



# GYMNASTICS NOVA SCOTIA

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**Age : 18 & over**

## Memorandum

**To:** Potential 2016 Canadian Championships Team Members

**From:** Angela Gallant, Executive Director

**Re:** 2016 Canadian Gymnastics Championships

**Date:** March 4, 2016

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The **2016 Canadian Gymnastics Championships** will be hosted by Gymnastics Canada and Capital City Gymnastics Centre. The event will be held at the Universiade Pavilion (also known as the Butterdome) at the University of Alberta in Edmonton, Alberta May 30<sup>th</sup> until June 5<sup>th</sup>.

Teams will be announced following competition at the NS Provincial Artistic and T&T Championships, based on the Women's, Men's and T&T Program regulations.

**In order for you to be eligible for team selection, it is NECESSARY that you have the following information to your club by (date to be inserted by club). Clubs must have this information to the Gymnastics Nova Scotia office by March 24<sup>th</sup>, 2016 for artistic gymnastics and trampoline. If you do not make this team, your cheque will be returned to you at the Provincial Championships.**

### **Forms and Payment Required**

- A **cheque** payable to Gymnastics NS for **\$1770.50 WAG, \$1655.50 (MAG & TG) and \$1527.50 (Senior athletes, no meals included)**. The cheques can be postdated to April 18<sup>th</sup>, 2016). This amount will cover the registration fee & GCG Surcharge (\$165), Banquet fee (\$25), the flight cost with 1 checked bag (\$813.50), ground travel (27), accommodations/meals (\$690 for WAG, \$575 for MAG & T&T) and the cost share (\$50). The accommodation amount for Seniors is \$447 (does not include meals but does include the \$125 surcharge fee for not staying on campus).
- **Gymnastics Nova Scotia Medical form** (1 form attached)
- **Gymnastics Canada Consent / Waiver Forms** (1 form attached- please ensure appropriate form for age)
- **GNS Consent Form** (1 form attached – please ensure appropriate form for age)
- **GNS FairPlay Form** (1 form attached)

The above forms are also available on the GNS webpage under Events and Canadians: Artistic and Canadians: T&T. Completed forms and payment are to be passed on to a designated person in your club by the date indicated above. If GNS does not receive these forms and **payment as listed** at least one week prior to the Provincial Championships, the club will be fined and your child may not be eligible for team selection. **Clubs are responsible to collect all the information by the club deadline date and then pass it on to GNS as one**

complete package by the GNS deadline date of March 24, 2016. **If forms are received after the deadline the club will receive a fine from GNS. There are also very expensive late fees and incomplete form fees from Gymnastics Canada so please ensure that forms are filled out in their entirety in order to avoid any additional costs.**

## **COST BREAKDOWN**

### **Transportation - \$840.50**

**Air (\$756)**– The group will be flying with WestJet Airlines, departing on the following dates depending on training and competition schedules:

**WAG - Monday, May 30<sup>th</sup>** on WS 391 at 7:50am, arriving in Edmonton at 10:11am

**MAG and T&T - Tuesday, May 31<sup>st</sup>** on WS 391 at 7:50am, arriving in Edmonton at 10:11am

The complete group will return on **Sunday, June 5<sup>th</sup>** on WS 224 to Ottawa then WS 3506 to Halifax. The first flight departs from Edmonton at 10:15am, with a stopover in Ottawa and the group arrives back in Halifax at 7:57pm on Sunday, June 5<sup>th</sup>.

**Baggage check (\$57.50)** – The cost for 1 checked bag is included in the final transportation price above. **If your child will not be checking a bag, you can deduct \$57.50 from the total for your specific discipline/group.**

**Ground transportation (\$27)** – 3 vehicles have been rented by Gymnastics Nova Scotia to have if needed during the competition even though the competition will be on-site.

### **Delegates Accommodations – (\$575 MAG & TG athletes, \$690 WAG athletes, \$447 Senior athletes)**

The NS delegation (with the exception of the senior athletes) will be staying in the Lister Centre Residence at the University of Edmonton.

There is a combination of single bed dorm style rooms, and the majority are double beds. There is a shared common area, as well as kitchen area with multiple refrigerators available. All residences are smoke free and include free internet (bring your own Ethernet cable) and a telephone for local calls. Laundry facilities are located in each building. Visit the University of Alberta Lister website for more details and maps:

<https://www.residence.ualberta.ca/prospective-residents/lister-centre>

The room assignments will be made by coaches and the GNS program committees and the Gymnastics Canada organizing committee. Athletes will be the responsibility of the coaches.

