

# 2019 NORTHERN GYMNAESTRADA

## Ma Murray Community School

Fort St John, BC  
Saturday June 15 2019



### 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.

### Host Club

**North Peace Gymnastics Association**  
Fort St John, BC

**Club Contact:**  
Chantelle Yates  
[npga@telus.net](mailto:npga@telus.net)  
(250) 787-5327

### Date & Time

Saturday June 15<sup>th</sup> 2019  
Registration 9:00-9:30  
Workshops 9:30-4:00  
Performances 4:30 till finished

### Theme

**Jungle Fever!**

### Age Requirements

Participating athletes must be at least six (6) years of age by December 31, 2018

## Registration Information and Fees

The registration fee includes participation in a fun-filled day with unique workshops, a performance show, a commemorative souvenir, 2 snacks and lunch and unforgettable memories made with teammates and friends!

Club Registration is due **Friday March 15, 2019**. 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.

Please make all cheques payable to North Peace Gymnastics Association

Registration Type	Deadline	Athlete
Club Registration	Friday March 15, 2019	\$100.00 (Club registration)
Individual Registration	Friday May 3, 2019	\$50.00
Late Registration	May 4 <sup>th</sup> -May 24, 2019	\$65.00

The club deposit is taken off your final balance

## Refunds and Substitutions

**REFUNDS:** Refunds will only be issued following a written receipt of a request and medical certificate by 4:00pm on Friday June 14, 2019. No refunds will be considered after 4:00pm on June 14<sup>th</sup>.

Full refunds will be issued prior to 4:00pm on May 3, 2019 with a written request. A \$10 administration fee will be withheld from all participants withdrawing from Northern Gymnaestrada

## Event Venue Workshops and Performance

Both workshops and the Performance will take place at:  
Ma Murray Community School  
11504 105 Ave.  
Fort St John, BC  
V1J 0R8

Your club or group will be placed in the most appropriate workshop sessions. Due to the size of this year's event your group may not participate in all workshops but will participate in a variety of all workshops offered.

## Routine Criteria

### CRITERIA:

- Only 1 display per participant is allowed
- Maximum length of each routine is as follows:
  - (# of participants): (6-15) 5 mins, (16-25) 10 mins.

<p><b>Music</b></p>	<p>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.</p> <p>Please bring your music with you to the event. Music must be on Ipod, Ipad or electronic device. <b>No</b> CD player will be available.</p>
<p><b>Team Photos</b></p>	<p>Each participating club is asked to email a high-resolution digital picture of their display group(s) to NPGA by Friday May 10 2019. These photos will be included in the souvenir programs.</p> <p>All photos should be clear, bright and of high resolution. If your group has more than one group please submit separate, clearly labelled pictures for each display</p>
<p><b>Admission</b></p>	<p>A small admission fee will be charged at the door (Cash only) more information to come.</p>
<p><b>Equipment</b></p>	<p>A 40'X40" sprung floor will be provided. If you would like to request other equipment (sting mats, double sting mats, crash mats, wedge mats, beat board etc.) please contact Chantelle (<a href="mailto:npga@telus.net">npga@telus.net</a>) by Friday May 10, 2019. NPGA will make every effort to accommodate all requests that the gym can move from our facility to the venue</p>
<p><b>Medical Services</b></p>	<p>A standard medical professional will be on site for all workshops and the performance.</p>
<p><b>Hotel Blocks</b></p>	<p>We are setting up hotel blocks with MicroTel and Pomeroy Lodging, we will be posting information in the upcoming workplan.</p>

# Club Registration Form

2019 Northern Gymnaestrada

Fort St John, BC

Saturday June 15 2019

Submit form by Fri. March 15 2019 to allow enough time to secure workshop presenters etc.

Club:		
Address:	City:	Province:
Main Contact:	Email:	Phone #:
Coach Contact:	Email:	Phone #:

Please note that the number of performances and participants may change from this submission to the individual submission time. The numbers below are an estimate to allow us to start booking workshops, food vendors etc. Please add a second page if needed.

Display	Estimated # Participants	Estimated Age Range

Deposit payment: \$100 (please make cheques payable to North Peace Gymnastics Association)

Cheque # \_\_\_\_\_

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

North Peace Gymnastics Attn. Chantelle Yates

10023 95 Ave.

Fort St John, BC

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