



GYMNASTICS NOVA SCOTIA

5516 Spring Garden Road, Halifax, NS B3J 1G6
Tel: (902)425-5450, ext. 338, fax: (902)425-5606
e-mail: gns@sportnovascotia.ca
Web page: www.gymns.ca

Memorandum

To: Parents and Athletes – 2017 Canadian Artistic Team Members

From: Angela Gallant, GNS Executive Director
Steve Lowe, Chef-de-Mission
Sherry Watters, MAG Team Manager
Kim Bernard – WAG Team Manager

Re: 2017 Canadian Gymnastics Championships Itinerary – FINAL

Date: May 15th, 2017

CONGRATULATIONS! You or your son/daughter has qualified to represent Nova Scotia at the 2017 Canadian Gymnastics Championships in Montreal, Quebec from May 23rd, 2017 – May 29th, 2017. The Canadian Championships are being hosted by Gymnastique Quebec in conjunction with Gymnastics Canada. The competition is being held at the Centre Claude-Robillard in Montreal, Quebec.

Travel information

The group will be flying with WestJet Airlines, departing Tuesday May 23rd and Wednesday May 24th and arriving back to Halifax on Monday, May 29th at 12:01pm.

The flights are as follows:

FLIGHT DEPARTURES

GROUP#1 (14 flights)

Depart Halifax on Tuesday, May 23rd - WS 3452 at 4:45pm, arriving in Montreal at 5:42pm

WAG (14) Ellie Black, Jenna Manuel, Kyleisha Dickson, Tehya Benjamin, Abby Tomlinson, Hannah Boutilier, Erica Williams, Talia Slaunwhite-Gallant, Michelle DeBay, Kim Bernard, Susie Gallagher, Steve Lowe, David Kikuchi, Jared Goad

GROUP#2 (24 flights)

Depart Halifax on Wednesday, May 24th - WS 3450 at 7:35am, arriving in Montreal at 8:32am

MAG (19) Alex Watters, Christopher Bearne, Vincent d'Entremont, Landon Duquette, Ben McCarthy, Ryan Lowe, Jeremy Sutherland, Flynn Gurnsey, Endi Rexhepi, Sebastian Grossett, Evan Cruz, Jeremy Bartholomeusz, Kahlil Benjamin, William Black, Valgard Reinhardsson, Nick Lenehan, Vaughn Arthur, Tak Kikuchi, Sherry Watters
WAG (5) Shawn Healey, Patti Healey, Jillian Langille, Camryn Pellerine, Jordyn Ewing

OTHER - Jackie Nicholl arriving in Montreal on Monday, May 22nd at 4:26pm on WS 3494

PLEASE ARRIVE AT THE HALIFAX INTERNATIONAL AIRPORT according to your discipline on Tuesday, May 23rd by 3:15pm or Wednesday, May 24th by 6:00am. The team chef or team manager will meet you prior to checking in your luggage. Please meet at the far back wall of the WestJet Check-In area.

FLIGHT RETURNS

The complete group (with the exception of David Kikuchi and Jared Goad) will return on **Monday, May 29th** on **WS 3451** departing Montreal at 9:15am to arrive in Halifax at 12:01pm.

OTHER – David Kikuchi and Jared Goad are remaining in Montreal for Gymnastics Canada meetings on May 29th and will return to Halifax on May 29th on WS 3453, Departing Montreal at 6:15pm arriving in Halifax at 9:01pm

Important flight notes

Luggage

Most have opted to check luggage but for those doing carry-on only, please note that carry-on baggage is limited to two pieces as follows:

- 1 standard article not exceeding 53 x 38 x 23 cm (21 x 15 x 9 in) and weighing less than 9 kg (20 lbs)
- 1 personal article not exceeding 33 x 41 x 15 cm (13 x 16 x 6 in) and weighing less than 9 kg (20 lbs)

ID

You must have a photo ID (school ID is fine) **and** birth certificate or government issued ID to board the aircraft OR if you have a valid passport, you do not require any additional identification. **Please make sure you bring a photocopy of this passport, photo ID and birth certificate and provide this copy to the team chef or team manager at the airport.**

Accommodations and Meals

The 6 Seniors (Ellie Black, Evan Cruz, Jeremy Bartholomeusz, Kahlil Benjamin, Will Black and Valgard Reinhardsson) along with David Kikuchi and Martha Purdy will be staying in apartments located at: 7073 Avenue de Chateaubriand, Montréal, Québec H2S 2P2

The Junior and Novice WAG athletes (Jillian Langille, Camryn Pellerine, Jordyn Ewing, Enya Pouliot) along with Shawn and Patti Healey will be in a condo located at: 12e Avenue, Montreal, Quebec.

