



GYMFEST 2020
WE LOVE THE EARTH!
BULLETIN #1
January 27, 2020



Host	<p>Alberta Gymnastics Federation Suite 207 - 5800 2 Street SW Calgary, AB T2H 0H2 (403) 259-5500 www.abgym.ab.ca</p> <p>Bobby Kriangkum – Event Chair rec@abgym.ab.ca Robin McDougall – Logistics Chair specevents@abgym.ab.ca Anna Rogers – Media Relations comm@abgym.ab.ca Website www.abgym.ab.ca</p>																																		
Event Dates	April 24 – 26, 2020																																		
Venue	University of Calgary Olympic Oval, 288 Collegiate Blvd NW, Calgary, AB																																		
Theme	The theme for this year’s event is We Love The Earth . A fantastic opportunity for your team to create a performance to display what you love about the planet we live on.																																		
Organizing Committee	<p>AGF and the Gymnastics For All Committee (GFAC) are excited to host Gymfest 2020.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Bobby Kriangkum</td> <td>Event Chair</td> </tr> <tr> <td>Robin McDougall</td> <td>Logistics Chair</td> </tr> <tr> <td>Kelly Wills</td> <td>GFAC Chairperson</td> </tr> <tr> <td>Brandi Howe</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Brenda Krossa</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Cara Farrell</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Tanya Vanden Boer</td> <td>GFAC Coordinator</td> </tr> <tr> <td>Jenna Lippens</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Kayla Bonnell</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Kari Binder</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Suzanne Gerlach</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Scott Whiteside</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Tana Arcand</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Jessica Safronovich</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Nicole Pearse</td> <td>GFAC Member At Large</td> </tr> <tr> <td>TC Rogers</td> <td>GFAC Member At Large</td> </tr> <tr> <td>Colette Edwards</td> <td>GFAC Member At Large</td> </tr> </table>	Bobby Kriangkum	Event Chair	Robin McDougall	Logistics Chair	Kelly Wills	GFAC Chairperson	Brandi Howe	GFAC Coordinator	Brenda Krossa	GFAC Coordinator	Cara Farrell	GFAC Coordinator	Tanya Vanden Boer	GFAC Coordinator	Jenna Lippens	GFAC Member At Large	Kayla Bonnell	GFAC Member At Large	Kari Binder	GFAC Member At Large	Suzanne Gerlach	GFAC Member At Large	Scott Whiteside	GFAC Member At Large	Tana Arcand	GFAC Member At Large	Jessica Safronovich	GFAC Member At Large	Nicole Pearse	GFAC Member At Large	TC Rogers	GFAC Member At Large	Colette Edwards	GFAC Member At Large
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Schedule	<p>Friday, April 24, 2020 7:00 PM – 8:00 PM – Coaches Registration & Meeting</p> <p>Saturday, April 25, 2020 8:30 AM – 2:45 PM – Session 1 Workshops, Performance Rehearsals, & Gymfest Fair 12:15 PM – 6:30 PM – Session 2 Workshops, Performance Rehearsals, & Gymfest Fair</p> <p>Sunday, April 26, 2020 9:00 AM – 11:00 AM – Morning Performances 12:00 PM – 2:00 PM – Afternoon Performances</p>
Event Information	<p>The Alberta Gymnastics Federation (AGF) and the Gymnastics For All Committee (GFAC) are proud to present Gymfest 2020, a demonstration of gymnasts, acrobats, dancers, or any combination.</p> <p>This event thrives on creativity and fun, so be prepared to showcase your team’s talents, dedication, creativity, and love of gymnastics and dance with costumes, flare, sparkle, crowd participation, smiles, and most importantly fun!</p> <p>Gymfest 2020’s format will be slightly modified in comparison to previous years, mainly regarding the workshop and rehearsal day.</p> <p>The new format will have a portion of our teams join us in the morning to participate in all the fantastic workshops we will be offering, as well as their rehearsal, followed by lunch and some fun activities.</p> <p>The second portion of our teams will begin their day in the afternoon with lunch and fun activities, before going into their workshops and rehearsal.</p>
Parking	<p>Please see the following link for initial parking information. https://active-living.ucalgary.ca/about-us/maps-and-parking</p>
Notification of Risk/Release of Liability & PIPA Forms	<p>All participants (coaches, performers, chaperones) must have already completed an AGF Notification of Risk/Release of Liability and PIPA form with their club, as well as be registered with AGF. If you are unsure of the completion of your performer’s forms, please consult your club’s office/registrar.</p> <p>Teams who are registered to a PSO/NSO that is not the Alberta Gymnastics Federation are also required to have all participants/coaches complete the AGF Release of Liability and PIPA forms, which can be submitted to the Event Chair (rec@abgym.ab.ca).</p> <p>For more information and to find the Release of Liability and PIPA Forms, please visit the AGF website https://www.abgym.ab.ca/Membership/Registration.</p>



