



Manitoba Fusion 2021 - 2023

Manitoba Fusion is a [Gymnastics for All](#) team that is established every four years with the purpose of participating in the Canadian and World Gymnaestrada events.

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.

The next World Gymnaestrada is in Amsterdam, Netherlands from July 30 to August 5, 2023.

In preparation for the [2023 World Gymnaestrada](#) in Amsterdam, Canadian teams are required to participate at the 2022 Canadian Gymnaestrada in Edmonton from July 1-4, 2022. The purpose is to showcase our team's routine and gain a performance spot as part of Team Canada at the 2023 World Gymnaestrada.



See our team's past performances on YouTube:

Manitoba Fusion "Don't Stop Me Now" | City Performance, Dornbirn 2019

https://www.youtube.com/watch?v=E_CMP0fIRQo

Manitoba Fusion "Beauty and the Beast" | Large Group Performance, Dornbirn 2019

<https://www.youtube.com/watch?v=SAAAjE55zes>

Manitoba Fusion "Cinderella" | Large Group Performance, Helsinki 2015

<https://www.youtube.com/watch?v=WmLr3VUatC0>

Athlete Eligibility

We are looking for athletes of all ages and abilities!

Experienced athletes

Experienced gymnasts, dancers and cheerleaders that have participated in their discipline for a minimum of five years are welcome to audition for the team.

Participants need to be a minimum of 10 years old by December 31, 2022 (born in 2012 or earlier). This is also an excellent opportunity for retired athletes who are no longer training but would like to participate in their sport again.

Beginners

Parents, relatives and friends of gymnasts/dancers that are 18 years or older with less than five years of gymnastics experience are also being recruited to join our performance. No experience required, just lots of smiles and a willingness to participate.

Team Try-outs

We are offering two sessions for athletes and newcomers to try it out and get to know our team.

Sunday, October 17 and 24, 2021 | 7:00 – 9:00pm | Max Bell Centre fieldhouse

We encourage interested participants to attend both sessions. We will start with a brief information session and introductions of the coaching and leadership team. Our coaches will lead a strength and stretching warm-up and we'll teach some basic dance steps, acro skills and hand-held apparatus work. We'll also have a fun, simple choreography for participants to learn. We'll finish off the second session with a group question/answer period, so you have all the information you need to register.

The floor surface we are practicing on is a rhythmic gymnastics carpet approximately 14mX14m. Please wear comfortable workout clothing and bring clean indoor runners.

What are we looking for? We're looking for individuals who can demonstrate flexibility, powerful jumps, balance and rotation skills, tumbling (walkovers, aerials, handsprings, etc), partner lifts, cheerleading stunts, different styles of dance, facial and body expression, musicality or anything unique.

Training

- Training sessions will be on Sunday evenings from 7-9pm beginning November 7, 2021.
- There will be no training following Canadian Gymnaestrada in July 2022 and will resume again on October 17, 2022.

About the World Gymnaestrada

The World Gymnaestrada is a world-wide, non-competitive event held every four years, attracting the largest number of active participants of any gymnastic event. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.

All participants practice to perform their routines at the World Gymnaestrada, but that's not the only goal. It is more about the whole experience, the festivities, and a feeling of belonging. Proudly representing their countries adds a slight Olympic feeling to the event. Gymnastics from all over the world come together, reunited after several years, reinforcing international friendships, transcending language and culture differences.

Fees and Refund Policy:

- The registration fee is \$1,295 for the program running from November 2021 – July 2023.
- A deposit of \$500 is due November 7, 2021 and is non-refundable.
- Post dated cheques for \$265 each dated December 1, 2021, February 1, 2022 and March 1, 2022 are required on October 15th.
- 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 December 1, 2021 will be eligible for a refund of \$795. Any withdrawal from the program prior to February 1, 2022 will be eligible for a refund of \$530. Any withdrawal from the program prior to March 1, 2022 will be eligible for a refund of \$265. **There are no refunds after April 1, 2022.**
- Family discount - For additional members of the same immediate family (parents, spouses, and siblings) the fee is \$995. The fee for one family member is \$1,295 and the fee for each additional family member is \$995 (i.e. a \$300 discount per additional family member).
- If you are not already registered with your Provincial Sport Organization (PSO) then you will be required to register with Rhythmic Gymnastics Manitoba (RGM) or the Manitoba Gymnastics Association (MGA). The fee is \$43 per year (2021/22 and 2022/23).

Important Dates:

- October 17 & 24 – Try-outs 7-9pm at Max Bell Centre
- November 6, 2021 – Team meeting and first practice 7-9pm at Max Bell Centre
- June 11, 2022 – Provincial Gymnaestrada
- July 1-4, 2022 – Canadian Gymnaestrada in Edmonton, AB
- October 16, 2022 – Training resumes
- March 2019 (TBA) – Talent of Manitoba
- June 2023 (TBA) – Provincial Gymnaestrada
- July 30 – August 5, 2023 – World Gymnaestrada in Dornbirn, Austria

Costs to consider:

- Team registration fee (2021/22 only)
- PSO fee
- Fusion team tshirt and jacket
- Performance costume
- Canadian Gymnaestrada event fee
- Airfare or other travel to Edmonton, AB
- Accommodations, meals and transportation in Edmonton
- World Gymnaestrada event fee including registration, accommodations, meals, and Team Canada uniform
- Airfare to Amsterdam
- Sightseeing

More information on these costs will be discussed at our first team meeting on October 17, 2021.

Team Leaders

Tanya Manastersky – Coach and Choreographer

Tracy Sterdan – Coach and Choreographer

Carly Isaak – Team Manager

Fundraising

Manitoba Fusion will host the Provincial Gymnaestrada in 2022 and 2023 as well as the Talent of Manitoba showcase in 2023. These three events serve as fundraisers to support the team's operational expenses (facilities, coaching, equipment, etc). Members of the team will be expected to volunteer to help organize and run these events.

Additional fundraising is optional and may be initiated and coordinated by members of the team.

Participant Information

Please bring this completed form on October 17, 2021



Name: _____

Email: _____

Birthdate: _____ Age: _____

If under 18:

Parent/Guardian Name: _____

Parent/Guardian Email: _____

Describe your experience in dance, gymnastics, rhythmic gymnastics, cheer, or other. If you're a newcomer, tell us why you want to participate.