



## **GFA Workshop Opportunity!**

Come learn from the creator and founder of Challenge Cup, Marta Kroupa! Gym Sask will be offering a workshop day on Sunday May 5<sup>th</sup> following Challenge Cup for athletes and coaches. These workshops will be an excellent opportunity to get feedback on your routines from Challenge Cup that will help you improve your routines for future performances and plan for the next season.

- Workshop sessions will be broken down into 4 age categories.
- Coaches may register to attend sessions they do not have a group in.
- Location F.W. Johnson High School. Times to be finalized in April once registration closed

The final workshop of the day will be a coach specific session. During this session, coaches will learn tips on creating Gymnaestrada style choreography and preparing for Gymnaestrada/GFA events.

### **Registration fees**

#### **Group sessions**

- \$30 per group (includes 1 coach)
- \$10 per additional coach

#### **Coaches only session**

- \$10 per coach

### **Registration & Payment Procedure**

Please find the registration workbook attached. Please fill out and email to: [acox@gmail.com](mailto:acox@gmail.com)

Payment can be submitted by cheque or E-transfer to [info@gymsask.com](mailto:info@gymsask.com)

**Registration and Payment are due April 1, 2024.**