

IN THE SPIRIT OF
PROVINCIAL GYMNAESTRADA

Join us from home for:
Together We Are Stronger

SUNDAY, JUNE 14, 2020, 2PM



Gymnaestrada brings people together to showcase and celebrate the diversity of gymnastics and its participants.

This year, Rhythmic Gymnastics Manitoba will be hosting a virtual event, capturing a memorable mass routine on video that brings our gymnastics community together while we are staying apart.

The theme “Together We Are Stronger” reflects the collective efforts of our community to fight the COVID-19 pandemic, whether that is working on the front lines or maintaining social distance to keep those around us safe.

Provincial Gymnaestrada: Together We Are Stronger

Rhythmic Gymnastics Manitoba is pleased to invite all gymnasts (including rhythmic, acro and artistic men and women, cheerleading, dance and aerobic groups) to take part in the 2020 virtual Provincial Gymnaestrada event, one mass routine incorporating all groups and participants and captured on video.

Registration is FREE!

Small donations to cover the honorarium of the videographers involved will be accepted.
See registration form for details.

To register, please complete the attached registration form and email the registration to rhythmic@sportmanitoba.ca by **May 14, 2020**.

All participants must sign the [PIPEDA Image Release](#) and [Risk Waiver](#) if they have not already for 2019-2020 season and submit to rhythmic@sportmanitoba.ca.

Group Registration

Participants can register as a "group" if you have 5 or more participants and a designated group leader. Group choreography must be put together by a certified coach that is authorized by RGM to offer virtual training.

Groups will be assigned a small section of the routine for their group alone to perform to showcase their groups skills. The length of this section will vary depending on number of participants in the group and number of groups who register. The event organizers will host an optional Q&A meeting with group leaders to discuss logistics of choreography with the end video in mind.

Groups will also be welcome to learn and participate in the mass choreography sections of the routine.

Individual Registration

Individual participants will learn mass choreography through a home-practice video that is accessible for all levels of athlete. There will be a rehearsal (June 7) to provide coaching pointers and make sure everyone is comfortable performing the choreography.

We encourage family or friends to join as participants where it is safe to do so, maintaining social distance as per public health guidelines at the time of event.

Instructions for Participants

Detailed instructions for participants will be circulated to registered participants the week of **May 18, 2020** along with a video containing the mass choreography. The choreography will be designed to be accessible to all levels of athlete and can be performed from home or outside.

The event on **June 14** will be hosted on **Zoom** beginning at **2PM**. Video recording may happen as a group or in staggered time slots depending on the number of participants. Participants can join Zoom meetings for **FREE** on a computer or smart phone through a link that will be circulated to participants. You do not need a Zoom account to participate.

There will be a **rehearsal on June 7 at 2PM** to ensure everyone can successfully join the meeting and that the video is captured properly. The footage will be reviewed after the rehearsal and tips for performers will be circulated such as camera angles and choreography tips to capture everyone's best performances!

After the event, the video footage will be compiled into a memorable video and share on RGM's YouTube account for everyone to enjoy.

Please send inquiries to Laura at rgm.ed@sportmanitoba.ca