



GYMNASTICS NOVA SCOTIA

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Memorandum

To: Parents/Guardians of 2018 Atlantic Team Members

From: Angela Gallant, GNS Executive Director
David Brown, Atlantics Team Chef

Re: **2018 Atlantic Championships Summerside Nova Scotia Information**

Date: April 13, 2018

CONGRATULATIONS! Your son or daughter is representing Nova Scotia at the 2018 Atlantic Canadian Championships in Summerside PEI. Hosted by Saultos Gymnastics Club and Gymnastics PEI. The Atlantic Championships are being held at the **Credit Union Place in Summerside PEI.**

Coaches, athletes and officials will be staying at the Slemon Park Hotel and Conference Center 12 Redwood Ave Slemon Park PE C0B 2A0 902-432-1780. Rooms have been booked for athletes, coaches and judges for Thursday, Friday and Saturday nights. Coaches and GNS program committees will do the rooming assignments. As per GNS Policy, all team members are required to stay with team members in the team hotel. Athletes will be the responsibility of coaches, managers and the team head of delegation.

PLEASE DO NOT PACK NUT PRODUCTS FOR THE ATHLETES TO HAVE AS SNACKS WHILE TRAVELLING AS SOME TEAM MEMBERS HAVE SEVERE ALLERGIES.

As a Nova Scotia team member, your child is required to:

- Wear the official Nova Scotia team uniform
 - a) the **official GNS track jacket** (Please wear plain black track pants, yoga pants or dress pants with this during travel - **No Jeans or Sweatpants**)
 - b) the official bodysuit or singlet and longs (See your club coach if there is a problem) – **all boys are asked to wear white socks**
- Follow the Athletes Responsibilities and Code of Conduct as stated in the GNS Policy Manual – Appendix I (a copy can be attained from your team coach or is online at www.gymns.ca)
- Follow the Team Rules for 2018 Atlantic Championships in the pages that follow.

Our mission staff are as follows;

Chef-de-Mission, David Brown	Office#	(902)425-5450, ext. 515
	Cell#	(902)751-0323
	E-mail:	gnscoach@sportnovascotia.ca
Women's Team Manager, Michelle Landry	Cell#	(902) 669 0375
Men's Team Manager, Ian Downie	Cell#	(902) 460 8177
Gymnastics Nova Scotia	Office	(902) 425-5450 x 338
Angela Gallant – Executive Director	E-mail:	gns@sportnovascotia.ca

Travel

The Nova Scotia Team will be traveling to and from Atlantic on 2 Ambassador Gray Line Charter Buses.

April 19th 2018 Pick-up times are as follows:

10:00am - Bus departs from Cabela's parking lot in Dartmouth Crossing

11:00am - Bus departs from Rath Eastlink Arena in Truro

12:30 pm- Bus departs from Canadian Tire Lot in Summerside

***Please ensure that you are at the stops at least 15 minutes prior to departure to allow for the organization of luggage, teams, etc.*

For the return trip Sunday April 22nd. We will be leaving the Hotel in Summerside at 10:30 am with an;

Anticipated arrival times April 22nd 2018

12:30 pm bus arrives at Canadian Tire Parking lot in **Amherst** (we will grab a quick lunch or snack while we are in Amherst)

2:00 pm arrival at the Rath Eastlink Arena in Truro

2:45 pm at the Cabela's parking lot in Dartmouth Crossing

Meals:

Meal cost is the responsibility of the individual. **Please pack a box lunch for the bus ride to Summerside.** Please budget for the following meals:

- Thursday -- supper and snacks
- Friday – breakfast, lunch, supper and snacks
- Saturday – breakfast, lunch and snacks
- Sunday – breakfast, lunch,

Athlete Banquet -

The athlete banquet will take place at the venue with fun activities to follow. There will be a pizza party followed by the option of bowling or a DJ and games in the banquet hall. 7-11pm. Two chaperones from each province are required for the entirety of the social/dance.

