

2017 BC Gymnaestrada



Tournament Capital Centre

Kamloops, BC
May 27-28, 2017

Workplan #1



What is Gymnaestrada?

Gymnaestrada provides the opportunity to celebrate movement and physical activity in a non-competitive environment while capturing the true essence of the 'Gymnastics for All' and 'Active for Life' philosophies of sport and recreation.

Gymnaestrada enables active participation for everyone, regardless of age, gender, or ability. Participants share in the fun and excitement of performing and demonstrating their physical, technical, and creative abilities inspired by a wide variety of traditional and non-traditional gymnastics disciplines.

The **goals of BC Gymnaestrada** are to: promote and encourage the growth of PLAY Gymnastics for All, inspire and encourage joy in exercise, and demonstrate the development of the participants.

In partnership with a member club, the BC Gymnaestrada is the largest PLAY recreational gymnastics event in the province. The weekend consists of workshops and performance shows.

More about Gymnaestrada:

<http://www.playgymnastics.com/club/gymnaestrada/>

Gymnastics BC

Gymnastics BC
268 – 828 West 8th Avenue
Vancouver, BC V5Z 1E2

(B) 604-333-3494 / (F) 604-333-3499

info@gymbc.org
www.playgymnastics.com

Keara Hooi
Gymnastics For All Manager

604-333-3494

khooi@gymbc.org

Host Club

Kamloops Gymnastics Trampoline Centre
910 McGill Road
Kamloops, BC V2C 6N6

Bre Erickson
bre.kgic@gmail.com
250-374-6424

Website

<https://www.gymbc.org/events/events/post/721>

Event Information

Date

May 27-28, 2017

Theme

In a land far, far away (storybook theme)

Age Requirements

Participating athletes must be at least six years of age by December 31, 2016.

Registration Information and Fees

The registration fee includes participation in a fun-filled weekend with unique workshops, performance shows, a commemorative souvenir, and unforgettable memories made with teammates and friends!

Club registration is due **Monday, January 16 2017**. The club registration form is included in this package, and must be accompanied by a \$100 non-refundable deposit. This deposit is taken off your final balance.

Storybook choices are limited to a maximum of 1-2 per performance show, and will be accepted on a first come first served basis. If your group has their heart set on a particular story or theme, please make sure to submit your intent forms well before the deadline to increase the chances of securing that storybook.

Please make all cheques payable to Gymnastics BC.

| Registration type | Deadline (day ends at 4:00 p.m.) | Athlete | Coach |
|-------------------------|--|-------------|-------|
| Club Registration | January 16, 2017 | \$100 total | |
| Individual Registration | April 10, 2017 | \$65 | \$20 |
| *Extended Registration | April 11 - April 24, 2017 | \$75 | \$20 |
| *Late Registration | April 25 - May 22, 2017 No registration will be accepted after 4:00 p.m. on May 22, 2017 | \$150 | \$20 |

*Extended and late registrations are not guaranteed, and will only be accepted if space is available.

Refunds and Substitutions

REFUNDS: Refunds will only be issued following written receipt of a request and medical certificate by 4:00 p.m. on Friday, May 26, 2017. No refunds will be considered once the event has started on May 27, 2017.

Full refunds will be issued prior to 4:00 p.m. on April 10, 2017 with proper documentation. A \$10 administration fee will be withheld for those participants withdrawing from Gymnaestrada after April 10, 2017.

SUBSTITUTIONS: Substitutions are allowed at no extra charge, provided that notification is received prior to the event, by 4:00 p.m. on May 26, 2017.

Workshops

Your club or group will be placed in the most appropriate workshop session and performance show to allow for travel time, group size, etc. Workshops will take gender-balance into consideration, so please encourage all participants to attend!

Routine Criteria

CRITERIA:

- Gymnastics BC recommends that participating clubs have a maximum of three displays with at least six participants per group.
- Only one display per participant is allowed.
- The maximum length of each routine is as follows:
 - **(# of participants) 6-15: 5 minutes, 16-25: 10 minutes, 26+: 15 minutes**

Music

Each club will have the opportunity to choose their own music for this event. Please keep the event theme in mind when creating routines and choosing music.

There will be a cap on the number of clubs using the same performance songs. This will be determined on a first-come, first-served basis on the preliminary registration form. Please ensure you include your song choice(s) on the form. GBC will contact you if your song choice has reached its cap.

A **copy of your music** is to be sent to Gymnastics BC by **Monday, May 8, 2017**. Music may be emailed electronically provided that it is in .mp3 format. Clubs may also send a CD labeled with the club name and music title. There is a **\$25 late fee** for clubs sending in music after **Monday, May 8 2017**.

Please ensure that your recording is of excellent quality; tracks of low quality amplify poorly in a large space.

