

# PROVINCIAL GYMNAESTRADA 2010

Saturday May 1, 2010  
Henry Wise Wood High School | Calgary AB

## Bulletin #1

The Norglen Rhythmic Gymnastics Club and Rhythmics West along with Rhythmic Gymnastics Alberta are pleased to be hosting the 2010 Provincial Gymnaestrada at Henry Wise Wood High School in Calgary.

The following bulletin contains all the information that you will need to make the necessary arrangements for your Club.

**DATE:** Saturday May 1, 2010

**WHERE:** Henry Wise Wood High School  
910-75 Ave SW | Calgary AB

**EVENT DIRECTORS:** Dwila Slatcher – Norglen Rhythmic Gymnastics Club  
Heather Palmer – Rhythmics West  
[h.palmer@shaw.ca](mailto:h.palmer@shaw.ca)

**REGISTRATION:** Submit registration package along with payment to:  
**Rhythmic Gymnastics Alberta**  
**11759 Groat Road | Edmonton AB | T5M 3K6**  
**P: 780-427-8152 F: 780-427-8153**  
[katie@rgalberta.com](mailto:katie@rgalberta.com)

**REG. DEADLINE:** The registration forms (attached) along with signed consent/waiver forms, payment and t-shirt order form must be received by Rhythmic Gymnastics Alberta on or before **APRIL 6, 2010**

**REGISTRATION FEES:** \$25.00 per GYMNAST (T-shirt included)  
\$15.00 per COACH (T-shirt included)

**LATE REGISTRATION:** Club penalty of \$50.00

- T-SHIRT ORDERS:** All registered participants (gymnasts and coaches) will receive a Provincial Gymnaestrada souvenir t-shirt. Clubs will receive their t-shirts upon arrival at the venue. Coaches or Team Managers will be responsible for distributing the t-shirts to their members.
- SCHEDULE:** **Opening ceremonies will begin at 1:00 p.m.**  
A schedule of events will be circulated to participating clubs prior to Provincial Gymnaestrada. Rehearsal time, for floor placement only, will be provided to the teams in the morning. There will not be time to practice routines.  
If your club requires rehearsal time for floor placement, please indicate yes on the registration form.
- TIME LIMITS:** To produce this event within a reasonable time frame, we are asking clubs to keep each performance within a maximum 5 minute routine. Maximum time allotted per club is 15 minutes. Gymnasts should not be in more than two routines (not including the North and South Zone Medleys)
- MUSIC:** Music is acceptable in CD format only - clearly labeled with name of club, coach's name, name of the routine and length of routine.  
Please have one CD for each group performance.  
Coaches: Please have a back-up CD in case of technical difficulties.
- CLUB BANNER:** Please bring your club banner/for march-on.
- TEAM PHOTO:** Please e-mail a team photo for the RGA website and promotional materials to [rga@rgalberta.com](mailto:rga@rgalberta.com) by **APRIL 13**.
- ACCOMMODATIONS:** **Teams requiring hotel accommodations please indicate in an email to Diane at [rga@rgalberta.com](mailto:rga@rgalberta.com), and she will organize a preferential sport team rate.**

PROVINCIAL GYMNAESTRADA 2010

**CLUB REGISTRATION FORM**  
**REGISTRATION DEADLINE: APRIL 6**

CLUB: \_\_\_\_\_

Club Contact: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: (    ) \_\_\_\_\_                      Email: \_\_\_\_\_

**Will your club require rehearsal time for floor placement? YES \_\_\_ NO \_\_\_**

Number of Participants Registering for Provincial Gymnaestrada  
**(Performing coaches – please pay gymnast fee)**

GYMNASTS    \_\_\_\_\_ @ \$25.00                      = \_\_\_\_\_  
COACH(ES)    \_\_\_\_\_ @ \$15.00                      = \_\_\_\_\_

Total Amount Owing \_\_\_\_\_

*Please make cheque payable to RGA/RGC*

# PROVINCIAL GYMNAESTRADA 2010

## PERFORMANCE INFORMATION

**REGISTRATION DEADLINE: APRIL 6**

Please complete one sheet per group routine. Print clearly to ensure accuracy when these names are copied to the event program.

