GYMNASTICS NOVA SCOTIA



5516 Spring Garden Road, 4th floor, Halifax, NS B3J 1G6 Tel: (902)425-5450, ext. 338, fax: (902)425-5606 Web page: www.gymns.ca e-mail: gns@sportnovascotia.ca

Board of Director's Meeting
Friday, January 21, 2022 via zoom

Minutes

1. Call to Order 10:03am

- In Attendance: Susie Gallagher, Kristen Mercer, Abby Murin, Michelle DeBay, Cathy Huntington, Stephan Saulnier, Sherry Watters, Eleanor Melrose, Stewart Gunn, Carol Anne Prost (10:23am),
- Absent: Jason MacLeod, Megan Looke
- Staff: Angela Gallant, Michelle Pothier

2. Approval of Agenda

MOTION to approve Agenda MOVED by Stewart Gunn 2nd Cathy Huntington PASSED

3. Adoption of Previous Minutes – October 22nd, 2021

- Business Arising amend minutes as per AG
- Action items

MOTION to adopt previous minutes MOVED by Cathy Huntington 2nd by Michelle DeBay PASSED

Action Awards - Discussion on best way to recognize the efforts. The certificate option still appears to be the best, simplest solution at this time. Angela to send out the nomination forms. – Forms sent to committees December 17th deadline – email to be sent to clubs shortly- several awards should be done in person at Provincials or Gala at Gymnaestrada, etc. Volunteer of the year should go forward to Support4Sport Awards – should special new awards go out for last year? Or for current year? Best to do these for current year then these could be presented at Provincials for the first time and be put forward to 2022 Support4Sport Awards.

Updated Action - ED - Awards nomination for 2020-2021 sent out to clubs and committee chairs – no responses. Regarding S4S Awards for 2021-2022, the nomination deadline is April 5th, 2022. Angela will send call for nominations out for the volunteer & official of the year award and any others that we might present at Provincials. All S4S Award nominations will need to be in for April 5th but we could delay other awards. Looking for assistance with the S4S award submissions. Program Coordinator can help by working with the committees on collecting this information for athletes of the year, coach of the year, etc.

Action New Awards person to add 'Spirit of Gymnastics Award' to list of award categories and create a list of criteria – position is still unfilled. If the Awards board position does not get filled, can we reach out to Kim B. for criteria/input on award? Award could be presented at Provincials. Susie to follow up with Kim B Award nominations could go out with others in March – Carol Anne willing to help if needed.

New Action - Susie to follow up for next meeting. Susie reached out to Maia's parents for wording/help

4. GNS Board

Vacancies and/or Director/M@L assignments

Action TD to solicit involvement at the Board level for the 2 vacancies from some of the smaller clubs in the province. New Action TD to solicit Board support from smaller clubs, reach out to clubs to get more club representation on the board – **TD to take care of this asap.**

5. Covid-19 Update

- Return to Play document changes
- Vaccine GNS requirement -
- CEWS funding
 - o Period#'s 19, 20, 22 & 23 did not qualify, Period 21 qualified and applied for \$682.42
- Other

MOTION That participants (**age 12 and over**) of all GNS sanctioned events including competitions, NCCP courses, camps, clinics, workshops, symposium, gala/Gymnaestrada-type events must be fully vaccinated against COVID-19.

MOVED by Cathy Huntington 2nd Michelle DeBay PASSED

- 6. Competitions and travel
 - 2022 Sanctions approved:
 - i. Titans (MAG, WAG, T&T) Jan 21-23, 2022 postponed new possible date Mar 4-6, 2022 (confirmed and passed)
 - ii. Pictou (MAG) Jan 30th, 2022 postponed new possible date Feb 13th, 2022 (confirmed and passed)
 - iii. Alta (MAG and WAG) Feb 25-27th, 2022
 - iv. Taiso (WAG) March 11-13, 2022
 - GNS Provincials 2022, Titans Gymnastics and Trampoline Club (all disciplines) April 1-3, 2022

MOTION to approve the new meet dates for Pictou (Feb 13th) and Titans (Mar 4-6th) MOVED by Michelle DeBay 2nd by Stewart Gunn PASSED

• Atlantics – April 22-23, 2022 Summerside, PEI – Looking to delay until May (possibly May 26-28th pending date for CPP Canadians) – could move to May or June? Could they add TT to that meet?

