



2010 BC Gymnaestrada
June 11-13, 2010

BULLETIN #1

December 2009



2010 BC GYMNAESTRADA

Bulletin #1

General Information:

Friday, June 11, Saturday, June 12, & Sunday, June 13, 2010
Pinetree Community Centre Gym
1260 Pinetree Way, Coquitlam (BC)
hosted by Club Aviva

Website:

<http://gymnastics.bc.ca/event.php?id=75>

Theme:

“Around the World in 80 Minutes”.

Equipment:

A 40' x 40' non-sprung floor will be provided along with additional landing mats (if needed). Any additional equipment must be supplied by your club.

Criteria for Display:

We recommend that clubs participating in Gymnaestrada have a maximum of 2 displays with 2 separate groups. (We recommend at least 6 participants per group). Only 1 display per participant. The length of group routines should not exceed 5 minutes.

Clubs who intend on participating in the 2010 National Gymnaestrada must indicate their intention on the registration form. Groups of 16-25 will be allowed a routine of up to 10 minutes. Groups of 26 gymnasts or more will be capped at 15 minutes.

Age Requirements:

Athletes participating in Gymnaestrada must be 6 years of age by December 31, 2009 to participate in the 2010 BC Gymnaestrada.

Gymnastics for All AGM Assembly:

The Gymnastics for All Year End AGM Assembly will be held on the Saturday, June 12, 2010

following the performances. All clubs are asked to send a representative to the Assembly. Location and Time to be confirmed.

Registration and Fees:

The registration fee includes all workshops, entrance into the Gymnaestrada show, commemorative t-shirt and club participation banner and certificate.

	Athlete	Coach
Before April 30, 2010	\$60	\$20
May 1 - May 7, 2010	\$70	\$30
After May 7, 2010 No registrations will be accepted after May 21, 2010	\$150	\$30

GBC must receive the ELECTRONIC registration form by the deadline in order to avoid late fees. Payment must be received no later than 5 business days following the deadline. Forms and/or payment received after this will be charged the associated late fees, if applicable.

There will be an admission charge to enter the shows for all spectators, parents and visitors. Fees for parking on-site may be in effect.

Refund Policy:

Refunds will only be issued, provided that a medical certificate is submitted prior to Thursday, June 10, 2010. No refunds will be considered once the event has started on Thursday afternoon. Requests for refunds must be received by June 10, 2010 to be considered. A \$10 administration fee will be withheld for those withdrawing from Gymnaestrada after May 14, 2010.

Gymnastics BC is happy to substitute a new person for a cancellation at no extra charge, as long as notification is received prior to the event. Please note that t-shirt sizes may not be able to be changed.

Accommodations:

Poco Inn & Suites
1545 Lougheed Highway
Port Coquitlam, BC, V3B 1A5
Phone: 1.800.930.2235
Website: www.poco-inn-and-suites.com
Standard Rooms \$129.00 + Taxes

- Rates will be made available from June 11-June 13, 2010
- Complimentary Hot Breakfast Buffet and daily national newspaper with stay
- Complimentary high-speed internet access (wired and wireless)
- Refrigerator, microwave, coffee/tea maker and iron/ironing board
- Crossroads Cocktail Lounge and The Pantry Restaurant on-site

Release Date

The release date for the block of rooms is Wednesday, May 12, 2010. All rooms must be assigned by guest name by this date.

Reservation Procedure

For reservations, please, contact the hotel directly at the numbers listed below. Please quote the code "Gymnastics BC" to receive the special rate:

Cancellation Policy

A deposit of one night's room and tax will be taken from each individual at the time of booking. Cancellation policy is 72hrs notification prior to the confirmed group arrival date without penalty. Cancellation penalty is the deposit of one night's room and tax.

Workshops & Show Schedule:

There will be two separate workshop schedules and shows this year to accommodate all of the participants. One group will have workshops on Friday late afternoon/evening and their show on Saturday mid-afternoon. The second group will have their workshops on Saturday morning and their show on Saturday late afternoon.

There will be a more complete schedule in the next bulletin. On your preliminary registration form, please let us know which day you would prefer for the workshops – **this cannot be guaranteed**.

