



**2010 CANADIAN  
NATIONAL  
GYMNAESTRADA**

**Winnipeg, Manitoba  
June 30- July 4**

# SCHEDULE

Wednesday June 30	Arrival and Team Manager Meeting
Thursday July 1	Rehearsals, Opening Ceremonies, City Performances and Canada Day
Friday July 2	Performances & Workshops
Saturday July 3	Performances & Closing Ceremonies
Sunday July 4	Sightseeing and Departures



# GROUPS

- By definition, a group presents one performance.
- Group size is a minimum of 10 gymnasts performing/moving on the floor **AT ALL TIMES**.
- Groups with:
  - 10 to 15 gymnasts are limited to a 5-minute performance
  - 16 to 25 gymnasts are limited to a 10-minute performance
  - 26 or more gymnasts are limited to a 15-minute performance
- A group can consist of:
  - gymnasts from one club
  - gymnasts from two or more clubs



# VENUE AND EQUIPMENT

- The main performance venue is the Investors Group Athletic Centre at the University of Manitoba.
- Spectator seating is pull out stands with a maximum capacity of 1,500 people.
- The performance surface will be a 12 x 12 metre artistic non-sprung floor.
- Additional apparatus will be limited to:
  - 1 mini-trampoline
  - 4 -20 cm safety mats (crash mats)
  - 1 trapezoid box
  - 2 beat boards
- Special apparatus requests must be directed to the *OC 2010* for consideration by **January 30, 2010**.
- The performance surface and additional apparatus will be 'identical' in both gyms.
- Performances will be 5, 10 or 15 minutes in length, as per the current time allotments for the 2011 World Gymnaestrada. (City and Indoor Group performance times).

# REHEARSALS

## JULY 1<sup>ST</sup> 2010

- Will be held at the University of Manitoba Investors Group Athletic Centre.
- Will be held under same conditions as actual Indoor Group performance (apparatus and time allotment will be identical).
- Gymnasts and coaches should run through the whole routine and not stop for corrections – You are being WATCHED!



# CITY PERFORMANCES

## JULY 1<sup>ST</sup> 2010

- GCG, Manitoba Gymnastics and Rhythmic Gymnastics Manitoba are working with the City of Winnipeg to identify City Performance opportunities in conjunction with the Canada Day Festivities in Winnipeg.
- Optional City performances will most likely be 5, 10 or 15 minutes in length.
- More details to come in the 3rd Information Bulletin.



# EDUCATIONAL FORUM

## JULY 2<sup>ND</sup> 2010

- Will be held at University of Manitoba Investors Group Athletic Centre.
- Will include workshops geared to coaches and gymnasts, which are open to all registered participants and are free for all registered participants.
- Will include an information meeting for team managers & coaches attending the 2011 World Gymnaestrada.
- More details to come in the next information bulletin.

# Indoor Group Performances July 2<sup>nd</sup> and 3<sup>rd</sup> 2010

- Your club could have the opportunity to participate in more than one group performance.
- If your club wants to participate in the 2011 WG you must have a minimum five minute medley prepared that will be adjudicated.
- Your club may also do a performance that GCG will not adjudicate for WG.

# Indoor Group Performances

## July 2<sup>nd</sup> and 3<sup>rd</sup> 2010

- Will be held at the University of Manitoba Investors Group Athletic Centre
- Groups must comprise no less than 10 active performers MOVING on the floor AT ALL TIMES (there is no maximum number).
- Performances should be designed to show the diversity of Gymnastics.
- Performances can be 5, 10 or 15 minutes in length.
- Performance duration includes entrances / exits and the placement / removal of all equipment.



# CLOSING CEREMONIES

## JULY 3<sup>RD</sup> 2010

- Will be held at the University of Manitoba Investors Group Athletic Centre.
- Will be approximately 75 minutes in duration.
- Will include a final speech by the President/CEO of GCG and several 'top-quality' performances chosen by GCG from the Group performances presented over the weekend.