Action - ED to reach out to PEI to discuss possibility of T&T at Atlantics.

- Easterns May 12-16, 2022 Sherbrooke, QC
- Canadians 2022
 - i. WAG HP Canadians tentative June 8-12, 2022 in Montreal, WAG CPP Levels 9&10 still looking for host (date no longer available) likely find a host for HP and 9/10 end of May
 - ii. T&T Canadians dates are July 5-10, 2022, location still TBD
 - iii. MAG is still TBD

Action – Virtual meet proposal – Kristen to look at virtual meet guidelines and to bring a proposal to next board meeting.

** Action: Team travel meeting with Susie, Tech Chairs, Carol Anne, ED & TD discuss and bring recommendations back to board, meet and provide recommendations before next BOD meeting. Meeting held - continue to discuss with survey results.

** Action: - TD to circulate coach survey with simple Yes/No - Complete

- 7. Nova Scotia Gymnaestrada and Coach Symposium
 - GNS Gymnaestrada Sunday, June 26th, 2022 possibility of adding awards Gala
 - GNS Coaching Symposium September 10th-11th, 2022
- 8. GNS Financials
 - **Scotiabank Credit cards Angela/Michelle (GIC required for amount of limits on cards)
 GIC okay for VISA/ MC with smaller limit. ongoing
 - **AMEX with larger limit just have one AMEX card

Angela has started the application process with Krista and Susie

9. GNS AGM – 2022 – June 25th weekend in conjunction with Gymnaestrada – Time TBA

Action - Before next AGM look at membership fees to increase approximately \$5 to offset this year's insurance increase as well as increases moving forward.

Proposal geared to the different programs: Increase Programs: Rec Coaches/Athletes \$5.00, Competitive Coaches/Athletes \$10.00. Supporters/Members \$5.00

*MOTION to Increase GNS Membership Fees beginning September 2022 based on Programs: Rec Coaches/Athletes \$5.00, Competitive Coaches/Athletes/Officials \$10.00. Supporters/Members \$5.00

MOVED by Sherry Waters 2nd Cathy Huntington PASSED

*To go out to the membership for Special Resolution

10. GNS Strategic Plan / 2022-2023 Outcomes – 1st draft due February 28th, 2022

Action: Angela to work on these with Michelle, Susie & Carol Anne with input from program chairs in certain areas.

11. Reports

- a) President & Uniforms Susie Gallagher coaching certification Action committee to review coach training requirements, and update Policy Manual
- b) Vice-president & Covid Safety Carol Anne Prost waiting for provincial restriction updates

c) Executive Director - Angela Gallant

Uplifter -

Action – TD/ED put together information regarding Uplifter for next meeting – then to send possible fee increase for special resolution meeting in February.

Angela reported that Uplifter information is included in both Angela and Michelle's attached reports. Board agreed that we will go ahead with the Uplifter Program for registration in 2022-2023. A couple of clubs expressed interest in also using Uplifter.

- d) Technical Director Report Michelle Pothier add meeting with Andrew Paris EDI Coaching Lead looking to organize a time to review EDI initiatives with GNS
- e) Treasurer Sherry Watters nothing to report
- f) Director Secretary Cathy Huntington nothing to report
- g) Women's Program Committee Director Michelle DeBay *Provincial judges training, CWG core committee*
- h) Men's Program Committee Director Stephan Saulnier *EC not sure if any competition, hoping that the Pictou meet runs*
- i) Trampoline/Tumbling Tech Committee Director—TBA (Stewart Gunn (acting) EC looking to see if enough athletes to offer an in-person meet.
- j) Education/Recreation Director Megan Looke absent

