



2020-21 Application Form: Sport Nova Scotia Members

General Information

First Name

Katherine

Last Name

Jetleb

Position Held within your Organization

Program Director

Do you belong to a Provincial Sport Organization?

Yes

No

Provincial Sport Organization

~~Not Applicable (Non-Member)~~

Gymnastics Nova Scotia

Community Sport Organization

Free Fly Gymnastics Academy

Joint Stocks Number (if applicable)

N/A

Number of Registered Members in your Organization

350

Region Your Organization Services

Halifax Regional Municipality (HRM)

~~Cape Breton (CBPM, Victoria, Inverness, Richmond)~~

Email Address

ffgymnastics@gmail.com

Confirm Email Address

ffgymnastics@gmail.com

Current Mailing Address (Street Address/PO Box)

123 Sesame Street

City/Town

Halifax

Province

Nova Scotia

Postal Code (enter without spaces i.e. B2G1C6)

B3A A1A

Telephone (enter without spaces i.e. 9024255450)

Primary

9025555555

Alternate

9021112222

Implementation

Please address all questions within each section.

Initiative Description

What is your organization's initiative?

This initiative aims to introduce aerobic gymnastics to Nova Scotia while enhancing physical literacy by offering a weekly after-school aerobics program in partnership with local schools. Aerobic gymnastics is a unique discipline of gymnastics, combining fundamental movement skills with core fitness elements to create a fast-paced routine that challenges strength, endurance, flexibility, coordination, and rhythm. In addition to bringing awareness for aerobics in Nova Scotia, this initiative seeks to promote and create a sustainable long-term school fitness program, helping youth get involved in gymnastics/sport while developing their athletic skills and physical literacy.

What are the goals and objectives of your initiative?

Our initiative has 3 main goals/objectives:

1. Raise awareness for aerobic gymnastics by teaching new skills each session and ensuring participants understand its basic concepts.
2. Improve fitness and movement skills among youth from low-income communities through structured sessions and individually tailored feedback and coaching strategies.
3. Increase participation in local gymnastics programs by monitoring progress and tracking interest in the sport during sessions.

What is the estimated timeline (from start to finish) of your initiative?

The program will be 10 weeks long, operating at 3 different schools. Each school will have a 1-hour session immediately following school hours, once a week for these 10 weeks. As the program goes on, each session will consistently present new aerobics skills and drills, while continuing to practice and develop foundational skills and movements. On the last week, participants from each school will have the opportunity to bring friends and families to sit in on a session, so they can also learn about the sport while the participants can show off their new moves, increasing their confidence, excitement, and enthusiasm. We will also hand out flyers and promotions to sign up for further aerobics classes (outside of the initiative) - giving the option for continued participation and awareness.

Is this an enhancement to an existing initiative or is it a new initiative (i.e. new participants)? Please explain your rationale.

This is a new initiative targeting first-time participants in the sport. While aerobic gymnastics is new to Nova Scotia, Free Fly Gymnastics Academy has been running a small pilot aerobics program for one year. Aerobics was only recently introduced to Canada (~a decade ago), and currently only exists in some clubs across Ontario. Its launch in Nova Scotia is focused on the HRM due to the region's large population and proximity to numerous possible training facilities. Free Fly's pilot program has demonstrated strong athlete commitment, development, and engagement, but it remains a challenge to raise awareness about the sport within the community. So, our initiative's focus is expected to quickly raise awareness and build interest in the broader community, allowing the sport to grow within the province.

Does your initiative target a diverse population? If yes, please specify the population, why your club is targeting this population and how your club is working with the targeted group to support the outcomes.

This initiative does target a diverse population, focusing on youth ages 9-18 in lower-income public schools in the HRM. Different from traditional forms of gymnastics, aerobics requires minimal equipment and only a hardwood/gymnasium floor to train on. Therefore, it can be easily taught, learnt, and practiced in both school and home settings - regardless of age, ability, or skill level. This makes the sport highly accessible to families with any income level and students with diverse physical and athletic abilities. So, by targeting this population, the initiative will reach a wider demographic, spreading awareness to lower income families about opportunities to participate in low-cost/free and highly adaptable alternative sport options like aerobics.

Initiative Implementation

How does your organization intend to implement this initiative?

