



# GYMNASTICS NOVA SCOTIA

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## Memorandum

**To:** 2025 Eastern Team NS Athletes/Parents

**From:** Angela Gallant, GNS Executive Director  
David Brown, GNS Coach Development Director  
Sherry Watters, GNS Programs Director

**Re:** 2025 Eastern Canadian Championships – Team Nova Scotia Information

**Date:** May 2, 2025

**CONGRATULATIONS!** You or your athlete is representing Nova Scotia at the 2025 Eastern Canadian Championships being held at Durham College North Oshawa's Campus and Residence in Oshawa, Ontario. OAA (Osborne Academy of Acrobatics), in partnership with Gymnastics Ontario, is excited to be hosting the 2025 Eastern Canadian Championships from May 8-11, 2025 at the Campus Recreation and Wellness Centre, Ontario Tech University/Durham College in Oshawa, Ontario.

**This is a Team Nova Scotia event and athletes are encouraged to stay at the event and cheer for other athletes and teammates if at all possible.** Below is some further information regarding the event.

### Opening ceremonies:

The opening ceremony will take place at 2:00pm on Friday, May 9<sup>th</sup> at the Campus Recreation and Wellness Centre Competition venue. These will last about 45 minutes and delegates in attendance should be in their NS track jackets.

### Athlete Social – Fun Night Out:

A fun night out has been scheduled on Sunday, May 11<sup>th</sup> from 7:00 to 10:00 pm at **NEB's Fun World** for all athletes, coaches, and judges! The group will have exclusive access to the entire facility, which will include unlimited play on all VR games, non-token games\*, mini golf, bowling, arcades, rides, as well as dinner and round-trip transportation for those staying in residence (from South Village Residence). Athletes will be supervised by accredited coaches/managers. For more information on NEB's Fun World, visit their website [nebsfunworld.com](http://nebsfunworld.com).

*\*Token/prized game play and additional food and beverages are available for purchase.*

### Gymnastics Nova Scotia Contacts

#### **Team Leads and Onsite Contacts for Eastern Canadian Championships:**

Leigh Shearer - WAG Program Chair	E-mail: <a href="mailto:leigh_merrill@hotmail.com">leigh_merrill@hotmail.com</a>
	Cell: (902)483-0637
Vaughn Arthur – MAG Program Chair	E-mail: <a href="mailto:vaughn.altagym@gmail.com">vaughn.altagym@gmail.com</a>
	Cell: (902)981-6556
Stewart Gunn – TG Program Chair	E-mail: <a href="mailto:stewart@titansgym.ca">stewart@titansgym.ca</a>
	Cell: (416)709-3425



**GNS Staff Contacts:**

Angela Gallant – Executive Director	E-mail:	<a href="mailto:gns@sportnovascotia.ca">gns@sportnovascotia.ca</a>
	Cell:	(902) 292-7625
David Brown – GNS Coach Dev't Director	E-mail:	<a href="mailto:gnscoach@sportnovascotia.ca">gnscoach@sportnovascotia.ca</a>
	Cell:	(902)751-0323
Sherry Watters – GNS Programs Director	E-mail:	<a href="mailto:gnsprograms@sportnovascotia.ca">gnsprograms@sportnovascotia.ca</a>
	Cell:	(902)499-2231

**Team NS coaches**

The Team NS funded coaches are:

**WAG**

Tyro 7	ALTA Gymnastics	Kim Bernard
Novice 7	TAISO Gymnastics	Yvan St. Jules
Open 7	Titans Gymnastics	Leigh Shearer
Tyro 8	TAISO Gymnastics	Kali Brocklehurst
Novice 8	ALTA Gymnastics	Ted Higney
Open 8	TAISO Gymnastics	Carola Baker

**MAG**

P2 11+	ALTA Gymnastics	Eric Dupuy
	Titans Gymnastics	Yevgeny Molyev
P3 13+	ALTA Gymnastics	Vaughn Arthur
	Titans Gymnastics	Yevgeny Molyev
Prov Open	Titans Gymnastics	Yevgeny Molyev

**Trampoline and Tumbling**

- Kyleisha Dickson - Titans Gymnastics
- Carol McGean – Rainbow Riders
- Carol Anne Prost– Rainbow Riders
- Chelsea Bidgood - Titans Gymnastics
- Stewart Gunn - Titans Gymnastics
- Brianna Schooten - AGA

**Residence and Meals for those doing “Club Travel”:**

Those doing club travel and staying in residence are doing the 4-nights stay at Durham College Residence, checking in on Thursday, May 8 after 3:00 PM and checking out on Monday, May 12. Meals are included from Thursday dinner to Monday breakfast, with the exception of Sunday dinner that is included with the Fun Night Out and was included in the event registration fee.