Action: TD to set up meeting with Megan & Angela and TD – continue to try to reach out

- k) Social Media Director Abby Murrin looking for photos and information from other clubs.
- I) Safe Sport Director Jason MacLeod absent Angela indicated that GymCan will be signing on with SSDRC, SNS also will adopt the resolution process through SSDRC so GNS will have options
- m) Special Events Chair Eleanor Melrose nothing to report
- n) Competitions Director Stewart Gunn and Kristen Mercer follow up on coach levels exemption request. Noting that many coaches are looking for exemptions for more than one tier. Should the board be looking at all multi-tier requests? Technical Committees can approve all other exemption requests.
- MOTION any multi-tier exemption requests must be reviewed by Program Committees then a recommendation comes to the board level MOVED by Stewart Gunn 2nd Michelle DeBay PASSED
- MOTION to accept the exemption for a GF Trained Coach to be permitted to coach DP Level 3-6 with the following provisions: obtain GF Certified status, registration include payment for COMP 1 WAG, supervision by Comp Intro certified coach or higher at all times.
 MOVED by Kristen Mercer 2nd Michelle DeBay
 - o) Awards Director TBA
 S4S Awards May 28th, 2022 Halifax Convention Ctr, nomination deadline April 5, 2022
- 12. New Business no new business
- 13. Review of Motions and Action items
- 14. Next Board of Director's meeting date Sunday, February 27th 8:00PM
- 15. Adjournment

MOTION to adjourn MOVED by Stewart Gunn 2nd Cathy Huntington PASSED

Nova Scotia Gymnastics Association

Comparative Balance Sheet

Comparative Balance Officet		
ASSET	As at 11/30/21	As at 11/30/20
Current Assets		
Bank - Current	0.00	0.00
Scotiabank - Savings account	464,970.56	243,714.50
Scotiabank - Select plan Chequing	215,830.82	180,073.21
Investor Account	0.00	0.00
Sport & Rec Account	19,046.80	17,812.26
Canada Games Account	0.00	0.00
STI - GIC Subtotal	0.00	0.00
Accounts Receivable	5,677.00	5,677.00
Allowance for doubtful accounts	-5,500.00	0.00
HST Receivable	3,005.86	833.12
Inventory	12,862.57	14,267.42
Prepaid Expenses	41,654.96	0.00
Computer Subtotal	0.00	0.00
TOTAL CURRENT ASSETS	757,548.57	462,377.51
TOTAL ASSET	757,548.57	462,377.51
LIABILITY		
CURRENT LIABILITIES		
Accrued Accounts Payable	1,511.32	0.00
Kidsport Payable	157.00	156.00
Receiver General Payable	3,426.88	3,154.64
CEBA Loan	60,000.00	40,000.00
TOTAL CURRENT LIABILITIES	65,095.20	43,310.64
TOTAL LIABILITY	65,095.20	43,310.64
EQUITY		
EARNINGS		
Retained Earnings	314,800.29	263,400.75
Current Earnings	377,653.08	155,666.12
TOTAL EARNINGS	692,453.37	419,066.87
TOTAL EQUITY	692,453.37	419,066.87
LIABILITIES AND EQUITY	757,548.57	462,377.51

