

2020 BC Gymnaestrada



PineTree Community Centre
Coquitlam, BC
May 22 - 24, 2020

Workplan #1
October 29, 2019



General Information

Gymnastics BC

Gymnastics BC
268 - 828 West 8th Avenue
Vancouver, BC V5Z 1E2

(B) 604-333-3494 / (F) 604-333-3499

info@gymbc.org

Keara Urquhart, Gymnastics For All Manager
604-333-3494
kurquhart@gymbc.org

Leanne James, Administration & Event Coordinator
604-333-3495
ljames@gymbc.org

Host Club

Flip City Gymnastics Club
Langley, BC

Club Contact:
Sherri Taylor
sherri.flipcity@gmail.com
(604) 888-3366

Dates

May 22 - 24, 2020

Theme

Roll out the Red Carpet!

All that glitters is gold - get ready for a weekend of glitz, glam and gymnastics!

Participating clubs are encouraged to pay tribute to their favorite Oscar-winning or Oscar-nominated soundtracks for this year's theme.

Venue

Pinetree Community Centre
1260 Pinetree Way
Coquitlam, BC
V3B 7Z4

Visit the venue [website](#) for more information on the facility:

<https://www.coquitlam.ca/parks-recreation-and-culture/sport-and-recreation/recreation-centres/pinetree-community-centre.aspx>

Event Webpage

For general information on BC Gymnaestrada: <https://gymbc.org/bc-gymnaestrada/>

For information specific to the 2020 event: <http://events.gymbc.org/events/events/post/1482>

Registration Information

<i>Participant Eligibility</i>	<p>Participating athletes must be at least six (6) years of age by December 31, 2019.</p> <p>All participants and coaches must be registered GBC members, or registered members of a partner Provincial Sport Organization (ie. BCRSGF).</p>																				
<i>Coach Eligibility</i>	<p>A coach's certification must match the level of the skill practiced and performed by the participant(s) under that coach's responsibility. Please refer to the minimum coaching requirements document for detailed information.</p> <p>All participants and coaches must be registered GBC members, or registered members of a partner Provincial Sport Organization (ie. BCRSGF).</p>																				
<i>Participant to Coach Ratios</i>	<p>Please refer to the coach to participant ratio guidelines on page 7 of the Coaching Operations Manual.</p>																				
<i>Safe Sport</i>	<p>The hiring process for a GBC safety officer is underway. In the meantime, we ask all clubs to please abide by the Safe Sport guidelines set forth by Gymnastics Canada.</p> <p>For best practices with the Rule of Two, as well as guidelines on travel, accommodation and general best practices, please refer to the Gymnastics Canada document: http://gymcan.org/uploads/programs/rule-of-two-best-practice-guidelines.pdf.</p> <p>OTHER RESOURCES For GCG SafeSport policies, please see: http://gymcan.org/gymnastics-canada/policies For other Safe Sport resources, please visit: http://gymcan.org/programs/safe-sport/resources</p>																				
<i>Display Criteria</i>	<ul style="list-style-type: none"> • Gymnastics BC recommends that participating clubs have a maximum of three displays with at least six participants per group. • Participants are limited to one performance each. • The maximum length of each routine is based on the number of participants per display: <ul style="list-style-type: none"> ○ 6-15 participants: 5 min ○ 16-25 participants: 10 min ○ 26+ participants: 15 min 																				
<i>Registration Fees</i>	<p>2020 REGISTRATION FEES</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Registration type</th> <th style="text-align: left;">Deadline <small>(day ends at 4:00 p.m.)</small></th> <th style="text-align: center;">Participant</th> <th style="text-align: center;">Coach</th> </tr> </thead> <tbody> <tr> <td>Club Registration</td> <td>December 20, 2019</td> <td colspan="2" style="text-align: center;">\$100 total</td> </tr> <tr> <td>Individual Registration</td> <td>March 20, 2020</td> <td style="text-align: center;">\$75</td> <td style="text-align: center;">\$20</td> </tr> <tr> <td>*Extended Registration</td> <td>March 21, 2020 - April 24, 2020</td> <td style="text-align: center;">\$85</td> <td style="text-align: center;">\$20</td> </tr> <tr> <td>*Late Registration</td> <td>April 25, 2020 - May 8, 2020</td> <td style="text-align: center;">\$150</td> <td style="text-align: center;">\$20</td> </tr> </tbody> </table> <p style="text-align: center;">No registration will be accepted after 4:00 p.m. on May 8, 2020</p> <p><i>*Extended and late registrations are subject to availability.</i></p> <p>The registration fee includes:</p> <ul style="list-style-type: none"> • 5-7 fun-filled workshops (Saturday, May 23) • One performance show (Sunday, May 24) • An event t-shirt 	Registration type	Deadline <small>(day ends at 4:00 p.m.)</small>	Participant	Coach	Club Registration	December 20, 2019	\$100 total		Individual Registration	March 20, 2020	\$75	\$20	*Extended Registration	March 21, 2020 - April 24, 2020	\$85	\$20	*Late Registration	April 25, 2020 - May 8, 2020	\$150	\$20
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CLUB REGISTRATION is due **Friday, December 20, 2019**. The club registration form is included in this package, and must be accompanied by a \$100 non-refundable deposit. The deposit is taken off the club's final balance.

