

# 2023 WESTERN CANADIAN GYMNASTICS CHAMPIONSHIPS

## Rhythmic Gymnastics

April 11-16, 2023

BULLETIN #3 – March 2023



**REGINA  
FIELDHOUSE**  
1717 Elphinstone St  
Regina, SK



### HOST

#### GYMNASTICS SASKATCHEWAN

300-1734 Elphinstone Street  
Regina, Sask S4T 1K1  
(B) 306-780-9229 (F) 306-780-9475  
[www.gymsask.com](http://www.gymsask.com)

Event & Technical Chair – Dalena Juárez  
Phone: 306-780-9229  
Email: [djuarez@gymsask.com](mailto:djuarez@gymsask.com)

National Stream JA: Gail Whittemore  
National and Provincial Stream JR: Shari Hebert

### WEBSITE LINK:

Event Website: [HERE](#)

### SOCIAL MEDIA:

Follow Gym Sask on Facebook & Instagram @gymsask

## EVENT INFORMATION

### COMPETITION SCHEDULE

April 11 – National Stream Podium Training (Please fill out [arrival form here](#) for scheduling)  
April 12-13 – National Stream Competition (Individual and Group)  
April 14-15 – Provincial Stream Competition (Individual and Group)

See end of bulletin for draft schedule sent out Feb 28<sup>th</sup>, 2023. Final schedule to be circulated ASAP once final registration numbers are organized.

<b>VENUE</b>	<p><a href="#">City of Regina Fieldhouse</a>  1717 Elphinstone St  Regina, SK S4N 0A1  *Parking is free at the venue</p> <p><b>Admission</b>  \$12/day  5 and under free</p>												
<b>ELIGIBILITY</b>	<p>Rhythmic Gymnasts from the provinces of BC, Alberta, Saskatchewan, Manitoba</p> <p>Participants:  Reg. 4.2.1: To be eligible at the Regional Championships, the competitors must first be sanctioned by the respective PSO and meet any PSO qualification regulations</p>												
<b>REGISTRATION FEES</b>	<table border="1" data-bbox="451 695 1279 919"> <tr> <td>Provincial Gymnast – Individual Only OR Group Only</td> <td>\$160.00</td> </tr> <tr> <td>Provincial Gymnast – Both Individual &amp; Group</td> <td>\$180.00</td> </tr> <tr> <td>National/HP Gymnast – Individual Only OR Group Only</td> <td>\$175.00</td> </tr> <tr> <td>National/HP Gymnast – Both Individual &amp; Group</td> <td>\$195.00</td> </tr> <tr> <td>Coach/Manager (Access to floor)</td> <td>\$85.00</td> </tr> <tr> <td>Judge</td> <td>\$85.00</td> </tr> </table> <p><b>Late fee of \$50.00 per gymnast after March 6<sup>th</sup>, 2023.</b></p>	Provincial Gymnast – Individual Only OR Group Only	\$160.00	Provincial Gymnast – Both Individual & Group	\$180.00	National/HP Gymnast – Individual Only OR Group Only	\$175.00	National/HP Gymnast – Both Individual & Group	\$195.00	Coach/Manager (Access to floor)	\$85.00	Judge	\$85.00
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National/HP Gymnast – Both Individual & Group	\$195.00												
Coach/Manager (Access to floor)	\$85.00												
Judge	\$85.00												
<b>REGISTRATION PROCESS</b>	<p>Please register via KSIS at <a href="https://rgform.eu/event.php?id_prop=4457">https://rgform.eu/event.php?id_prop=4457</a> by March 6<sup>th</sup>, 2023. After March 6<sup>th</sup>, clubs will receive an invoice with payment instructions directly to Gymnastics Saskatchewan.</p> <p>Please upload all music and scripts by April 1, 2023.</p>												
<b>REFUNDS</b>	<p>Refunds, less a \$30 administrative fee will be given with a medical note up until April 1<sup>st</sup>, 2023. Please email refund requests &amp; medical notes to <a href="mailto:djuarez@gymsask.com">djuarez@gymsask.com</a>.</p>												
<b>MEDICAL AND RISK WAIVERS</b>	<p>All clubs must submit a statutory declaration to Gymnastics Saskatchewan confirming that the medical and risk waivers have been collected for each attending athlete. All forms can be found at the end of this document. DO NOT submit on KSIS, email one stat dec form only.</p>												
<b>HOST HOTEL</b>	<p><b>HOST HOTEL</b></p> <p><b>DoubleTree by Hilton</b>  <b>1975 Broad Street (2.5km from City of Regina Fieldhouse)</b>  2 Queen Beds  1 king plus a cot (cot is free of charge but must be requested)  \$149.00/night plus taxes  Breakfast included, Parking is \$17/day  Room dates April 11-16, 2023  Link to book: <a href="#">HERE</a> or call 1-306-525-6767 ext.2 must quote code RGT  <b>Must book by March 12, 2023</b></p> <p><b>CO-HOST HOTEL</b></p>												

