



April 2025

Host	<p>Alberta Gymnastics Federation Suite 170 – 500 71 Ave SE Calgary, AB T2H 0S6 403.259.5500 <a href="http://www.abgym.ab.ca">www.abgym.ab.ca</a></p> <p>Kate Webster – Event Chair <a href="mailto:sportdev@abgym.ab.ca">sportdev@abgym.ab.ca</a></p>																						
Event Dates	May 02-04, 2025																						
Venue	<p>University of Alberta, Saville Centre 11610 65 Ave NW Edmonton, AB T6G 2E1</p>																						
Theme	Saturday Morning Cartoons																						
Organizing Committee	<p>The Alberta Gymnastics Federation (AGF) and the Sport Development Committee (SDC) are excited to host Gymfest 2025!</p> <table border="0"> <tr> <td>Kate Webster</td><td>AGF Event Organizer</td></tr> <tr> <td>Kelly Wills</td><td>SDC Chairperson</td></tr> <tr> <td>Vicky Hodgson</td><td>SDC Committee Member</td></tr> <tr> <td>Peggy Schumann</td><td>SDC Committee Member</td></tr> <tr> <td>Kari Binder</td><td>SDC Committee Member</td></tr> <tr> <td>Hayley Silberg</td><td>SDC Committee Member</td></tr> <tr> <td>Robert Light</td><td>SDC Committee Member</td></tr> <tr> <td>Karen MacDonald</td><td>SDC Committee Member</td></tr> <tr> <td>Brie Banks</td><td>SDC Committee Member</td></tr> <tr> <td>Kade Bowie</td><td>SDC Committee Member</td></tr> <tr> <td>Brody Atkin</td><td>SDC Committee Member</td></tr> </table>	Kate Webster	AGF Event Organizer	Kelly Wills	SDC Chairperson	Vicky Hodgson	SDC Committee Member	Peggy Schumann	SDC Committee Member	Kari Binder	SDC Committee Member	Hayley Silberg	SDC Committee Member	Robert Light	SDC Committee Member	Karen MacDonald	SDC Committee Member	Brie Banks	SDC Committee Member	Kade Bowie	SDC Committee Member	Brody Atkin	SDC Committee Member
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Schedule	<p><b>Friday, May 2, 2025</b></p> <p>2:30 PM – 5:30 PM – Coaches Educational Workshops 5:30 PM – 6:00 PM – Coaches Gymfest Meeting 6:00 PM – 7:00 PM – Coaches Gymfest Performance Practice 7:30 PM – 9:00 PM – Coaches and Volunteers Social</p> <p><b>Saturday, May 3, 2025</b></p> <p>8:30 AM – 1:00 PM Morning Session Workshops &amp; Performance Rehearsals 1:00 PM – 2:00 PM Cereal Bar, Lunch (BYO) and Poster Signing (OPTIONAL) 1:30 PM – 6:00 PM Afternoon Session Workshops &amp; Performance Rehearsals 6:00 PM – 7:00 PM Coaches Performance Practice</p> <p><b>Sunday, May 4, 2025</b></p> <p>9:00 AM – 12:00 PM – Performance</p>																						

AGF Registration	To participate in Gymfest 2025, all participants must be registered with AGF in the <b>Developmental</b> registration category (or equivalent from other PSOs).
Release of Liability & PIPA Forms	<p>All participants (coaches &amp; 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:</p> <p><b>Deadline: Monday, April 23, 2024</b></p>
Admissions	<p>Admissions are \$20.00 for adult, \$15.00 for senior (60+), \$12.00 for youth (6-17) 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.</p> <p><a href="https://albertagymnasticsfederation.square.site/shop/2025-gymfest/SADBBT3R4QPH4L3PCL2F2TKL?page=1&amp;limit=30&amp;sort_by=category_order&amp;sort_order=asc">https://albertagymnasticsfederation.square.site/shop/2025-gymfest/SADBBT3R4QPH4L3PCL2F2TKL?page=1&amp;limit=30&amp;sort_by=category_order&amp;sort_order=asc</a></p> <p>Spectators are encouraged to purchase their tickets in advance to bypass the purchase line!</p>
Live Streaming	<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 for the next 364 days, so you can relive the performances whenever you like!</p> <p> <a href="https://app.hometeamlive.com/#/home/events/95">https://app.hometeamlive.com/#/home/events/95</a></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>
Rehearsals	<p>Rehearsals will be held on the main floor at the University of Alberta Saville Centre on May 3rd, 2025 with a maximum of 15 minutes per group.</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 SDC will request that your performance be shortened to adhere to the guidelines.</p>