Gymnastics BC will only accept one payment from the participating club, not cheques from individual members. Please make all cheques payable to Gymnastics BC.

Refunds and Substitutions

REFUND POLICY - PARTICIPANTS

Before March 20, 2020 (deadline: 4:00 p.m.)	Full refund issued upon receipt of completed refund request form.
March 21 – April 20, 2020 (deadline: 4:00 p.m.)	50% medical refund issued upon receipt of completed refund request form <u>and</u> medical note.
April 21, 2020 – May 22, 2020 (deadline: 4:00 p.m.)	25% medical refund issued upon receipt of completed refund request form <u>and</u> medical note. Participant will still receive his/her t-shirt
After 4:00 p.m. PST on May 22, 2020	No refunds issued.

REFUND POLICY - COACHES

Before March 20, 2020 (deadline: 4:00 p.m.)	Full refund issued upon receipt of completed refund request form.
After 4:00 p.m. PST on March 20, 2020	No refunds issued.

SUBSTITUTIONS

Substitutions are allowed at no charge, subject to written receipt of notification prior to the event, by 4:00 p.m. on May 22, 2020.

Other Event Information

Group Photos

Each participating club is asked to email a **high resolution digital picture** of their display group(s) to GBC by **Friday, April 24 2020**. These photos will be included in the electronic programs.

All pictures should be clear, bright and of high resolution. Each participant's face should be visible. If your club has more than one display, please ensure that each image is titled appropriately.

Please note: There is a **\$35 late fee** for clubs sending in photos after this date. Late submissions may not be refused if we are unable to include the image in the event program.

All late fees will be enforced.

Medical Services

A standard medical professional will be on site for all workshops and performance shows throughout the weekend.

Parking

Please be advised that community centre parking is limited; however, an Impark lot is available nearby and street parking is available within close proximity to the venue. Please adhere to all parking signs.

Photography

Information on event photography will be provided in Workplan #2.

Concession & Hospitality

CONCESSION

A club-run concession will be available at the event. More details to follow.

COACH HOSPITALITY

A hospitality room will be provided for coaches on the Saturday of the event. More details to follow

Workshop & Performance Information

Workshops

Workshops will take place on Saturday, May 23.

Each group will either attend the morning or afternoon workshop session; each session typically runs for about 4-4.5 hours.

Your club or group will be placed in the most appropriate workshop session to allow for travel time, group size, etc.

Workshops will take gender-balance into consideration, so please encourage all participants to attend.