Event Registration Information	<p>Registration for Gymfest can be completed online by using the following link: https://rebrand.ly/Gymfest2020Reg</p> <p>Registration Deadline: 4:00 PM, Friday, March 6, 2020</p> <p>Deluxe - \$95.00 / Performer for workshops, performances, & Gymfest Fair Performance Only - \$35.00 / Performer for groups only performing on Sunday Coach/Chaperone - \$30.00 / Coach or Chaperone to accompany groups Gymfest Fair - \$25.00 / Gymfest Fair Ticket (not required for groups that participate in workshops)</p> <p>Deluxe Weekend Registration fee includes: Workshop access, a rehearsal timeslot, a performance timeslot, t-shirt, baby Roland, lunch, Gymfest Fair ticket</p> <p>Performance Only Registration fee includes: An option for a rehearsal timeslot and a performance timeslot</p> <p>Coach/Chaperone Registration fee includes: Access to all areas and benefits that your team has registered for and a Gymfest Fair ticket</p> <p>Gymfest Fair Ticket – Provides access for Performance Only groups, coaches, and supporters to the Gymfest Fair (lunch included)</p> <p>NOTE: Service fees are included in the listed price. Taxes are not included.</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>
Registration Checklist	<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"/> Total number of t-shirts and their sizes for participants and coaches (workshop registration package only)<input type="checkbox"/> Payment method (VISA, MasterCard, American Express) <p>The following items must also be submitted to the Logistics Chair (specevents@abgym.ab.ca) no later than 4:00 PM on Friday, March 6, 2020.</p> <ul style="list-style-type: none"><input type="checkbox"/> Completed registration package and excel document listing number of participants, coaches and volunteers<input type="checkbox"/> MP3/MP4 file of your performance music labelled with your group’s name (Logistics Chair will send your team a Dropbox link to upload your music)<input type="checkbox"/> Photo and bio of your team <p>Once your registration has been submitted, any changes <u>must</u> be done by contacting the Logistics Chair (specevents@abgym.ab.ca).</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>
Rehearsal	<p>Rehearsals will be held on the main floor at the Olympic Oval on April 25, 2020, 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 "Preparing for Performances" 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 *NEW FORMAT*	<p>A draft workshop rotation schedule can be found at the end of this document.</p> <p>This year's format will allow each of our teams to be able to participate in every workshop that is offered. Teams will rotate from one workshop to another throughout their session and have a block for their performance rehearsal.</p> <p>Please note that family members are NOT permitted in the bleachers and/or workshop areas.</p>
Gymfest Fair	<p>The Gymfest Fair is open to Gymfest participants, coaches, and supporters. Admission costs are included for participants who have registered to take part in workshops, and the coaches of these groups. All other guests are welcome to purchase a ticket at the cost of \$25.00 each, which must be purchased in advance as a part of your registration.</p> <p>The fair will include a variety of activities and games to entertain all our guests and will also include a light lunch.</p>



<p>Social Media Scavenger Hunt</p>	<p>As each performance group progresses through their workshops, we have created a social media scavenger hunt that will present them with a variety of tasks to complete throughout the day!</p> <p>Your team can choose which workshop they want to complete each task at, uploading photos and videos to Instagram and Facebook with the hashtags:</p> <p style="text-align: center;">#ABGYMFEST and #GYMFESTHUNT</p> <p>Your team’s tasks will include:</p> <ul style="list-style-type: none"> • Take a photo where your team is upside down • Take a team selfie with your workshop presenter • Take a boomerang of your team doing a workshop • Take a photo/video with a fun filter • Take a photo of your team making hearts with their hands • Take a video of your team cheering “WE LOVE THE EARTH!”
<p>Social Media</p>	<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>Twitter: @ABGymnastics</p> <p>Official Event Hashtag: #ABGYMFEST</p> <p style="text-align: right;">Social Media Scavenger Hunt Hashtag: #GYMFESTHUNT</p>
<p>Gymfest Travel Fund</p>	<p>The Alberta Gymnastics Federation is excited to share that travel funding will be available for Gymfest Teams travelling to Gymfest. Application forms will be included in your registration package, which can be submitted to the Event Chair at (rec@abgym.ab.ca).</p> <p>Submission Deadline: 4:00 PM, Friday, March 6, 2020</p>
<p>Volunteers</p>	<p>As always, we would appreciate your parent’s help in volunteering. This year we have set-up a volunteer sign-up page to help facilitate this process. Please pass along to your parents the link https://rebrand.ly/GymfestVolunteer.</p>



Equipment	<p>The epicentre where all rehearsals and performances will be occurring will be on a <u>non-sprung floor</u>.</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>
Performance Regulations	<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 Logistics Chair. Your team's music should be submitted in an MP3 or MP4 format and be clearly labelled with your team name. A master playlist will be created for rehearsals and performances, and it is recommended to have a back-up version either via a USB or 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.