**Competition Schedules and Awards Schedule**

The final schedules were distributed to clubs last week and are also available on the GNS website and included here as attachments. The Awards schedule is also included as a separate document and posted on the GNS website in the Events section under Easterns.

**Measles Outbreak**

Regarding the measles outbreak across Canada, **Nova Scotia Public health is recommending** that everyone born between 1970-1991 get vaccinated as they most likely only had one dose. Anyone born before 1970 are advised to get 1 vaccination if they are going to a known outbreak area. Please see attached information from Nova Scotia Health.

**Event Merchandise on Site**

Fine Designs Apparel and Jagwear (gym apparel and merchandise), will be available on site.

**Photography on Site**

Photo packages will be able to be purchased onsite for \$25 plus HST.

## **Requirements**

All Nova Scotia team members, are required to:

- Wear the official Nova Scotia team uniform;
  - a) the **official GNS track jacket**
  - b) the official bodysuit or singlet and blue longs/shorts (MAG), black shorts (TG) 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))

## **Competition site**

### **Campus Recreation and Wellness Centre**

Ontario Tech University / Durham College, Oshawa

Address: 21 Avenue of Champions, Oshawa, ON, L1G 8C4

Telephone: 905-721-3040

## **Event website:**

[oaagym.ca/Easterns2025](http://oaagym.ca/Easterns2025)

## **Spectator admissions**

Admissions can be purchased by cash or card at the entrance.		1 Day Pass	3 Day Pass
Children (ages 5 & under)		Free	Free
Youth (ages 6 to 13)		\$10	\$20
Senior (ages 65+)		\$10	\$20
General (ages 14 to 64)		\$20	\$35

## **Tourism information**

Things to do: <https://www.oshawa.ca/en/parks-recreation-and-culture/things-to-do.aspx>

Oshawa Tourism: <https://www.oshawatourism.com/>

Oshawa Centre: <https://www.oshawacentre.com/>

Tribute Communities Centre: <https://www.tributecommunitiescentre.com/>

The Canadian Automotive Museum: <https://www.canadianautomotivemuseum.com/>

Parkwood National Historic Site: <https://www.parkwoodestate.com/>

The Ontario Regiment RCAC Museum: <https://www.ontrmuseum.ca/tankmuseum/>

## **Please find enclosed:**

- **Final Schedules**
- **Award Schedules**
- **Measles Information**
- **NS Team lists**

If you have any further questions you can contact Angela Gallant or anyone else listed at the **numbers or e-mail addresses listed above.**

Have a great competition! 😊



# 2025 Eastern Canadian Championships

## Women's Artistic Gymnastics

Friday, May 9 to Sunday, May 11, 2025

Hosted by OAA

as of April 24, 2025

FRIDAY, MAY 9, 2025   TRAINING		
8:00am-10:00am	QC	55 athletes
10:00am-12:00pm	NB & NS	58 athletes (27 NB & 31 NS)
12:00pm-2:00pm	NL & PEI	31 NL & TBC PEI
2:45pm-4:45pm	ON	60 athletes
OPENING CEREMONIES – ALL DISCIPLINES 2:00pm		

FRIDAY, MAY 9, 2025   COMPETITION	
	Session 1
Category	Level 7 age 15+
March-In	4:45pm-5:00pm
Warm-Up	5:00pm-5:15pm
Competition	5:15pm-7:15pm
Awards	To follow in awards area in Gym 3, 4, 5

SATURDAY, MAY 10, 2025			
	Session 2	Session 3	Session 4
Category	Level 7 age 11-12	Level 9	Level 10
March-In	8:00am-8:15am	10:30am-10:40am	1:45pm-1:55pm
Warm-Up	8:15am-8:30am	10:40am-11:00am	1:55pm-2:15pm
Competition	8:30am-10:30am	11:00am-1:45pm	2:15pm-4:45pm
Awards	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5

SUNDAY, MAY 11, 2025			
	Session 5	Session 6	Session 7
Category	Level 7 age 13-14	Level 8 age 15+	Level 8 age 11-12 & 13-14
March-In	8:00am-8:15am	10:45am-11:00am	2:15pm-2:30pm
Warm-Up	8:15am-8:30am	11:00am-11:15am	2:30pm-2:45pm
Competition	8:30am-10:45am	11:15am-2:15pm	2:45pm-5:30pm
Awards	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5	To follow in awards area in Gym 3, 4, 5

Please note that there will be an awards specific schedule created to include all disciplines.



