

2012 Arabesque Rhythmics Invitational

Saturday February 4th

Devon, AB



Time: 9:00am—4:00pm (depending on number of participants)

Location: Devon Alliance Church, Hwy 60 in Devon

Directions: From Hwy 2, take exit 525 & go west on Hwy 19 towards Devon
At the junction with Hwy 60, go north (turn right) on Hwy 60
The church is on the west side of Hwy 60. Turn left at the first set of traffic lights.

Interclub and Provincial level competitors (group and individual) as well as Performing Groups are encouraged to attend —performance routines can be adjudicated or performed for the fun of it!

Fees:

Competitors	\$20.00 per athlete PLUS
	* \$10.00 per individual routine
	* \$5.00 per gymnast per group routine
Performance (group)	\$10.00 per athlete PLUS
	* \$5.00 per gymnast per routine

Athletes participating as both competitors and performers only pay the competitive registration fee (\$20.00) plus the fee for each routine.

Registration deadline: January 10, 2012

**Please send registrations to: Arabesque Rhythmics, c/o 9703 84 Ave, Edmonton, AB
T6E 2E8**

Once all registrations have been received, a schedule will be sent out to participating clubs.

Please note we only have a CD player. If you have music on an iPod, please be prepared to bring your own dock (just in case I can't get one).

2012 Arabesque Rhythmics Invitational Meet

PARTICIPANT RELEASE FORM

Athlete _____ Coach: _____ Judge: _____

I accept the position for which I have been named for the above Event

In consideration of the Arabesque Rhythmics Club 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 Arabesque Rhythmics and all its servants, agents, officers and employees and all persons assisting them from any and all liability for injury, loss, sickness, death, or any other damage resulting from the negligence of any of the above-mentioned persons, or from any cause whatsoever attributable in any way arising out of my participation in such event or in conjunction with my association with or entry in the event or which may arise out of my travelling to, attending or returning from such event.

I hereby covenant and agree to save harmless Arabesque Rhythmics and its servants, agents, officers, employees and persons assisting them from all claims and demands whatsoever which may be made in respect of such injury, loss, sickness, or any other damage which may happen to me or my child or ward.

I have completed the RGA Image Release form and PIPEDA form and they are on file with my RG club.

Dated at _____ this _____ day of _____, 2011.

Witness: _____ Signed Participant: _____

Witness: _____ Signed Parent or Guardian: _____

RECORD OF CONSENT FOR MINORS

Adult gymnasts do not need to complete but should have Alberta Health Care Card at competition.

Event Date: February 4, 2012

Event Location: Devon Alliance Church, Devon, Alberta

I, _____ give my permission for emergency care to be given by the Canadian physicians forming part of the event team 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 required and the hoped results.

During the period of _____ I can be reached at the following telephone numbers;
_____ or _____

Medical Insurance No. _____

Signature Parent or Guardian _____ Relationship _____

Date _____ Place _____ Witness _____

Special health or medical information relating to allergy, previous injury or any special needs and considerations.

Facility Description: The competitive/performing space is roughly 40 x 40 feet. There will not be a carpet (wood floor) however, we do have foldable mats that can be used for tumbling (rolls, cartwheels, walkovers) in routines. Ceiling height is roughly 20 feet with no hanging lights. Gymnasts will be able to stretch and do some skills (body skills, small apparatus handling) in the main foyer. A brief warm up will be scheduled for each rotation of competitors/performers. We are hoping to be able to provide a small warm up area at the back of the gym as well. Gymnasts are asked to change in the bathrooms and not in the hallways. Gymnasts are not permitted to enter any of the other rooms. Gymnasts may bring snacks/drinks into the gym (audience area).

We ask that all gymnasts, coaches and parents please be respectful of the facility (no running in the halls, yelling, etc) as other groups may be using the church during the event.

Adjudication Process (thanks to Shaunna for writing such a clear explanation last year, I liberally “borrowed” information from her registration package!)

Routines are scored out of 100. One adjudicator scores Body Skills (out of 50 points) and the second adjudicator scores Overall Impression (out of 50 points). Gymnasts scoring in Gold, Silver or Bronze Award range will receive a standard medal. All other gymnasts will receive a Participation Award.

85-100 points receive Gold Award

75-84 points receive Silver Award

65-74 points receive Bronze Award

64 and under receive Participation Award

Blank Skill Sheets are included in the Registration package. Please fill out one Skill Sheet per routine (individual or group) and bring all completed Skill Sheets to the meet. Coaches are responsible for filling out and handing in Skill Sheets. No extra sheets will be available at the meet.

Overall Impression score sheets will be provided for each routine (individual or group).

Please contact Kristi if you are new to this format and have questions about how to fill out the skill sheets.

Gymnasts who are performing only and are not part of the adjudication process will receive a Participation Award.

Requirements for routines that will be adjudicated

This information is primarily for clubs and coaches who have not participated in Red Deer's Time to Shine meet—the requirements are easy to follow.

Just like Red Deer's Time to Shine invitational meet, the format of our invitational is based on the USAIGC model. Performance, Interclub and Provincial level routines are easily translated into this format.

Each routine should have 10 skills that will be evaluated.

All routines (no matter what level) should include AT LEAST one skill from each body category (FIG COP):

1 Leap/Jump

1 Balance

1 Flexibility/Wave

1 Pivot

Routines should also include 1 pre-acrobatic skill (e.g. cartwheel, roll, walkover, chest stand, etc).

The remaining skills (5) can be additional body skills **OR** can be apparatus skills (e.g. ball rolls, skipping series with rope, throw with hoop, exchange or collaboration in group). For FREE routines at the lower levels, additional acrobatic skills or pre-A skills (e.g. jump half turn, stride leap, star jump, etc) can be used to complete the skill requirements.

While there are no age categories, participants will be divided into levels based on the skill difficulty in their routines:

Level 1 10 skills = pre-A and A skills/variations

Level 2 10 skills = mostly A skills (50% +), some B skills Examples: 5A/4B/1 pre-acro

Level 3 10 skills= mostly B skills (50%+), some A skills Examples: 6B/4 A, 8B/2A

Level 4 10 skills = mostly B skills (50%+), some C skills, but can also use some A skills. For example: 6 B/3C/1A

Level 5 10 skills= mostly C skills (50%+), no A skills allowed, but can use B skills and/or skills higher than C (majority are C skills)

Level 6 10 skills= mostly D skills, (50%+), no A or B skills allowed, but can use C skills and/or skills higher than D

There are two additional spaces at the end of the sheet, you can use these to identify two additional skills done in the routine (exceeding the 10 you wish to have scored). In the event the gymnast does not complete a skill from her list of 10, the adjudicator can replace the missed skill or poorly executed skill with one from the two extra skills listed. This skill must be from the same body category. For example the adjudicator cannot replace a flexibility skill with a balance skill.

Difficulty level of body skills (determining whether a skill is an A, B, C, D...etc) can be found in the Code of Points (COP), which is available on the RGA website.







Skills**SAMPLE SKILL SHEET**

Gymnast: Susie Q.

Club:

Apparatus:

Level: .

	Symbol	Description	Comments	Score
1		Stag leap (B)		/5
2		Low arabesque (A)		/5
3		720 passé pivot (B)		/5
4		Boomerang		/5
5		Coin toss		/5
6		Front bodywave (A)		/5
7		Cossack jump (B)		/5
8		Horizontal figure 8		/5
9		Sagittal throw, trap		/5
10		Cartwheel		/5
*11		Passé balance (A)		/5
*12				/5

Total:**/50**