Generated On: 01/20/22

Nova Scotia Gymnastics Association Comparative Income Statement

	Actual 04/01/21 to 11/30/21	Actual 04/01/20 to 11/30/20
REVENUES		
Canadian Ch'ships - Athlete Fund	27,905.59	0.00
Sales - Subtotal	5,085.49	384.10
PSO - Block Funding	55,000.00	55,000.00
PSO Grants - CSO Covid support	0.00	0.00
PSO Grants - PSO Covid support	106,901.01	0.00
Technical Director Revenue	16,050.40	23,333.36
PSO Enhancement - S4S Grant	3,000.00	3,000.00
PSO Project Grant - Support4Sport	0.00	3,062.33
CEWS - federal subsidy	32,314.26	55,348.95
Performance Pathway Grant	15,000.00	30,000.00
NCCP - Subtotal	2,540.00	960.00
Membership - Total Registration	226,951.44	182,175.37
Subtotal Tumblebugs	41,670.00	41,755.00
PSO Projects Grant - Other	0.00	2,000.00
PSO PD Capacity Grant	1,903.25	1,000.00
MPC Officials Tax receipts	600.00	0.00
TTPC Officials Tax Receipts	255.00	0.00
WPC Officials Tax Receipts	2,010.00	0.00
Club Comp - Subtotal	125.00	75.00
Participation Dev Funding	20,000.00	20,000.00
Coach Symposium Revenue	0.00	0.00
Symposium Grant	0.00	0.00
Investment Income	849.35	641.79
Affinity Programs	22.70	0.00
Other Income	200.00	100.00
TOTAL REVENUE	558,383.49	418,835.90
TOTAL REVENUE	_558,383.49	418,835.90
EXPENSES		
Cost of Sales - Subtotal	4,261.11	0.00
Staff - Subtotal	87,687.53	89,477.43
Promotion/Marketing Subtotal	-52.50	0.00
Provincial Artistic - Subtotal	0.00	0.00
Provincials - AWARDS	0.00	502.56
Provincial T&T - Subtotal	0.00	0.00
Atlantic Artistic - Subtotal	0.00	15,000.00
Eastern Artistic - Subtotal	0.00	0.00
Eastern T&T - Subtotal	0.00	0.00
Canadians Artistic - Subtotal	0.00	250.00
Canadians Tramp - Subtotal	0.00	0.00

TTTC Pathways - Subtotal	-10,335.29		-1,054.79
WPC Pathways - Subtotal	-6,273.93		-3,167.50
TTTC Pathways - Subtotal	-10,335.29		-1,054.79
Men's Prog Cte - Subtotal	0.00		0.00
Men's Officials tax expenses	-728.42		-2,038.52
Women's Prog Cte - Subtotal	2,302.35		-2,230.00
Women's Officials tax expenses	1,202.56		0.00
Tramp Prog Cte - Subtotal	1,726.30		0.00
Trampoline Officials tax expenses	-1,110.40		-1,110.40
BOD/Exec Meetings - Subtotal	451.50		126.00
GNS AGM - Subtotal	0.00		31.29
GCG Other Mtg - Subtotal	335.34		335.34
Tumblebugs - Subtotal	15,636.90		16,923.10
Administration - Office Supplies	82.68	0.56	
Administration - web page fees	338.59	293.60	
Administration - Postage/Courier	63.00	29.72	
Administration - Color Printing	0.00	0.00	
Administration - Phone/Fax	252.07	318.10	
Administration - cell phone	609.86	396.39	
Administration - Accounting Service	53.75	489.41	
Administration - Service/Int Chgs	188.43	1,413.06	
Administration - Rent	2,524.00	2,886.59	
Administration - Staff Prof Dev't	745.50	0.00	
Administration - Staff fitness	0.00	136.85	
Administration - Dues/Fees	1,160.80	0.00	
Administration - S4S Awards	0.00	0.00	
Administration - Other	751.63	110.00	
Administration - Subtotal	6,770.31		6,074.28
Miscellaneous expense	0.00		0.00
TOTAL EXPENSES	180,730.41	-	263,169.78
	130,7 30.41	-	250,100.70
TOTAL EXPENSE	180,730.41		263,169.78
-		-	,
NET INCOME	377,653.08		155,666.12
	=======================================	=	,

Generated On: 01/20/22



GYMNASTICS NOVA SCOTIA

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

Board of Director's Meeting Executive Director's Report January 21st, 2022

Registrations Numbers

The registrations for 2021-2022 are continuing to come in however this has stalled a bit with the current restrictions in place. The current numbers are showing to be 5483. We had 13 clubs operating at the beginning of the season but with the new regulations, we are now down to 12. The member numbers show a 31.4% increase from last year's membership at this time so we are still quite ahead of where we were last year. Last year's final numbers for the year were 5778.