**Days Inn Airport West**

**4899 Harbour Landing Drive (5.5km from City of Regina Fieldhouse)**

2 Queen Beds with mini fridge & microwave

\$130/night plus taxes

Breakfast & parking included

Room dates April 11-16, 2023

Call hotel (306) 584-3297 or email [daysinnreginaairport@d3h.ca](mailto:daysinnreginaairport@d3h.ca) please quote code

Must book by March 1, 2023

**CO-HOST HOTEL**

**The Atlas Hotel**

**4177 Albert Street, Regina (5.1km from City of Regina Fieldhouse)**

1 king plus a pull-out couch (cots may be available upon request)

\$149.95/night plus taxes

Breakfast & parking included

Room dates April 11-15, 2023

Call hotel (306) 586-3443 or email [guestsmbassador@atlashotel.com](mailto:guestsmbassador@atlashotel.com) please quote code

**041123RGC**

Must book by Feb 24, 2023

**Deadline to book has passed for the Days Inn and Atlas hotel.**

Rooms for judges have been set aside at the DoubleTree by Hilton. Please let Dalena at [djuarez@gymsask.com](mailto:djuarez@gymsask.com) know when you are ready to book judges and she will provide you the information for this block. **Judges will only receive transportation if they stay at the DoubleTree by Hilton.**

**TRANSPORTATION**

All teams will be responsible for travel to and from the venue.

Gym Sask has secured a discount code from Westjet if you choose to fly with them. They are able to offer 5% off Econo and 10\$ off EconoFlex and Premium fares.

To book using this code you must go to [www.westjet.com/conventions](http://www.westjet.com/conventions) and enter the code below:

Coupon Code: Guest web/Travel Agent web	0C7A0IE
Promo Code: Travel Agent GDS only	WKK93

**MEALS**

A hospitality room will be provided for coaches and judges at the venue. Mealtimes will be based on the competition schedule. Please forward any dietary requirements (allergies, etc) to [djuarez@gymsask.com](mailto:djuarez@gymsask.com).

Breakfast each day will be continental and buffet style.

Lunches and Dinner (when applicable) will be catered from a popular local vendor – [Fresh & Sweet](#).

<b>EQUIPMENT</b>	<p>1 full competition rhythmic carpet 2 full training carpets</p> <p>Carpets will be provided by our equipment supplier, Spieth America.</p>
<b>Athlete Social</b>	<p>We are excited to host an athlete social on Thursday, April 13.</p> <p>Tickets must be purchased in advance, and spots will be limited. Please submit your ticket orders BY CLUB by using the order form <a href="#">here</a>.</p>
<b>Souvenir Clothing</b>	<p>The 2023 RG Western storefront is now open! Tank tops, bunnyhugs (“hoodies”), and t-shirts are available for pre-order by using the link <a href="#">here</a>.</p> <p>Clothing orders are pre-order only and must be submitted by March 15, and will be distributed at the event. There will be no clothing available for purchase after March 15.</p>
<b>Important Deadlines</b>	<p>Please note the following deadlines:</p> <p><b>March 15<sup>th</sup></b> Last day to order <a href="#">souvenir clothing</a> Last day to submit <a href="#">arrival form</a> for podium training on April 11</p> <p><b>April 1<sup>st</sup></b> Last day to upload music and scripts into KSIS Last day to <a href="#">order tickets</a> for the athlete social Last day for medical refunds (less \$30)</p>

Should you have any questions, please feel free to contact Dalena Juárez at [djuarez@gymsask.com](mailto:djuarez@gymsask.com).

Gymnastics Saskatchewan, and our organizing committee, looks forward to hosting you in Saskatoon!

**GYMNASTICS CANADA**  
**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**  
*(FOR THOSE 18 YEARS OF AGE AND OLDER)*

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.**

1. This is a binding legal agreement; therefore clarify any questions or concerns before signing. As a Participant in the programs, activities and events of Gymnastics Canada for the \_\_\_\_\_ year, the undersigned acknowledges and agrees to the following terms:

**Disclaimer**

2. Gymnastics Canada and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of gymnastics and any program, activity or event of the Organization, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

