



# GYMNASTICS NOVA SCOTIA

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## Memorandum

**To:** Parents and Athletes – 2023 Canadian T&T Team Members  
**From:** Angela Gallant, GNS Executive Director  
Michelle Pothier, GNS Technical Director  
Carol Anne Prost, Chef-de-Mission  
**Re:** 2023 Canadian Gymnastics Championships Itinerary – FINAL  
**Date:** July 12<sup>th</sup>, 2023



**CONGRATULATIONS!** You or your son/daughter has qualified to represent Nova Scotia at the 2023 Canadian T&T Championships in Edmonton, AB from July 18<sup>th</sup> –23<sup>rd</sup>, 2023. The Canadian Championships are being hosted by Alberta Trampoline and Tumbling Sport Association, members, Alberta Gymnastics staff and volunteers from the gymnastics community in conjunction with Gymnastics Canada. The event will be held at the Universiade Pavilion Van Vilet Complex at the University of Alberta in Edmonton, AB.

**Please be sure to provide \$260.28 to your club (Abigael, Adrienne, Delisca, Amy, Ashley, Haleigh, Hunter, Morgan) and \$252.40 (Gage & Bentley) to cover meals from July 20-23<sup>rd</sup> as explained later in this letter.**

### Travel information

The group will be flying with Air Canada, departing and returning on the following dates and flights:

<b>Depart</b> 18 July 2023	<b>AC1535 Halifax to Toronto</b> Depart Halifax - 5:15AM Atlantic Time Arrive Toronto – 6:39AM Eastern Time <b>AC161 Toronto to Edmonton</b> Depart Toronto –7:40AM Eastern Time Arrive Edmonton – 9:50AM Mountain Time
<b>Return</b> 24 July 2023	<b>AC332 Edmonton to Montreal</b> Depart Edmonton - 1:10AM Mountain Time Arrive Montreal - 7:10 AM Eastern Time <b>AC660 Montreal to Halifax</b> Depart Montreal - 8:10AM Eastern Time Arrive Halifax – 10:39AM Atlantic Time

**PLEASE ARRIVE AT THE HALIFAX AIRPORT by 3:30am on Tuesday, July 18th**

### Pre-flight Checklist:

- **Arrive 1 3/4 hours** before your scheduled flight time. If you are late and can't get through security in time you may not be permitted to fly.
- **Checked Baggage:** A checked bag was included in the price of the group flights. A checked bag cannot weigh more than 23kg (50lbs).  
**Please note that carry-on baggage is limited to two pieces as follows:**
  - 1 standard article not exceeding 55 x 40 x 23 cm (21.5 x 15.5 x 9 in)
  - 1 small personal article not exceeding 33 x 43 x 16 cm (13 x 17 x 6 in)
  - Carry-on baggage must be light enough that you can store it in the overhead bin unassisted

- Be aware of **limits of liquid** in carry-on baggage – please pack carefully!  
*You are only permitted a single one litre (1 quart) clear, closed, resealable bag containing your liquids, food and personal items in your carry-on baggage. All containers of liquids, non-solid food and personal items must be 100 ml/100 grams (3.4 oz) or less and must fit in this bag.*
- **ID (18 and over) You must have a Government issued ID to board the aircraft.** This could be a government issued voluntary ID, driver's license or a valid passport. Please make sure you bring a photocopy of this passport or photo ID and provide this copy to the team chef at the airport. Under 18's are strongly encouraged to bring a photocopy of their passport and/or other ID that verifies their name, photo and date of birth.

### Accommodations & Meals

The GNS delegation will be in residences at the University of Alberta directly across the street from the competition venue. The room assignments have been made by coaches and the GNS team staff. Athletes will be the responsibility of the coaches.