Workshops	<p>Our workshops will feature a variety of fun activities for your team to enjoy!</p> <p><b>Performance Dance – Hosted by Callie</b> Participants will embark upon a lyrical/contemporary class where they will focus on movement quality, musicality, and expressive movement. They will progress through a movement framework that puts different movements in an expressive and musical context.</p> <p><b>Acrobatic Gymnastics – Hosted by Robert Light</b> 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><b>Parkour Gymnastics – Hosted by Brody Atkin and Kade Bowie</b> Taking life off axis! Brody and Kade will lead athletes through parkour skills that can enhance the performance repertoire. Everyone will have a great time trying things outside of the traditional movement pattern</p> <p><b>Using your Voice – Hosted by Dana Negrey</b> Dana will be leading an interactive and invigorating workshop using acting improvisation to create unique character voices.</p> <p><b>Circus Skills – Hosted by Joanne Mclay</b> What do circus artists and performance gymnastics have in common? Fine motor skills and a flair for the flamboyant! In this workshop, athletes will have the opportunity to learn prop manipulation and circus skills.</p>
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<p>True Sport Awards</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><a href="#">True Sport 2025 Gymfest Nomination</a></p> <p><b>Nomination Deadline: CLOSED</b></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</p>

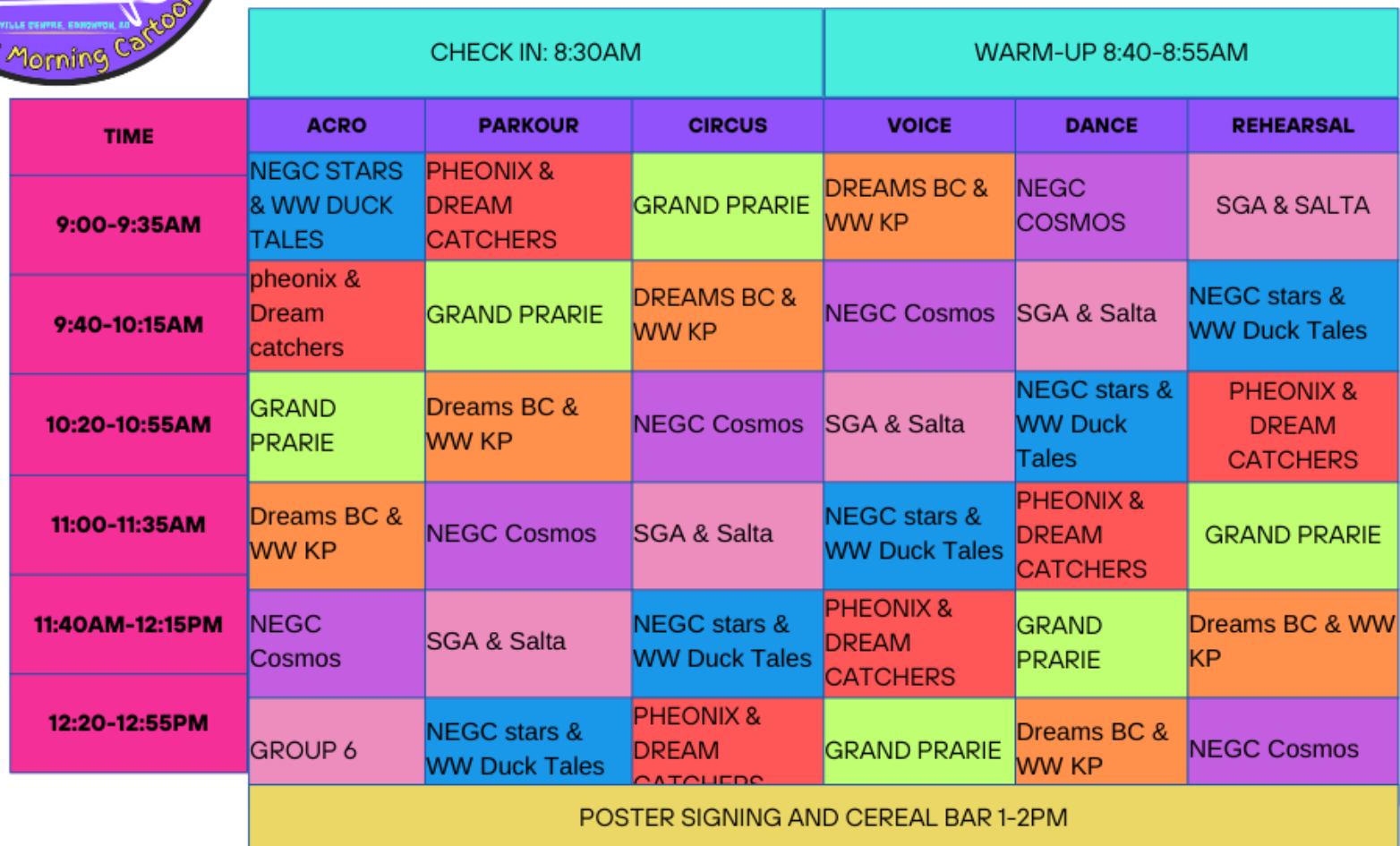
	<p>@albertagymnastics</p> <p>Official Event Hashtag: <b>#abgymfest</b></p>
Equipment	<p>The Saville where all rehearsals and performances will be occurring will be on a non-sprung floor.</p> <p>The equipment listed below will also be available for both rehearsals and performances:</p> <ul style="list-style-type: none"> <li>• Landing Mats (4): 5'x10'x8"</li> <li>• Springboards (2)</li> <li>• Trapezoid Boxes (2): 4 sections</li> <li>• Wedge Mats (2)</li> <li>• Spotting Blocks: 4 Large (60"LX24"W X20"H); 2 Small (30"LX24"WX20"H)</li> <li>• Mini Tramp (1)</li> </ul> <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>