All late fees will be enforced.

Team Photos

Each participating club is asked to email a **high resolution digital picture** of their display group(s) to Gymnastics BC by **Monday April 24, 2017**. These photos will be included in the souvenir programs.

Please note: We cannot guarantee that any photos sent in after this date will be included in the event program. There is a **\$35 late fee** for clubs sending in photos after **Monday, April 24 2017**.

All pictures should be clear, bright and of high resolution. Each participant's face should be visible. If your club has more than one display, please submit separate, clearly labelled pictures for each display.

All late fees will be enforced.

Photography & Videography

Please stay tuned for more information.

Admission

Please note there will be an admission charge to enter the shows for all spectators, parents and visitors. Pre-ordered tickets will be available, and an order form will be released at a later date.

Mass routine/March-in

Please stay tuned for more information.

Venue Information

| | | |
|-----------------------------------|---|---|
| Venue | Kamloops Gymnastics Trampoline Centre (KGTC) 910 McGill Road Kamloops, BC V2C 6N6 | Tournament Capital Centre (TCC) 910 McGill Road Kamloops, BC V2C 6N6 |
| Equipment | <p><u>REHEARSAL:</u> Each group will receive an allotted rehearsal time on Saturday May 27, 2017 as part of the workshop rotations. Rehearsal will take place in KGTC (within the Tournament Capital Centre) on a <u>sprung floor</u>. There will be access to the fieldhouse on Saturday so groups can visualize the performance floor set up.</p> <p>A 40' x 40' <u>non-sprung</u> floor will be provided, along with the equipment listed below. We encourage all groups to be as creative as possible.</p> <p>Additional equipment:</p> <ul style="list-style-type: none">• Landing mats (3)• Mini-tramp (1)• Beat board (2)• Trapezoid boxes (4)• Wedge mats (2)• Spotting blocks (2) <p><u>PERFORMANCE:</u> The same floor specifications and equipment list above will apply on performance day. This year, the event will also include: 3 strips of additional non-sprung floor to allow participants a condensed warm-up on performance day. Further details with performance day warm-up format will follow in later workplans.</p> <p>If you would like any other equipment not listed here, please contact Bre at bre.kgtc@gmail.com.</p> | |
| Medical Services | A standard medical professional will be on site for all workshops and performance shows throughout the weekend. | |
| Concession and Hospitality | <p><u>CONCESSION:</u> Concession is available in the TCC lobby.</p> <p><u>COACH HOSPITALITY:</u> A hospitality room will be provided for coaches and officials throughout the weekend.</p> | |
| Parking Information | <p><u>EVENT VENUE PARKING:</u> Ample parking is available at the Tournament Capital Centre (TCC). TCC parking is available daily 5:30 am-11:00 pm. No overnight parking is permitted.</p> <p>Additional parking is available at Thompson Rivers University. University parking is free after 5:00 pm, Monday-Friday, and all day Saturday and Sunday. Please refer to TRU's parking policies for details.</p> | |

Accommodations & Other Information

Room Block Information

THOMPSON RIVERS UNIVERSITY (TRU) ROOM BLOCK:

A room block has been set up at TRU for **Friday, May 26 – Sunday, May 28 2017**. Please see attached document titled "Group Information" for descriptions of room types and instructions on how to book a room. Dorm rooms that sleep maximums of 4 persons and 8 persons are available.

As a majority of participating clubs are located in the Lower Mainland and will need to secure accommodations, we strongly recommend that you do so at your earliest convenience.

Please note that we would **greatly appreciate** it if clubs were to only reserve rooms from the Gymnastics BC block for participants and team parents and chaperones. There are many other hotels in the surrounding area, and we would like to give coaches and chaperones traveling with groups the opportunity to stay at a venue that is within walking distance to the event facility.

The official room block drop date is March 27, 2017, but rest assured that rooms will go quickly – block yours off soon!

OTHER NEARBY HOTELS:

For athletes traveling with parents and families, below are some of the many other nearby accommodation options:

| Name of Hotel (hyperlinked) | Address | Distance to Venue |
|---------------------------------|---------------------------|-------------------|
| Best Western Plus | 660 Columbia Street West | 1.0 km |
| Accent Inns | 1325 Columbia Street West | 1.3 km |
| Sandman Inn & Suites | 550 Columbia Street | 3.1 km |
| DoubleTree by Hilton | 339 St. Paul Street | 2.9 km |
| The Plaza Hotel | 405 Victoria Street | 3.3 km |
| Travelodge | 430 Columbia Street | 3.1 km |
| Hotel 540 | 540 Victoria Street | 3.7 km |

Items to Bring

Please stay tuned for more information.

Attractions

Blending energizing recreational opportunities with a culture of warm, welcoming people, Kamloops is an amazing place for any visitor to let loose and just play.

