



Gymnastics Saskatchewan Presents

2023

# Provincial Gymnaestrada

Bulletin #3

A Gymnastics for All event hosted  
by Team Sask Gymnaestrada &  
Gymnastics Saskatchewan.

**May 27th Workshops (9:30-4:00)**

**May 28th- Group Practices in morning  
Gala at 1:30PM**

**\*\*Gym Opens at 8:00 AM for athletes & coaches**

**City of Regina Fieldhouse  
1717 Elphinstone Street**

Contact: [tsg@gymsask.com](mailto:tsg@gymsask.com)





# Mass Routine Attire

- **Mass Ball** - any style plain colored tank top or t-shirt with black leggings
- **Mass Co-Resistance** - black tank top and black leggings
- **Mass Noodle** - summer attire, any color of tank top, shorts, optional sun glasses

## Practice Schedule - May 28th

- The schedule below refers to practice times each club has on the performance carpet:

<b>8:00AM</b>	<b>Gym Opens for Athletes &amp; Coaches</b>
<b>8:00-9:30</b>	<b>Team Sask Gymnaestrada</b>
<b>9:30-10:10</b>	<b>Wascana Rhythmic Gym Club</b>
<b>10:10-11:10</b>	<b>Bohemka Rhythmic Gym Club</b>
<b>11:10-12:05</b>	<b>Regina Rhythmic Gym Club</b>
<b>12:05-12:10</b>	<b>Valley Gymnastics Centre</b>
<b>12:10-12:15</b>	<b>Collective Studios</b>
<b>12:15-12:30</b>	<b>Mass Ball</b>
<b>12:30-12:45</b>	<b>Mass Co-Resistance</b>
<b>12:45-1:00</b>	<b>Mass Noodle</b>
<b>1:00</b>	<b>Gym Cleared for Doors to Open</b>
<b>1:30PM</b>	<b>Gala Performance Begins</b>





# Performance Schedule



2023 Provincial Gymnaestrada Gala Performance 1:30PM		
1st Half - Beginning at 1:30PM		
Group Name & Club	Name of Routine	Apparatus
1 Advance Competitive Team - Wascana Rhythmic Gymnastics Club	Don't Be So Hard on Yourself	Ball, Hoop, Clubs, Ribbon
2 Club Group - Bohemka Rhythmic Gymnastics	Bring the Beat	Rope, Ball, Stool
3 Junior Performing Team - Regina Rhythmic Gymnastic Club	La Parisienne	Ball
4 Emeralds - Regina Rhythmic Gymnastic Club	Bare Necessities	Hoop
5 Senior Performing Team - Regina Rhythmic Gymnastic Club	Knocking on Heaven's Door	Skirt
6 Valley Gymnastics Club	I ain't worried	Ribbon and Rope
7 Collective Studios	???	Free
8 Rhythmettes - Regina Rhythmic Gymnastic Club	Party Wave	Rope
9 Performing Team - Bohemka Rhythmic Gymnastics	Masquerade	Ribbon
10 Mass Ball		Ball
Intermediate - Bohemka, Advance Competitive Team - WRGC, Intermediate Competitive Team - WRGC, WRGC Performance Teams		
11 Junior Team B - Bohemka Rhythmic Gymnastics	Sing Sing Sing	Free
12 Senior Performing Team - Regina Rhythmic Gymnastic Club	Everything	Free
13 Senior Team - Bohemka Rhythmic Gymnastics	River	Hoop and Rope
14 Junior Team A - Bohemka Rhythmic Gymnastics	Into the Woods	Free
15 Pirouettes - Regina Rhythmic Gymnastic Club	Turning Page	Free
16 Dysart Rhythm Cats - Wascana Rhythmic Gymnastics Club	Trustall	Acro
17 Intermediate - Bohemka Rhythmic Gymnastics	Test Drive	Ball
18 Advance Competitive Team - Wascana Rhythmic Gymnastics Club	Grease Medley	Clubs & Rope
19 Performing Team - Bohemka Rhythmic Gymnastics	Hope Never Dies	Free
20 Team RRG - Regina Rhythmic Gymnastic Club	Hello	Medley
21 Mass Co-Resistance		Band
Junior Team B - Bohemka, Senior Team - Bohemka, Junior Team A - Bohemka, Pirouettes - RRG, Emeralds - RRG, Valley Gymnastics Club, WRGC Rhythm Cats		
2nd Half - 10 min Intermission		
22 Mass Noodle		
Performing Team - Bohemka, Senior - RRG, Junior - RRG, Rhythmettes - RRG, Advance Competitive Team - WRGC, Dysart Rhythm Cats - WRGC		
23 WRGC Rhythm Cats	Glory Days	Free
24 WRGC Performance Teams	On Top of The World	Free
25 Senior Team - Bohemka Rhythmic Gymnastics	Unholy	Free
26 Junior Team A - Bohemka Rhythmic Gymnastics	Sing Me to Sleep	Hoop
27 Emeralds - Regina Rhythmic Gymnastic Club	The Untold Darkness of Light	Free
28 Junior Team B - Bohemka Rhythmic Gymnastics	Hall of the Mountain King	Ball
29 Club Group - Bohemka Rhythmic Gymnastics	Lost in the Rhythm	Ball and Top Hat
30 Intermediate Competitive Team - Wascana Rhythmic Gymnastics Club	We Got The Beat	Ball
31 Intermediate - Bohemka Rhythmic Gymnastics	Let's Get Loud	Free
32 Pirouettes - Regina Rhythmic Gymnastic Club	Bills, Bills, Bills	Hoop
33 Rhythmettes - Regina Rhythmic Gymnastic Club	Melting Waltz	Free
34 Junior Performing Team - Regina Rhythmic Gymnastic Club	Arrival of the Birds	Free
35 WRGC Rhythm Cats	Hair Up	Rope
36 Team Saskatchewan Gymnaestrada	(Re)Creating Community	Medley





# Workshop Details - May 27th

- Workshops will run 9:30am-4:00pm
- Each workshop is an hour long
- Lunch Break will be 11:35am-12:45pm

## **SIGN UP:**

<https://forms.gle/c5t25PEy5TYHNtZT9>

**Zumba** - 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!

**Street Jazz** - Get your body moving to the music and learn some Street Jazz!

**Sleep and Performance Mental Health** - 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.

**Foundations of Tumbling** - Learn all about the fundamentals of tumbling, and how to incorporate tumbling into your gym program.

**Into to Pow Wow** - Ever wondered what the basics of a Pow Wow are? What are the protocols? What the different regalia means? Then this is the workshop for you!

**RG Tips and Tricks** - Learn some new tips and tricks with rhythmic gymnastics equipment from our very our Sask RG athlete and coach.

**Street Dance** - Get your feet stomping and learn a Street Dance!