# 2025 Eastern Canadian Championships

## Men's Artistic Gymnastics

Friday, May 9 to Sunday, May 11, 2025  
Hosted by OAA

*as of April 25, 2025*

### SCHEDULE

FRIDAY, MAY 9, 2025   TRAINING		
8:00 AM-10:00 AM	QC	37 athletes
10:00 AM-12:00 PM	NB & NS	21 athletes (7 NB & 14 NS)
12:00 PM-2:00 PM	NL & PEI	14 athletes (9 NL & 5 PEI)
OPENING CEREMONIES – ALL DISCIPLINES - 2:00 PM		
2:45PM-4:45 PM	ON	38 athletes
SATURDAY, MAY 10, 2025		
	Session 1	Session 2
Category	P2   11+ (27)	P4   U13 (4), P4   13+ (15) & Aspire (2)
Athletes Arrival	9:00 AM- 9:15 AM	12:15 PM - 12:30 PM
March-In	9:20 AM - 9:40 AM	12:35 PM - 12:45 PM
Warm-Up	9:45 AM -10:05 AM	12:50 PM - 2:10 PM
Competition	10:10 AM - 12:00 PM	2:15 PM - 4:45 PM
Awards	To follow in the awards area	
SUNDAY, MAY 11, 2025		
	Session 3	Session 4
Category	P3   U13 (10) & P3   13+ (23)	PO (16) & Open (13)
Athletes Arrival	8:45 AM - 9:00 AM	12:15 PM - 12:30 PM
March-In	9:05 AM - 9:25 AM	12:35 PM - 12:45 PM
Warm-Up	9:30 AM - 10:20 AM	12:50 PM - 2:10 PM
Competition	10:25 AM - 12:00 AM	2:15 PM - 4:45 PM
Awards	To follow in the awards area	

Please note that there will be an awards specific schedule created to include all disciplines.

**SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025**  
**Hosted by OAA**

**FRIDAY May 9, 2025 / TRAINING**



**QC (86)**  
**9:00am - 10:30am**

**NB (9), NL (26), NS (40)**  
**10:30am - 12:00pm**

**ON (130)**  
**12:00pm - 2:00pm**

**OPENING CEREMONIES 2:00PM**

**FRIDAY May 9, 2025 / PRELIMINARIES / Block # 1**

**Trampoline**

TRI L1 - 12 & Under Women	11	TRI L1 - 13 & Over Men	12
TRI L1 - 13 & Over Women	13	TRI L2 - Men	17
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	3:00 - 3:15	TRI L1 - 12 & Under Women	
Competition	3:15 - 3:40	TRI L1 - 12 & Under Women	11
Specific Warm-up	3:45 - 4:05	TRI L1 - 13 & Over Women	
Competition	4:05 - 4:35	TRI L1 - 13 & Over Women	13
Specific Warm-up	4:40 - 4:55	TRI L1 - 13 & Over Men	
Competition	4:55 - 5:20	TRI L1 - 13 & Over Men	12
Specific Warm-up	5:25 - 5:40	TRI L2 - Men (Group 1)	
Competition	5:40 - 6:00	TRI L2 - Men (Group 1)	9
Specific Warm-up	6:05 - 6:20	TRI L2 - Men (Group 2)	
Competition	6:20 - 6:40	TRI L2 - Men (Group 2)	8

**Double-Mini Trampoline**

DMT L1 - 12 & Under Men	7	DMT L1 - 12 & Under Women	9
DMT L1 - 13 & Over Men	12	DMT L1 - 13 & Over Women	14
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	3:20 - 3:30	DMT L1 - 12 & Under Men	
Competition	3:30 - 3:45	DMT L1 - 12 & Under Men	7
Specific Warm-up	3:50 - 4:05	DMT L1 - 13 & Over Men	
Competition	4:05 - 4:25	DMT L1 - 13 & Over Men	12
Specific Warm-up	4:30 - 4:40	DMT L1 - 12 & Under Women	
Competition	4:40 - 4:55	DMT L1 - 12 & Under Women	9
Specific Warm-up	5:00 - 5:15	DMT L1 - 13 & Over Women	
Competition	5:15 - 5:40	DMT L1 - 13 & Over Women	14

**SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025**  
**Hosted by OAA**

**SATURDAY May 10, 2025 / PRELIMINARIES / Block # 2**

**Trampoline**

TRI L1 - 12 & Under Men	10	TRI L4 - Men	16
TRI L2 - Women	30		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	8:45 - 9:00	TRI L1 - 12 & Under Men	
Competition	9:00 - 9:20	TRI L1 - 12 & Under Men	10
Specific Warm-up	9:25 - 9:45	TRI L2 - Women (Group 1)	
Competition	9:45 - 10:15	TRI L2 - Women (Group 1)	15
Specific Warm-up	10:20 - 10:40	TRI L2 - Women (Group 2)	
Competition	10:40 - 11:10	TRI L2 - Women (Group 2)	15
Specific Warm-up	11:15 - 11:35	TRI L4 - Men (Group 1)	
Competition	11:35 - 11:55	TRI L4 - Men (Group 1)	8
Specific Warm-up	12:00 - 12:20	TRI L4 - Men (Group 2)	
Competition	12:20 - 12:40	TRI L4 - Men (Group 2)	8