The initial breakdown is as follows:

Club	Members	Club	Members
Titans	1284	Pictou County	233
Alta	1181	Valley Cheer	193
Taiso	849	Empire Gymnastics	162
CBGA	507	Gymnation	157
Spartans	352	Association de Clare	60
Rainbow	252	Jump To It Trampoline	7
Athletics Gymnastics	244	Independent	2

Initial numbers for 2021-2022	5483	
Numbers from January 22, 2021	4172	Increase by 31.4% so far

Registration System - Uplifter

Further to my report at the last GNS meeting, Michelle and I have met with Uplifter to go through a trial and discuss the options available for GNS. Michelle has included a lot of the details on the system in her report. For the financial aspect of this, if we are able to get the rate of \$25 per month as they discussed for GNS along with 1% of all transactions, for last year, this would have worked out to be:

- \$300 plus tax for the annual amount
- \$2444 for the 1% of registration transactions based on last years total membership revenue of \$244,415

If we are able to get this rate, the annual fee would be under \$3000 with our current numbers so would work out to less than \$0.50 per member. The other option they have proposed would be \$449 plus tax per month which would work out to just over \$1 per member with our current membership numbers. If we can get back to pre-covid numbers, it would be less per member. Both of these options would be the pricing if we were still collecting cheques or etransfers. If we add credit cards to the mix, we would have the typical merchant fees added on. I'm still trying to get clarification on these 2 pricing options that they provided and how we determine what one we can use.

This system has had very positive comments from all the gymnastics provinces that are using it including Gymnastics Newfoundland and Labrador, Gymnastics Ontario, Manitoba Gymnastics

Association, Alberta Gymnastics and Gymnastics BC. This system would be well worth the price when we consider the amount of time that I currently spend on registrations between reviewing databases, altering them to copy to MS Access and also figuring out if the payments are correct and reviewing this with the clubs. I also plan to apply for a PSO project for a portion of this expense for the first year through Support4Sport.

GNS Bylaw change

The GNS Bylaw change that was approved at the GNS AGM regarding the definition of a Member in Good Standing was brought down to the Registry of Joint Stocks in early November and I'm still waiting for final approval on this. Once these are approved and accepted by the registry, I will make the required changes in the GNS Policy Manual and post the most recent version on the GNS webpage.

Funding Program Updates

- Department of Communities, Culture, Tourism & Heritage
 - Sport Development Tool (SDT)
 - Outcomes a report on the 2021-22 outcomes is due on March 31st and a draft of the 2022-2023 outcomes is due on February 28th
 - The Sport Development Tool 2.0 has been released and requires completion and an interview process in late winter/spring. We have set our GNS interview date for March 4th which means our document will be due on February 18th. The results of the new Sport Development Tool will be released in the fall of 2022 and will determine our funding and resources for Block, Participation and Excellence (NSPPI) from April 2023 March 2027. We currently receive \$55000 for Block, \$20000 for Participation, \$30000 for Pathways
 - Block Funding \$55,000 for April 2021 and April 2022 (due to the delay in the Sport Development Tool)
 - o Participation funding \$20,000 for April 2021 has been received in full
 - o NSPPI funding \$15,000 of our \$30,000 has been received to date
 - Tumblebugs –\$40000 funding was received in full for the 2021-2022 fiscal year and a report will be required for the Department in March 2022.