Performances

Performance shows will take place on Sunday, May 24.

Depending on registration numbers, the performance day may be split into two or three separate shows.

Your club or group will be placed in the most appropriate performance show to allow for travel time, group size, etc.

Performance Day Warm-Up

Each group will be given a designated timeslot (5-10 minutes) prior to the start of your designated performance show. This time is provided to allow participants a warm-up of important elements in your routines.

To make the most of this time, we recommend that you prepare your group with a prearranged warmup order; you will not likely have enough time to run through your entire routine.

MUSIC

Music is not provided for performance day warm-up.

WARM-UP CHECK IN

Please take careful note of your designated check-in and warm-up times and ensure you arrange to meet your group well in advance of this time.

A detailed performance day schedule will be distributed a couple of weeks before the event.

Music

To keep the show entertaining for spectators and special for participants, there is a limit on similar theme and music selections. Selections are accepted on a first-come, first-served basis, and are to be indicated on the club registration form (deadline: December 20, 2019) and submitted to GBC. GBC will contact you if the cap on any of your selections has been reached.

To avoid having to rework your routine, please do not start on your choreography/costuming until your selections have been submitted and approved.

A **copy of your music** is to be sent to GBC by **Friday, May 8 2020**. Music must be sent via e-mail or file sharing platform (ie. Dropbox, WeTransfer) in either an .mp3, .mp4 or .m4a format.

Please ensure that your recording is of excellent quality; tracks of low quality amplify poorly in a large space.

Please bring a backup copy of your music (on a phone, tablet, etc.) with you to the event.

There is a **\$25 late fee** for clubs sending in music after the deadline.

All late fees will be enforced.

Equipment

A 40' x 40' non-sprung floor will be used for both rehearsals and performance shows.

Additional available equipment:

- Stings mats (2) + Double stings (2)
- Red crash mats (4)
- Mini-tramp
- Beat board (2)
- Wedge mats (2)
- Spotting blocks (4)

If you would like to request other equipment not listed here, please contact Sherri (sherri.flipcity@gmail.com) by **Friday, April 24 2020**.

The host club will make efforts to accommodate all reasonable requests, however, the provision of additional equipment is not guaranteed.

EQUIPMENT STORAGE

Please also contact Sherri by the deadline listed above to discuss storage if you plan on bringing your own equipment.

Performance Show Admission

There will be an admission charge to enter the shows for all spectators, parents and visitors. Please note that the categories for ticket pricing have changed this year,

Tickets for this year's event will be as follows:

Age Category	Single Show	Day Pass
General (13+ years)	\$10	\$12
Seniors (65+ years)	\$5	\$7
Child (3-12 years)	\$5	\$7
Free Admission (under 3 years)	FREE	FREE

Pre-ordered ticket information will be available in the second workplan.

Accommodation Information

Accommodation

A room block has been set up for Friday, May 22 – Sunday, May 24, 2020 at the following hotels:

- 1) **Sure Stay Plus Hotel by Best Western Coquitlam (30 rooms)**
- 2) **Executive Plaza Hotel and Conference Centre Metro Vancouver (30 rooms)**

Sure Stay Plus Hotel by Best Western Coquitlam is located at: 725 Brunette Ave, Coquitlam, BC, V3K 6A6

This is about 11km away from the venue. Public transit takes approximately 40 minutes (including ~9 min total walking time/600m), and driving will get you there in 17-21 minutes.

Executive Plaza Hotel and Conference Centre Metro Vancouver is located at: 405 North Road, Coquitlam, BC, V3K 3V9

This is about 11km away from the venue. Public transit takes approximately 30 minutes (including ~15 min total walking time/1km), and driving will get you there in 15-40 minutes.