**Double-Mini Trampoline**

DMT L3 - Women	20	DMT L4 - Women	12
		DMT L4 - Men	4
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	10:25 - 10:40	DMT L3 - Women (Group 1)	
Competition	10:40 - 10:55	DMT L3 - Women (Group 1)	10
Specific Warm-up	11:00 - 11:15	DMT L3 - Women (Group 2)	
Competition	11:15 - 11:30	DMT L3 - Women (Group 2)	10
Specific Warm-up	11:35 - 11:50	DMT L4 - Women (Group 1)	
Competition	11:50 - 12:05	DMT L4 - Women (Group 1)	8
Specific Warm-up	12:10 - 12:25	DMT L4 - Women (Group 2), DMT L4 - Men	
Competition	12:25 - 12:40	DMT L4 - Women (Group 2), DMT L4 - Men	8

**Tumbling**

TUM L1 - 12 & Under Women	16	TUM L1 - 12 & Under Men	5
TUM L1 - 13 & Over Women	16	TUM L1 - 13 & Over Men	3
		TUM L2 - Men	4
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	10:25 - 10:45	TUM L1 - 12 & Under Women	
Competition	10:45 - 11:10	TUM L1 - 12 & Under Women	16
Specific Warm-up	11:15 - 11:35	TUM L1 - 13 & Over Women	
Competition	11:35 - 12:00	TUM L1 - 13 & Over Women	16
Specific Warm-up	12:05 - 12:20	TUM L1 - 12 & Under Men, TUM L1 - 13 & Over Men, TUM L2 - Men	
Competition	12:20 - 12:40	TUM L1 - 12 & Under Men, TUM L1 - 13 & Over Men, TUM L2 - Men	12



**SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025**  
**Hosted by OAA**

**SATURDAY May 10, 2025 / PRELIMINARIES / Block # 3**

**Trampoline**

TRI L3 - Women	25	TRI L4 - Women	17
TRI L3 - Men	13		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	1:20 - 1:40	TRI L3 - Women (Group 1)	
Competition	1:40 - 2:10	TRI L3 - Women (Group 1)	13
Specific Warm-up	2:15 - 2:35	TRI L3 - Women (Group 2)	
Competition	2:35 - 3:05	TRI L3 - Women (Group 2)	12
Specific Warm-up	3:10 - 3:30	TRI L3 - Men	
Competition	3:30 - 4:00	TRI L3 - Men	13
Specific Warm-up	4:05 - 4:25	TRI L4 - Women (Group 1)	
Competition	4:25 - 4:45	TRI L4 - Women (Group 1)	9
Specific Warm-up	4:50 - 5:10	TRI L4 - Women (Group 2)	
Competition	5:10 - 5:30	TRI L4 - Women (Group 2)	8

**Double-Mini Trampoline**

DMT L2 - Men	19	DMT L3 - Men	13
DMT L2 - Women	28		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	1:25 - 1:40	DMT L2 - Men (Group 1)	
Competition	1:40 - 1:55	DMT L2 - Men (Group 1)	10
Specific Warm-up	2:00 - 2:15	DMT L2 - Men (Group 2)	
Competition	2:15 - 2:30	DMT L2 - Men (Group 2)	9
Specific Warm-up	2:35 - 2:55	DMT L2 - Women (Group 1)	
Competition	2:55 - 3:20	DMT L2 - Women (Group 1)	14
Specific Warm-up	3:25 - 3:45	DMT L2 - Women (Group 2)	
Competition	3:45 - 4:10	DMT L2 - Women (Group 2)	14
Specific Warm-up	4:15 - 4:35	DMT L3 - Men	
Competition	4:35 - 4:55	DMT L3 - Men	13

**Tumbling**

TUM L2 - Women	17	TUM L4 - Women	10
TUM L3 - Women	11	TUM L4 - Men	4
TUM L3 - Men	2		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	1:30 - 1:40	TUM L2 - Women (Group 1)	
Competition	1:40 - 1:55	TUM L2 - Women (Group 1)	9
Specific Warm-up	2:00 - 2:10	TUM L2 - Women (Group 2)	
Competition	2:10 - 2:25	TUM L2 - Women (Group 2)	8
Specific Warm-up	2:30 - 2:50	TUM L3 - Women, TUM L3 - Men	
Competition	2:50 - 3:20	TUM L3 - Women, TUM L3 - Men	13
Specific Warm-up	3:25 - 3:50	TUM L4 - Women, TUM L4 - Men	
Competition	3:50 - 4:20	TUM L4 - Women, TUM L4 - Men	14





**SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025**  
**Hosted by OAA**

**SUNDAY May 11, 2025 / FINALS / Block # 4**

**Trampoline**

TRI L1 - 12 & Under Women	10	TRI L2 - Men	9
TRI L1 - 12 & Under Men	10	TRI L2 - Women	12
TRI L1 - 13 & Over Women	11	TRI L3 - Women	12
TRI L1 - 13 & Over Men	11		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	8:45 - 9:00	TRI L1 - 12 & Under Women	
Competition	9:00 - 9:15	TRI L1 - 12 & Under Women	10
Specific Warm-up	9:15 - 9:30	TRI L1 - 12 & Under Men	
Competition	9:30 - 9:45	TRI L1 - 12 & Under Men	10
Specific Warm-up	9:45 - 10:00	TRI L1 - 13 & Over Women	
Competition	10:00 - 10:20	TRI L1 - 13 & Over Women	11
Specific Warm-up	10:25 - 10:40	TRI L1 - 13 & Over Men	
Competition	10:40 - 11:00	TRI L1 - 13 & Over Men	11
Specific Warm-up	11:05 - 11:20	TRI L2 - Men	
Competition	11:20 - 11:35	TRI L2 - Men	9
Specific Warm-up	11:40 - 11:55	TRI L2 - Women	
Competition	11:55 - 12:15	TRI L2 - Women	12
Specific Warm-up	12:20 - 12:35	TRI L3 - Women	
Competition	12:35 - 12:55	TRI L3 - Women	12

**Tumbling**

TUM L1 - 12 & Under Women	10	TUM L1 - 12 & Under Men	5
TUM L1 - 13 & Over Women	10	TUM L1 - 13 & Over Men	3
		TUM L2 - Women	11
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	10:50 - 11:00	TUM L1 - 12 & Under Women	
Competition	11:00 - 11:15	TUM L1 - 12 & Under Women	10
Specific Warm-up	11:20 - 11:30	TUM L1 - 13 & Over Women	
Competition	11:30 - 11:45	TUM L1 - 13 & Over Women	10
Specific Warm-up	11:50 - 12:00	TUM L1 - 12 & Under Men,	
		TUM L1 - 13 & Over Men	
Competition	12:00 - 12:15	TUM L1 - 12 & Under Men,	8
		TUM L1 - 13 & Over Men	
Specific Warm-up	12:20 - 12:35	TUM L2 - Women	
Competition	12:35 - 12:55	TUM L2 - Women	11

**Double-Mini Trampoline**

DMT L1 - 12 & Under Women	9	DMT L4 - Women	8
DMT L1 - 12 & Under Men	7	DMT L4 - Men	4
DMT L1 - 13 & Over Women	10	DMT L3 - Men	10
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	9:45 - 9:55	DMT L1 - 12 & Under Women	
Competition	9:55 - 10:15	DMT L1 - 12 & Under Women	9
Specific Warm-up	10:20 - 10:30	DMT L1 - 12 & Under Men	
Competition	10:30 - 10:45	DMT L1 - 12 & Under Men	7
Specific Warm-up	10:50 - 11:00	DMT L1 - 13 & Over Women	
Competition	11:00 - 11:20	DMT L1 - 13 & Over Women	10
Specific Warm-up	11:25 - 11:50	DMT L4 - Women, DMT L4 - Men	
Competition	11:50 - 12:15	DMT L4 - Women, DMT L4 - Men	12
Specific Warm-up	12:20 - 12:35	DMT L3 - Men	
Competition	12:35 - 12:55	DMT L3 - Men	10



**SCHEDULE (V1) - TG Eastern Canadian Championships / May 9-11, 2025**  
**Hosted by OAA**

**SUNDAY May 11, 2025 / FINALS / Block # 5**

**Trampoline**

TRI L3 - Men	10	SYN L1	8
TRI L4 - Women	9	SYN L2	7
TRI L4 - Men	9	SYN L3	9
		SYN L4	5
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	1:40 - 1:55	TRI L3 - Men	
Competition	1:55 - 2:10	TRI L3 - Men	10
Specific Warm-up	2:15 - 2:35	TRI L4 - Women	
Competition	2:35 - 2:50	TRI L4 - Women	9
Specific Warm-up	2:55 - 3:15	TRI L4 - Men	
Competition	3:15 - 3:30	TRI L4 - Men	9
Specific Warm-up	3:35 - 3:50	SYN L1	
Competition	3:50 - 4:05	SYN L1	8
Specific Warm-up	4:05 - 4:20	SYN L2	
Competition	4:20 - 4:35	SYN L2	7
Specific Warm-up	4:35 - 4:50	SYN L3	
Competition	4:50 - 5:05	SYN L3	9
Specific Warm-up	5:05 - 5:20	SYN L4	
Competition	5:20 - 5:35	SYN L4	5