Accommodations cost summary for Residence:

May 30<sup>th</sup> – June 5<sup>th</sup>, 2016: 6 nights \$115 per night includes meals = **\$690 per person**

May 31<sup>st</sup> – June 5<sup>th</sup>, 2016: 5 nights \$115 per night includes meals = **\$575 per person**

**Senior Athletes** – The senior athletes along with Coach, David Kikuchi will be renting a house in Edmonton, AB that is within walking distance to the venue.

**The cost for accommodation for this group is \$322 per person plus a fee of \$125 that each person must pay to the organizing committee for not staying on campus.**

### **Canadians Registration Fee - \$165**

This is comprised of a \$140 registration fee and a \$25 athlete surcharge paid to Gymnastics Canada.

### **Banquet - \$25 / ticket**

The banquet will be held Saturday, June 4th at the Galaxyland indoor amusement park at West Edmonton Mall. It has been booked for the exclusive use of Canadian Championships delegates on the Saturday evening following the competition. Tickets will be required and include transportation to and from Lister Centre Residences, access to Galaxyland rides, a DJ, food and refreshments. Please note that some arcade games may be at an additional cost.

### **Cost Share Amount – \$50**

**\$50.00** per athlete– this amount helps fund the expenses of the team coaches, judges and support staff

### **Uniforms –**

All athletes and coaches are required to wear the official GNS Track jacket with black pants. For competition, girls are to have the new provincial leotard and boys are to have the provincial singlet with the blue pants. Club coaches are responsible for ensuring that all **gymnasts from their club are outfitted properly**. Please contact Uniforms Director, Wendy Cruickshank ([wendy.cruickshank@hotmail.com](mailto:wendy.cruickshank@hotmail.com)) or the GNS office ([gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca)) if there are any problems.

**Payment for track jackets, girl's leotards, boy's singlets, pants and shorts will be made to your club and one cheque will be sent to GNS from the club. The actual prices for the team bodysuits, singlets and pants will be relayed to your club once they all arrive.**

### **Friends and Family Accommodations:**

*Further information on these properties can be found on the GCG Directive displayed on the GNS Webpage*

- **Chateau Lacombe**  
Booking/Group Code: 20160530201 Toll Free: 1-800-661-8801
- **Edmonton Coast Plaza Hotel**  
Online Booking Link: <https://www.coasthotels.com/rates>  
Booking/Group Code: CEP-GFC14870 Toll Free: 1-800-663-1144
- **Campus Tower Suite Hotel**  
Booking/Group Code: ACT-GFC2187 Toll Free: 1-800-709-1824

### **Schedule –**

A provisional competition schedule is included in the workplan located at the following link:  
<http://www.gymns.ca/sites/default/files/Schedule%20CC%202016-Version%203.pdf>

This can also be viewed by linking through the GNS website under Events and Canadians:  
Artistic or Canadians: T&T

### **Competition Venue –**

#### **University of Alberta**

Universiade Pavilion (also known as the Butterdome)

116 Street & 85 Ave, Edmonton, AB T6G 2R3

Website: <https://ualberta.ca/>

### **Canadian Championships Website:**

<http://www.2016gymnasticschampionships.ca/>

**Further information** will be distributed to team members as it becomes available. The Championships workplan information can be found by linking through the GNS website under Events and Canadians: Artistic or Canadians: T&T



## Gymnastics Nova Scotia

### Participant's Informed Consent Form (18 & over)

Event: Canadian Gymnastics and T&T Championships

Event Location: Edmonton, Alberta

Event Date: May 30th - June 5th, 2016

#### **PLEASE READ CAREFULLY**

**Risk:** I, the undersigned understand and acknowledge that traveling to and from and participation in the above named event may result in personal injury (including but not limited to: injury to bones, joints, ligaments, muscles, tendons, internal organs, and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis, or brain damage) and property damage or loss. I fully understand these risks and hereby agree to participate voluntarily and at my own risk.

**Rules:** I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to abide by the rules and regulations set down by the event Organizing Committee. Media Release: I hereby grant to Gymnastics Nova Scotia the right to use, without payment of any fee or charge, any written information (excluding information contained on the Medical Form), photograph, video tape or other visual media of myself taken during the event for the purpose of media and provincial association promotion of the event.

**Liability:** In consideration of your acceptance of my entry in the event, I, intending to be legally bound, agree to RELEASE, SAVE HARMLESS AND INDEMNIFY Gymnastics Nova Scotia, the Organizers and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property where so ever and howsoever caused, arising out of, or in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from the said athletic meet. I further agree to HOLD HARMLESS AND INDEMNIFY Gymnastics Nova Scotia, the Association, the Organizers and/or its agents from any and all actions, claims, demands, losses, judgments or costs of any nature to any third party resulting from my association with or entry in the said athletic meet and I agree not to make any claims or take any proceedings against any person, society, corporation or other legal entity who might claim contribution or indemnity from Gymnastics Nova Scotia, the Organizers and/or its agents in respect of matters which are subject of this Release. I agree that this Release shall bind my heirs, executors, administrators and assigns.

