



# 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](mailto:gns@sportnovascotia.ca)  
Web page: [www.gymns.ca](http://www.gymns.ca)

## Memorandum

**To:** Parents of 2016 Eastern Artistic and Trampoline & Tumbling Team Members

**From:** Angela Gallant, GNS Executive Director  
David Brown, GNS Artistic Team Chef  
Carol Anne Prost, GNS T&T Team Chef

**Re:** **2016 Eastern Canadian Gymnastics Championships Itinerary**

**Date:** April 27, 2016

---

**CONGRATULATIONS!** Your son/daughter has qualified to represent Nova Scotia at the 2016 Eastern Canadian Gymnastics Championships taking place in Quebec City from May 5 – May 9<sup>th</sup>, 2016.

The Eastern Championships are being held at Laval University in Quebec City, QC. The competition will be held at the Stade Telus. The complete competition schedules are attached as is a complete list of Team Nova Scotia.

### Team Travel Event

Please remember that this is a team travel event. As a member of Team NS, there is an expectation that athletes are to be with the Team NS delegation at all times during the trip. This allows the group to come together as a team and also prepare for competition without unnecessary distractions.

**\*\* Reminder:** As indicated in the first letter regarding Easterns, if an athlete needs to leave the delegation for an **approved reason only**, the appropriate paperwork needs to be completed and submitted to GNS by April 29th. Please contact the GNS office via phone (902)425-5450 or email: [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca) for the required paperwork.

### Accommodations

Team NS will be staying at **Hotel Universel (2300 Chemin Saint-Foy) from Thursday night, May 5<sup>th</sup> until Monday, May 9<sup>th</sup>**. The hotel phone number is (418) 653-5250.

### Travel

The Nova Scotia Team to Easterns will be traveling on 2 Ambassatours Gray Line Charter Buses. The buses will **leave the Canadian Tire parking lot in Bedford Commons at 7:30am on Thursday, May 5<sup>th</sup>, 2016.**

**All pickup times are as follows:**

- 7:30am** - Bus departs from **Canadian Tire parking lot in Bedford Commons**
- 8:20am** - Bus departs from **Rath Eastlink Arena in Truro**

Please ensure that you are at the stops **at least 15 minutes** prior to departure to allow for the organization of luggage, teams, etc. Also, please let your club coach know what stop your son/daughter will go to.

**On Monday May 9, 2016**, the Ambassatours Gray Line Charter Bus **departs Hotel Universel** at approximately **8:00am EST**.

The group is expected to arrive back in Truro (Rath Eastlink Arena) at **approximately 6:30pm** and at Bedford Commons Canadian Tire at **approximately 7:30pm**.

**Gymnasts should pack a lunch and snacks to bring with them on the bus. PLEASE DO NOT PACK ANY NUT PRODUCTS FOR THE ATHLETES TO BRING ON THE BUS due to allergies.**

#### **Meals:**

Athletes will have meals at the cafeteria on the Laval campus for 3 full days (May 6th, 7th, 8th) and on the 9th (breakfast only). The **\$92** to cover these meals should have been paid to your club. Athletes will need to budget for meals on Thursday, May 5th (we ask that they bring a lunch on the bus and snacks) and Monday, May 9th.

#### **Other expenses:**

It is hoped that the group will be able to do an outing while in Quebec City possibly to the **Aquarium and/or Montmorency Falls**. Please budget for approximately \$10-\$15 for entrance fees.

**Team 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, Sweatpants or Tights**)
  - Girls – Official 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](http://www.gymns.ca))
- Follow the Team Rules for 2016 Eastern Championships as set down by the Coaches, Managers and Chefs for the Eastern Championships.

#### **Athlete Dance**

There will be an athlete dance on Sunday, May 8<sup>th</sup> at 7:00pm at the Grand Salon of Laval University. All Nova Scotia athletes will be required to go to their rooms **immediately** following the closing banquet - **NO EXCEPTIONS**. **This rule will be strictly enforced!**

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

<b>Artistic Chef-de-Mission:</b>	<b>David Brown</b>	cell: (902) 751-0323 email: <a href="mailto:gnscoach@sportnovascotia.ca">gnscoach@sportnovascotia.ca</a>
<b>Women's Team Manager:</b>	<b>Kali Brocklehurst</b>	cell: (902) 476-1391 email: <a href="mailto:kali.brocklehurst@hotmail.com">kali.brocklehurst@hotmail.com</a>
<b>Men's Team Manager:</b>	<b>Kyla Simmons</b>	cell: (902)789-1415 email:
<b>T&amp;T Chef:</b>	<b>Carol Anne Prost</b>	cell: (902)824-2237 email : <a href="mailto:cappynp@hotmail.com">cappynp@hotmail.com</a>
<b>T&amp;T Manager:</b>	<b>Michelle Totten</b>	cell: (902) 956-8403 email: <a href="mailto:mc360661@dal.ca">mc360661@dal.ca</a>
<b>T&amp;T co-managers/coaches:</b>	<b>Heidi Brownell</b>	email: <a href="mailto:heidi_b@ymail.com">heidi_b@ymail.com</a>
	<b>Chelsea Bidgood</b>	email: <a href="mailto:jbidgood@ns.sympatico.ca">jbidgood@ns.sympatico.ca</a>

**GNS office 425-5450, ext. 338 or e-mail [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca)**

**OTHER INFORMATION:**

**Spectator Admission Costs:**

	Day Pass	Two Day Pass	Three Day Pass
Adult (16+)	\$10.00	\$18.00	\$24.00
Children (6-15)	\$5.00	\$8.00	\$10.00
Children (under 6)	Free	Free	Free

**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 Eastern 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.

**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

### **ON THE AIRPLANE (if applicable)**

- 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 (if applicable)**

- 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!

### **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

However, your coach may want you in your rooms earlier, 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 remember that not all of us are morning people, as well, not everyone is a nighthawk. **Please respect your roommates.**

### **Banquet**

There will be an athlete dance on Sunday, May 8<sup>th</sup> beginning at 7pm.

All Nova Scotia athletes will be required to go to their rooms **immediately** following the closing banquet. In some cases, coaches may take a group of younger children back to their rooms at an earlier time for obvious reasons.

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

### **COMPETITION RULES:**

- Team spirit: 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! 🍀**

## **Gymnastics Nova Scotia Team Emergency Action Plan (EAP)**

### **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 the 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 the 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.

**Artistic CHEF**  
**Women's manager**  
**Men's manager**  
**T&T CHEF**  
**T&T Manager**

**David Brown**  
**Kali Brocklehurst**  
**Kyla Simmons**  
**Carol Anne Prost**  
**Michelle Totten**

**cell# (902)441-6714**  
**cell# (902)476-1391**  
**cell# (902)789-1415**  
**cell# (902)824-2237**  
**cell# (902)956-8403**