# MUSIC

- The music for the performance must be recorded on one CD as a single track. This track must include all cuts, silences, oral directions, fade-ins, fade-outs, etc.
- The music must be submitted with the final payment (May 1st, 2010) and the final CD must have the following information typed on the CD label:
  - The name of the club and/or group
  - The title of the performance
  - The length of the music



# TO GO TO THE 2011 WORLD GYMNAESTRADA GROUPS MUST ATTEND THE 2010 CANADIAN GYMNAESTRADA

- Canada will be allocated a limited number of indoor performance slots by the WG and the interest of Canadian participants has grown so much that GCG now must decide who they want to send to the WG to represent Canada.
- Alberta has been told they may not receive more than two 15 minute time slots, so it is imperative that artistic clubs and rhythmic clubs join together now rather than wait until it is forced on different clubs with only a year to prepare and practice.
- To determine the final allocation of Indoor Group performances at the 2011 WG they are looking for:
  - Groups comprised of no less than 10 active, moving performers on the floor AT ALL TIMES (there is no maximum number).
  - Diversity of Gymnastics.
  - 5, 10 or 15 minutes in length.
  - This includes entrances / exits and the placement / removal of all equipment.
- Your team manager must attend the 1st information meeting for the 2011 World Gymnaestrada at the 2010 National Gymnaestrada.

## **Gymnast:**

- By definition, a gymnast trains and partakes in a group performance.
- The minimum age is 9 years of age at the time of the National Gymnaestrada. (June 30<sup>th</sup>,2010)

## **Coach:**

- By definition, a coach prepares the gymnasts and directs the group's performances.
- A coach must be a minimum of 19 years of age, as of July 1, 2010.
- Each group must have at least one designated coach.
- Clubs registering more than one group must designate a different coach per group.



## **Manager:**

- By definition, a manager coordinates and facilitates their group's participation in the Canadian Gymnaestrada and is responsible for all direct communication with the *Organization Committee 2010* before, during and after the event.
- A manager must be a minimum of 21 years of age, as of July 1, 2010.
- Each group must have a designated manager.
- If a club registers more than one group, only 1 manager is required for all the groups.

## **Chaperone:**

- By definition, a chaperone supervises underage gymnasts.
- A chaperone must be a minimum of 21 years of age, as of July 1, 2010.
- A group must appoint at least one chaperone if it has gymnasts younger than 16 participating in the Canadian Gymnaestrada.
- A group is required to appoint one chaperone for every 10 children aged between 10 and 16 years participating in the Canadian Gymnaestrada.

## **Supporter**

- By definition, a supporter is a family member with no other role (not a gymnast, coach, manager or chaperon)



<p align="center"><b><u>Dormitory</u></b>  - all bedding, towels and facecloths, included  - no daily maid service  - parking not included</p>	<p align="center"><b>Accommodation Per Day/Per Person</b></p>	<p align="center"><b>Meals/Per Day/ Per Person</b></p>	<p align="center"><b>Breakfast/ Lunch Only / Per Person</b></p>
<p align="center">Single accommodation (176 rooms)</p>	<p align="center">\$50.00</p>	<p align="center">\$40.00</p>	<p align="center">\$25.00</p>
<p align="center">Double accommodation (131 Rooms)</p>	<p align="center">\$40.00</p>	<p align="center">\$40.00</p>	<p align="center">\$25.00</p>
<p><b><u>AV Mauro Residence</u></b>  (Suite style)  - all bedding, towels and facecloths included  - daily maid service is provided  - parking included in daily rate  - self contained bathroom  - kitchenette with fridge and microwave  Two bedroom: (2 double beds)  (96 suits available)</p>	<p align="center">\$190.00 for Suit</p> <p align="center">Double Occupancy \$95.00 Each</p> <p align="center">Quadruple Occupancy \$47.50 Each</p>	<p align="center">\$40.00</p>	<p align="center">\$25.00</p>



## WINNIPEG SOUTH

1330 Pembina Highway  
Winnipeg, Manitoba R3T 2B4  
Phone: (204) 452-4747 Fax: (204) 284-2751  
e-mail: [hiws@gatewest.net](mailto:hiws@gatewest.net)  
web: [www.hi-winnipeg.mb.ca](http://www.hi-winnipeg.mb.ca)

- \$109.00 based on single, double, triple or quad occupancy. Taxes not included
- The hotel has 112 double rooms available
- two bedded queen guestrooms
- 33 king guestrooms with pull out sofa bed.
- The hotel is also pleased to offer you our Kids Eat Free Program for all kids who are 12 years or under.
  
