

Workplan #3

Richmond Olympic Oval

Richmond, BC

May 4-5, 2024



General Information

EVENT DATES • May 4-5, 2024

VENUE • Richmond Olympic Oval - 6111 River Rd. Richmond, BC V7C 0A2

THEME • Back to the 80's

What is Gymnaestrada?

Gymnaestrada provides the opportunity to celebrate movement and physical activity in a non-competitive, inclusive environment while capturing the true values of the 'Gymnastics for All' and 'Active for Life' philosophies of sport and recreation.

The goals of Gymnaestrada are to promote and encourage the growth of Gymnastics for All, inspire and encourage joy in exercise and to demonstrate the development of the participants.

More about Gymnaestrada: <https://www.gymbc.org/events/bc-gymnaestrada/>
Event Website

Workplans, schedules, event information will consistently be updated on the event website.

Contact Information

Gymnastics BC

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604-333-3495

Aidan Muth, Communications & Events Coordinator
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604-333-3494

Host Club

Delta Gymnastics Society
<https://deltagymnastics.com>

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General Event Details

EVENT SCHEDULE

- **May 4:** Workshops - AM - 8:30-12:05 PM - 12:30-4:35
May 4: Coach Social - 7:00 P.M - 9:00 P.M. in the Legacy Lounge of the Oval
- **May 5:** AM Performances: Doors Open 9:30 a.m.
PM Performances: Doors Open 1:00 p.m.

EVENT WEBSITE

- <https://activitymessenger.com/org/867/page/rLh360q/2024-bc-gymnaestrada-event-page>

SOCIAL MEDIA

-  : @gymnasticsbc @deltagymnasticsociety
-  : Gymnastics BC Delta Gymnastics Society
- Please share your weekend memories with us! Tag us on social media and use #BCGymnaestrada2024!

Registration Information

Registration Fees & Deadlines:

The participant registration fee includes: workshops, performance shows, and a participant gift.

Registration Type	Deadline	Participant	Coach	Chaperone/Supporter
Individual Registration	Deadline Passed			
Late Registration*				
Extended Registration*				

Participant to Coach/Chaperone Ratio Requirements:

The participant to coach/chaperone ratio for Gymnaestrada is 10:1, further decreased if the majority of a group's performers are young. Each group must have a minimum of 1 coach who is NCCP Gymnastics Foundations certified. This individual must also have a valid Criminal Record Check (with vulnerable sector check), and have completed Respect in Sport training. Eligible chaperones/supporters can be used to fulfill the remainder of the supervisory ratio requirements. These chaperones/supporters must be at least 18 years of age, are registered with GymBC, have a valid CRC (with vulnerable sector check), and have completed RIS training. Please contact events@gymbc.org should you have any questions regarding chaperone/supporter requirements.

Refunds & Substitutions:

Type	Deadline	Notes
Full Refund	Deadline Passed	
Medical Refund	May 2, 2024	Refunds only issued with a medical certificate. A \$10 administration fee will be withheld.
Substitutions	May 2, 2024	Allowed at no cost. Written notification is required.

No refunds will be offered after 11.59 p.m. on May 2, 2024

To file a request for refund or substitution, please fill out the Request for Refund or Substitute Form. [Click Here](#) for the form.

Participant Consent Forms

Informed Consent and Medical Record & Consent Forms:

All Gymnaestrada participants (performers, coaches, chaperones and supporters) must complete both the Participant Informed Consent and Medical Record & Consent Forms.

** In the event of a medical situation does occur on site, a club representative must have immediate access to the participant's Medical Record & Consent Forms. Please ensure you either have printed copies of all of these documents, or access to electronic versions during the event weekend. **

Medical Record & Consent Form
Participant's Informed Consent (Under 18 or 18 & Over)

Any questions can be sent to gfa@gymbc.org.



Event Information

Routine Criteria:

- Gymnastics BC recommends that participating clubs have a maximum of three displays with at least six participants per group.
- Only one display per participant is allowed.
- The maximum length of each routine is as follows:
 - 5 min: 6-15 participants
 - 10 min: 16-25 participants
 - 15 min: 26+ participants



Please note the floor orientation: The velcro strips on the warm-up and performance floors will run horizontally to the audience.



