


Host	<p>Alberta Gymnastics Federation 170 – 550 71 Ave SE Calgary, AB T2H 0H2 403.259.5500 www.abgym.ab.ca</p> <p>Bobby Kriangkum – Event Chair rec@abgym.ab.ca</p>																														
Event Dates	May 26 – 28, 2023																														
Venue	MacEwan University, 10700 104 Ave NW, Edmonton, AB, T5J 4S2																														
Theme	We’re Going on an Adventure																														
Organizing Committee	<p>The Alberta Gymnastics Federation (AGF) and the Gymnastics For All Committee (GFAC) are excited to host Gymfest 2023!</p> <table> <tr> <td>Bobby Kriangkum</td> <td>Event Chair</td> </tr> <tr> <td>Kayla Bonnell</td> <td>GFAC Chairperson</td> </tr> <tr> <td>Brenda Krossa</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Kelly Wills</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Kristin Rosichuk</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Laura Scott</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Brandi Howe</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Jenna Lippens</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Jessica Safronovich</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Kari Binder</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Keltie O’Brien</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Tanya Harty</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Nadia Wassef</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Nicole Pearse</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	Brenda Krossa	GFAC Coordinator	Kelly Wills	GFAC Coordinator	Kristin Rosichuk	GFAC Coordinator	Laura Scott	GFAC Coordinator	Brandi Howe	GFAC Member At Large	Jenna Lippens	GFAC Member At Large	Jessica Safronovich	GFAC Member At Large	Kari Binder	GFAC Member At Large	Keltie O’Brien	GFAC Member At Large	Tanya Harty	GFAC Member At Large	Nadia Wassef	GFAC Member At Large	Nicole Pearse	GFAC Member At Large	Scott Whiteside	GFAC Member At Large
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Schedule	<p>Friday, May 26, 2023 7:00 PM – 8:00 PM – Coaches Meeting – Hybrid of in-person and virtual</p> <p>Saturday, May 27, 2023 8:45 AM – 12:40 PM– Morning Session Workshops & Performance Rehearsals 1:45 PM – 5:40 PM – Afternoon Session Workshops & Performance Rehearsals</p> <p>Sunday, May 28, 2023 9:00 AM – 11:00 AM – Morning Performances 12:00 PM – 2:00 PM – Afternoon Performances</p> <p>* The schedule may be subject to change based on the number of teams registered.</p>																														

Event Information	<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 provide an opportunity for gymnasts, acrobats, dancers, or any combination to showcase their performance to the Alberta Gymnastics Community.</p> <p>AGF and the GFAC are excited to bring this event back to an in-person format and will implement the necessary precautions to ensure the safety of all participants.</p>
Event Objectives	<p>The core objectives of Gymfest are to provide participants with an opportunity to:</p> <ul style="list-style-type: none"> • Showcase their performances to their families/other teams. • Engage in workshops/activities. • Celebrate the accomplishments of the season. • Display and celebrate the sport of gymnastics in a creative and fun way.
AGF Registration	<p>To participate in Gymfest 2023, all participants must be registered with AGF in the Developmental or higher registration category (or equivalent from other PSOs).</p>
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>Please complete the linked Statutory Declaration to confirm all forms are complete. GYMFEST 2023 STATUTORY DECLARATION</p> <p>If you are not a member of a GymCan PSO, please contact rec@abgym.ab.ca for the necessary forms.</p>
Event Registration	<p>Registration for Gymfest is open now! Visit the links below to register:</p> <p>Full Weekend Package - \$95.00 per performer</p> <ul style="list-style-type: none"> • Includes workshop access, a rehearsal timeslot, a performance timeslot and a t-shirt. <p>Performance Only - \$35.00 per performer</p> <ul style="list-style-type: none"> • Includes an option for a rehearsal timeslot and a performance timeslot. <p>Coach/Chaperone - \$30.00 per coach/chaperone</p> <ul style="list-style-type: none"> • Includes access to all areas and benefits that your team has registered for. <p>Registration Deadline: 11:59 PM on April 7, 2023</p> <p><u>NOTE: Registration fees are subject to service fees and applicable taxes.</u></p> <p>If you have a participant who wishes to perform on more than one team i.e. a medley, please request an exception from the Event Chair (rec@abgym.ab.ca). If you have received an exception, the participant will only need to pay one registration fee, however, please ensure that these participants are highlighted on the participant registration form and that their additional performance group is notified.</p>
Admissions	<p>Admissions are \$8.00 and can be purchased either online and at the door for spectators aged 6 and up. Children that are 5 under will receive free admission. Click here to purchase</p> <p>Spectators are encouraged to purchase their tickets in advance to bypass the purchase line!</p>

<p>Registration Checklist</p>	<p>Below is a checklist to make sure your team’s registration is efficient and easy:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Confirmation of the equipment your club will be using <input type="checkbox"/> List the total number of participants and coaches <input type="checkbox"/> Payment method (VISA, MasterCard, American Express) <p>The following items must also be submitted to the Event Chair (rec@abgym.ab.ca) no later than 11:59 PM on April 7, 2023</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completed registration package and excel document listing the number of participants, coaches and volunteers <input type="checkbox"/> Completed GYMFEST 2023 STATUTORY DECLARATION <input type="checkbox"/> T-Shirt sizes for registered team members (participants, coaches, chaperones) <input type="checkbox"/> MP3/MP4 file of your performance music labelled with your group’s name <input type="checkbox"/> Photo and bio of your team <p>Click Here for the Registration Template</p> <p>Once your registration has been submitted, any changes must be done by contacting the Event Chair (rec@abgym.ab.ca).</p>
<p>AGF Refund Policy</p>	<p>If the entry fee refund form is submitted at least 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>
<p>Rehearsals</p>	<p>Rehearsals will be held on the main floor at MacEwan University on May 27, 2023 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 shorted 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>