**\*\*The NS group will be using the University cafeteria for meals from July 20<sup>th</sup> – 23<sup>rd</sup>. The cost for these 4 days of full meals was not included in what has already been paid. Please provide the following payment to your club by Friday, July 14<sup>th</sup> to cover meals for these 4 days.**

**\$260.28 - Abigael, Adrienne, Delisca, Amy, Ashley, Haleigh, Hunter, Morgan**

**\$252.40 - Gage & Bentley (1 deluxe boxed lunch on competition day)**

**Please be sure to also budget for 2 full days of breakfast, lunch & dinner (July 18<sup>th</sup> and 19<sup>th</sup>) and breakfast on July 24<sup>th</sup>. Please bring sufficient funds to cover these additional meals.**

### Ground Transportation

The competition venue is across from the residences that Team NS will be staying in. GNS has also rented vehicles from Enterprise for the delegation to get to and from the airport, for small local group travel when necessary and to have in case of emergencies.

### Requirements

All Nova Scotia team members are required to:

- Wear the official Nova Scotia uniform
  - The **official GNS track jacket** (Please wear plain black trackpants, yoga pants/leggings or dress pants with this during travel - **No Jeans**)
  - TG – the official bodysuit or singlet and black 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](http://www.gymns.ca))
- Follow the Team Rules for 2023 Canadian Championships as set down by the Chef, Manager and Coaches for the Canadian Championships.

### Group outings

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

### Dress code on the awards podium

Athletes: Competitive uniform, no shoes

Coaches: Provincial uniform, proper sport footwear

### Competition Venue Information

#### **Universiade Pavilion (Butterdome)**

#### **Van Vilet Complex, University of Alberta**

114 Street and 87 Avenue

Edmonton, AB

<https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/universiade-pavilion-butterdome.html>

**Pay parking is available on campus and is \$6.50/hour at 3 lots directly adjacent to the Van Vilet Complex. As an alternative, the venue is located at the University Edmonton LRT station.**

### **Competition Schedule –**

A detailed schedule (July 11<sup>th</sup>) was recently distributed by Gymnastics Canada and can be viewed through [this link](#) on the GNS webpage. If the link does not work, please look under “events” on the GNS webpage in case there is an updated schedule. The GymCan Directive can also be viewed through the GNS website. [GymCan Directive for Canadian Trampoline Championships](#)

### **Online Boutique**

<https://shop.gymcan.org/page/canadian-championships>

### **Welcome BBQ**

The organizing committee is offering a Welcome BBQ for all participants on Wednesday, July 19<sup>th</sup> from 5pm-7pm. The event will include food, music, games, and lots of camaraderie! It will take place in the Quad behind the competition venue and there is no cost for participants.

### **Social Media:**

Facebook: [www.facebook.com/gymcan1](http://www.facebook.com/gymcan1)

Twitter: @gymcan1

Instagram: @gymcan1

YouTube: [www.youtube.com/user/gymcan1](http://www.youtube.com/user/gymcan1)

### **Protocol for all NS Provincial Gymnastics 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.
- 6) Any athlete whose behaviour is deemed unacceptable will be referred to a committee assigned by GNS and dealt with in an appropriate manner.
- 7) Any behaviour 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 Canadian Championships**

**ALL ATHLETES AND SUPPORT STAFF ARE TO WEAR TEAM NOVA SCOTIA  
TRACK JACKET WHEN TRAVELING. Dress pants are permitted in place of black track  
pants or yoga pants/leggings - NO JEANS.**

### **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 and always remain masked in indoor public spaces except when eating, training, or competing. 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)

**YOU MUST ASK YOUR COACH** (or Chef, manager) if you need to go anywhere!!

### **STAY WITH YOUR GROUP**

Always stay with your group. 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.

### **ON THE AIRPLANE**

- \* It is recommended to wear a mask but not required
- \* Bring your own hand sanitizer and use it often
- \* 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 rather than switching seats with people.
- \* Follow transport Canada guidelines for air travel
- \* Ensure that you take all 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 & 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:**

- √ 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:
- \* 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.**

### **COMPETITION RULES:**

- **Team spirit:** Please remember we are here as Team Nova Scotia, not as individual clubs. 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 or chef.

**Be good ambassadors for your sport and the Province of Nova Scotia-  
GOOD LUCK!**