



# GYMNASTICS NOVA SCOTIA

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## Memorandum

**To:** Parents/Guardians of 2019 Atlantic Team Members

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

**Re:** 2019 Atlantic Championships Fredericton – Team Nova Scotia Information

**Date:** April 10, 2019

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**CONGRATULATIONS!** Your son or daughter is representing Nova Scotia at the 2019 Atlantic Canadian Championships in Fredericton New Brunswick. The Atlantic Championships are being hosted by Kingswood Gymnastics Club and Gymnastics New Brunswick and will be held at the Grant Harvey Centre in Fredericton NB.

The NS team will be staying at the Hampton Inn and Suites (470 Bishop Drive, Fredericton, NB). Complimentary breakfast is included with the hotel. Rooms have been booked for athletes, coaches, judges and mission staff for Thursday, Friday and Saturday nights. Coaches and GNS program committees will do the rooming assignments. As per GNS Policy, all team members are required to stay with the team in the team hotel. Athletes will be the responsibility of coaches, managers and the team head of delegation. **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 track pants, yoga pants or dress pants with this during travel - **No Jeans or Sweatpants**)
  - 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](http://www.gymns.ca))
- Follow the Team Rules for 2019 Atlantic Championships in the pages that follow.

**Our mission staff are as follows;**

Chef-de-Mission, David Brown	Office#	(902)425-5450, ext. 515
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WAG Team Manager, Kassidy Gallagher	Cell#	(902) 817-7433
MAG Team Manager, Wendy Cruikshank	Cell#	(902) 753-8073
Gymnastics Nova Scotia Angela Gallant – Executive Director	Office	(902) 425-5450 x 338
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**Travel**

The Nova Scotia Team will be traveling to and from Atlantic on 2 Ambassador Gray Line Charter Buses.

**April 25<sup>th</sup>, 2019 Pick-up times are as follows:**

11:00am - Bus departs from Walmart parking lot in Bedford Crossing \*\*

12:00pm - 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.*

For the return trip Sunday, April 28<sup>th</sup>, we will be leaving the Hotel in Fredericton at 10:30am with;

**Leaving Fredericton at: 10:15 am anticipated arrival times April 28<sup>th</sup>, 2019**

1:30 pm arrival at the Rath Eastlink Arena in Truro

2:15 pm at the Walmart Parking in Bedford Crossing

**Meals:**

Meal cost is the responsibility of the individual. **Please pack a box lunch for the bus ride to Fredericton.** Please budget for the following meals:

- Thursday -- lunch for the bus and Supper, snacks
- Friday – lunch, supper and snacks
- Saturday – lunch and snacks
- Sunday – lunch,

*\*\*Parents, please make sure your child is aware of how to order in a restaurant and that they know what they can and will eat. If you have a concern let the coach or mission staff know.*

**Athlete Banquet -**

The athlete banquet and dinner will take place at the Kingswood Entertainment Centre on Saturday, April 27 from 7:00pm-11:00pm. Supper will be provided, followed by activities including: bowling, Laser Tag, arcade games, a dance, and other games and activities. Provinces must provide a minimum of two chaperones for the event. Accreditations required for entrance into event.

**Scoring:**

All results and live scoring will be available through the Sportzsoft app or at the following link:  
Sportzsoft Results Online

<http://www.sportzsoft.com/LiveMeet/LiveMeet.dll/LiveMeet?SessionId=40452061276149>

Mobile Live Meet: 2019 Atlantic Gymnastics Championships

There is also a Sportzsoft app that you can download to your android or ios device.

**All Nova Scotia athletes will be required to follow the rules as outlined in the Team Rules for 2019 Atlantic Championships following this memo.**

**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  
2019 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 OR SWEATPANTS**

**BUDDY SYSTEM:**

Always travel with a buddy (even to the bathroom). This will be strictly enforced.

**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're expected to stay with the group **AT ALL TIMES**.

**Personal Technology:**

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. At bed time you are encouraged to call home and check in and say goodnight but after that put the phone away texting late in the evening keeps you and your team mates awake. Sleep!

## **WHILE YOU ARE ON THE BUS**

- Respect the rules of the bus driver
- Ensure that garbage is picked up when departing the bus
- Avoid being loud as it distracts the driver.
- Respect other on the bus.
- Ensure that you take **ALL** of your belongings with you when you arrive at your destination!

## **DURING TEAM OUTINGS:**

Please use proper manners in restaurants or group outings.

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 mission staff

## **RULES FOR ROOMS AT THE HOTEL:**

No personal calls from hotel phone, 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.**

## **PARENTS MEET AND GREET SOCIAL:**

On Thursday, April 25, from 8:30pm-10:00pm, a Parents' Meet-and-Greet social hosted by the organizing committee will take place in the Greenbrier Room at the Kingswood Lodge. Food and drinks will be available from Sam Snead's Oak Grill and Tavern. More information, including RSVP details, will be distributed with Bulletin #3. This is available on the [www.gymns.ca](http://www.gymns.ca) site.

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

**You are wonderful ambassadors for our sport and the Province of Nova Scotia  
Have a great competition! ☺**