- 6km 11 minute drive





## **Best Western Pembina Inn & Suites**

1714 Pembina Highway,  
Winnipeg, Manitoba, R3T 2G2, CA

Phone: 204/269-8888

Fax: 204/269-8889

Toll Free Reservations: 877-269-8811

- \$110.00 based on single, double, triple or quad occupancy. Applicable taxes are additional.
- The hotel offers a deluxe continental breakfast, Salt water pool, hot tub and waterslide.
- 100 non smoking. Rooms have 2 Queen size bed or 1 king size bed.
- Our website is [www.bestwesternpembina.com](http://www.bestwesternpembina.com)
- Reservation deadline: April 15, 2010
  
- 2.3km 9 minute drive

# WHAT YOU NEED TO DO TO TAKE PART IN 2010 CANADIAN NATIONAL GYMNAESTRADA

- Intent to participate form and fee  
December 2, 2009
- Initial Registration & Payment  
January 30, 2010
- Final Payment for Residence,  
accommodation and meals  
**May 1st, 2010**



## INTENT TO PARTICIPATE FORM AND FEE (DECEMBER 2ND 2009)

- All clubs are required to confirm their intent to participate to the MGA by Dec. 2nd 2009.
- All clubs are required to pay a **\$100 registration fee and to complete and return the 'Intent to participation' form to the MGA by December 2nd 2009**
- This one-time administration fee is non-refundable.
- After December 2nd 2009, the *OC 2010 will only correspond with clubs (manager & coach) that have confirmed their intent to participate.*
- Please note that there are a maximum number of participants that can be accepted base on the size of the venue. While, the *OC 2010's policy is one of acceptance rather than elimination, we could be forced to place clubs on a waiting list, in particular, clubs that do not register and pay by the December 2nd 2009 deadline.*





## NOMINATIVE ENTRY FORM AND PAYMENT (JANUARY 30TH 2010)

- Each club must complete and return the ‘Nominative entry’ form along with a cheque made payable to the MGA by **January 30th 2010 and indicate on the registration form their plan for accommodation (residence or hotel).**
- Each participant (gymnast, coach, manager, and chaperone) must pay a **\$75 registration fee for his/her accreditation card. This accreditation card permits each participant to access the warm-up and performance gyms and to attend free of charge the Educational forum, the Opening Ceremonies, the Closing Ceremonies and all the Indoor Group Performances held at the University of Manitoba Investors Group Athletic Centre**
- After this deadline, the registration fee will cost **\$100 per participant.**
- Any amount paid at this time is fully transferable or refundable until May 1st 2010.





**FINAL PAYMENT**  
**(MAY 1ST 2010)**

- Each club must send a cheque covering all residence accommodation/meal costs to the MGA by **May 1st 2010**.
- Late responses (after May 1st 2010) will be subject to a late registration penalty of 10% on the total amount owed.
- Any amount paid at this time is fully transferable but not fully refundable.

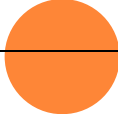
# 14<sup>TH</sup> WORLD GYMNAESTRADA

LAUSANNE

JULY 10-16 2011

MEET THE MAGIC !



	Sunday July 10, 2011	Monday July 11, 2011	Tuesday July 12, 2011	Wednesday July 13,2011	Thursday July 14,2011	Friday July 15,2011	Saturday July 16, 2011	
9:00am		Group Performances	Group Performances	Group Performances		Group Performances	Educationa l Forum	
10:00am								
11:00am							Large Group Performances	
12:00pm								
1:00pm			Large Group Performances		Group Performances			
2:00pm								
3:00pm								
4:00pm							Closing Ceremonies	
5:00pm	Opening Ceremonies							
6:00pm		National Evenings	National Evenings	National Evenings	National Evenings	Fig Gala		
7:00pm								
8:00pm								
9:00pm		National Evenings	National Evenings	National Evenings	National Evenings	Fig Gala		
10:00pm							J. Bowtell 2009	

## **Opening Ceremony**

- The peculiarity of this ceremony is that, contrary to that of the Olympic Games, the participants, after marching through the stadium, take their places on the terraces to watch the whole of the opening show. It enables all the actors in the event to get together and set the tone of the festivities.

## **Group Performances**

- These productions, put on by a minimum of 10 gymnasts, reflect all areas of general gymnastics and take place during the day from Monday to Friday.

## **Large Groups Performances**

- They happen in the open air on a surface of about 700m<sup>2</sup>, in effect the equivalent of a football pitch. A large group has to assemble a minimum of 200 active gymnasts.