**Tumbling**

TUM L2 - Men	4	TUM L3 - Women	9
TUM L3 - Men	2	TUM L4 - Women	9
TUM L4 - Men	4		
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>			
Specific Warm-up	1:40 - 1:55	TUM L2 - Men, TUM L3 - Men, TUM L4 - Men	
Competition	1:55 - 2:15	TUM L2 - Men, TUM L3 - Men, TUM L4 - Men	10
Specific Warm-up	2:20 - 2:35	TUM L3 - Women	
Competition	2:35 - 2:55	TUM L3 - Women	9
Specific Warm-up	3:00 - 3:15	TUM L4 - Women	
Competition	3:15 - 3:35	TUM L4 - Women	9

**Double-Mini Trampoline**

DMT L2 - Women	10	
DMT L2 - Men	9	
DMT L3 - Women	10	
DMT L1 - 13 & Over Men	9	
<b>Stretch for each group begins 20 minutes prior to their "Specific Warm-up"</b>		
Specific Warm-up	1:40 - 1:55	DMT L2 - Women
Competition	1:55 - 2:15	DMT L2 - Women
Specific Warm-up	2:20 - 2:35	DMT L2 - Men
Competition	2:35 - 2:55	DMT L2 - Men
Specific Warm-up	3:00 - 3:15	DMT L3 - Women
Competition	3:15 - 3:35	DMT L3 - Women
Specific Warm-up	3:40 - 3:50	DMT L1 - 13 & Over Men
Competition	3:50 - 4:10	DMT L1 - 13 & Over Men



## **AWARDS SCHEDULE - ECC 2025 - FRIDAY, MAY 9**

Discipline	Level	Day	Time
TRI	Team - L1 - 12U Women	Friday, May 9	5:15pm - 5:30pm
TRI	Team - L1 - 13+ Women	Friday, May 9	6:00pm - 6:15pm
DMT	Team - L1 - 12U Women	Friday, May 9	6:15pm - 6:30pm
TRI	Team - L1 - 13+ Men	Friday, May 9	6:45pm - 7:00pm
DMT	Team - L1 - 13+ Men	Friday, May 9	7:00pm - 7:15pm
DMT	Team - L1 - 13+ Women	Friday, May 9	7:15pm - 7:30pm
TRI	Team - L2 - Men	Friday, May 9	7:30pm - 7:45pm
WAG	Level 7 (15+) - Apparatus, All-Around and Team	Friday, May 9	7:45pm - 8:05pm

## **AWARDS SCHEDULE - ECC 2025 - SATURDAY, MAY 10**

Discipline	Level	Day	Time
TRI	Team - L1 - 12U Men	Saturday, May 10	10:45am - 11:00am
WAG	L7 (11-12) - Apparatus, All-Around and Team	Saturday, May 10	11:20am - 11:40am
TRI	Team - L2 - Women	Saturday, May 10	12:30pm - 12:45pm
DMT	Team - L3 - Women	Saturday, May 10	12:45pm - 1:00pm
MAG	P2   11+	Saturday, May 10	1:00pm - 1:20pm
TUM	Team - L1 - 12U Women	Saturday, May 10	1:20pm - 1:35pm
TUM	Team - L1 - 13+ Women	Saturday, May 10	1:35pm - 1:50pm
WAG	L9 (11-14 & 15+) - Apparatus, All-Around and Team	Saturday, May 10	1:55pm - 2:25pm
TRI	Team - L4 - Men	Saturday, May 10	2:45pm - 3:00pm
DMT	Team - L4 - Women	Saturday, May 10	3:30pm - 3:45pm
DMT	Team - L2 - Men	Saturday, May 10	4:15pm - 4:30pm
TRI	Team - L3 - Women	Saturday, May 10	4:45pm - 5:00pm
WAG	L10 (12-15 & 16+) - Apparatus, All-Around and Team	Saturday, May 10	5:00pm - 5:30pm
DMT	Team - L2 - Women	Saturday, May 10	5:30pm - 5:45pm
TUM	Team - L2 - Women	Saturday, May 10	5:45pm - 6:00pm
MAG	P4   U13 & Aspire	Saturday, May 10	6:00pm - 6:20pm
DMT	Team - L3 - Men	Saturday, May 10	6:20pm - 6:35pm
MAG	P4   13+	Saturday, May 10	6:35pm - 6:55pm
TRI	Team - L4 - Women	Saturday, May 10	6:55pm - 7:10pm

