



# GYMNASTICS NOVA SCOTIA

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**Age : 18 & over**

## Memorandum

**To: 2016 Eastern Canadian Artistic and T&T Championships -  
Potential Team Members**

**From:** Angela Gallant, Executive Director

**Re: 2016 Eastern Canadian Artistic and T&T Championships**

**Date:** March 3, 2016

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The 14<sup>th</sup> Eastern Canadian Gymnastics Championships are being hosted by Club de gymnastique Québec Performance and Gymnastique Québec and are being held at the Stade Telus in Quebec City from May 5-9, 2016. The competition schedule will be posted on the GNS website and forwarded to parents once it becomes available.

The Nova Scotia Provincial Artistic Teams will be announced following competition at the NS Provincial Championships, based on the Women's and Men's Program regulations. The Nova Scotia Provincial T&T Teams will be announced based on sanctioned competition results.

**In order for you to be eligible for team selection, it is NECESSARY that you have the following information to your club by date to be filled in by club**. Clubs must have this information to the Gymnastics Nova Scotia office by March 24<sup>th</sup>, 2016 for both Artistic Gymnastics and Trampoline and Tumbling. If you do not make this team, your cheque will be returned to you at the Provincial Championships or through your club following Provincials.

### **Forms and Payment Required**

- A cheque for **\$453.00** made payable to **Gymnastics Nova Scotia** (this can be postdated to April 11<sup>th</sup>)
- **GNS Consent Form** (1 form attached - please ensure appropriate consent form for age)
- **GNS Medical form** (1 form attached)
- **Host Consent/Waiver Form** (1 form attached)
- **Fair Play Form** (1 form attached)

The above forms are also available on the GNS webpage under Events then Easterns Artistic or Easterns T&T. **Completed forms and payment are to be passed on to a designated person in your club by the date indicated above. If GNS does not receive these forms and payment at least one week prior to the Provincial Championships, the club will be fined and your child may not be eligible for team selection.** Clubs are responsible to collect all the information by the club deadline date and then pass it on to GNS as **one complete package** by the **GNS deadline date of March 24, 2016**. If forms are received after the deadline the club will receive a fine from GNS.

### **Team Travel Event**

This is a team travel event so athletes are expected to be with the Team NS delegation at all times during the trip. If an athlete needs to leave the delegation for an **approved reason**, the appropriate paperwork needs to be completed by the following dates:

- special travel requests for **extenuating circumstances only** – must be submitted to GNS by March 31st
- to leave the delegation for a small amount of time during the trip for **an approved reason only** – paperwork must be 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.

### **COST BREAKDOWN**

#### **Transportation**

**\$170 per person** – includes travel to Quebec City and return transportation back to Halifax. The Gymnastics Nova Scotia group will travel via Ambassadors Bus lines and will depart the Metro Halifax area on the morning of Thursday, May 5<sup>th</sup>. Actual times and the pickup locations will be communicated as the event gets closer. The group will return on Monday, May 9<sup>th</sup> following the competition. Two rental vehicles are also booked in Quebec to transport small numbers if needed.

#### **Accommodations -**

**\$153 per athlete** – Nova Scotia participants will be staying at the Hotel Universel Quebec City on May 5, 6, 7, & 8th. This hotel is about an 8 minute walk to the competition venue. All judges will also be housed at the Hotel Universel Quebec City. **As per GNS Policy, all team members are required to stay with the team in the team venue.** The coaches and the GNS Program Committees will make the rooming assignments. Athletes will be the responsibility of the coaches and team support staff.

#### **Registration -**

**\$80.00** per athlete (includes closing athlete banquet on Sunday, May 8<sup>th</sup>)

#### **Cost Share Amount –**

**\$50.00** per athlete –amount helps fund expenses of team coaches, judges and support staff

#### **Meals -**

Meal cost is the responsibility of the individual. Please budget for the following meals:

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

### **Uniforms -**

All athletes and coaches are required to wear the official GNS track jacket with black pants. For competition, girls are to have the new provincial leotard and boys are to have the provincial singlet with blue pants. Club coaches are responsible for ensuring that all **gymnasts from their club are outfitted properly**. Please contact Uniforms Director, Wendy Cruickshank at [wendy.cruickshank@hotmail.com](mailto:wendy.cruickshank@hotmail.com) or the GNS office at [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca) if there are any problems.

**Payment for track jackets, girl's leotards, boy's singlets, pants and shorts will be made to your club and one cheque will be sent to GNS from the club. The actual prices for the team bodysuits, singlets and pants will be relayed to your club once they all arrive.**

### **Website:**

If there is a competition website, GNS will set up a link to this from the Easterns Artistic and the Easterns T&T sections of the GNS website. The tentative competition schedule will also be posted on the GNS website once it is distributed but please remember that it might be tentative.