AUDIENCE

Equipment:

A 40' x 40' floor will be provided, along with the equipment listed below. We encourage all groups to be as creative as possible.

Additional equipment:

- Sting mats (2 10cm)
- Red crash mats (4)
- Mini-tramp (1)
- Beat board (2)
- Wedge mats (2)
- Full spotting blocks (2)
- Half spotting blocks (2)
- Trapezoid boxes (4)

Event Photographer

Photos will be taken over the weekend by various photographers. They will not be available for purchase but will be sent to participating clubs following the event

Coach Social

Coaches are invited to a social event on Saturday, May 4th, from 7:00 p.m. to 9:00 p.m. in the Legacy Lounge of the Oval. Light appetizers along with a cash bar will be available at the social.

Participant Workshops

Workshops will be held at The Richmond Olympic Oval

→ This year we will be hosting two half day workshops for participants! Workshops will take place on **Saturday, May 4. Morning Workshops** will run from **8:30-12:05 p.m.** **Afternoon Workshops** will run from **12:30-4:35 p.m.**

We encourage all participants to pack a water bottle and a small snack. A concession will be available on site with a variety of snacks.

The workshop schedule is available at the end of this document.

What to Bring

→ Participants should wear athleisure/moveable clothing and clean sneakers. Make sure to pack a water bottle and light snacks.



Coaches Meeting

A brief coaches meeting will be held prior to **AM** and **PM** workshops on **Saturday, May 4.**

AM coaches meeting: **8:30 a.m.**

PM coaches meeting: **1:00 p.m.**

Coaches may pick up their coaches packages at the admissions table. Doors open at 8:00 a.m. for **AM workshops** and 12:30 p.m. for **PM workshops.**

Performance Day

Performance Show Scheduling:

Two Performance Shows will be performed on **Sunday, May 5!**

Show 1:

Athlete Arrivals/Warm-Ups: **7:45 a.m. - 9:00 a.m.** (See warm up schedule for details)

Doors Open: **9:30 a.m.**

March In: **10:00 a.m.**

Show 2:

Athlete Arrivals/Warm-Ups: **11:30 a.m. - 12:35 p.m.** (See warm up schedule for details)

Doors Open: **1:00 p.m.**

March In: **1:30 p.m.**

Admission Prices:

Admission tickets are required to watch the Performance Shows on Sunday, May 5. The cost of the tickets are outlined below. Tickets are available on the [events page](#). Please share with your community!

We encourage everyone to purchase tickets online before the event. Limited tickets may be available at the door - but it is dependent on seating availability following pre-sales!

AM SHOW 10:00 A.M. PM SHOW 1:30 P.M.	
Adult (18+)	\$12
Youth (5-18)/Senior (65+)	\$7
Child (4 and under)	Complimentary



Venue Information

Event Venue

All Workshops and Performance Shows will take place at:
Richmond Olympic Oval
6111 River Rd
Richmond, BC V7C 0A2



PARKING

- Limited public parking is available at the venue. Nearby paid parking is also available.

CONCESSION

- A concession will be available on Saturday - Workshop day. It will also be open on Sunday - Performance Day.

COACH HOSPITALITY

- A hospitality room will be provided for coaches and workshop presenters on Saturday with coffee, snacks, and lunch offerings. Snacks and coffee will be available on Sunday.

MEDICAL SERVICES

- A standard medical professional will be on site all weekend.

Flash Mob




At this year's event, we will be doing a flash mob dance.

We encourage clubs to learn the dance prior to the event. The dance video and instructional guide can be found on the Gymnaestrada Event page. Participants will have the opportunity to review the dance during warm up on Saturday - workshop day.

Event Page:

<https://activitymessenger.com/org/867/page/rLh360q/2024-bc-gymnaestrada-event-page>