**I confirm that I am of the full age of 18 years, have read, understood and agree to the contents of this Informed Consent Form in its entirety.**

Participant's Name : \_\_\_\_\_  
(Please Print)

Date of Birth: \_\_\_\_\_  
(D/M/Y)

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_



## Gymnastics Nova Scotia

### Record Of Medical Information

Athlete Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Emerg Contact: \_\_\_\_\_  
City/Prov: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Emergency Ph: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Cell phone #: \_\_\_\_\_  
Birthdate: D \_\_\_\_\_ M \_\_\_\_\_ Y \_\_\_\_\_

e-mail address: \_\_\_\_\_

Provincial Plan # & Expiry Date (MSI for NS): \_\_\_\_\_

#### **Medical Information:**

Please indicate any medical information, allergies or conditions that may be important in an emergency

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In the event of medical treatment parents and or guardians will be contacted at the emergency number noted above.

#### RECORD OF MEDICAL CONSENT FOR MINORS

In the event of an emergency I, hereby give permission for my son / daughter to receive emergency medical / surgical care administered by qualified staff and / or Physicians.

Date: \_\_\_\_\_

#### **PARENT / GUARDIAN**

#### **WITNESS**

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

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

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Relationship: \_\_\_\_\_

Relationship: \_\_\_\_\_



## GNS Fair Play Contract

I, as an ambassador and representative for the province of Nova Scotia, shall abide by the spirit and guidelines of the Fair Play Codes for participants.

### Participant Guidelines

#### Our Fair Play Code

**Respect** at all times for participants, coaches, officials, teammates, spectators, opponents, administrators and volunteers.

**Sportsmanship** prior to, during and following the activity; demonstrating modesty in victory and composure in defeat.

**Knowledge** of all rules, whether written or unwritten, and following the spirit of those rules.

**Access** for all to participate, regardless of age, gender, race or skill level.

**Participation** in a manner that demonstrates more than just the desire to win. Having fun, making friends, improving skills and performing your personal best must be just as important when participating.

\_\_\_\_\_  
Participant Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Parent/Guardian Signature (if under 18)

**GYMNASTICS CANADA**  
**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**  
*(FOR THOSE 18 YEARS OF AGE AND OLDER)*

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.**

1. This is a binding legal agreement; therefore clarify any questions or concerns before signing. As a Participant in the programs, activities and events of Gymnastics Canada, the undersigned acknowledges and agrees to the following terms:

**Disclaimer**

2. Gymnastics Canada and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of gymnastics and any program, activity or event of the Organization, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

*I have read and agree to be bound by paragraphs 1 and 2.*

**Description of Risks**

3. I am participating voluntarily in the sport of gymnastics and the activities, events and programs of the Organization. In consideration of my participation in the sport of gymnastics and the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of gymnastics and the programs, activities and events of the Organization. The risks, dangers and hazards include, but are not limited to, injuries from:
- a) Executing strenuous and demanding physical skills in gymnastics;
  - b) Dryland training including weights, running and massage;
  - c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
  - d) Exerting and/or stretching various muscle groups;
  - e) Collisions with walls, any gymnastics apparatus, floors or mats;
  - f) Falling, tumbling or hitting any gymnastics apparatus, the floor, mats or other surfaces;
  - g) Physical contact with other participants (including spotters whose role is to enhance safety and learning);
  - h) Failure to properly use any of the gymnastics apparatus;
  - i) Failure to participate within one's abilities;
  - j) The mechanical failure of any of the gymnastics apparatus;
  - k) Spinal cord injuries which may render me permanently paralyzed; and/or
  - l) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
4. Furthermore, I am aware:
- a) That injuries sustained can be severe;
  - b) That I may experience anxiety while challenging myself during the activities, events and programs;
  - c) That my risk of injury is reduced if I follow all rules established for participation; and
  - d) That my risk of injury increases as I become fatigued.

**Release of Liability**

5. In consideration of the Organization allowing me to participate, I agree:
- a) That my physical condition has been verified by a medical doctor to participant in the sport of gymnastics and in the activities, events and programs of the Organization;
  - b) To assume all risks arising out of, associated with or related to my participation;
  - c) To waive any and all claims that I may have now or in the future against the Organization;
  - d) To freely accept and fully assume all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
  - e) To forever release the Organization from any and all liability for any and all claims, demands, actions and costs that might arise out of my participation in the activities, events and programs of the Organization, due to any cause whatsoever, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence or breach of any duty of care of the Organization.

*I have read and agree to be bound by paragraphs 3 -5.*

**Acknowledgement**

6. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date