*I have read and agree to be bound by paragraphs 1 and 2.*

**Description of Risks**

3. I am participating voluntarily in the sport of gymnastics and the activities, events and programs of the Organization. In consideration of my participation in the sport of gymnastics and the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of gymnastics and the programs, activities and events of the Organization. The risks, dangers and hazards include, but are not limited to, injuries from:
- a) Executing strenuous and demanding physical skills in gymnastics;
  - b) Dryland training including weights, running and massage;
  - c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
  - d) Exerting and/or stretching various muscle groups;
  - e) Collisions with walls, any gymnastics apparatus, floors or mats;
  - f) Falling, tumbling or hitting any gymnastics apparatus, the floor, mats or other surfaces;
  - g) Physical contact with other participants (including spotters whose role is to enhance safety and learning);
  - h) Failure to properly use any of the gymnastics apparatus;
  - i) Failure to participate within one's abilities;
  - j) The mechanical failure of any of the gymnastics apparatus;
  - k) Spinal cord injuries which may render me permanently paralyzed; and/or
  - l) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
4. Furthermore, I am aware:
- a) That injuries sustained can be severe;
  - b) That I may experience anxiety while challenging myself during the activities, events and programs;
  - c) That my risk of injury is reduced if I follow all rules established for participation; and
  - d) That my risk of injury increases as I become fatigued.

**Release of Liability**

5. In consideration of the Organization allowing me to participate, I agree:
- a) That my physical condition has been verified by a medical doctor to participate in the sport of gymnastics and in the activities, events and programs of the Organization;
  - b) To assume all risks arising out of, associated with or related to my participation;
  - c) To waive any and all claims that I may have now or in the future against the Organization;
  - d) To freely accept and fully assume all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
  - e) To forever release the Organization from any and all liability for any and all claims, demands, actions and costs that might arise out of my participation in the activities, events and programs of the Organization, due to any cause whatsoever, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence or breach of any duty of care of the Organization.

*I have read and agree to be bound by paragraphs 3 -5.*

**Acknowledgement**

6. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

**GYMNASTICS CANADA**  
**INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**  
**(FOR THOSE UNDER THE AGE OF MAJORITY)**

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.**

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of gymnastics and the programs, activities and events of Gymnastics Canada for the \_\_\_\_\_ year, the undersigned, being the Participant and/or the Parent/Guardian of the Participant (collectively the "Parties") acknowledges and agrees to the following terms:

**Disclaimer**

2. Gymnastics Canada and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the programs, activities and events of the Organization.  
*We have read and agree to be bound by paragraphs 1 and 2.*

**Description of Risks**

3. The Participant is participating voluntarily in the sport of gymnastics and the activities, events and programs of the Organization. In consideration of my participation in the sport of gymnastics and the programs, activities and events of the Organization, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the sport of gymnastics and the programs, activities and events of the Organization and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
- a) Executing strenuous and demanding physical skills in gymnastics;
  - b) Dryland training including weights, running and massage;
  - c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
  - d) Exerting and/or stretching various muscle groups;
  - e) Collisions with walls, any gymnastics apparatus, floors or mats;
  - f) Falling, tumbling or hitting any gymnastics apparatus, the floor, mats or other surfaces;
  - g) Physical contact with other participants (including spotters whose role is to enhance safety and learning);
  - h) Failure to properly use any of the gymnastics apparatus;
  - i) Failure to participate within one's abilities;
  - j) The mechanical failure of any of the gymnastics apparatus;
  - k) Spinal cord injuries which may render me permanently paralyzed; and/or
  - l) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
4. Furthermore, the Parties are aware:
- a) That injuries sustained can be severe;
  - b) That the Participant may experience anxiety while challenging themselves during the activities, events and programs;
  - c) That the Participant's risk of injury is reduced if they follow all rules established for participation; and
  - d) That the Participant's risk of injury increases as they become fatigued.

**Release of Liability**

5. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Participant's physical condition has been verified by a medical doctor to participant in the sport of gymnastics and the activities, events and programs of the Organization;
  - b) To freely accept and fully assume all such risks, dangers and hazards and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in such activities, events and programs;
  - c) To forever release the Organization from any and all liability for any and all claims, demands, actions and costs that might arise out of the Participant's participation in the activities, events and programs of the Organization.

*We have read and agree to be bound by paragraphs 3 -5.*

**Acknowledgement**

6. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, executors, administrators and representatives.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



## MEDICAL FORM

By providing Gymnastics Canada with your health information, Gymnastics Canada will be more adequately prepared for potential medical situations. Please note that some information we ask on this form is **mandatory**. You may complete the entire form or parts of the form (\*are mandatory).

\*Name: \_\_\_\_\_

\*Cellphone #: \_\_\_\_\_

Home Address: \_\_\_\_\_

\*Email Address: \_\_\_\_\_

### Emergency contacts:

\*Relative Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

\*Relative Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Family Doctor Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

### Medical Status:

Medical conditions or health concerns (contact lenses, fainting, seizures, epilepsy, etc.):

Medication you must/should take daily (iron supplement, prescription drugs, insulin, etc.):

Do you have recent injuries or operations that might affect your participation?

