

Once upon a time Alberta Gymnastics presented...

Western **G**ymnaestrada

Chapter 1
December 2016



Where gymnastics tells the story...

Mount Royal University
Calgary, Alberta
May 6 – 7, 2017
www.abgym.ab.ca





Chapter 1



The Alberta Gymnastics Federation is proud to present Western Gymnaestrada, a demonstration event for groups of gymnasts, acrobats, dancers or any combination. The theme of this year's event is Storybook! Whether it's a harrowing battle against dragons, a daring rescue or travelling to an alternate universe your imagination is your only limitation!

This is an opportunity to be creative and have fun, so be prepared to showcase your participant's talents, dedication and love of the sports of gymnastics and dance! Costumes, extra equipment, fun, music, and most importantly smiles can all make up your routine. Routines must be group oriented, not individual routines, and should not be competitive in nature. Please note this is a family event and themes, music and costumes must be appropriate for all audiences.

How the story unfolds ...

Friday, May 5

7:00pm—8:00pm Coaches Registration and Meeting

Saturday, May 6

9:00am—4:00pm Workshops and Performance Rehearsals

5:30pm—8:30pm After Dark Party

Sunday, May 7

9:00am *Tell your Story* - Performance Day

***Please note that dependent on registration there may be a morning and afternoon performance. Notification will happen once registration closes.*

Registration Tolls

Registration will be available online early in 2017. More information on how to register will follow in *Chapter 2*. The tolls to be collected by the sheriff will be:

\$85/Athlete for Workshops & Performances

\$30/Coach or Chaperone

\$30/Individual for Groups ONLY Performing On Sunday

Participant fee includes: rehearsal timeslot, workshops, t-shirt & performance timeslot

Performance only fee includes: an option for a rehearsal timeslot and a performance timeslot

Your Castle Awaits!

Everyone needs a comfy place to rest their weary head for some well-deserved rest after courageous day of slaying dragons and saving the world in their own story. This year we have a couple of great options for you the Grey Eagle Resort and Casino and Delta Calgary South.

Grey Eagle Resort & Casino - \$139/night plus taxes

5 minute drive to venue

3777 Grey Eagle Drive
Calgary AB T3E 3X8
1-844-719-8777
<http://www.greyeagleresortandcasino.ca/>



The rate of \$139/night plus applicable taxes is for up to 4 people per room. This special rate is only guaranteed until the block is sold out or **April 7, 2016**. When booking, please refer to the group “2017 Western Gymnaestrada”.

Your rate includes:

- Hot deluxe breakfast buffet
- WiFi access
- Parking
- Access to pool & fitness area

Located minutes from downtown, yet miles from your hectic day, sitting on the doorstep of the Rockies. All of guests are treated to a hot deluxe breakfast buffet daily included with their stay. Our beautiful, modern 4 Star Resort Hotel offers first class services and amenities, such as state of the art meeting and convention space that can accommodate events of all sizes from 2-2500 attendees. Parking is complimentary. Guests of the hotel will receive a “Super Wifi” signal that is second to none in terms of speed and reliability, also inclusive with your stay. We are mere minutes from Chinook Mall, Heritage Park and many more centrally located Calgary experiences. When you stay with us you will also be able to take advantage of our spacious and modern fitness room as well as our indoor pool and outdoor hot tub.

Delta Calgary South - \$139/night plus taxes

15 minute drive to venue

135 Southland Dr SE
Calgary AB T2J 5X5
403-278-5050
<http://www.greyeagleresortandcasino.ca/>



A very special rate of **\$139** plus taxes has been extended to your group, based on availability.

Your rate includes:

- Signature breakfast buffet
- WiFi access
- Parking
- Access to two pools & fitness area

To confirm your reservation kindly call Reservations at 403-278-5050 or email reservations@deltacalgarysouth.com by **April 6, 2017**. Please identify yourself as being with the **Western Canadian Gymnaestrada** group in order to qualify for the rate.

Cancellation policy for a guest room reservation is 24 hours prior to the day of arrival.

Located in the heart of the Macleod Trail Business and Entertainment district, we are within walking distance to great restaurants, shopping, and entertainment and parking is complimentary.

We are a very team-friendly hotel with **two swimming pools**, the **largest waterslide** in South Calgary called 'The Big Gusher', a well-equipped fitness facility, a complimentary business center, and three dining facilities on-site including a restaurant, pub, and lounge.

Our **Delta** guest rooms with two Delta Sanctuary queen beds include 37" flat screen TVs along with various other upgraded amenities and every room is conveniently equipped with a **fridge and microwave, coffee maker**, and iron & board. Wireless high speed Internet access is complimentary.

Regulations for Routines



1. **HAVE FUN!!!** This is the number one and best reason for participating at Gymnaestrada!
2. Performances can be 5, 10 or 15 minutes in length depending on the number of participants in the group:
 - Groups with 8 to 19 gymnasts are limited to a maximum 5-minutes
 - Groups with 20 to 35 gymnasts are limited to a maximum 10-minutes
 - Groups with 36 or more gymnasts are limited to a maximum 15-minutes

Performance duration includes entrances/exits and the placement/removal of all equipment. The times listed above are maximum times, routine development should place emphasis on the creativity and quality and not on the duration.