Event Objectives	<ol style="list-style-type: none"> <li>1. Have fun! The most important aspect of Gymfest is that everyone has a great time!</li> <li>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"> <li>• Groups with 8-19 participants are limited to a maximum of 5 minutes.</li> <li>• Groups with 20-35 participants are limited to a maximum of 10 minutes.</li> <li>• Groups with 36 or more participants are limited to a maximum of 15 minutes.</li> </ul> </li> <li>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 (<a href="mailto:sportdev@abgym.ab.ca">sportdev@abgym.ab.ca</a>)</li> <li>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 (<a href="mailto:sportdev@abgym.ab.ca">sportdev@abgym.ab.ca</a>) for an exemption.</li> <li>5. Each group will have an opportunity to choose their own music. Groups will be responsible for providing a copy of their music to the Event Chair (information in bulletin 2). 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 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.</li> <li>6. Your team's registration must comply with the AGF's suggested coach/participant ratios, which can be found on the AGF website. <a href="https://www.abgym.ab.ca/Programs/Gymnastics-for-All">https://www.abgym.ab.ca/Programs/Gymnastics-for-All</a></li> <li>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.</li> </ol>
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Gymfest Skill Regulations	<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"> <li>• A coach must hold a valid Back/Police Check, valid within three (3) years of the event</li> <li>• All coaches must have completed Respect in Sport</li> <li>• More information on the appropriate checks can be found on the AGF website <a href="https://www.abgym.ab.ca/Safe-Sport/Requirements-for-Team-Alberta-Events">https://www.abgym.ab.ca/Safe-Sport/Requirements-for-Team-Alberta-Events</a></li> </ul> <p>3. Participants are permitted to do any skills that the coach is qualified to coach (NCCP Certification dependent), the participants are registered in the appropriate AGF Registration Category, and the skills relate back to a gymnastics discipline.</p> <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 to have 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 Gymfest 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 Sport Development 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 (<a href="mailto:sportdev@abgym.ab.ca">sportdev@abgym.ab.ca</a>) for a review by the Sport Development Committee.</p>
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# 2025 GYM FEST AFTERNOON WORKSHOPS