\*Do you have any allergies? (medications, food, animals, plants, pollens, bees, fragrances, etc.)



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### CONSENT FOR EMERGENCY MEDICAL TREATMENT

I, \_\_\_\_\_, and if applicable the parent/legal guardian of  
(Please Print)

\_\_\_\_\_, give permission to the officials of Gymnastics Canada to make decisions concerning medical care and treatment and where necessary to authorize such care and treatment in emergency situations for the \_\_\_\_\_ competition year.

I understand that the officials of Gymnastics Canada will make every reasonable effort, in the circumstances, to contact the Emergency Contacts regarding my or my child's/ward's medical status in the event an emergency arises.

In the event that the Emergency Contact cannot be reached in an emergency, I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional, whose services might be required, to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward, and that I am fully informed as to the contents of this document.

Dated: \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Athlete signature

Dated: \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Parent/Guardian signature



# STATUTORY DECLARATION



## 2023 RG Western Regional Championships

### Statutory Declaration

### Medical Form & Risk Waiver Release

I, (enter Name), \_\_\_\_\_ from (Club Name) \_\_\_\_\_,  
declare that the (club name) \_\_\_\_\_ has collected and filed all signed  
medical forms and risk waiver forms for every gymnast registered and participating in the 2023 RG  
Western Regional Championships in Saskatoon, Saskatchewan.

Clubs are also responsible to have all the medical forms and risk waiver forms available on site (hard  
copies or scanned copies).

\_\_\_\_\_

Signature

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Date: \_\_\_\_\_

Please email this form ONLY to Dalena at [djuarez@gymsask.com](mailto:djuarez@gymsask.com) by April 1st, 2023. Please do not send  
medical forms or assumption of risk forms.



## 2023 Rhythmic Western Championships

### DRAFT Schedule - National Stream Competition

#### Wednesday, April 12th

8:40-9:00	Timed Warm Up - Group
0900-09:30	Novice RGG (2x), Junior FIG, Senior FIG
9:45-10:00	Timed Warm Up - Novice
10:00-11:30	Novice RGI 2 routines
11:30-12:15	Lunch Break and Awards (Group and Novice)
12:15-12:30	Timed Warm Up - Junior
12:30-14:20	Junior RGI 2 routines
14:20-15:35	Timed Warm Up - Senior
15:35-16:55	Senior RGI 2 routines
1715	Awards (Junior and Senior)

#### Thursday, April 13th

8:35-9:00	Timed Warm Up - Group
09:00-9:36	Open RGG, Junior Dev Group, Junior FIG, Senior FIG
9:45-10:00	Timed Warm Up - Novice
10:00-11:45	Novice 2 routines
11:45-12:30	Lunch break and Awards (Group and Novice)
12:30-12:45	Timed Warm Up - Junior
12:45-14:35	Junior RGI 2 routines
14:35-14:50	Timed Warm Up - Senior
14:50-16:10	Senior RGI 2 routines
0.6875	Awards (Junior and Senior)
18:30	Athlete social



## 2023 Rhythmic Western Championships

### DRAFT Schedule - National Stream Competition

#### Thursday, April 13th

18:30 Athlete social

#### Friday, April 14th

8-8:30 Timed Warm Up - Group

8:30-8:45 Group (1 routine)

8:45-9:00 Timed Warm Up

9:00-10:20 4B Flight A & B (ONE routine only)

10:20-10:35 Timed Warm Up

10:35-11:45 3B

11:45-12:30 Lunch Break and awards (Group, 3B, 4B)

12:30-12:45 Timed Warm Up

12:45-14:05 3C, 4C, 6C

14:05-14:20 Timed Warm Up

14:20-15:40 5B

15:40-15:55 Timed Warm Up

15:35-17:35 5C

17:35-18:10 Dinner Break and awards (3C, 4C, 5C, 5B, 6C)

18:10-18:25 Timed Warm Up

18:25-19:35 6B

19:45 Awards (6B)

#### Saturday, April 15th

8-8:30 Timed Warm Up - Group

8:30-8:45 Groups (1 routine)

8:45-9:00 Timed Warm Up

9:00-10:05 3B, 3C, 4C

10:05-10:20 Timed Warm Up

10:20-11:40 4B Flight A (2 routines)

11:40-11:55 Timed Warm Up

11:55-12:10 4B Flight B (2 routines)

12:10-12:50 Lunch Break and Awards (Group, 3B, 3C, 4C, 4B)

12:50-13:05 Timed Warm Up

13:05-14:20 5B, 6B

14:20-14:35 Timed Warm up

14:35-15:35 5C, 6C

15:45 Awards (5B, 6B, 5C, 6C)