



GYMNASTICS NOVA SCOTIA

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Memorandum

To: Parents/Guardians of 2016 Atlantic Team Members

From: Angela Gallant, GNS Executive Director
David Brown, Atlantics Team Chef

Re: **2016 Atlantic Championships St. John's Information and final WAIVER to be SIGNED**

Date: April 13, 2016

CONGRATULATIONS! Your son or daughter has qualified to represent Nova Scotia at the 2016 Atlantic Canadian Championships in St. John's, NF. The Atlantic Championships are being held at the Sportsplex in St. John's (90 Crosbie Road) and a final competition schedule is attached. Please note that Bell Aliant will be live streaming this event. The link is:

<http://tv1.ca/3kk8sp4>

Athletes, Coaches, Judges and Support Staff will all stay at the Holiday Inn St. John's Government Center. It is located at 180 Portugal Cove Road, St. John's, NL and the hotel phone number is: (709)722-0506. Actual hotel room numbers will only be assigned upon arrival at the event. Please note that there is a new indoor pool at the hotel and 2 waterslides.

**** Reminder: This is a team travel event. If an athlete needs to leave the delegation for any reason, the appropriate form must be filled out and signed by a parent and the team Chef prior to April 15th.**

Flight information: Westjet Airlines flights booked by Gymnastics Nova Scotia are as follows:
48 passengers:

Thursday, April 21st	WS 3422 - Depart Halifax, NS at 7:05am	Arrive in St. John's at 9:22am
Sunday, April 24th	WS 3421 - Depart St. John's at 6:35pm	Arrive in Halifax at 8:15pm

If your child is on the list for the Westjet flight (as per the attached list), he/she must arrive at the Halifax International airport by 5:40am on Thursday, April 21st.

Flight information: Porter Airlines flights booked by Gymnastics Nova Scotia are as follows:
43 passengers (as per attached):

Thursday, April 21st	PD 251 - Depart Halifax, NS at 7:30am	Arrive in St. John's at 9:40am
Sunday, April 24th	PD 270 - Depart St. John's at 1:30pm	Arrive in Halifax at 3:15pm

If your child is on the list for the Porter flight (as per the attached list), he/she must arrive at the Halifax International airport by 6:00am on Thursday, April 21st.

You must have a photo ID (school ID is fine) and birth certificate to board the aircraft OR if you have a valid passport, you do not require any additional identification.

Ground transportation will be provided by Parson's and Son's Bus Company while in St. John's.

PLEASE DO NOT PACK NUT PRODUCTS FOR THE ATHLETES TO HAVE AS SNACKS WHILE TRAVELLING AS SOME TEAM MEMBERS HAVE SEVERE ALLERGIES.

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

- Wear the official Nova Scotia team uniform
 - a) the **official GNS track jacket** (Please wear plain black trackpants, yoga pants or dress pants with this during travel - **No Jeans, Sweatpants or Tights**)
 - b) the official bodysuit or singlet and longs (See your club coach if there is a problem) – **all boys are asked to wear white socks**
- 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 2016 Atlantic Championships in the pages that follow.

Meals:

The Nova Scotia Team Support Staff are planning a team dinner for Thursday afternoon in St. John's at **EastSide Marios Restaurant** located in the hotel. This is a build your own pasta or pizza meal. The cost per person for this buffet lunch is: **\$11.99 plus tax and gratuities.**

Meal cost is the responsibility of the individual. Please budget for the following meals:

- Thursday – NS Team lunch (\$11.99, plus taxes and gratuities) - supper and snacks for the flight
- Friday – breakfast, lunch, supper and snacks
- Saturday – breakfast, lunch and snacks
- Sunday – breakfast, lunch, supper (for those on later flight), and snacks for the flight home

Athlete Banquet - IMPORTANT

The Athlete Banquet will be held Saturday April 23th, 7:30-10:30 at **Axtion**, 8 Trout Place, Mount Pearl, NF. This event is for Atlantic's athletes and the price was included in the registration fee. **Athletes must show their accreditations to enter the banquet and they must have parents fill out the attached waiver form by Monday, April 18th and return it to your club.** Dress for this event is casual.

All Nova Scotia athletes will be required to follow the rules as outlined in the Team Rules for 2016 Atlantic Championships following this memo.

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

Chef-de-Mission, David Brown

Office# (902)425-5450, ext. 515

Cell# (902)751-0323

e-mail: gnscoach@sportnovascotia.ca

Women's Team Manager, Michelle Landry

cell# (902)669-0375

e-mail: aerialsgymclub@gmail.com

Men's Team Manager, Melissa Cruickshank

cell# (902)753-8074

e-mail: Melissa.jean@hotmail.com

Gymnastics Nova Scotia

(902)425-5450 x 338

e-mail: gns@sportnovascotia.ca

Protocol for Provincial 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 behavior is deemed unacceptable will be referred to a committee assigned by GNS and dealt with in an appropriate manner.
- 7) Any behavior 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 2016 Atlantic 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, SWEATPANTS OR TIGHTS**

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
- Follow transport Canada guidelines for air travel
- Ensure that you take all of your belongings with you when you arrive at your destination.

ON THE BUS

- Respect the rules of the driver
- Ensure that garbage is picked up when departing
- Avoid being loud
- Respect other passengers
- 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 SOCIAL EVENT (Banquet):

Saturday evening, April 23rd Axtion (8 Trout Place). Dress is Casual.

- 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) – ATLANTICS 2016

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 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 :
Women's Team Manager:
Men's Team Manager:

David Brown
Michelle Landry
Melissa Cruickshank

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