



# ALBERTA'S RHYTHMIC BOOM!! PROVINCIAL GYMNASTRADA 2007

## Final Bulletin

Welcome all Clubs !

Hello Everyone: With only 1 week until the Big Day we would like to pre-welcome all of you and wish you all safe journey to the Provincial Gymnastrada! We are looking forward to hosting your teams and spending a fun filled Rhythmic Fest with you! Here is the final information you will need to share with your teams. Included in this bulletin will be the official logo for the gymnastrada designed by one of Alpha's senior gymnasts, as well, a directional map to make your trip a little easier!

### Schedule

The following is the schedule for practice times for the main gym only. There is a small gym where your team can practice their routines. Please only use the main gym for floor placements only. Please respect the times given as there are many clubs. If you choose not to use this time slot, please let me know a.s.a.p. so that we can give your time to another team.

### Main Gym Schedule:

9 – 10:15: Gym Set up / Volunteer Orientation

10:15 – 10:30 : Alpha/ERG Medley

10:30 – 10:40 : ERG

10:40 – 10:50 : Elena's

10:50 – 11:00 : Illusions

11:00 – 11:15 : Parkland Rhythmics

11:15 – 11:25 : Red Deer

11:25 – 11:35 : Rhythmics West

11:35 – 11:50 : Norglen

11:50 – 12:10 : Alpha

12:45 – Line up for March On in the small Gym – ALL CLUBS

The Performance will begin at 1:00 pm!!!

Admission/ programs for sale

Admission for the Gymnastrada will be as follows:

Adults: \$5.00

Child/Youth: ( 6-18) and Seniors \$3.00

Child under 6: Free      Programs: \$3.00

Club Banners

All clubs are responsible for bringing their own club banners for the March on! Thanks

Professional Video

The Gymnastrada will be professionally video taped! CD's of the event may be purchased at a great price of \$30.00 including shipping and handling. Videos will have headers/ subtitles. Videos may be purchased the day of the event or by e-mailing [sgolly@telus.net](mailto:sgolly@telus.net) prior to the event! Please encourage your gymnasts to order the video, due to space restraints and safety, we will not be permitting any personal tripods on the gym floor!

Cd music

Please ensure all music is on CD – no Cassettes! Please ensure you have a back – up copy of your music. Please hand in music to the table located at the back of the main gym during your scheduled practice time!

Upon Arrival !

Please send a coach/manager to Team Registration table which is located between the large and small gym. You will receive your teams t-shirts / goodie bags, certificates and information you will need for the days events.

50/50 and Raffle Tables:

Please let your gymnasts know that we will have a variety of raffle baskets and 50 /50 raffle for all of you to enjoy!!

Snacks

Please ensure you schedule your team's lunch break. Alpha will have beverage / snacks available for purchase.

Directional map

Attached is a directional map from both Calgary and Edmonton.

\*\* Please note: It is Blackgold Rodeo Days in Leduc, there will be a parade and possibly more traffic than usual in the a.m. on the city streets!

West Edmonton Mall Waterpark Tickets:

If your club would like to have a Fun year end party; or if you would like tickets to the West Edmonton Mall waterpark, Alpha will be selling tickets to the Waterpark at a GREAT price of \$5.00 for Saturday May 26, 2007! Come out and join us for a GREAT Rhythmic PARTY!

Should you require any additional information, please do not hesitate to call or e-mail me! We look forward to a great performance!  
See you soon!  
Sonya

**Starting from:** **A** 7315 Delwood Rd Nw, Edmonton, AB

**Arriving at:** **B** 4308 50th St, Leduc, AB

**Distance:** 44.9 km      **Approximate Travel Time:** 44 mins

**Your Directions**

1. Start at **7315 DELWOOD RD NW, EDMONTON** going toward **71 ST NW** - go **0.8** km
2. Turn right on **66 ST NW** - go **1.1** km
3. Turn right on **FORT RD NW** - go **1.0** km
4. Head left on **WAYNE GRETZKY DR NW** - go **4.7** km
5. Continue on **75 ST NW** - go **2.6** km
6. Turn right on **82 AVE NW** - go **3.7** km
7. Turn left on **CALGARY TRL** - go **14.0** km
8. Continue on **HWY-2 South** - go **14.6** km
9. Take exit **#517/HWY-39** onto **50TH AVE[HWY-39]** - go **1.6** km
10. Turn right on **50 ST** - go **0.8** km
11. Arrive at **4308 50TH ST, LEDUC**

Rhythmic Boom'  
nastrada, Leduc, AB.



**Starting from:** **A** Calgary International Airport YYC, Calgary, AB

**Arriving at:** **B** 4308 50th St, Leduc, AB

**Distance:** 253.3 km      **Approximate Travel Time:** 2 hours 30 mins

#### Your Directions

1. Start going toward the **AIRPORT EXIT** on **AIRPORT RD NE** - go **0.3** km
2. Take ramp onto **AIRPORT RD NE** - go **0.3** km
3. Turn left on **AIR SERVICES PL NE** - go **< 0.1** km
4. Continue on **BARLOW TRAIL NE** - go **2.3** km
5. Turn left on **COUNTRY HILLS BLVD** - go **0.6** km
6. Turn right onto **AB-2** - go **247.6** km
7. Take the **HWY-39** exit onto **50 AVE**[**AB-39**] toward **DRAYTON VALLEY/LEDUC CITY CENTRE** - go **1.1** km
8. Turn right to follow **AB-39** - go **1.0** km
9. Arrive at **4308 50TH ST, LEDUC**



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