Springtime activities in Kamloops include: The BC Wildlife Park, Farmers Markets, Treetop Ziplines, The Big Little Science Centre, Swimming Pools, and much, much more!

Visit the Tourism Kamloops website for more information and ideas:
<http://www.tourismkamloops.com/home>

Related Gymnaestrada Events

Upcoming Events

2017 Western Gymnaestrada – May 6-7, 2017

Mount Royal University
Calgary, Alberta

2018 Canadian Gymnaestrada – June 28 – July 1, 2018

Host city to be announced December 2016

2019 World Gymnaestrada – July 7-13, 2019

<http://www.wg2019.at/wg2019/en>

Important Dates & Deadlines

Important Dates

JANUARY 2017:

- Monday, **January 16, 2017** at 4:00 p.m.:
 - Club registration form due
 - \$100 deposit
 - Choice of storybook/routine theme

FEBRUARY 2017: Workplan #2 released

APRIL 2017: Workplan #3 released

- Monday, **April 10, 2017** at 4:00 p.m.:
 - Individual registration form due
- Monday, **April 24, 2017** at 4:00 p.m.:
 - Group pictures due to GBC (for inclusion in event program)

MAY 2017:

- Monday, **May 8, 2017** at 4:00 p.m.:
 - Music due to GBC
 - Consent forms due to GBC

MAY 27-28, 2017: BC Gymnaestrada in Kamloops!



CLUB REGISTRATION FORM

2017 BC Gymnaestrada
 Kamloops, BC
 May 27-28, 2017



Submit form by JANUARY 16, 2017 to guarantee your spot at the 2017 BC Gymnaestrada!

Club: _____

| | | |
|--|--------|--------------|
| Address: | City: | Postal Code: |
| Main Contact: | Email: | Phone #: |
| Coach Contact (if different from above): | Email: | Phone #: |

Music and Display(s)

Number of displays: _____

- **1 display per participant**
- **Routine length restrictions: (# of participants) 6-15: 5 minutes, 16-25: 10 minutes, 26+: 15 minutes**

| | Music Selection(s): | Storybook Theme: | Estimated # of participants | Estimated age range | Estimated routine length |
|-----------|---------------------|------------------|-----------------------------|---------------------|--------------------------|
| Display 1 | | | | | |
| Display 2 | | | | | |

Please note: There is a cap on both storybook themes and music selections. This will be determined on a first come, first served basis. GBC will contact you if the cap has been reached for any of your music selections.

Deposit payment ~ \$100 (please make cheques payable to Gymnastics BC)

| | | |
|---|-------------------------------|------------|
| <input type="checkbox"/> Cheque <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard | Credit card or cheque number: | Exp. Date: |
| Name on Card: | Signature: | |
| Cardholder Address: | | |

Return completed form and \$100 non-refundable deposit to:

Gymnastics BC, c/o Keara Hooi, Gymnastics For All Manager
 #268 – 828 West 8th Avenue, Vancouver, BC V5Z 1E2 Fax: 604-333-3494 Email: khooi@gymbc.org

Group Information

Thank you for choosing **Residence and Conference Centre - Kamloops**. The residence is located in Kamloops on campus of Thompson Rivers University. Come and stay with us and check out our unique accommodations for your family, friends, groups, and conferences.

Your group is blocked under group name:

Gymnastics BC

Room Types Available:

Double: \$99.95/per night +taxes

- Two separate bedrooms, each with its own double bed with linen, satellite television, display telephone with free local calls and voice mail, and Wi-Fi high speed internet
- Kitchenette with microwave and refrigerator – utensils and cookware not provided
- Private three-piece private washroom, and air-conditioning with individual climate controls
- Sleeps of maximum of 4 occupants – 470 square ft.

Quad: \$159.95/per night +taxes

- Four separate bedrooms, each with its own double bed with linen, satellite television, display telephone with free local calls and voice mail, and Wi-Fi high speed internet
- Kitchenette with microwave, 2 refrigerators, and single chest freezer - utensils and cookware not provided
- 2 Private three-piece private washrooms, and air-conditioning with individual climate controls
- Sleeps of maximum of 8 occupants – 940 square ft.

Please call 250-852-6296 or email info@trurez.ca to book a room from this block.

Address: 950 McGill Road Kamloops BC V2C 0E1 [Click for Google map](#)

For a virtual tour of our property, please click on the following link:

www.stayrcc.com/kamloops

Check in and Check Out Times

Check in time is 3PM on the scheduled day of arrival; and check out time is 11 AM on the scheduled day of departure. Please note that our Front Desk is staffed 24 hours a day.

To confirm your reservation, we may be reached at 250-852-6296 or email info@trurez.ca

Thank you and we look forward to your visit.