The remainder of the delegation will be at the Auberge Royal Versailles Hotel (7220 Sherbrooke St East, Montreal, QC). The room assignments at the hotel will be made by coaches and the GNS program committees and the Gymnastics Canada organizing committee. Athletes will be the responsibility of the coaches. **Ground transportation throughout the competition** will be provided for all teams and delegates between the **Auberge Royal Versailles Hotel and the competition venue (Centre Claude-Robillard).**

All meal costs will be the responsibility of the athletes as there was no meal option for the group through this Canadian Championships. Please budget accordingly.

Airport Ground transportation - Please ensure that all athletes have money for ground transportation to and from the Montreal airport. An approximate amount will be relayed to the complete delegation shortly.

Requirements

As a Nova Scotia team member, your child is required to:

- Wear the official Nova Scotia team uniform
 - The **official GNS track jacket** (Please wear plain black trackpants, yoga pants or dress pants with this during travel - **No Jeans or Sweatpants**)
 - Girls – Official new GNS bodysuit
 - Boys – Official GNS singlet, Blue pants, blue shorts and white socks (no holes)
 - See your club coach if there is a problem
- Follow the Athletes Responsibilities and Code of Conduct as stated in the GNS Policy Manual – Appendix I (a copy can be attained from your team coach or is online at www.gymns.ca)
- Follow the Team Rules for 2017 Canadian Championships as set down by the Coaches, Managers and Chefs for the Canadian Championships.

PLEASE REVIEW ATHLETE CHECKLIST AND TEAM PROTOCOL TO FOLLOW

OTHER INFORMATION:

Group outings

Please allow some extra money for admission and travel to possible group outings. You may also want to pack a bathing suit in case there is an opportunity to go swimming.

Medical assistance for Team Nova Scotia

We are pleased to inform you that Martha Purdy will be onsite with our delegation throughout the Canadian Championships to provide medical treatment, taping and physiotherapy for our athletes. She is also hoping to provide support for coaches and athletes for ongoing injuries they may be having, injury prevention strategies, as well as strength and conditioning support.

Dress code on the awards podium

Athletes: Competitive uniform – no shoes

Coaches: Provincial uniform, proper sport footwear

Opening Ceremonies – Thursday, May 25th, 2017

The Opening Ceremonies will take place on Thursday May 25th at 6pm. Each province will have to provide a flagbearer that will take part in the opening ceremonies.

Closing Banquet - Sunday, May 28th, 2017

The closing banquet will take place after the competition on Sunday, May 28th. Tickets have been purchased for all NS delegates.

Spectator Tickets - Canadian Gymnastics Championships 2017

Ticketing information can be found on the event webpage at:

<http://championnatsgym2017.ca/en/>

Competition Venue

Centre Claude-Robillard

1000 Avenue Émile-Journault, Montréal, QC, H2M 2E7

<http://www.sportsmontreal.com/fr/complex-sportif-claude-robillard.aspx>

Competition: Omnisport room

Training: Double gymnasium

Parking: Free Parking for a maximum time of 4hrs will be available for spectators in the following lot: P1-P2-P3 at the Centre Claude Robillard.

Additional parking available: The participants and spectators can also use the parking near the College André-Grasset but please note that this parking lot is not free. The user will have to pay the hourly fee at the payment station.

Event website:

<http://championnatsgym2017.ca/en/>

Please note that Live Results, Live Broadcast, Ticket sales and Competition Schedules are all available through this website.

The 2017 Canadian Championships in Artistic Gymnastics will be webcasted live at <http://sportscanada.tv/gymnasticscanada/>

If you require more information, please feel free to contact your child's club coach or any of the following:

- **Team Chef-de-Mission, Steve Lowe** (902)456-8571 or e-mail: slowe@shawresources.ca
- **Team Men's Artistic Manager: Sherry-Lynn Watters** (902)475-1427(home), (902)499-2231(cell) or e-mail: sherry.altagym@gmail.com
- **Team Women's Artistic Manager: Kim Bernard** (902)893-6440 (cell) or e-mail: dkbernard@ns.sympatico.ca

Questions can also be directed to GNS office by phone: 425-5450, ext. 338 or by e-mail: gns@sportnovascotia.ca

Protocol for all NS Provincial Gymnastics Teams

- 1) That transportation and accommodation be provided by GNS whenever possible.
- 2) That all athletes and coaches travel as a team.
- 3) That all athletes must stay in assigned accommodations.
- 4) That athletes be delegated rooms by team not by club.
- 5) That all athletes and coaches wear appropriate dress for travel and banquet.
- 6) Any athlete whose behaviour is deemed unacceptable will be referred to a committee assigned by GNS and dealt with in an appropriate manner.
- 7) Any behaviour by a coach or official deemed unacceptable by the same committee will be brought to the attention of the GNS Grievance Committee for appropriate action.
- 8) GNS' responsibility will be limited to the members of the official provincial delegation.

Team Nova Scotia Rules for Athletes 2017 Canadian Championships

ALL ATHLETES AND SUPPORT STAFF ARE TO WEAR THEIR NOVA SCOTIA TRACK JACKET WHEN TRAVELING

**Dress pants are permitted in place of Black track pants or Yoga pants
Absolutely NO JEANS OR SWEATPANTS**

BUDDY SYSTEM:

Always travel with a buddy (even to the bathroom)

YOU MUST ASK YOUR COACH (Chef or team manager) if you need to go anywhere!!

