



BULLETIN #2- MARCH 2016

MAY 14 - 15, 2016

GRANT MACEWAN UNIVERSITY

EDMONTON, ALBERTA



GONE WILD!!

The Alberta Gymnastics Federation is proud to present Gymfest, a demonstration event for groups of gymnasts, acrobats, dancers or any combination. The theme of this year's event is **GONE WILD!!** Whether it's a wild West showdown, a thrilling safari ride or the outrageous 80's unleash your wild side!



This is an opportunity to be creative and have fun with what is being termed 'Gymnastics For All', so be prepared to showcase your participants 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.

WEEKEND SCHEDULE

FRIDAY, MAY 13

7:00pm—8:00pm

Coaches Registration

MacEwan University Bldg 8 Rm 8-218

This is for Coaches only. Please drop by sometime within this hour to pick-up your registration packages which will include schedules, Team T-shirts, lunch tickets, After Dark Party tickets and accreditation. During this time, we will be free to answer any questions you may have as well as provide a tour of the facility if you would like.



SATURDAY, MAY 14

9:00am—4:00pm

Workshops and Performance Rehearsals

5:30pm—8:30pm

After Dark Party

MacEwan University—The Heart



SUNDAY, MAY 15

9:00am

Wild Performance Day

MacEwan University Gymnasium

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



SATURDAY REHEARSAL

Rehearsals will be held in the MacEwan University Gymnasium with a maximum of 15 minutes allotted for each group. Your group's specific rehearsal time will be in your confirmation package distributed in mid-April. Rehearsal time will give each group the opportunity to get accustomed to the floor, the entrance and exit for performances and a chance to run through your routine. Routine's will be monitored during rehearsal to ensure that they adhere to the maximum 5 minute time limit. If your routine runs long, you will be asked to shorten it. Please use this time wisely as we will be on a strict schedule in order to allow access for everyone.

SATURDAY WORKSHOPS

When registering, please be sure to rank your group's preferences 1 through 8. Once registration is closed, you will be assigned to 3 workshops. They will be fun, exciting while engaging and reflecting the age of all the participating groups. Please refer to page 7 for a full a listing and description of the workshops.

Please note that workshops are scheduled on a first-come first-serve basis. Therefore, clubs that register early will have a better chance of getting the workshops they prefer. The confirmation package will include a full schedule of Gymfest events including workshops.

SATURDAY EVENING: FAMILY FUN AFTER DARK PARTY!!!

Let your inner wild child free! Open to all Gymfest 2016 participants, coaches, families and supporters. Our cool committee has planned a madcap night with food to fuel all our wild sides, followed by a costume fashion show/contest and an outrageous dance party. Tickets are \$25.00 each and must be purchased in advance as part of your registration. Don't forget to dress up and **REVEAL YOUR WILD SIDE!!**

ADMISSIONS

Admission to the performance will be \$8.00 per person at the door. Alternatively, pre-sale tickets will be available through the AGF website following registration once we have determined if there will be one or two performance times.

TRANQUIL OASIS

Everyone needs an oasis for some well-deserved rest after their outrageous day, time to tame that unruly mane, and calm their wild side. This year we have a couple of great options for you the Edmonton Coast Plaza and MacEwan Residence. Please visit the AGF website for full details. Note that to receive the special rates hotels must be booked by **March 14, 2016**.



TEAM DESCRIPTION AND PHOTO

Each group is asked to give a **fun**, brief and detailed description of their display and provide a photo of their group. This is required to prepare a commentary for the display and for content included in the event program. Both the description and photo should be sent electronically to **Robin McDougall**, specevents@abgym.ab.ca no later than **April 15, 2016**.

VOLUNTEERS

To help keep our wild crew tamed, we request the help of a minimum of 2 volunteers from each Club. Positions will include general help with workshops, directional assistance, After Dark party, admissions etc. When submitting your registration, please indicate the times that your volunteers are available. Volunteers are needed for the following times:

Saturday, May 14	8:00am—12:00pm 12:00pm—4:00pm 4:00pm—9:00pm
Sunday, May 15	8:00am—12:00pm 12:00pm—4:00pm



CONFIRMATION PACKAGE

A confirmation package will be e-mailed to each registered Gymfest group with more specific details on workshop schedules, rehearsal times and a confirmation of your order forms. It is strongly encouraged that you make a copy of the confirmation package and give it to all of your participants so everyone knows what will occur during the weekend. In addition, a package will be made available at the coaches registration.

REGULATIONS FOR WILD ROUTINES:

1. Have Fun!!! This is the number one and best reason for participating at Gymfest!!!!
2. Routines may be no longer than 5 minutes. This will be monitored in rehearsal and groups will be notified if their routine is too long . If you are over the 5 minutes you will be asked to modify your routine and submitted music to ensure fairness for the many groups performing.
3. Groups should be a minimum of eight athletes, but can be as large as what can be safely performed on the floor. Each athlete is only allowed to participate in one display. Should you be looking for an exception, please contact **Heather Sjostrom**, rec@abgym.ab.ca for clarification.
4. 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. Your music file must be sent to **Robin McDougall**, specevents@abgym.ab.ca by **April 15, 2016**. 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.
5. 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@abgym.ab.ca be sure to label your equipment.
6. 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.
7. AGF Insurance coverage; please note what is acceptable and ensure your group's performance is maintained within the parameters summarized on the next page. If you are a registered AGF Club, all of your athletes are covered by insurance. *If you are not, please contact **Robin McDougall**, specevents@abgym.ab.ca for insurance forms.*

MISCELLANEOUS INSURANCE INFORMATION



A few notes on what AGF INSURANCE COVERAGE INCLUDES:

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 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.