CLUB: \_\_\_\_\_ Club Contact: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Performing Group: \_\_\_\_\_

Name | Title of Performance: \_\_\_\_\_

Coach | Choreographer: \_\_\_\_\_

Apparatus: \_\_\_\_\_

Length of Routine: \_\_\_\_\_

Information about the Club, Performing Group or Routine for the MC script:

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# PROVINCIAL GYMNAESTRADA 2010

## GYMNAST INFORMATION

**REGISTRATION DEADLINE: APRIL 6**

The Athlete List will be forwarded to you for a final check to confirm spelling and accuracy. To participate in this event gymnasts and coaches must be registered with RGA or AGF. **Please type or print legibly.**

GYMNASTS NAME:	GROUP NAME:	COACH
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		

## PARTICIPANT RELEASE

Event Title: Provincial Gymnaestrada 2010

Event Date: May 1, 2010

Event Location: Henry Wise Wood High School  
910-75 Ave SW | Calgary AB

Check one:    Gymnast: \_\_\_\_\_    Coach: \_\_\_\_\_    Team Manager: \_\_\_\_\_

1.     I accept the position for which I have been named for the above event.
  
2.     In consideration of the Norglen Rhythmic Gymnastics Club, Rhythmics West and Rhythmic Gymnastics Alberta, providing services, supplies and facilities for the above event, I do hereby, for myself, my child or ward, our heirs, executors and administrators release and forever discharge the Norglen Rhythmic Gymnastics Club, Rhythmics West and Rhythmic Gymnastics Alberta, and all of its servants, agents, officers, and employees and all persons assisting it and/or them from any liability for injury, loss, sickness, death or any from damage resulting from the negligence in any way arising out of my participation in such event or which may arise out of my traveling to, attending or returning from such event.
  
3.     I hereby covenant and agree to save harmless the Norglen Rhythmic Gymnastics Club, Rhythmics West and Rhythmic Gymnastics Alberta, and its servants, agents officers, employees, and persons assisting them from all claims and demands whatsoever which may be made in respect to such injury, loss, sickness, death or any damage which may happen to me or to my child or ward.

Dated at \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_, 2010.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Parent of Participant (if participant is a minor)

**MEDICAL RELEASE FORM FOR MINORS**

Event Title: Provincial Gymnaestrada 2010

Event Date: May 1, 2010

Event Location: Henry Wise Wood High School  
910-75 Ave SW | Calgary AB

I, \_\_\_\_\_, give my permission for emergency medical/surgical service to be given by first aid personal or such local practitioners as they see fit to select, to \_\_\_\_\_, who is my child.

It is understood that wherever possible I shall be contacted, informed of the problem, diagnosis, treatment and the hoped for results.

During the period of \_\_\_\_\_ I can be reached at the following telephones:

Telephone: ( ) \_\_\_\_\_

Cell: ( ) \_\_\_\_\_

Medical Insurance Number: \_\_\_\_\_

Signed at: \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_ 2010.

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Witness

Special: health or medical information relation to allergy, previous injury, or any special needs and considerations:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# PROVINCIAL GYMNAESTRADA 2010

## T-SHIRT ORDER FORM

**REGISTRATION DEADLINE: APRIL 6**

Club Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

	<b>SIZE</b>	<b># REQUIRED</b>
Youth	Small	
	Medium	
	Large	
Adult	Small	
	Medium	
	Large	
	XL	
	2XL	
<b>TOTAL</b>		

*NOTE: All gymnasts and coaches participating in PROVINCIAL GYMNAESTRADA will receive a souvenir t-shirt. Clubs will receive their t-shirts upon arrival at the venue. Coaches or team managers will be responsible for the distributing shirts to team members.*

# PROVINCIAL GYMNAESTRADA 2010

## CHECKLIST

**REGISTRATION DEADLINE: APRIL 6**

Club Registration Form Please indicate on the registration form if your Club requires rehearsal time for floor placement.	P. 3	
Performance Information Please complete one sheet per group routine	P. 4	
Gymnast Information	P. 5	
Participant Release Each member of your team (gymnast, coach and team manager) is required to submit a signed copy of the Participant Release Form.	P. 6	
Medical Release Form for Minors Each minor on your team is required to submit a signed copy of the Medical Release Form.	P. 7	
T-Shirt Order Form	P. 8	
Team   Group Photo (email to RGA <a href="mailto:rga@rgalbert.com">rga@rgalbert.com</a> by APRIL 13)		
Payment   Registration Fees Please make cheque payable to RGA/RGC		

*NOTE: All gymnasts and coaches participating in PROVINCIAL GYMNAESTRADA must be registered (insured) members in good standing with their respective Provincial Sport Association.*