Friday, June 11:

- Group #1 Coaches Meeting
- Group #1 Workshops (TBC in Bulletin #2)
- Group #1 Rehearsals

Saturday, June 12:

- Group #2 Coaches Meeting
- Group #2 Workshops (TBC in Bulletin #2)
- Group #2 Rehearsals
- Group #1 Showtime
- Group #2 Showtime

Teddy Bear Picnic:

Gymnaestrada groups will be given the opportunity to partake in the Teddy Bear Picnic on the Sunday, June 13 for FREE! Athletes will get to march in the parade and perform their routine during the festivities to promote gymnastics for all. Please indicate your intent to participate on the preliminary registration form.

Sunday, June 13:

- Teddy Bear Picnic Parade: 9:00am-11:00am
- Teddy Bear Picnic Gymnaestrada Performances: 11:00am-4:00pm (performance schedule TBD)

Music:

Each club will have the opportunity to choose their own music for this event. Group performances may not exceed 5 minutes unless their groups have more than 15 participants and are intending to attend the National Gymnaestrada.

The organizing committee requires a copy of your music to be sent to Gymnastics BC by April 30, 2010. Music may be submitted electronically and must be .mp3 files. Clubs may send a CD labeled with your club name and music title. A master CD for all shows will be created and music will be returned at the end of the event.

Please ensure that your recording is of very good quality, as poor quality sound is worse when amplified in a large space.

Photos:

Each participating club is asked to provide a high resolution digital picture of their display group(s) to Gymnastics BC by April 30, 2010. These photos will be incorporated into the 2010 BC Gymnaestrada Program for the performances.

All pictures should be clear with all of the participants close together. If your club has 2 or more displays, please have separate pictures for each display.

Gymnaestrada Contact Information:

Louise Demers, Gymnastics BC, Gymnastics For All Coordinator
604-333-3494 or ldemers@gymnastics.bc.ca

Vivien Symington, Club Aviva
604-526-4464 or caviva2@telus.net

Timelines and Deadlines:

February 1, 2010: Preliminary Club Registration form from Bulletin #1 DUE

March 1, 2010: Bulletin #2 distributed to clubs and on website (includes Excel Registration System)

April 30, 2009: Group pictures due at Gymnastics BC for inclusion in event program
Individual registration deadline for all groups
CD of music due at Gymnastics BC

May 14, 2010: Bulletin #3 distributed to all registered groups with individual workshop and show schedules.

June 11-13, 2010: 2010 BC Gymnaestrada



2010 BC Gymnaestrada
June 11-13, 2010
Coquitlam, BC

Club Registration Form

Please submit this form by February 1, 2010 if your club plans to participate in the 2010 BC Gymnaestrada. All forms must be accompanied by \$100.00 non-refundable deposit to guarantee your place in this exciting event. Please make cheques payable to Gymnastics BC.

Club: _____

Contact Person: _____ Coach: _____

Email: _____

Coach Email: _____

Number of Displays: _____

Provincial Gymnaestrada Groups:	National Gymnaestrada Groups:
<ul style="list-style-type: none"> • Maximum Time for Display is 5 minutes • 1 display only per participant 	6-15 participants (5 minutes max) : _____
	16-25 participants (10 minutes max): _____
	26+ participants (15 minutes max): _____
Number of displays: _____	

Total Number of athletes attending (approx.): _____

Preferred Day for workshops (This is not guaranteed and preference will be given to clubs from outside the Lower Mainland):

_____ Friday evening, June 11 or _____ Saturday, June 12

Please indicate if your club will be participating in the Teddy Bear Picnic: ___ Yes ___ No

Deposit Payment: ___ Cheque ___ Money Order ___ Visa ___ Mastercard

Credit Card Number: _____

Expiry Date: _____ Name on Card: _____

Please return this form along with your \$100 deposit to:
 Gymnastics BC
 c/o Louise Demers, Gymnastics for All Coordinator
 230 - 3820 Cessna Drive, Richmond, BC V7B 0A2
 Fax: 604-333-3499



Deadline to register your club is February 1, 2010