## **AWARDS SCHEDULE - ECC 2025 - SUNDAY, MAY 11**

Discipline	Level	Day	Time
TRI	L1 - 12U Women	Sunday, May 11	10:30am - 10:40am
WAG	L7 (11-12) - Apparatus, All-Around and Team	Sunday, May 11	10:55am - 11:15am
TRI	L1 - 12U Men	Sunday, May 11	11:15am - 11:25am
DMT	L1 - 12U Women	Sunday, May 11	11:30am - 11:40am
TRI	L1 - 13+ Women	Sunday, May 11	11:45am - 11:55am
TRI	L1 - 13+ Men	Sunday, May 11	12:15pm - 12:25pm
MAG	P3   U13 & P3   13+	Sunday, May 11	12:25pm - 12:50pm
DMT	L1 - 12U Men	Sunday, May 11	12:50pm - 1:00pm
TUM	L1 - 12U Women	Sunday, May 11	1:00pm - 1:10pm
DMT	L1 - 13+ Women	Sunday, May 11	1:10pm - 1:20pm
TRI	L2 - Men	Sunday, May 11	1:20pm - 1:30pm
TRI	L2 - Women	Sunday, May 11	1:30pm - 1:40pm
TUM	L1 - 13+ Women	Sunday, May 11	1:40pm - 1:50pm
DMT	L4 - Women	Sunday, May 11	1:50pm - 2:00pm
TUM	L1 - 12U Men	Sunday, May 11	2:00pm - 2:10pm
TUM	L1 - 13+ Men	Sunday, May 11	2:10pm - 2:20pm
TRI	L3 - Women	Sunday, May 11	2:20pm - 2:30pm
DMT	L4 - Men	Sunday, May 11	2:30pm - 2:40pm
WAG	L8 (15+) - Apparatus, All-Around and Team	Sunday, May 11	2:40pm - 3:00pm
TUM	L3 - Men	Sunday, May 11	3:30pm - 3:40pm
TUM	L4 - Men	Sunday, May 11	3:30pm - 3:40pm
TRI	L3 - Men	Sunday, May 11	3:30pm - 3:40pm
TUM	L2 - Men	Sunday, May 11	3:40pm - 3:50pm
DMT	L3 - Men	Sunday, May 11	3:40pm - 3:50pm
TRI	L4 - Women	Sunday, May 11	4:00pm - 4:10pm
TUM	L3 - Women	Sunday, May 11	4:10pm - 4:20pm
TUM	L2 - Women	Sunday, May 11	4:20pm - 4:30pm
TRI	L4 - Men	Sunday, May 11	4:30pm - 4:40pm
TUM	L4 - Women	Sunday, May 11	4:30pm - 4:40pm
MAG	PO & Open	Sunday, May 11	4:40pm - 5:05pm
DMT	L2 - Men	Sunday, May 11	5:05pm - 5:15pm
DMT	L2 - Women	Sunday, May 11	5:05pm - 5:15pm
DMT	L1 - 13+ Men	Sunday, May 11	5:15pm - 5:25pm
WAG	L8 (11-12 & 13-14) - Apparatus, All-Around and Team	Sunday, May 11	5:25pm - 5:50pm
SYN	L1	Sunday, May 11	5:50pm - 6:00pm
DMT	L3 - Women	Sunday, May 11	5:50pm - 6:00pm
SYN	L2	Sunday, May 11	6:00pm - 6:15pm
SYN	L3	Sunday, May 11	6:00pm - 6:15pm
SYN	L4	Sunday, May 11	6:00pm - 6:15pm

## MEASLES OUTBREAK IN CANADA

With Easterns in Ontario and Canadians in Alberta, we wanted to bring to everyone's attention to the measles outbreak in Canada.

**Current Epidemiology:** There continues to be a substantial increase in global measles cases. So far in Canada total of **880 measles cases** (748 confirmed, 132 probable) have been reported by 6 jurisdictions (Alberta, British Columbia, Manitoba, Ontario, Quebec, Saskatchewan), as of April 5, 2025. While the risk of ongoing community transmission remains low in Nova Scotia, Canada anticipates an increase in measles cases and continuous outbreaks, many of which are associated with travel to places where measles is prevalent.

Measles is a highly infectious virus that spreads easily. Clinically compatible signs and symptoms include fever and at least one of the following: cough, runny nose, conjunctivitis, or Koplik spots. These symptoms are followed by a generalized maculopapular rash. Most cases become symptomatic about two weeks after exposure to the virus (range 7-21 days). Cases are infectious from 4 days before the rash onset, to four days after the rash onset.

**Immunization Recommendations: Ideally 2 weeks before your travel.**

**Adolescents & Adults Born in or After 1970** should receive two doses of measles containing vaccines unless they have documented immunity (serology) for measles.

**Adults Born Before 1970** are generally presumed to have acquired immunity due to infection with measles when they were younger. Adults born before 1970 without measles immunity should receive 1 dose of a measles-containing vaccine only if they are travelling to areas where measles is a concern.