Scoring:

There will be live scoring and results through Sortzsoft.

Results URL:

<http://www.sportzsoft.com/meet/meetWeb.dll/MeetResults?MeetId=1CF62CD1C230263843BEE522C3403E06>

Mobile Live Meet:

<http://www.sportzsoft.com/LiveMeet/LiveMeet.dll/Start?Id=1CF62CD1C230263843BEE522C3403E06>

All Nova Scotia athletes will be required to follow the rules as outlined in the Team Rules for 2018 Atlantic Championships following this memo.

Protocol for Provincial Teams

- 1) That transportation and accommodation be provided by GNS whenever possible.
- 2) That **all** athletes and coaches travel as a team.
- 3) That **all** athletes must stay in assigned accommodations.
- 4) That athletes be delegated rooms by team not by club.
- 5) That all athletes and coaches wear appropriate dress for travel and banquet.
- 6) Any athlete whose behavior is deemed unacceptable will be referred to a committee assigned by GNS and dealt with in an appropriate manner.
- 7) Any behavior by a coach or official deemed unacceptable by the same committee will be brought to the attention of the GNS Grievance Committee for appropriate action.
- 8) GNS' responsibility will be limited to the members of the official provincial delegation.

**Team Nova Scotia Rules for Athletes
2018 Atlantic Championships**

**ALL ATHLETES AND SUPPORT STAFF ARE TO WEAR THEIR NOVA SCOTIA
TRACK JACKET WHEN TRAVELING**

**Dress pants are permitted in place of Black track pants or Yoga pants
Absolutely NO JEANS OR SWEATPANTS**

BUDDY SYSTEM:

Always travel with a buddy (even to the bathroom)

YOU MUST ASK YOUR COACH (Chef or team manager) if you need to go anywhere!!

STAY WITH YOUR GROUP

Stay with your group at all times. We realize that when you are home, you may be able to go certain places alone, however, when traveling with this team you are expected to stay with the group **AT ALL TIMES**.

CELL PHONES / IPODS / MP3 PLAYERS:

Constant cell phone / text messaging usage will not be tolerated. Cell phones are to be used in emergency situations only or to call home. **DO NOT** bring your cell phones on the competition floor as it is distracting to other athletes as well as coaches and judges. Please keep the volume low on your music devices so that you will be able to hear instructions from your coaches/managers/chef.

ON THE BUS

- Respect the rules of the driver
- Ensure that garbage is picked up when departing
- Avoid being loud
- Respect other passengers
- Ensure that you take ALL of your belongings with you when you arrive at your destination!

TEAM OUTINGS:

Proper manners in restaurants or group outing.
Please respect your coaches, managers & chef. They all have a huge responsibility to look after a large group of people. Your safety is our number one priority!!

Wear **TEAM NS JACKET** at all times.

- Jacket to show team support
- Jacket as an identifier to support staff

RULES FOR ROOMS AT THE HOTEL:

No personal calls, room to room only. If you need to call home, please speak to your coach, manager or chef.

- √ Keep room neat & tidy at all times.
- √ Absolutely no horseplay in rooms or running in the halls is permitted.
- √ No room service
- √ Respect your roommates' privacy.
- √ Curfews as designated by Gymnastics Nova Scotia:

10 and under:	9:00pm
11 and 12:	9:30pm
13 and 14:	10:00pm
15 and 16:	11:00pm
17 and over:	12:00pm

- Your coach may want you in your rooms earlier than this, depending on what time you compete.
- √ You will be given a wake up time each morning. Please do not make the coaches have to come back for a second/third time to get you up.
- √ Athletes – please remember that not all of us are morning people, as well, not everyone is a nighthawk. **Please respect your roommates.**

If you have any questions, please speak to the team coach, manager or chef.

**Be good ambassadors for your sport and the Province of Nova Scotia-
GOOD LUCK! 🍀**