Workshops	<p>Our workshops will feature a variety of new and familiar activities for your team to enjoy!</p> <p>Arctic Sports – Hosted by Kelly Wills This workshop will introduce teams to Arctic Sports, which have their origins from camp life and general recreation of many indigenous people of different arctic regions. Many activities were developed to develop strength, endurance, and agility, whilst having fun and finding new ways to challenge yourself!</p> <p>Zumba – Hosted by Leila Neri-Leebody Join us as we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Participants will be moving, dancing, and most importantly having fun as we explore the Latin and World's rhythms.</p> <p>Stunting & Tricking – Hosted by The Stunt Garage Have you ever wanted to be a stuntperson? This workshop will introduce the many movements and skills that gymnasts can translate to tricking and stunting! This workshop will allow participants to challenge themselves, work with their teammates, and live out their favourite action scenes!</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 2023! We will have a banner that teams can sign, draw, and express their creativity on, signifying their participation at Gymfest, and proving an opportunity for teams to show how they can make their mark!</p>
Social Media Scavenger Hunt	<p>This year’s Social Media Scavenger Hunt will be inspired by the True Sport Principles.</p> <div style="text-align: center;">  </div> <p>Teams are encouraged to take photos and videos of how they like to demonstrate each principle and share it on their social media pages while tagging @albertagymnastics</p> <p style="text-align: center;">The True Sport Principles include:</p> <ol style="list-style-type: none"> 1. Go For It 2. Play Fair 3. Respect Others 4. Keep it Fun 5. Stay Healthy 6. Include Everyone 7. Give Back <p>More information on how to participate will be shared in the Event Handbook!</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>Official Event Hashtag: Social Media Scavenger Hunt Hashtag: #abgymfest #gymfesthunt</p>
Gymfest Travel Fund	<p>AGF has a travel fund that can be accessed by Alberta-based teams travelling more than 50km from their city to the host city of Gymfest.</p> <p>Click here to apply</p> <p>The deadline for applications is Friday, March 31 at 4:00 pm.</p>
Equipment	<p>The epicentre where all rehearsals and performances will occur 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-Trampoline • Springboard • 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. If additional equipment is brought that is not considered to be AGF Sanctioned, teams will be required to bring their own insurance.</p>
Accommodations	<p>AGF has arranged two options for teams who will require accommodations for the weekend:</p> <p>Coast Edmonton Plaza Hotel by APA 10155 105 Street (600m walk to MacEwan University) Click Here to Access the Coast Edmonton Plaza Hotel Room Block Room block cutoff date: April 1, 2023</p> <p>MacEwan University Residence Click Here for Room Options and Pricing</p> <p>To book a guest room, please have individuals call 780-633-3623 or email stay@macewan.ca in with the following information:</p> <ul style="list-style-type: none"> • Booking Dates • Requested Guest Room • Guest Name(s) • Mailing Address • Email Address • Phone Number

Event Objectives	<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 own 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 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-All7. 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 • More information on the appropriate checks can be found on the AGF website https://www.abgym.ab.ca/Safe-Sport/Requirements-for-Team-Alberta-Events <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. 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 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 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 2023 Draft Workshop Rotation Schedule					
Morning Session - 8:45 AM - 12:40 PM					
8:45 - 9:00 AM	Team Check In				
9:00 - 9:10 AM	Group Warm Up				
	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Rehearsal
9:15 - 9:50 AM - Workshop	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	Team 9 Team 10
9:50 - 9:55 AM - 5-Minute Break	5 Minute Break for all groups				
9:55 - 10:30 AM - Workshop	Team 9 Team 10	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8
10:30 - 10:45 AM - 15-minute Break	15 Minute Break for all groups				
10:45 - 11:20 AM - Workshop	Team 7 Team 8	Team 9 Team 10	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6
11:20 - 11:25 AM - 5-Minute Break	5 Minute Break for all groups				
11:25 AM - 12:00 PM - Workshop	Team 5 Team 6	Team 7 Team 8	Team 9 Team 10	Team 1 Team 2	Team 3 Team 4
12:00 - 12:05 PM - 5-Minute Break	5 Minute Break for all groups				
12:05 - 12:40 PM - Workshop	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	Team 9 Team 10	Team 1 Team 2

12:30 - 2:30 PM - Gymfest Fair

Afternoon Session - 1:45 - 5:40 PM					
1:45 - 2:00 PM	Team Check In				
2:00 - 2:10 PM	Group Warm Up				
	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Rehearsal
2:15 - 2:50 PM - Workshop	Team 11 Team 12	Team 13 Team 14	Team 15 Team 16	Team 17 Team 18	Team 19 Team 20
2:50 - 2:55 PM - 5-Minute Break	5 Minute Break for all groups				
2:55 - 3:30 PM - Workshop	Team 19 Team 20	Team 11 Team 12	Team 13 Team 14	Team 15 Team 16	Team 17 Team 18
3:30 - 3:45 PM - 15-minute Break	15 Minute Break for all groups				
3:45 - 4:20 PM - Workshop	Team 17 Team 18	Team 19 Team 20	Team 11 Team 12	Team 13 Team 14	Team 15 Team 16
4:20 - 4:25 PM - 5-Minute Break	5 Minute Break for all groups				
4:25 - 5:00 PM - Workshop	Team 15 Team 16	Team 17 Team 18	Team 19 Team 20	Team 11 Team 12	Team 13 Team 14
5:00 - 5:05 PM - 5-Minute Break	5 Minute Break for all groups				
5:05 - 5:40 PM - Workshop	Team 13 Team 14	Team 15 Team 16	Team 17 Team 18	Team 19 Team 20	Team 11 Team 12