



2018-2019

## REGISTRATION FORM

### Mass Routine Workshop & Active Start Workshop

Name:	
Club:	
Email:	
Phone:	
Street Address or Box #:	
City/Town:	
Province:	Postal Code:
<b>Please Print/Type Clearly</b>	

#### DATE

**Sunday, September 23, 2018**

Registration deadline is Wed, Sept 12, 2018.

#### LOCATION

**Wascana Rhythmic Gym Club  
520 12 Ave E, Regina**

#### SCHEDULE:

Sun 9:00AM-12:30PM – Mass Routine Workshop  
Sun 1:30PM-5:30PM – Active Start Workshop

**All registered member Coaches and Coaches in Training may attend these workshops.**

The **Mass Routine Workshop** will include a review of the current mass routines and introduce the new routine for the Active Start stage, choreographed by Kara Thorpe. These routines will be featured at Galas and Gymnaestrada events throughout Saskatchewan for the next few years. Please remember to bring your own apparatus to review the mass routines. This year's routine will feature the athlete's own teddy bears and a homemade picnic blanket as the apparatus.

We are also planning an **Active Start Workshop** in the afternoon with Kara Thorpe. The topics included in this workshop will be: How to plan a lesson and modify it for different age groups, developmental milestones and when to teach what, safety for Active Start participants, choreography considerations for Active Start, and managing parent & tot classes.

#### **REGISTRATION FEES: (includes tax)**

- \$40 for both sessions  
 \$20 for one session  
     Mass Routine Workshop ONLY  
     Active Start Workshop ONLY

Total \$ \_\_\_\_\_  \$10 Late Fee

#### **METHOD OF PAYMENT:**

- Cheque (Payable to Gymnastics Saskatchewan)  
 Visa    MasterCard

Card Holder's Name			
Card Number			
Expiry Date		CVC #	

I would like a receipt. (To be received at the event)

#### **IMPORTANT NOTES:**

- Registrations must be received at least 10 days prior to the workshop.
- This may be canceled if there are not enough participants registered by the deadline.
- A \$10 late fee will be applied to registrations received after the deadline.
- Participants will only be registered in the workshop after all forms and payments have been received.

#### **REFUND POLICY**

- Participants must notify Gymnastics Saskatchewan at least 5 business days prior to the course if they are unable to attend. All refunds are subject to a \$10 administration fee.
- Failure to send notification will result in forfeit of registration fee. NO SHOWS are subject to payment of the full registration fee.
- A full refund will be issued if the workshop is cancelled.

#### **Send registration to:**

Gymnastics Saskatchewan  
300-1734 Elphinstone Street; Regina, SK; S4T 1K1  
Ph: 306-780-9229 Fax: 306-780-9475  
[jbenson@gymsask.com](mailto:jbenson@gymsask.com) [www.gymsask.com](http://www.gymsask.com)