Weekend Schedules and Maps

 <div> 2024 BC Gymnaestrada WORKSHOP GROUP BREAKDOWN May 4th, 2024 </div> <div>   </div>			
AM WORKSHOPS			
GROUP	CLUB	# OF ATHLETES	GROUP TOTAL
1	Delta Juniors	14	24
	Twisters Gymnastics	10	
2	Britannia Gymnastics	15	23
	Dreams Gymnastics	8	
3	Club Aviva	21	21
4	Gym Sense Gymnastics	14	24
	Illusions Rhythmic Gymnastics	10	
5	Pacific Shore Gymnastics	16	16
PM WORKSHOPS			
GROUP	CLUB	# OF ATHLETES	GROUP TOTAL
1	White Rock Gymnastics	25	33
	Island Rhythmic Gymnastics	8	
2	Pemberton	27	27
3	Delta/Legends	32	32
4	Pacific Rim Gymnastics	21	31
	Chimo Gymnastics	10	
5	Polarettes Gymnastics Club	15	24
	South Cariboo Rhythmic Gymnastics	9	



2024 BC Gymnaestrada

WORKSHOP ROTATION SCHEDULE

May 4th, 2024



AM WORKSHOPS 8:00 a.m. - 12:05 p.m.					
8:00 - 8:30 a.m.	Doors Open				
8:30 - 8:45 a.m.	Warm Up and Coaches Meeting				
Workshops	Rehearsal	Parkour	Friendship Bracelets	Oval Experience	Dance
8:55 - 9:25 a.m.	DELTA & TWISTERS	BRITANNIA & DREAMS	CLUB AVIVA	GYM SENSE & ILLUSIONS RHYTHMIC	PACIFIC SHORE
9:35 - 10:05 a.m.	PACIFIC SHORE	DELTA & TWISTERS	BRITANNIA & DREAMS	CLUB AVIVA	GYM SENSE & ILLUSIONS RHYTHMIC
10:15 - 10:45 a.m.	GYM SENSE & ILLUSIONS RHYTHMIC	PACIFIC SHORE	DELTA & TWISTERS	BRITANNIA & DREAMS	CLUB AVIVA
10:55 - 11:25 a.m.	CLUB AVIVA	GYM SENSE & ILLUSIONS RHYTHMIC	PACIFIC SHORE	DELTA & TWISTERS	BRITANNIA & DREAMS
11:35 - 12:05 p.m.	BRITANNIA & DREAMS	CLUB AVIVA	GYM SENSE & ILLUSIONS RHYTHMIC	PACIFIC SHORE	DELTA & TWISTERS
12:05 - 12:15 p.m.	ATHLETE DISMISSAL				
BREAK					
PM WORKSHOPS 1:00 p.m. - 4:35 p.m.					
12:30 - 1:00 p.m	Doors Open				
1:00 - 1:15 p.m	Warm Up and Coaches Meeting				
Workshops	Rehearsal	Parkour	Friendship Bracelets	Oval Experience	Dance
1:25 - 1:55 p.m.	WHITE ROCK & ISLAND RHYTHMIC	PEMBERTON	DELTA/LEGENDS	PACIFIC RIM & CHIMO	POLARETTES & SOUTH CARIBOO
2:05 - 2:35 p.m.	POLARETTES & SOUTH CARIBOO	WHITE ROCK & ISLAND RHYTHMIC	PEMBERTON	DELTA/LEGENDS	PACIFIC RIM & CHIMO
2:45 - 3:15 p.m.	PACIFIC RIM & CHIMO	POLARETTES & SOUTH CARIBOO	WHITE ROCK & ISLAND RHYTHMIC	PEMBERTON	DELTA/LEGENDS
3:25 - 3:55 p.m	DELTA/LEGENDS	PACIFIC RIM & CHIMO	POLARETTES & SOUTH CARIBOO	WHITE ROCK & ISLAND RHYTHMIC	PEMBERTON
4:05 - 4:35 p.m.	PEMBERTON	DELTA/LEGENDS	PACIFIC RIM & CHIMO	POLARETTES & SOUTH CARIBOO	WHITE ROCK & ISLAND RHYTHMIC
4:35 - 4:45 p.m.	ATHLETE DISMISSAL				
END OF WORKSHOPS					
7:00 - 9:00 p.m.	COACHES SOCIAL!! (LEGACY LOUNGE IN RICHMOND OVAL)				



2024 BC Gymnaestrada

Sunday, May 5th, 2024



AM Warm-Up Schedule

Doors open for participants/coaches at 7:45 am (clubs can arrive at staggered times but must be ready for warmup times below)