3. Groups should be a minimum of eight athletes 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 **Heather Sjostrom**, rec@abgym.ab.ca.
4. Each athlete is only allowed to participate in one display. Should you be looking for an exception or clarification, please contact **Heather Sjostrom**, rec@abgym.ab.ca.
5. Each group will have an opportunity to choose their own music. Groups will be responsible for providing a copy of their music (MP3 or MP4 format) which must be clearly titled with your team name. A master playlist will be compiled for rehearsals and performance day. However, please have a back-up CD with you in case of technical difficulties. During registration you will be asked to indicate the song you will be using. You will be notified immediately if one or more clubs have chosen your song and you will have the opportunity to change it if you like; restrictions will not be made mandatory. Your final music file must be sent to **Robin McDougall**, specevents@abygm.ab.ca by **April 14, 2017**.
6. Your club is responsible for supplying any extra equipment needed. Please submit a list of the additional equipment you will be using to **Robin McDougall**, specevents@abym.ab.ca. Be sure to label your equipment with your full Gym name.
7. Your registration will need to include enough coaches/chaperones to comply with the AGF suggested coach to athlete ratios document that can be found on the AGF website www.abgym.ab.ca.

8. Insurance coverage; In accordance to Kingdom Guidelines (AGF guidelines) as it pertains to Cheerleading, Urban Gymnastics, Circus Training and Acro ensure your group's performance is maintained within the parameters summarized in this document. If you are a registered AGF Club, all of your athletes are covered under the AGF Insurance policy and should have signed the AGF Notification of Risk when they registered with your Club. Please check with your Club to ensure you have those forms on file. If you are not an AGF Club but are registered with another PSO, please ensure you possess the proper coverage through your Provincial Body. **Note that you will be asked to verify that you have both Insurance coverage and Notifications of Risk on file with your Club when registering for this event.** If you have any questions regarding insurance, please contact your PSO or **Robin McDougall**, specevents@abgym.ab.ca for further information.

Kingdom Guidelines



Cheerleading

Skills such as pyramids, basket tosses and tosses in general are considered Cheerleading skills (non-gymnastics) and would not be an insured activity under the Master Insurance policy. The AGF Commercial General Liability Master Policy will include as an insured activity those gymnastics elements associated with cheerleading that take place within a member club under the following conditions:

- A Level 2 or Comp Intro gymnastics coach must be present in the gym (a cheerleading coach may observe).
- Pyramids do not exceed 2 levels.
- No inversions from off the ground (This means you cannot attempt inversions off any surface that is not the floor i.e. you cannot flip from someone's shoulders or hands).
- Skills that fit within the practices of the National Federation of State High School Associations will be covered.
- Legal suspended rolls will be allowed. They are "forward suspended rolls off multi-base stunts, shoulder height or below, where the top person maintains continuous hand to hand/arm contact with the original two bases".

Performance restrictions according to the National Federation of State High School Associations' Sport Rules include:

- Inverted dismounts (except legal suspended drills) are not permitted.
- Inverted vaults are not permitted.

AGF will not cover the activities such as inversions or stunts higher than two people even though these activities are allowed for post secondary cheerleaders.

Urban Gymnastics and Circus Training

- The AGF Commercial General Liability Master Policy will include as an insured activity those gymnastics elements associated with Urban Gymnastics and Circus Training that take place within a member club under the following conditions: A Level 2 or Comp Intro gymnastics coach must be present in the gym.

- Skills taught are limited to:
 - The highest difficulty skills in the top level of these programs encompass basic tumbling skills, including cartwheels, aerial cartwheels, handstands, forward and backward tucked saltos, round-off backhand springs (NCCP Level 2 Technical or Comp Intro).
- Additional skills such as straddle jumps and split leaps.
- There must be great focus on safety in the Acrobatic elements, and all skills are to be performed on mats, never on bare floors.
- All aerial skills are controlled, all landings are spotted.

Acrobatics

The highest difficulty skills in the top level of these programs encompass basic tumbling skills, including cartwheels, aerial cartwheels, handstands, forward and backward tucked saltos, front hand springs, round-off backhand springs (NCCP Level 2 Technical or Comp Intro).

- Coaches who are certified in either artistic gymnastics or trampoline/tumbling should be well-prepared to teach these skills, but will need to know the specific applications to Acrobatics.
- Additional skills such as straddle jumps and split leaps.
- Great focus on safety in Acrobatics, and skills are performed on mats, never on bare floors. All aerial skills are controlled, all landings are spotted.

Please refer to the 2016-17 AGF Insurance Handbook for a complete description. Please contact the AGF office should you possess any additional questions or concerns.

The story continues with more details in late January with Chapter 2 ...