	CHECK IN: 1:30 PM			WARM-UP 1:40-1:55 PM		
TIME	ACRO	PARKOUR	CIRCUS	DANA/VOICE	DANCE	REHEARSAL
2:00-2:35PM	TROOPERS JR	CGC EMBER	CGC BLAZE & CAPTIVATE	ORTONA & DYNAMIX	CGC PHEONIX	TROOPERS SR
2:40-3:15PM	CGC EMBER	CGC BLAZE & CAPTIVATE	ORTONA & DYNAMIX	CGC PHEONIX	TROOPERS SR	TROOPERS JR
3:20-3:55PM	CGC BLAZE & CAPTIVATE	ORTONA & DYNAMIX	CGC PHEONIX	TROOPERS SR	TROOPERS JR	CGC EMBER
4:00-4:35PM	ORTONA & DYNAMIX	CGC PHEONIX	TROOPERS SR	TROOPERS JR	CGC EMBER	CGC BLAZE & CAPTIVATE
4:40-5:15PM	CGC PHEONIX	TROOPERS SR	TROOPERS JR	CGC EMBER	CGC BLAZE & CAPTIVATE	ORTONA & DYNAMIX
5:20-5:55PM	TROOPERS SR	TROOPERS JR	CGC EMBER	CGC BLAZE & CAPTIVATE	ORTONA & DYNAMIX	CGC PHEONIX

9:00-9:15AM	TEAM CHECK-IN
9:15-9:30AM	WARM UP
9:30-9:40AM	OPENING CEREMONY / NATIONAL ANTHEM
PERFORMANCES BEGIN	
9:45AM	ORTONA GYMNASTICS PERFORMANCE TEAM
9:50AM	TROOPERS JR
9:55AM	NEGC SHOOTING STARS
10:00AM	WAINWRIGHT GYMNASTICS CLUBS PERFORMANCE TEAM "DUCK TALES"
10:05AM	PHOENIX GYMNASTICS GYMNAESTRADA TEAM
10:10AM	THE DREAM CATCHERS
10:15AM	GRANDE PRAIRIE GYMNASTICS PERFORMANCE GROUP
10:25AM	TROOPERS SR
10:30AM	CGC PHEONIX
15-MINUTE INTERMISSION	
10:50AM	CAPTIVATE ADULT GYMNASTICS
10:55AM	NEGC COSMOS
11:00AM	SGA REC TROUPE
11:05AM	SALTA INTERCLUB
11:10AM	DYNAMYX DEMO TEAM
11:15AM	DREAMS GYMNAESTRADA TEAM
11:25AM	WAINWRIGHT GYMNASTICS CLUBS PERFORMANCE TEAM "KIM POSSIBLE"
11:30AM	CGC BLAZE
11:35AM	SURPRISE PERFORMANCE



## 2025 GYM FEST PERFORMANCE SCHEDULE

**MAY 4, 2025**