Club Name	# Of Participants	Routine Length	TEAM ARRIVAL/BAG DROPOFF	Warm-up area (DI SIDE) *10 mins per group	Performance Rehearsal (COURT 8) *10 mins per group	TEAM PICTURE
ISLAND RHYTHMIC GYMNASTICS	9	3:34	7:45AM	8:05AM	8:20AM	8:35AM
CHIMO GYMNASTICS	10	3:54	7:55AM	8:15AM	8:30AM	8:45AM
WHITE ROCK GYMNASTICS	25	4:58	8:05AM	8:25AM	8:40AM	8:55AM
PEMBERTON	27	6:48	8:15AM	8:35AM	8:50AM	9:05AM
POLARETTES GYMNASTICS CLUB	15	5:18	8:25AM	8:45AM	9:05AM	9:15AM
PACIFIC RIM GYMNASTICS	21	9:11	8:35AM	8:55AM	9:10AM	9:25AM
SOUTH CARIBOO RHYTHMIC GYMNASTICS	9	5:03	8:45AM	9:05AM	9:20AM	9:35AM
DELTA SENIOR & LEGENDS	32	10:33	8:55AM	9:15AM	9:30AM	9:45AM



2024 BC Gymnaestrada

Sunday, May 5th, 2024



AM Performance Day Schedule

Doors open for participants/coaches at 7:45 am

10:00 AM Showtime

Doors open for spectators at 9:30 a.m. | March-in at 10:00 a.m.

Club Name	# Of Participants	Routine length
ISLAND RHYTHMIC GYMNASTICS	9	3:34
CHIMO GYMNASTICS	10	3:54
WHITE ROCK GYMNASTICS	25	4:58
PEMBERTON	27	6:48
POLARETTES GYMNASTICS CLUB	15	5:18
PACIFIC RIM GYMNASTICS	21	9:11
SOUTH CARIBOO RHYTHMIC GYMNASTICS	9	5:03
DELTA SENIOR & LEGENDS	32	5:44



2024 BC Gymnaestrada

Sunday, May 5th, 2024



PM Warm-Up Schedule

Doors open for participants/coaches at 11:30 am

Club Name	# Of Participants	Routine length	TEAM ARRIVAL/BAG DROPOFF	Warm-up area (DI SIDE) *10 mins per group	Performance Rehearsal (COURT 8) *10 mins per group	TEAM PICTURE
CLUB AVIVA	21	3:04	11:30AM	11:40AM	11:55AM	12:10PM
BRITANNIA GYMNASTICS CLUB	15	4:40	11:35AM	11:50AM	12:05PM	12:20PM
DREAMS GYMNASTICS	8	5:30	11:45AM	12:00PM	12:15PM	12:30PM
ILLUSIONS RHYTHMIC GYMNASTICS	10	3:28	11:55AM	12:10PM	12:25PM	12:40PM
PACIFIC SHORE GYMNASTICS	16	4:46	12:05PM	12:20PM	12:35PM	12:50PM
TWISTERS	10	4:52	12:15PM	12:30PM	12:45PM	1:00PM
GYM SENSE	14	3:13	12:25PM	12:40PM	12:55PM	1:10PM
DELTA JUNIORS	14	3:44	12:35PM	12:50PM	1:05PM	1:20PM