STAY WITH YOUR GROUP

Stay with your group at all times. We realize that when you are home, you may be able to go certain places alone, however, when traveling with this team you are expected to stay with the group **AT ALL TIMES**.

CELL PHONES / IPODS / MP3 PLAYERS:

Constant cell phone / text messaging usage will not be tolerated. Cell phones are to be used in emergency situations only or to call home. **DO NOT** bring your cell phones on the competition floor as it is distracting to other athletes as well as coaches and judges. Please keep the volume low on your music devices so that you will be able to hear instructions from your coaches/managers/chef.

ON THE AIRPLANE

Respect the rules of the pilot
Ensure that garbage is picked up when departing
Avoid being loud
Respect other passengers

You must remain in your assigned seat for the entire flight for air travel rather than switching seats with people.

Follow transport Canada guidelines for air travel

Ensure that you take all of your belongings with you when you arrive at your destination.

TEAM OUTINGS:

Proper manners in restaurants or group outing.

Please respect your coaches, managers & chef. They all have a huge responsibility to look after a large group of people. Your safety is our number one priority!!

Wear **TEAM NS JACKET** at all times.

- Jacket to show team support
- Jacket as an identifier to support staff

RULES FOR ROOMS:

No personal calls, room to room only. If you need to call home, please speak to your coach, manager or chef.

- ✓ Keep room neat & tidy at all times.
- ✓ Absolutely no horseplay in rooms or running in the halls is permitted.
- ✓ No room service
- ✓ Respect your roommates' privacy.

√ Curfews as designated by Gymnastics Nova Scotia:

10 and under:	9:00pm
11 and 12:	9:30pm
13 and 14:	10:00pm
15 and 16:	11:00pm
17 and over:	12:00pm

Your coach may want you in your rooms earlier than this, depending on what time you compete.

- √ You will be given a wake up time each morning. Please do not make the coaches have to come back for a second/third time to get you up.
- √ Athletes – please remember that not all of us are morning people, as well, not everyone is a nighthawk. **Please respect your roommates.**

ATHLETE CLOSING EVENT:

- The use of drug/alcohol is strictly prohibited.
- Athletes are expected to dress 'casually respectful'.
- Coaches/managers/Chef will be posted outside the dance/banquet room to ensure that these rules are strictly enforced.
- Once the athlete event is over, all the athletes are expected to return directly to their rooms. NO EXCEPTIONS!

COMPETITION RULES:

- **Team spirit:** Please remember we are here as Team Nova Scotia, not as individual clubs. Please support your team members, both on and off the competition floor.
- Coaches will review the rules of etiquette on the competition floor.
- Please wear the official team NS uniform.

If you have any questions, please speak to the team coach, manager or chef.

**Be good ambassadors for your sport and the Province of Nova Scotia-
GOOD LUCK! 🍀**

Emergency Action Plan (EAP) – CANADIANS 2017

If athlete is injured during competition:

- **One floor coach stays with athlete and one floor coach to contact Manager or Chef immediately.**
- Manager or Chef will contact the other upon notification of injury. Duties appointed as circumstances allow.
- Appointed Chef or Manager will then stay with athlete and manage situation as determinations arise re medical assistance.
- Should ambulance support be required, the appointed Manager or Chef will travel with athlete to medical facilities.
- Should non ambulatory support be required, but medical emergency assistance recommended, appointed Manager or Chef will travel with athlete to local medical facilities, and return to team group.
- Manager or Chef will assist athlete with contact of parents/legal guardians.
- Manager or Chef with input from Coach, will file any/all appropriate accident reports as required.

If any NS team athlete or adult member is injured in any non-competitive situation time during team travel:

A) Athlete

- **Coach to contact Manager or Chef Immediately to apprise of situation steps taken.**
- Manager or Chef will contact the other upon notification of an injury.
- Chef or manager will meet with coach and team member as soon as possible at situation dependent location and in consultation with coach will situation as to determination re: all decisions regarding medical assistance.
- Chef or Manager will remain with athlete and assist team member with contact to pertinent relatives.
- Chef or Manager with input from Coach, will file any and all appropriate accident reports as required.

B) Adult team member - will be situation dependent.

- As soon as possible, the Manager or Chef should be notified.
- Dependent on circumstances, Chef will coordinate medical assistance, if required, assist in contact of pertinent relatives, fill out accident reports as required, be kept knowledgeable of situation at all times during team trip duration.
- Chef and manager's number one responsibility is athlete/team members.

Team CHEF-de-Mission :	Steve Lowe	cell# (902)456-8571
Men's Team Manager:	Sherry Lynn Watters	cell# (902)499-2231
Women's Team Manager :	Kim Bernard	cell# (902)893-6440