



GYMNASTICS NOVA SCOTIA

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Memorandum

To: 2023 Atlantic Team Members

From: Angela Gallant, GNS Executive Director
Michelle Pothier, GNS Technical Director
Michelle DeBay, Atlantics Chef-de-Mission

Re: **2023 Atlantic Championships Fredericton – Team Nova Scotia Information**

Date: April 13, 2023

CONGRATULATIONS! Your son or daughter is representing Nova Scotia at the 2023 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 located at 600 Knowledge Park Drive in Fredericton NB.

Travel Information

The Nova Scotia Team will be traveling to and from Atlantics on 2 **Coach Atlantic** Charter Buses.

April 20th, 2023

Pick-up times are as follows:

11:00am - Bus departs from Cineplex Cinemas in Dartmouth Crossing **

12:00pm - Bus departs from Cineplex Cinemas in Truro (15 Treaty Trail) **

**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 23rd, we will be leaving the Hotel in Fredericton at 10:30am with anticipated times as follows:

April 23rd, 2023

10:30am – Bus departs Delta Fredericton

2:00pm bus arrives at Cineplex Cinemas in Truro (15 Treaty Trail)

3:00 pm bus arrives at Cineplex Cinemas in Dartmouth Crossing

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

Accommodations

The NS team will be staying at the **Delta Fredericton** (225 Woodstock Road, Fredericton, NB). Rooms have been booked for athletes, coaches, judges and mission staff for Thursday, Friday and Saturday nights. Coaches and GNS program committees have done 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.

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 – breakfast, lunch, supper and snacks
- Saturday – breakfast, lunch and snacks
- Sunday – breakfast, lunch and snacks for bus

Requirements

All Nova Scotia team members, are required to:

- Wear the official Nova Scotia team uniform;
 - a) the **official GNS track jacket** (Please wear plain black track pants, yoga pants/leggings or dress pants with this during travel - **No Jeans**)
 - b) the official bodysuit or singlet and blue longs/shorts with white socks (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)
- Follow the Team Rules for 2023 Atlantic Championships as set down by the coaches and chefs for the Atlantic Championships.

Group outings

Please allow some extra money in case group outings take place. You may also want to pack a bathing suit in case there is an opportunity to go swimming.

Our mission staff are as follows;

Chef-de-Mission, Michelle DeBay	Cell#	(902)495-7686
	E-mail:	taiso.michelle@gmail.com
WAG Team Manager, Emily MacEachern	Cell#	(902) 578-4056
	E-mail:	emilymac7@live.ca
MAG Team Manager, Gwen Butcher	E-mail:	butchergt@outlook.com
Gymnastics Nova Scotia	Office	(902) 425-5450 x 338
Angela Gallant – Executive Director	E-mail:	gns@sportnovascotia.ca
	Cell:	(902) 292-7625
Michelle Pothier – Technical Director	E-mail:	gnscoach@sportnovascotia.ca
	Cell:	(705) 888-3238

Athlete Banquet and Dance

The athlete banquet and dance will take place at the Kingswood Entertainment Centre on Saturday, April 22nd 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.

Parents' Meet-and-Greet Social

On Thursday, April 20th, from 8:30pm-10:00pm, a Parents' Meet-and-Greet social 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 Bulletins #3 that will be posted on the GNS website under Atlantics.

Schedule and scoring

The final schedule is attached and posted on the GNS website under Atlantics. All results and live scoring will be available through the Sportzsoft app or by locating the meet at <https://sportzsoftlivemeet.com>
Mobile Live Meet: 2023 Atlantic Gymnastics Championships

All Nova Scotia athletes will be required to follow the rules as outlined in the Team Rules for 2023 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 2023 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/leggings -
NO JEANS OR SWEATPANTS**

STAY HEALTHY:

COVID-19 continues to present public health challenges. The risk increases when traveling, training, and competing with a large group outside of your immediate family. GNS asks that you prioritize and safeguard your health and well-being and that of your teammates by maintaining your distance when possible, cleaning surfaces before and after you have used them, washing your hands thoroughly and frequently, pack your own hand sanitizer and use it often. Test before you travel and report any COVID or flu-like symptoms to your coach or the Chef de Mission.

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 are expected to ALWAYS stay with the group.

CELL PHONES:

Constant cell phone/text messaging usage will not be tolerated. **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 up. Sleep!

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 others on the bus.
- Ensure that you take all of your belongings with you when you arrive at your destination!

TEAM OUTINGS:

- Use proper manners in restaurants or group outings, including leaving a customary tip for meal service.
- 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 and as an identifier to support staff

RULES FOR ROOMS AT THE HOTEL:

- √ 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.**

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!**