• Support 4 Sport

- Technical Leadership Employment Program (TLEP)

 – this program was previously called the Coach Employment Program and continues to fund \$35000 of the Technical Director salary. This continues to be very beneficial to GNS. The program is currently being reviewed by Sport NS but I expect we will continue to be renewed.
- Participation Funding (currently \$20,000 annually) our annual PSO member data upload report for the 2020-2021 membership year is due by February 15, 2022.
- Performance pathway funding (NSPPI) currently \$30,000 annually. Michelle
 and the committee chairs continue to work to keep this up to date as required to
 maintain this funding level.
- PSO Project Applications –available to apply on a monthly basis
 - an application for the purchase of WAG JO Codes was submitted by GNS in the fall and has been approved in the amount of \$1606.
- o High Performance Coach Applications to date no applications submitted to date
- o Individual Coach applications no applications submitted to date
- o Individual Officials applications no applications submitted to date

- Athlete Tier Funding 2021-2022 applied for to date Amounts submitted and approved to date
 - Denelle Pedrick approved \$750
 - Tier 6 (PSO Funding Card 2021-2022) due March 15, 2022
 - Ignite Program recommendations 5 ignite applicants were approved by GNS in August 2021

Covid funding

- CEWS received for the first 18 periods (March 15, 2020 to August 2nd, 2021): \$107172. We were not eligible for periods 19 & 20 or 22 or 23. The amount we will receive for period 21 is \$682 and this will bring our total CEWs funds to date to \$107854.
- CEBA Loan the additional \$20,000 CEBA loan was approved by the membership and has been received. Total loan received was \$60,000 and we will be required to return \$40,000 by December 2022.

Respectfully Submitted:

Angela Gallant GNS Executive Director GNS Board Meeting – Friday, Jan 21 Technical Director's Report

Education - New Coach Evaluators were busy over the Holidays (and continuing into the new year) taking CE sport specific training. Currently GNS has the following numbers of Coach Evaluators

GF Trampoline 5

GF Artistic 4,

Comp Intro TG 2

Comp Intro WAG/MAG 2

Comp Intro Adv WAG 1

Hopeful that more coaches will take advantage of the resources here in NS and seek out certification ahead of competition seasons.

Upcoming Courses:

GF Artistic – Cape Breton – Feb 4-6th Comp 1 Theory – Online Feb 11/12th Comp 1 TG – Titans Mar 11, 15, 16th Comp 1 MAG – Pictou Mar 13th Comp 1 WAG – Pictou Mar 18th-20th

Tentative GF Artistic scheduled for the Valley and for HRM later in the season.

Programs -

Parents Poll

Yes, I support Team Travel

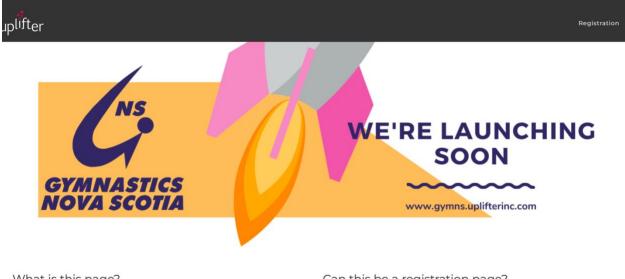
option 1 Yes: I agree to Team Travel to both meets, accepting all current and future COVID policies	option 2 No: I do not support Team Travel to either meet and will travel with my child and pay all costs	option 3 Maybe: I support Team Travel, but for this year, I prefer to travel w/my child and pay all costs including any buyouts	option 4 Maybe: I would agree to Team Travel but my decision might be based on the location of the meet, I will communicate with my club	Option 5 No: I do not support travelling for any gymnastics competition and if they qualify, my child will not be attending either meet	
69	17	14	41	1	142
Coaches Poll					

3 7 10

No, I do not support Team Travel

Registration updates -

UPLIFTER - www.gymns.uplifterinc.com



What is this page?

This is the your Uplifter landing page! Clicking on the logo in the header of your Uplifter site will always bring you back to this landing page. This page can be customized however you wish. When you are ready to begin, our article Public Website Management will help you set up your

Some organizations like to provide details or instructions specific to their registration process. If vou are planning on pointing your website domain at your Uplifter site, this would be your home

Can this be a registration page?

Absolutely! If you don't want to provide your members with an introduction to your Uplifter site and do not plan to make Uplifter your website, this landing page can be a registration page instead! To do so, please follow these steps

- Select Edit Page Details (top right).
- Use the Page Template drop down to select 'Registration Full Page'.