ROOM BLOCK INFORMATION

	Sure Stay Plus Hotel by Best Western Coquitlam	Executive Plaza Hotel & Conference Centre Metro Vancouver
Room Type	Double Queen Room w/complimentary breakfast	Double Queen Room (upgrade available); includes parking, internet and pool
Check In/Out	<u>Check-in:</u> 3:00 p.m. <u>Check-out:</u> 11:00 p.m.	<u>Check-in:</u> 3:00 p.m. <u>Check-out:</u> 12:00 p.m.
Pricing	\$159.99/night (+taxes)	\$190/night (+taxes)
Room Block Deadline	April 21, 2010	April 7, 2020
Booking ID	#1128	#28763; 2020 BC Gymnaestrada
How to Reserve	Call: 604-525-7777; reservation manager Nas	Toll-free: 1-888-433-3932; or reservations@executivehotels.net

Rooms are limited and available on a first come, first served basis.

Please encourage your families to book as early as possible!

Area Information

Activities and Attractions

COQUITLAM

Bustling urban landscapes, foodie enclaves and top-notch shopping meet inspired hikes and a laid-back West Coast lifestyle.

Explore Coquitlam: <https://visitcoquitlam.ca>

BURNABY

The host hotel is close to this bustling suburb! From dining experiences and shopping sprees, to museums, galleries and green spaces, there's something for everyone in Burnaby.

Explore Burnaby: <https://tourismburnaby.com>

Other Gymnaestrada Events

Next Canadian & World Gymnaestrada Events

2022 Canadian Gymnaestrada - June/July 2022

Location TBD

2023 World Gymnaestrada - August 6-12, 2023

Amsterdam, Netherlands

Important Dates and Deadlines

Dates & Deadlines

DECEMBER 2019:

- Friday, December 20, 2019 at 4:00 p.m.:
 - Club registration form due
 - \$100 deposit
 - Choice of routine theme/soundtrack

FEBRUARY 2019: Workplan #2 released

MARCH 2020:

- Friday, March 20, 2020 at 4:00 p.m.:
 - Individual registration form due

APRIL 2020: Workplan #3 released

- Friday, April 24, 2020 at 4:00 p.m.:
 - Group pictures due to GBC
 - Consent forms due to GBC (available at later date)
 - Requests for extra equipment (if applicable)

MAY 2020: Digital event program released

- Friday, May 8, 2020 at 4:00 p.m.:
 - Music due to GBC

MAY 22 - 24, 2020: 2020 BC Gymnaestrada!



Club Registration Form

2020 BC Gymnaestrada
Coquitlam, BC
May 22 - 24, 2020



Submit form by FRIDAY, DECEMBER 20 2019 to guarantee your spot at the 2020 BC Gymnaestrada!

Club: _____

Address:		City:	Postal Code:
Main Contact:	Email:		Phone #:
Coach Contact (if different from above):	Email:		Phone #:

Special Workshop and/or Performance Scheduling Requests (for consideration only, not guaranteed):

WORKSHOPS: AM PM Reason: _____

PERFORMANCES: AM PM Reason: : _____

Music and Display(s)

- 1 display per participant
- **Routine length restrictions:** (# of participants) 6-15: 5 minutes, 16-25: 10 minutes, 26+: 15 minutes

	Music Selections (Song title/Artist):	Routine Theme/ Soundtrack:	Estimated # of participants	Estimated age range	Estimated routine length
Display 1					
Display 2					

Please note: There is a cap on theme and music selections. This will be determined on a first come, first served basis. GBC will contact you if the cap has been reached for any of your selections.

Deposit payment: \$100 (please make cheques payable to Gymnastics BC)

<input type="checkbox"/> Cheque <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard		Credit card or cheque number:	Exp. Date:
Name on Card:		Signature:	
Cardholder Address:			

Return completed form and \$100 non-refundable deposit to:
Gymnastics BC, c/o Keara Urquhart, Gymnastics For All Manager
#268 - 828 West 8th Avenue, Vancouver, BC V5Z 1E2 Fax: 604-333-3494 Email: kurquhart@gymbc.org