Parkour and Circus Training

- * The AGF Commercial General Liability Master Policy will include as an insured activity those gymnastics elements associated with Parkour and Circus Training that take place within a member club under the following conditions:
A Level 2 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).
- * 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, round-off backhand springs (NCCP Level 2 Technical).

- * 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 2015-16 AGF Insurance Handbook for a complete description. Please contact the AGF office should you possess any additional questions or concerns.

ONLINE REGISTRATION NOTES:

Registration Deadline: April 4, 2016 4:00pm

Registration Fees:

\$85/Athlete for workshops & performances

\$30/ANY coach OR chaperone

\$30/Individual for groups ONLY performing on Sunday

\$5 per participant late fee will be charged for registrations received after April 4, 2016. No ONLINE registrations will be accepted after April 11, 2016 4:00pm

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

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

Before you begin your on-line registration, here is a checklist to help make the process smooth, quick and not wild at all!

- Each of you coaches names
- Total number of athletes
- Ranking from 1-8 of workshop choices
- Total number of t-shirts of each size—athletes, coaches, chaperones, volunteers
 - *Youth s, m, l, xl adult s, m, l, xl, xxl
- Volunteers name, e-mail address, available day/time and t-shirt size
 - *Youth s, m, l, xl adult s, m, l, xl, xxl
- Total number of after dark party tickets required—\$25 each
- Total number of lunches required for Saturday—\$15 each
- Total number of programs to pre-purchase—\$8 each
- Payment via VISA, MasterCard or American Express
- Please note that for the workshop questions etc, this will only need to be answered by one coach. For subsequent coaches, please check the box marked “Already Answered”



Once you have gathered this information, please go to the registration website at:

<https://gymfest2016.eventbrite.ca>

Once your online registration is complete, any changes will have to occur by contacting the AGF headquarters wild tamer **Robin McDougall** at specevents@abgym.ab.ca.

To complete your registration, please forward the following items to **Robin McDougall** at specevents@abgym.ab.ca no later than **April 15, 2016:**

- A list of all athletes, coaches and volunteers. Please use the excel sheet that was sent with this bulletin.
- MP3 file with your performance music
- Photo and bio of your team

WILD WORKSHOPS!

All clubs will participate in a maximum of three workshops. So that we can do our best to accommodate every group's workshop selections, you will be asked to rank the workshops according to most wanting to participate in. AGF will try to place your group in the top three of your five selections. Groups with more than 20 participants may need to be split into two. If this is the case you will be contacted so that we can label your groups appropriately.

Please note: to ensure participants get the full value of the workshops, parents will NOT be permitted to watch.

SCOTT'S WILD RIDE

Have a wild time with your team led by our Wildest Workshop Warrior Whiteside. Scott always brings a fun and exciting adventure to the workshops.

NAVIGATING THE WILD (ORIENTEERING)

Strathcona Wilderness Centre will help teach you how to navigate the wild. The very skilled presenters will instruct you on the forgotten skill of orienteering with a compass. If you love the outdoors, heading out with your family and friends on your own wild adventures, this is a must have skill!. Learn the use of the compass, taking bearings, pacing and have fun playing games in this 1 hour workshop. You just never know when your phone or fancy GPS battery may die!

PREPARE FOR THE WILD (CRAFT)

Use your wild imagination to design a couple of must have items for your fun and wild adventures with your friends.

WILD AND CRAZY MOVES (BREAKDANCING)

This year we have a big wild welcome back for Eddy Simms, local artist and breakdance instructor. This art form is performed in the streets and parks world wide and Eddy will take you back to its roots with the basic stalls and foot work. After this workshop you will be searching for a beat box and ready to kick it old school!

TUMBLING THROUGH THE WILD (TUMBLING)

Have you ever wondered what it would be like to fly? Let the world of trampoline and tumbling get you started on the basics. This workshop will provide participants with an introduction to the world of trampoline and tumbling by improving their existing basic tumbling skills, experiencing progressions for the next steps and creating real tumbling lines for a power tumbling competition!

WILDEST SHOW ON EARTH (CIRCUS ARTS)

Welcome to the zany world of Circus Arts! In this wild and wacky workshop participants will experience various aspects of Circus training that will bring out the inner silly and amazing feats that the Circus is most known for. Bring your smiles and imagination and let the Circus take you on journey you will never forget!

GONE "ACRO"BAT WILD (ACRO)

Are you familiar with the newest member to the AGF family? Come learn new, wildly beautiful moves that you can take into your routines. Acro is Internationally renowned and fast growing in our Province with a couple of programs sporting world champions!

TAMING THE WILD (PILATES/YOGA)

A unique opportunity to explore the connection between their bodies, minds and the ever-changing environment. Classes will be facilitated through the use of props, music, art, games and of course the poses! Participants find their own personal best, improve flexibility and foster a healthy body image while improving posture, sportsmanship and focus.

