

# Manitoba Fusion

## 2019/20 Program Information



Manitoba Fusion is a [Gymnastics for All](#) team that trains with the purpose of participating in Provincial, Canadian and World Gymnaestrada events. Gymnastics for All is the non-competitive branch of gymnastics and the focus is fun, fitness, fundamentals and friendship.

The World Gymnaestrada is held every four years and is a festival of dance, gymnastics and movement. It is traditionally held in Europe and includes participants from countries around the world. It is not a competition but rather a week-long showcase of various gymnastics, dance and acrobatic performances. It is an excellent experience for athletes to gain international experience at a non-competitive level.

In preparation for the [2023 World Gymnaestrada](#) in Amsterdam, Netherlands, Manitoba Fusion is looking for experienced athletes who would like to train together, learn new skills and perform at upcoming Provincial, National and International Gymnastics for All events. The team will be coached by Tanya Manastersky and Tracy Sterdan.

### Athlete Eligibility

**Group 1 - Experienced** gymnasts, dancers and cheerleaders that have participated in their discipline for a minimum of five years are a great fit for this team. The program is recommended for athletes who are at least 15 years old by December 31, 2019. This team is an excellent opportunity for retired athletes who are no longer training but would like to participate in their sport again.

**Group 2** - Are you an adult who has always wanted to try gymnastics? Maybe you're a parent who has watched your child do gymnastics for many years. It's your time to shine! Parents, relatives and friends of gymnasts/dancers that are 18 years or older with **no gymnastics experience** are also welcome to join. We are looking for a minimum of eight adults for this group.

### Training

- Training sessions will be on Tuesday evenings.
- Dates: November 5, 2019 to June 9, 2020
- Time: 7:30 – 9:30PM
- Location: Qualico Training Centre, 145 Pacific Ave.
- There will be no class on December 24, December 31, March 31.

**The tentative date for Provincial Gymnaestrada is June 14, 2020.**

### Training Format

The first hour of practice each week will include independent conditioning and stretching. Athletes will be provided a workout plan and must be able to complete it independently or with the team. Formal instruction during this hour will be available by one of the coaches at least once per month.

The second hour of practice will include skills training and choreography/rehearsals, led by both coaches.

### Fees and Refund Policy:

- The registration fee is \$350 for the program running from November 2019 – June 2020.
- A deposit of \$250 is due at the first practice on November 5<sup>th</sup>.
- A post dated cheque for \$100 dated February 1, 2019 is also due at the first practice.
- A refund will only be provided if a serious injury or health issue prevents the athlete from continuing their participation on the team. A doctor's note is required. Any withdrawal from the program prior to February 1, 2020 will be eligible for a refund of \$100. **There are no refunds after February 1, 2020.**
- If you are not already registered with your Provincial Sport Organization (PSO) then you will be required to register with Rhythmic Gymnastics Manitoba (RGM). The fee is \$43 per year (2019/20 season).
- The program requires a minimum of 14 participants. If this minimum is not met, the program will be cancelled and a full refund will be issued.

### Registration

Please register by emailing Tracy and Tanya. Just say – “I'm signing up!” and we'll ask you to fill out some personal information at the first practice.

Contact us anytime with questions.

Tracy Sterdan

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Tanya Manastersky

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