Patients who are not up-to-date can receive vaccinations through:

- Primary care provider, if they have one
- [Community Pharmacy Primary Care Clinics | Pharmacy Association of Nova Scotia](#)
- [Public Health Immunization Clinics | Nova Scotia Health](#)
- [Public Health Mobile Unit](#)

Easterns WAG Team 2025

<b><u>TYRO 7</u></b>			<b><u>TYRO 8</u></b>			
Maeve Calder	HA	HA - Kim Bernard	Madelyn Stanley	TA	TA - Kali Brocklehurst	
Jailyn Breau	DT					
Charlotte Samson	CB		<b><u>NOVICE 8</u></b>			
Maywen Lehrer	HA		Violet Fougere	HA	HA - Ted Higney	
Ruby Thistle	HA					
Rosella Lindthaler	HA		<b><u>OPEN 8</u></b>			
			Aaliyah Collins	TA	TA - Carola Baker	
<b><u>NOVICE 7</u></b>			Jorja MacDonald	TA		
Lyla Parker	HA	TA - Yvan St Jules	Kayla Nurnber	TA		
Mylene Landry	TA		Kiley Peddigrew	DT		
Cece Fletcher	TA		Isabelle Steele	DT		
Victoria McNeil	TA					
Elle Thomas	HA					
Brielle Breau	DT		<b><u>Club Coaches</u></b>			
			Susie Gallagher	DT		
<b><u>OPEN 7</u></b>			Margaret Skabar	DT		
Liae Yang	HA	DT - Leigh Shearer				
Ella Halman	DT					
Abigail Eustace	DT		<b><u>NS WAG Judges</u></b>			
Julia Pangman	TA		Michelle DeBay			
Gabriella Szubielski	HA		Michelle Pothier			
Gisele MacLaren	TA					

## EASTERNS MAG Team NS

P2 11+

1. River Munden	ALTA
2. Matteo McLean	ALTA
3. Rowen MacLellan	TITANS
4. Will Cail	ALTA
5. James Jewer	ALTA
6. Henry Learning	TITANS

Coach    ALTA    Eric Dupuy  
              TITANS    Yevgeny Molyev

P3 13+

1. Nicolas Rubinger	ALTA
2. Danny Shmuilov	ALTA
3. Charlie Muise	TITANS
4. Reid Ash	TITANS
5. Liam Ouellet	ALTA

Coach    ALTA    Vaughn Arthur  
              TITANS    Yevgeny Molyev

P. Open

1. Zeppelin Goldfarb	TITANS
2. Jeremy Pitts	TITANS
3. Panayiotis Philopoulos	ALTA

Coach    TITANS    Yevgeny Molyev  
              ALTA    Vaughn Arthur

### NS Judges

Matthew Brown  
Ethan Shmuilov



# Easterns Team NS TG List

Club	Name	DMT	TRI	TUM
AGA	Brady Gibson	X	X	
AGA	Eleanna Mailman			X
AGA	Ella Gibson	X	X	
AGA	Emily Tibert	X	X	
AGA	Ethan Lipsett	X	X	
AGA	Izabella Corkum			X
AGA	Sam Reid	X	X	
EHGC	Ila Nicholson			X
EHGC	Lexi White			X
RR*	Addison Roscoe	X	X	
RR*	Aidan Wright		X	
RR*	Coco Kucharski	X	X	
RR*	Elise Robison	X	X	
RR*	Lola Hutchinson		X	
RR*	MacKenzie Roach	X	X	
RR*	River Goulden	X	X	X
RR*	Samuel McPherson	X	X	
Titans	Aerianna Sanderson	X	X	
Titans	Ania Grus			X
Titans	Autumn Jones	X	X	
Titans	Braxtyn Jodrey-Dickson	X		
Titans	Brianna Ortiz	X	X	
Titans	Callie Meaney	X	X	
Titans	Callum Garagan	X	X	
Titans	Edward Bowman	X	X	
Titans	Hannah Dobie	X		
Titans	Hannah MacWilliams			X
Titans	Henry McNeil	X	X	
Titans	Kate Bourgeois	X	X	
Titans	Keiran Shehata	X		
Titans	Liam Mackie	X	X	
Titans	Lillee Watson	X	X	
Titans	Meghan Henderson		X	
Titans	Micah Garner			X
Titans	Mikka Jordan	X	X	
Titans	Nicola Pitts	X	X	
Titans	NyAijah Field-Askew			X
Titans	Olivia Betts			X
Titans	Scarlett Cameron	X	X	
Titans	Zoe MacAskill		X	X

## Team NS Coaches

AGA - Brianna Schooten

DT - Stewart Gunn

DT - Kyleisha Dickson

DT - Chelsea Bidgood

RR - Carol McGean

RR - Carol Anne Prost

## NS Club Coach

EHGC - Leslie vanTol

## NS Judges

Moire McLellan

Andrew Polegato

Amy Garrett