Uplifter is a backend, registration software for sports clubs (not unlike iClass or Jackrabbit) that also integrates league management as well as club management. The software offers comparable features to other class management software for clubs including family/participant profiles, billing, payment options, classes grouped by programs, seasons, prerequisites such as age, gender, level, attendance and progress options as well as flexibility in naming fields. Uplifter also offers an elevated 'league' level of management. Leagues (such as GNS) set up seasons, all program fees, insurance fees, club registration fields, clubs register the club each season. Clubs will add all membership options as though adding products to a cart and then all club members including coaches, supporters, judges and athletes individually or in batches. Clubs can integrate by using Uplifter themselves, or can continue using their own management software and upload a template of participants to their Uplifter account by predetermined deadlines. Uplifter will detect participants who are already registered with the league through other GNS member clubs and will warn for duplicate entries. All billing/invoicing to member clubs will be done directly through Uplifter. Uplifter allows for custom policies to be added to any purchase (club or league level), the policies can be saved as a pdf or added to the emailed invoice after payment. Uplifter is looking at ways to integrate top down policies (ie GNS Assumption of Risk, or declaration) that can be used by all clubs.

Events, courses and other one-time fees can be billed/managed through the software. The Uplifter landing site, can be used as website as well.

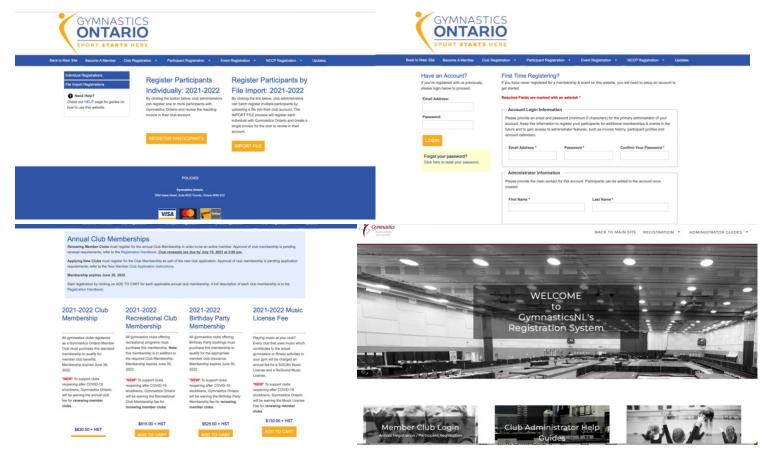
Different levels of features are offered depending on what monthly fee is chosen. Uplifter has proposed a 1% monthly fee on all transactions for GNS. (Does not include \$25/month service

fee or any merchant fees). GNS does not have to use CC billing to use this service but can opt for a merchant account through Bambora at a later date.

The main objective in using registration software to manage Gymnastics Nova Scotia is to easily and accurately track members, have access to data and keep track of invoices and accounts in a timely manner. End users (clubs) will also find that registering their clubs and members is a simplified process. Eliminate duplicating of entries and manual checks for coach levels, ensures that members information required by the province is entered correctly.

Software to go live May 1st 2022 to facilitate club registration for 2022 and any GNS events in June through to September.

Currently Gymnastics Ontario, Gymnastics BC and Gymnastics NL all use the league management system. GO has developed a number of help guides for clubs and is open to sharing this information with other PSO's.



True Sport Principles

Go For It

Rise to the challenge se to the challenge – Understand, respect, always strive for and follow the rules. ir excellence. Play with integrity – sp. Be persistent and competition is on discover how good only meaningful you can be. Understand, respect, and respect and

Play Fair

Understand, respect,

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. what you love about Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others. Remember sport and why you play.

Stay Healthy

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you those around you.

Include Everyone

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

Give Back

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.



truesport.ca

<u>Land Acknowledgements</u> – Gymnastics Nova Scotia would like to acknowledge that our facility is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. GNS sits on the Traditional Territory of the Mi'kmag. We are all Treaty people.