



Gymnastics Saskatchewan Presents

VIRTUAL

Provincial Gymnaestrada 2021 Bulletin #2

A gymnastics for all virtual weekend including workshops and a gala.

**June 5th - Workshops
online (9:00-4:30 CST)**

**June 6th - Virtual Gala
Starting at 2:00PM CST**

For inquiries, email Jamie at
jbenson@gymsask.com





Workshops

Gymnastics Saskatchewan is excited to announce that we have secured 6 workshops for our virtual Provincial Gymnaestrada workshop day on June 5th!

- **Collaboration in Gymnastics (9:00-9:50 CST)**
 - What makes group routines so special? Collaborations! Join Acro coach, Anna Zirk, and RG coach, Jenny Levasseur, as they explore the basic elements of collaborative group work as well as COVID-friendly exercises to help prepare gymnasts for these unique skills.
- **Dance in Gymnastics (10:00-10:50 CST)**
 - Where does dance show up in gymnastics? Everywhere! Kelsee Douglas and Xiamara Foster will guide you through simple yet effective ways to incorporate dance into your practice as well as fun group activities for developing exciting group choreography.
- **Sleep & Performance (11:00-12:00 CST)**
 - Ever wonder how sleep affects your performance? This educational session with Thomas Hamilton from the Sport Medicine & Science Council of Saskatchewan will focus on sleep quality and quantity; how travel, nutrition, exercise, screen time and mental health impact sleep; medical considerations; and consequences of sleep deprivation.
- **Zumba (1:00-1:50 CST)**
 - This **active** workshop features a Latin inspired dance fitness program, fun for all ages and levels, that will have you moving to amazing rhythms from around the world. Join the movement that will have you shaking and smiling!
- **Choreography Round Table (2:00-2:50 CST)**
 - What inspires your choreography? How do you work through creative blocks? What makes a great routine? Join TSG Coaches, Kara Thorpe and Julie Levasseur, as they lead an information roundtable to discuss the ups, downs, and in-betweens of choreography in gymnastics.
- **TSG Information Session (3:00 CST)**
 - You're invited to attend the biggest gymnastics festival on the planet! The 17th World Gymnaestrada is taking place Summer, 2023 in Amsterdam, NL! Do you love performing, making new friends, and traveling?! If so, Team Saskatchewan Gymnaestrada is recruiting performers just like you to attend this incredible event!

Workshop Registration

- Clubs who have groups participating in the virtual Gala will automatically receive access to all the workshops. An email with Zoom links for all the workshops will be sent out to your club contact on May 31st. Each club will be responsible to forward the email with the links to their registered participants.
- We are still accepting registrations for individuals who would like to attend the workshops. Individuals may register for \$5 each and will need to be registered members of Gym Sask or their local Provincial/Territorial Organization. To register as an individual please contact Jamie at jbenson@gymsask.com
- Registration deadline for individuals is May 30th, 2021

Gala

- The virtual Gala performance will start at 2:00PM on Sunday, June 6th and will feature all the routines submitted by 7 participating clubs and a compilation video of the mass routines submitted.
- The link for the Gala will be sent out to registered clubs prior to the event.