Seniors F |
| 10:35 AM | CAPTivate South |
| 15 Minute Intermission | |
| 10:50 AM | Wainwright |
| 10:55 AM | CGC West Sr. |
| 11:00 AM | SGA Rec Troupe |
| 11:05 AM | Gymnation |
| 11:10 AM | Troopers Sr. |
| 11:15 AM | Salta |
| 11:25 AM | CAPTivate West |
| 11:30 AM | Norglen Seniors A and Jeunesse F |
| 11:35 AM | Calgary Acro |