## **National Evenings**

- National evenings take place at the end of the afternoon and in the evening. They provide the Federations with a magnificent opportunity to show off their activities in terms of gymnastics and to link these with local folklore specialities and features of their country.



# SCHEDULE FOR NATIONAL EVENINGS FROM AUSTRIA 2007

	Monday	Tuesday	Wednesday	Thursday
6:30pm	Austria or Greek Evening	Swiss or Baltic Evening	Portugal or South Africa Evening	Japanese or Dutch Evening
9:00pm	Nordic or PAGU Evening	Swiss or German Evening	Brazilian or Italian Evening	Japanese or English Speaking Evening



## **FIG Gala**

- This gala is organised by the International Gymnastics Federation. It groups handpicked demonstrations from various countries around one theme. As the FIG Gala happens on the Friday evening, spectators finish their week with a highly colourful, top quality, exciting moment.

## **Training forum**

- This serves two of the Gymnaestrada's objectives: namely, to present the latest trends and developments in Gymnastics for All, and to observe the general and technical training of the trainers. The Forum takes place at the end of the week for all those who can participate. The Federations can come and exchange ideas in the context of a workshop, a presentation or in other ways.

## **Closing Ceremony**

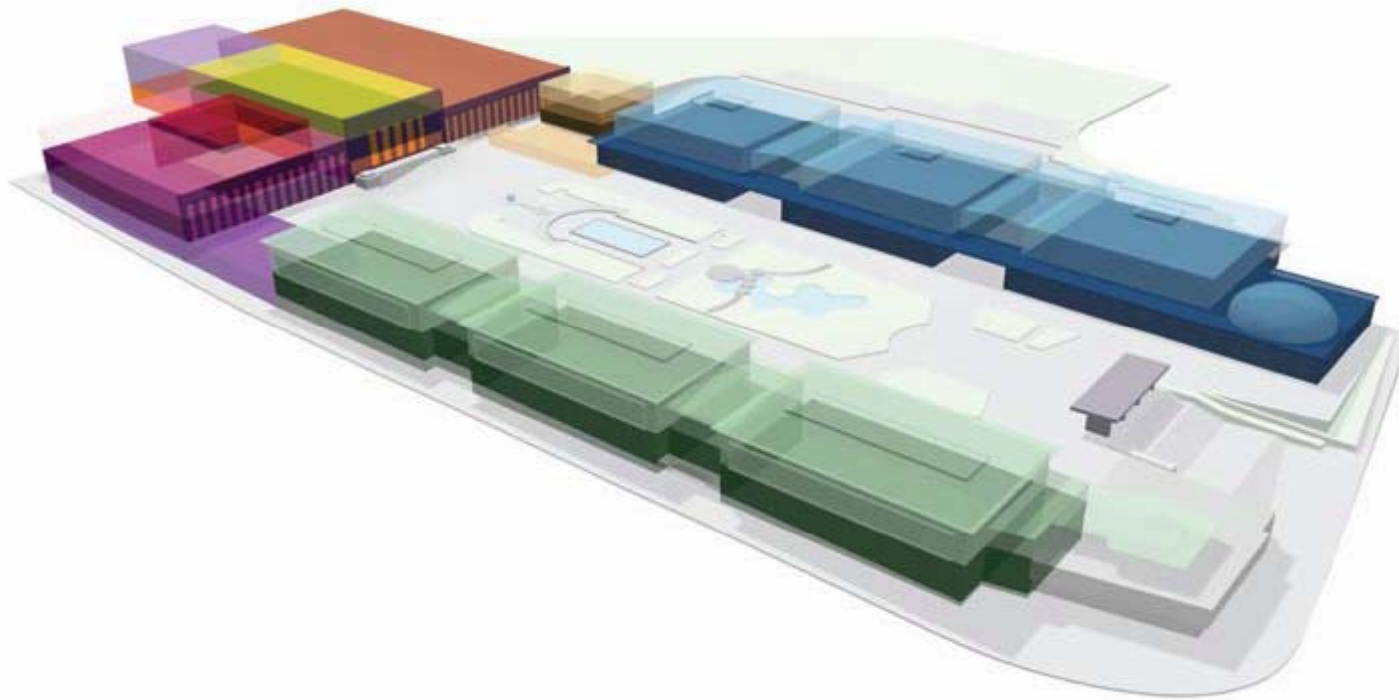
- End point of the World Gymnaestrada, the Closing Ceremony enables the participants to get together one more time in one place, to leave with unforgettable memories and to leave room for the host federation of the next Gymnaestrada.