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">• 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 <p>4. Trampolines may only be used in a routine if the Coach that is directly supervising the participants is NCCP Trampoline Level 2 Certified and the participants using the trampoline are registered with AGF at minimum as Developmental Category Participants.</p> <p>It is the expectation that the skills being performed in routines can be quantified back to a recognized gymnastics program (Artistic, Trampoline, Acrobatic, Rhythmic).</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 a review by the Gymnastics For All Committee.</p>
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We look forward to seeing everyone in May as we have fun and celebrate!

We Love The Earth!

Gymfest 2020 Workshop Rotation Schedule

Morning Session (8:30 AM - 1:15 PM)

8:30 - 8:45 AM	Team Check-In						
8:45 - 9:00 AM	Group Warm-Up						
	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5	Workshop 6	Rehearsal
9:00 - 9:30 AM	Team 1; Team 2	Team 13; Team 14	Team 11; Team 12	Team 9; Team 10	Team 7; Team 8	Team 5; Team 6	Team 3; Team 4
9:35 - 10:05 AM	Team 3; Team 4	Team 1; Team 2	Team 13; Team 14	Team 11; Team 12	Team 9; Team 10	Team 7; Team 8	Team 5; Team 6
10:10 - 10:40 AM	Team 5; Team 6	Team 3; Team 4	Team 1; Team 2	Team 13; Team 14	Team 11; Team 12	Team 9; Team 10	Team 7; Team 8
10:45 - 11:15 AM	Team 7; Team 8	Team 5; Team 6	Team 3; Team 4	Team 1; Team 2	Team 13; Team 14	Team 11; Team 12	Team 9; Team 10
11:15 - 11:30 AM	Break						
11:35 AM - 12:05 PM	Team 9; Team 10	Team 7; Team 8	Team 5; Team 6	Team 3; Team 4	Team 1; Team 2	Team 13; Team 14	Team 11; Team 12
12:10 - 12:40 PM	Team 11; Team 12	Team 9; Team 10	Team 7; Team 8	Team 5; Team 6	Team 3; Team 4	Team 1; Team 2	Team 13; Team 14
12:45 - 1:15 PM	Team 13; Team 14	Team 11; Team 12	Team 9; Team 10	Team 7; Team 8	Team 5; Team 6	Team 3; Team 4	Team 1; Team 2
1:15 - 2:45 PM	Gymfest Fair						
End of Morning Session							

Gymfest 2020 Workshop Rotation Schedule

Afternoon Session (1:45 - 6:30 PM)

12:15 - 1:45 PM	Gymfest Fair						
1:45 - 2:00 PM	Team Check-In						
2:00 - 2:15 PM	Group Warm-Up						
	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5	Workshop 6	Rehearsal
2:15 - 2:45 PM	Team 15; Team 16	Team 27; Team 28	Team 25; Team 26	Team 23; Team 24	Team 21; Team 22	Team 19; Team 20	Team 17; Team 18
2:50 - 3:20 PM	Team 17; Team 18	Team 15; Team 16	Team 27; Team 28	Team 25; Team 26	Team 23; Team 24	Team 21; Team 22	Team 19; Team 20
3:25 - 3:55 PM	Team 19; Team 20	Team 17; Team 18	Team 15; Team 16	Team 27; Team 28	Team 25; Team 26	Team 23; Team 24	Team 21; Team 22
4:00 - 4:30 PM	Team 21; Team 22	Team 19; Team 20	Team 17; Team 18	Team 15; Team 16	Team 27; Team 28	Team 25; Team 26	Team 23; Team 24
4:30 - 4:45 PM	Break						
4:50 - 5:20 PM	Team 23; Team 24	Team 21; Team 22	Team 19; Team 20	Team 17; Team 18	Team 15; Team 16	Team 27; Team 28	Team 25; Team 26
5:25 - 5:55 PM	Team 25; Team 26	Team 23; Team 24	Team 21; Team 22	Team 19; Team 20	Team 17; Team 18	Team 15; Team 16	Team 27; Team 28
6:00 - 6:30 PM	Team 27; Team 28	Team 25; Team 26	Team 23; Team 24	Team 21; Team 22	Team 19; Team 20	Team 17; Team 18	Team 15; Team 16
End of Afternoon Session							