### **Competition Venue -**

Stade Telus  
2380, rue du PEPS  
Laval University, Quebec City, QC

*Further information will be communicated to team members as it becomes available.*



## Gymnastics Nova Scotia

### Participant's Informed Consent Form (18 & over)

Event: Eastern Canadian Gymnastics and T&T Championships

Event Location: Quebec City, Quebec

Event Date: May 5-9, 2016

#### **PLEASE READ CAREFULLY**

**Risk:** I, the undersigned understand and acknowledge that traveling to and from and participation in the above named event may result in personal injury (including but not limited to: injury to bones, joints, ligaments, muscles, tendons, internal organs, and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis, or brain damage) and property damage or loss. I fully understand these risks and hereby agree to participate voluntarily and at my own risk.

**Rules:** I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to abide by the rules and regulations set down by the event Organizing Committee. Media Release: I hereby grant to Gymnastics Nova Scotia the right to use, without payment of any fee or charge, any written information (excluding information contained on the Medical Form), photograph, video tape or other visual media of myself taken during the event for the purpose of media and provincial association promotion of the event.

**Liability:** In consideration of your acceptance of my entry in the event, I, intending to be legally bound, agree to RELEASE, SAVE HARMLESS AND INDEMNIFY Gymnastics Nova Scotia, the Organizers and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property where so ever and howsoever caused, arising out of, or in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from the said athletic meet. I further agree to HOLD HARMLESS AND INDEMNIFY Gymnastics Nova Scotia, the Association, the Organizers and/or its agents from any and all actions, claims, demands, losses, judgments or costs of any nature to any third party resulting from my association with or entry in the said athletic meet and I agree not to make any claims or take any proceedings against any person, society, corporation or other legal entity who might claim contribution or indemnity from Gymnastics Nova Scotia, the Organizers and/or its agents in respect of matters which are subject of this Release. I agree that this Release shall bind my heirs, executors, administrators and assigns.

**I confirm that I am of the full age of 18 years, have read, understood and agree to the contents of this Informed Consent Form in its entirety.**

Participant's Name : \_\_\_\_\_  
(Please Print)

Date of Birth: \_\_\_\_\_  
(D/M/Y)

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Name: \_\_\_\_\_



## Athlete's Waiver Form/ Formulaire De Desistement

### **2016 Eastern Canadian Gymnastics Championships Championnats est du Canada de gymnastique 2016**

In consideration of your acceptance of my participation I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for losses, damages and/or injuries which I may have or may hereafter accrue to me against Gymnastique Québec, the Organizers or their respective officers, agents, representatives, and/or assigns for any and all losses, damages and injuries which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from said athletic meet.

En retour de l'acceptation de ma participation, je, pour ma part et pour mes héritiers, exécuteurs testamentaires, administrateurs et ayants droit, libère Gymnastique Québec, les organisateurs et leurs dirigeants, leurs agents, leurs représentants respectifs et renonce à tout droit, réclamation, demande ou poursuite découlant de pertes, blessures ou dommages subis durant ou suite à ma participation à cette manifestation sportive ainsi qu'aux voyages et déplacements à l'aller et au retour reliés à cette manifestation.

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*Participant's Name / Nom du participant*

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*Date*

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*Participant's Signature / Signature du participant*

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*Date*

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*Parent/Guardian (if under 18) / Parent/tuteur (si moins de 18)*

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*Date*



Gymnastics Nova Scotia

Record Of Medical Information

Athlete Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Prov: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Cell phone #: \_\_\_\_\_  
Birthdate: D \_\_\_\_\_ M \_\_\_\_\_ Y \_\_\_\_\_

Emerg Contact: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Emergency Ph: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Provincial Plan # & Expiry Date (MSI for NS): \_\_\_\_\_

**Medical Information:**

Please indicate any medical information, allergies or conditions that may be important in an emergency

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**In the event of medical treatment parents and or guardians will be contacted at the emergency number noted above.**

**RECORD OF MEDICAL CONSENT FOR MINORS**

**In the event of an emergency I, hereby give permission for my son / daughter to receive emergency medical / surgical care administered by qualified staff and / or Physicians.**

Date: \_\_\_\_\_

**PARENT / GUARDIAN**

**WITNESS**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Relationship: \_\_\_\_\_

Relationship: \_\_\_\_\_



## **GNS Fair Play Contract**

I, as an ambassador and representative for the province of Nova Scotia, shall abide by the spirit and guidelines of the Fair Play Codes for participants.

### ***Participant Guidelines***

#### Our Fair Play Code

***Respect*** at all times for participants, coaches, officials, teammates, spectators, opponents, administrators and volunteers.

***Sportsmanship*** prior to, during and following the activity; demonstrating modesty in victory and composure in defeat.

***Knowledge*** of all rules, whether written or unwritten, and following the spirit of those rules.

***Access*** for all to participate, regardless of age, gender, race or skill level.

***Participation*** in a manner that demonstrates more than just the desire to win. Having fun, making friends, improving skills and performing your personal best must be just as important when participating.

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Participant Name

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Date

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Participant Signature

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Parent/Guardian Signature (if under 18)