## **City Performances**

- The gymnasts also have the possibility of performing in town on open air stages. In this way they present parts of Gymnastics for All to a wider public and make their contribution to their creation of a link with the people.



# GROUP PERFORMANCES VENUE



# WG VILLAGES

- Why are these in the plural form?
- The option of offering Gymnaestrada Villages to participants was dreamed up in order to promote the fundamental values that Gymnaestrada stands for worldwide, such as:
  - promoting the meeting of gymnasts
  - promoting contact between the public and the gymnasts
  - promoting intercultural activity
  - forging friendship between gymnasts
  - providing cooperation, understanding and exchanges
- The **main village** of the 14<sup>th</sup> World Gymnaestrada will be mainly reserved for gymnasts, volunteers and officials, it will enable them to share convivial moments, to dance and amuse themselves to the sounds of different orchestras in an exceptional setting. A variety of traditional and exotic food and drink stands will be available.

# WG SECOND VILLAGE

- The second village will be situated at the heart of the Sports Centre of Malley, the site where the national evenings will take place as well as the FIG Gala. The gymnasts and the public can thus meet after the events, without having to travel elsewhere and enjoy the party.
- Each evening, an orchestra from a country hosting the national evenings of the day will be invited. In this way, after having appreciated the gymnastics of a country, they can share the festive customs during an evening of ethnic entertainment.



# ACCOMMODATION

Accommodation for participants will be organised in three types of premises:

- **Schools**  
Most of the participants will be housed in primary and secondary schools in the Lausanne region. All lodgings will be situated less than 30 minutes from the Palace of Beaulieu and offer all modern conveniences.
- **Hotels**  
Enjoying a long-standing hotel industry tradition, Lausanne has some five thousand hotel beds of all categories, ready to welcome athletes and spectators.
- **Camping**  
The city has two camp-sites: at Vidy, situated in an idyllic location on the shores of Lake Geneva and the Pra Colelt site, situated in the higher part of Lausanne.



# CATERING

- Morning
  - Breakfasts will be taken directly in the lodgings.
- Midday
  - The gymnasts will have the opportunity to eat at the Beaulieu complex, which is the centre of the event. The north Halls will be organized so as to offer the participants hot meals while still retaining the magic atmosphere of the event.
  - Numerous stands will also offer a big choice of food and drink throughout the day.
- Evenings
  - In the evening, everyone – gymnasts, spectators, volunteers, city residents, tourists, ... - can eat, according to their tastes and wishes, within the different villages of Gymnaestrada.
  - It is worth noting that, for those who wish to visit the city, Lausanne is overflowing with restaurants offering flavours from all over the world.



# IMPORTANT DATES

- **January 31 2010** Notification of number of groups participating
- **February 2010** Bulletin 3
- **Feb/March 2010** Confirmation by OC of number of units admitted at the WG-2011
- **June 30, 2010** Provisional registration
- **Aug/ Sept 2010** 2nd Information Meeting (TBC)
- **September 2010** Confirmation of Large Group for the Closing Ceremony
- **November 2010** Bulletin 4 and allocation of schools
- **December 31, 2010** Final registration, reception of 50% of payments
- **March 2011** Bulletin 5
- **April 30, 2011** Receipt of final 50% of payments
- **July 10-16, 2011** World Gymnaestrada Lausanne 2011

# PARTICIPATING IN THE WORLD GYMNAESTRADA

- **CLUBS MAY NOT** contact the world Gymnaestrada organizing committee. They must go through their national sport association.
- Clubs wishing to participate in a indoor performance opportunity will need to combine with other local RG and AG clubs due to the limited number of spots allotted to Canada.
- Currently Rhythmic Gymnastics Alberta has groups who are already working together in both the north and south of Alberta. These clubs are preparing to perform fifteen minute indoor performances for World Gymnaestrada and would welcome other teams to join them.



# WHAT IT TAKES

- Two year commitment
- Dedication and hard work
- Long practices for combined medley preparation
- Team work between clubs and gymnasts
- Patience and perseverance
- Be open minded to different forms of movement
- Contracts outlining team responsibilities (e.g. attendance at rehearsals, travel commitment for practices, payment schedules)

