



PROVINCIAL GYMNAESTRADA 2010

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

Bulletin #2

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.

- 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 info@norglen.ca
Heather Palmer – Rhythmics West h.palmer@shaw.ca
- T-SHIRT ORDERS:** All registered participants (gymnasts and coaches) will received a Provincial Gymnaestrada souvenir t-shirt (with the exception of Medley participants). 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.
- MUSIC:** Music is acceptable in CD format ONLY.
Clearly label each CD with NAME OF CLUB & GROUP, COACH'S NAME, NAME OF ROUTINE and length of music.
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 opening ceremonies. **Opening ceremonies will begin at 1:00pm.**
- ADMISSION:** Adults \$5, Children 6-12 \$2, and under 6 FREE

REHEARSAL and Tentative PERFORMANCE SCHEDULES:

Most Clubs with the exception of Elena’s, Rhythmics West and Sprites requested rehearsal time for floor placement.

CLUB	FLOOR TIME	TIME
Norglen	9:00-9:30	30
Ranchlands	9:30-9:45	15
Chinook Rhythmique	9:45-9:55	10
Red Deer Rhythmics	9:55-10:05	10
Leduc Kanata Gymnastics	10:05-10:15	10
Edmonton Rhythmics	10:15-10:25	10
RGC Rhythmicana	10:25-10:35	10
Rhythmic Dimensions	10:35-10:45	10
AB South Medley	10:45-11:10	25
Alpha	11:10-11:30	20
Parkland Rhythmics	11:30-11:50	20
AB North Medley	11:50-12:15	25

Opening ceremonies will begin at 1:00pm.

TENTATIVE Performance Schedule

- | | | |
|-------------------------------|-----------------------------|---------------------------------|
| 1. Edmonton Rhythmics | | Ritmo Caliente |
| 2. Norglen | Ladies | Two Worlds Flags |
| 3. Parkland Rhythmics | | Girls Just Wanna Have Fun |
| 4. Norglen | Junior Show Group | Terra Firma |
| 5. Norglen | Senior Show Group | Rumba |
| 6. Sprites Special Olympics | | Happy Together |
| 7. Rhythmic Dimensions | | Refuge |
| 8. Parkland Rhythmics | Jr. & Sr. Performing Groups | Sugar Plum Medley |
| 9. Alpha | Aspirals | Apologize |
| 10. Ranchlands | | All That Jazz |
| 11. Red Deer Rhythmics | | Operator |
| 12. Norglen | | No Worries |
| 13. Alpha | Amava | A Thousand Miles |
| 14. Elena’s RG Club | | Fiesta |
| 15. Norglen | Prostars | Genesis |
| 16. RGA Rhythmicana | | Ting Tings – That’s Not My Name |
| 17. Chinook Rhythmique | Daisies Group 1 | Chinese Dolls |
| 18. Team Alberta North Medley | | Dream the Magic |

INTERMISSION

- | | | |
|-------------------------------|------------------------|-------------------------|
| 19. Team Alberta South Medley | | Press Play |
| 20. Sprites Special Olympics | | The Lion Sleeps Tonight |
| 21. Red Deer Rhythmics | Theatre Group | The Red Balloon |
| 22. Leduc Kanata | | New York, New York |
| 23. Alpha | Senior Elite | Ringa, Ringa |
| 24. Ranchlands | | Fame |
| 25. Norglen | Junior Show Group | Mona Lisa Overdrive |
| 26. Parkland Rhythmics | Senior Performing Team | Battle Bump |

27. Rhythmics West	Senior Show Group	Don't Stop Believin'
28. Alpha		The Alpha Rose
29. Elena's RG Club	Performing Group	Scorcio
30. Chinook Rhythmique	Daisies Group 2	Chinese Dolls
31. Norglen	Senior Show Group	Take a Bow
32. Parkland Rhythmics	Junior Performing Team	Mermaids
33. Norglen	Prostars	Mausam and Escape
34. Rhythmics West	Senior Show Group	Seasons of Love
35. Ranchlands		Diamonds are a Girls Best Friend