



The Manitoba Centre for Rhythmic Gymnastics Excellence, would like to invite your club to take part in the third annual *Christmas Cup - "Ready or Not"* Competition. This meet is intended to give your athletes an opportunity to try out their new routines in front of a judging panel.

We all know that at this time of the year, routines have not been perfected. That is not the goal of this event. Perhaps your athletes are ready to perform one or two routines or are ready to try out a full program? It is up to you.

*Christmas Cup - "Ready or Not"* will be the kick off to the competitive season and promises to be a fun-filled celebration of Rhythmic Gymnastics in Manitoba!!



looks forward to hosting your club at  
*2008 Christmas Cup - "Ready or Not"!!*

**General Information:**

**Date:** *Saturday, December 13, 2008*

**Location:** Max Bell Centre  
University of Manitoba  
Winnipeg, Manitoba

**Time:** Competition will begin at 9:30am  
Doors will open at 5:30am

**Contact:**

Patricia Lourens

**Meet Director**

Phone: (204) 832-5156 (H)

or

(204) 228-4431 (CELL)

E-Mail : [noeltric@shaw.ca](mailto:noeltric@shaw.ca)

Or

Natalia Rybak

**Head Coach, Alegria**

Phone: (204) 261-9484 (H)

or

(204) 999-9302 (CELL)

E-Mail: [amigo-rybak@shaw.ca](mailto:amigo-rybak@shaw.ca)

**Program:** Individual and Group Competition, Gymnaestrada performance.

**Technical Rules:** Competition will be judged according to the 2008-2009 competition Code of Points.  
We will be asking the judges to waive the deduction for cueing gymnasts.

**Technical Program:** See Attached Canadian Unified Provincial Stream Program and Canadian National Stream Program.

**Gymnaestrada Program:**

6 minutes – One or 2 routines, start to finish of music  
9 years & younger – may include under 5yrs old  
10 years & over  
Judges will be from arts disciplines outside of Rhythmic Gymnastics.

**Awards:** Apparatus Awards - 1<sup>st</sup> to 8<sup>th</sup> place medals and Participation medals for 9<sup>th</sup> place and over.  
All Around Awards – for individuals competing with a full program, we will have trophies for top three and medals for 4<sup>th</sup> to 8<sup>th</sup> place all around.  
Group Awards – 1<sup>st</sup> to 8<sup>th</sup> place medals for group events.  
Gymnaestrada - Trophy for winning club in each age group.

**Registration Fee:** Individual - \$40 plus \$5 / routine  
Group - \$15 /group routine per gymnast  
Gymnaestrada - \$5 / gymnaestrada routine per gymnast  
The maximum fee for any gymnast is \$60

**Preliminary Registration:**

Please send in preliminary registration by **Friday, November 14<sup>th</sup>, 2008** to [noeltric@shaw.ca](mailto:noeltric@shaw.ca)

**Final Registration:** Due **Friday, November 28<sup>th</sup>, 2008**. Please send completed registration form and fees to Patricia Lourens, 369 Marlton Crescent, Winnipeg, MB., R3R 1A6  
**Please make cheques payable to ALEGRIA.**

**Late Registration:** Each late registration will be charged a fee of \$10.


**Scripts:** Due Tuesday, December 9<sup>th</sup>, 2008 to the RGM office at Sport Manitoba, 200 Main Street, Winnipeg, MB., R3C 4M2  
Phone: (204) 925-5738  
Please use the new FIG scripts and **send in 1 original only** – written in black ink for quality photocopying.

**Music:** Please hand in music one hour before the start of each rotation.

**Canteen:** We are planning to sell nutritious food and drinks throughout the day at the canteen.

**Admission:** No admission fee will be charged. We will, however, have a silver collection and be selling programs and tickets for a silent auction.

As the date gets closer a second Bulletin will be sent out with a tentative schedule and updated information for the competition.

All at  look forward to hosting your club on Saturday, December 13, 2008.