2024 BC Gymnaestrada

Sunday, May 5th, 2024



PM Performance Day Schedule

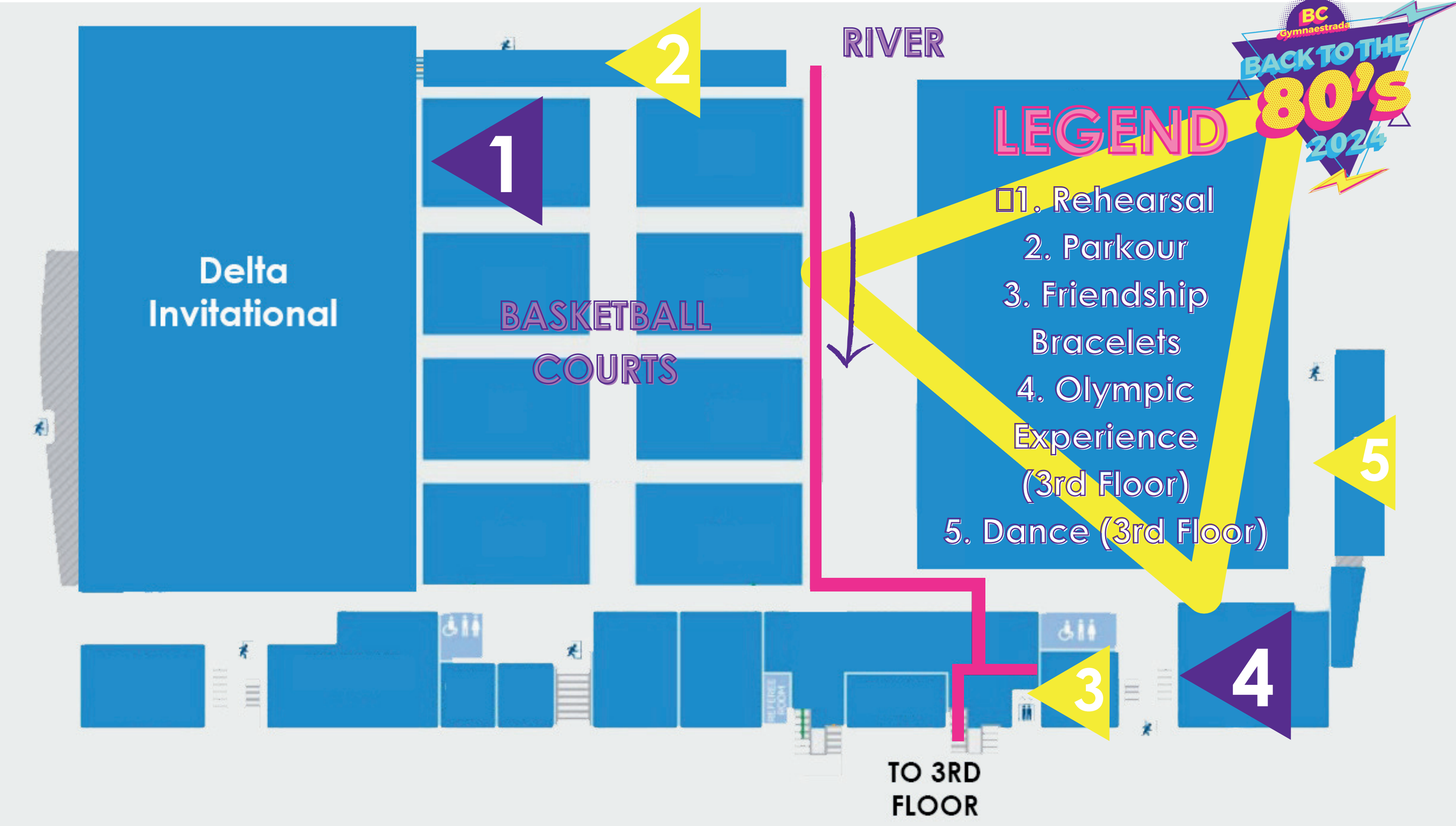
Doors open for participants/coaches at 11:30AM

1:30 PM Showtime

Doors open for spectators at 1:00 p.m. | March-in at 1:30 p.m.

Club Name	# Of Participants	Routine length
CLUB AVIVA	21	3:04
BRITANNIA GYMNASTICS CLUB	15	4:40
DREAMS GYMNASTICS	8	5:30
ILLUSIONS RHYTHMIC GYMNASTICS	10	3:28
PACIFIC SHORE GYMNASTICS	16	4:46
TWISTERS	10	4:52
GYM SENSE	14	3:13
DELTA JUNIORS	14	3:44

GYMNAESTRADA WORKSHOP MAP





The site plan illustrates the layout of the University of Toronto Scarborough campus. The main building is a large, light blue structure with a grid of windows. To its left is a large parking lot labeled "PARKADE". The plan shows several entrances and exits: "PARKADE ENTRANCE" and "PARKADE EXIT" on the left; "PAY STATION" and "ENTRANCE" on the right; and "PEDESTRIAN ENTRANCE (WEST)" and "PEDESTRIAN ENTRANCE (EAST)" at the bottom. A north arrow is located in the bottom left corner. The plan also includes various icons for accessibility, such as wheelchair symbols and figures of people, and a series of numbered circles (1-10) indicating specific locations or points of interest.

Lot Code #2934

Free after 9:30pm