The program will run for 10 weeks, with 1-hour weekly sessions at 3 schools in the HRM, prioritizing schools in lower-income communities. Each school will target a different age group: one elementary (grades 3-6), one junior high school, and one high school. Sessions will have 7-30 participants, ensuring sufficient attendance to maximize benefits for all. In line with the coaching standards set by Gymnastics Canada, there will be 1 NCCP certified coach per 8 participants. However, all coaches will work together to deliver each session. Each session will begin with a 10 minute warm up utilizing games to introduce strength exercises while increasing energy and fun. This will be followed by 40 minutes of aerobic skills training done through circuits, one-on-one instruction, and group activities. The last 10 minutes of each session will include stretching and reflection, where participants will be encouraged to set goals and review their progress. The program will use music, mats, and fitness equipment to individually tailor lessons for each participant, working on their rhythm, strength, balance, and safety techniques. These sessions will take place in the school's gym or a nearby community centre/church if the gym is unavailable.

Has your organization connected with its Provincial Sport Organization (PSO) on this initiative? If yes, please describe how it aligns to their provincial priorities. If no, please describe why not.

Free Fly Gymnastics has connected with Gymnastics Nova Scotia (our PSO), and they have pledged to donate funds and assist in paperwork (as discussed later). Gymnastics NS's mission "provide and promote opportunities in Nova Scotia to experience gymnastics in a safe, inclusive, and encouraging environment". Our initiative closely aligns with these priorities, as we aim to make gymnastics more accessible and adaptable to a broader population by removing the financial barriers that often limit participation in gymnastics. Aerobics and our initiative both allow for an inclusive space where participants are encouraged to progress at their own pace while enjoying improving their fitness in a unique, new sport.

Has your organization collaborated with other partners (community sport organizations, municipal recreation or other stakeholders) on this initiative? If yes, please describe how are you working with these partners to implement your initiative. If no, please describe why not.

Free Fly has collaborated with the HRCE in planning and implementing our initiative. They have provided us with a list of schools and their associated physical literacy needs, socioeconomic status, and population. This will help us make a more informed and rational decision when choosing which schools to run the program in. The HRCE has also given us formal permission to run our initiative on school grounds, with school children, given that they have signed permission slips and the target schools also agree to running our program. Although we have not yet connected with our 3 target schools, the HRCE anticipates their approval and agreement to borrow whatever gym equipment the school has during sessions.

Has your organization sought out resources or consultation from similar initiatives (local, provincial, or national)? If so, what guidance have these resources provided to support your initiative? If no, please describe why not.

We have been in contact with the head coach at Saltos Athletics, Canada's oldest aerobic gymnastics club located near Ottawa, as well as Gymnastics Ontario (as Ontario is the only province with an established aerobic program). Both organizations have agreed to provide support our 10-week initiative and later our launch as a sport into Nova Scotia, though no financial contributions will be made. Instead, their support will come in the form of expertise in programming and sport logistics to ensure the program runs smoothly and teaches participants all essential foundational aerobic and gymnastic skills, while maintaining a safe, equitable, and enjoyable class.

Does your organization have the ability to move forward if only partial funding was awarded to your initiative? If yes, what would be considered as priority areas? If no, please describe why not.

In case of partial funding, Free Fly will be prepared to move forward with the program. Considering the sport's does not require a lot of expensive equipment and space, we would be able to run the program with our available money. Therefore, the budget would prioritize buying only essential equipment and possibly decreasing participation in each session to no less than 24 participants (thus reducing staffing costs as we would only need 3 coaches rather than 4). Alternatively, we may choose to reduce the number of schools for this initiative from 3 to 2, or shorten the timeline from 10 weeks to 8 weeks. While full funding would help support a more robust an comprehensive program reaching a larger population, partial funding will still support a smaller version of the initiative, focusing on introducing aerobic gymnastics to the community. From there, we would have the potential to gain additional sponsorships and funding as the program demonstrates success in meeting our goals and objectives.

What stage(s) of [LTD](#) does this initiative align to for your sport? Please describe the alignment.

The stages of LTD in sport that this initiative aligns to for gymnastics is fundamentals and learn to train. This is because the initiative will expose a variety of youth to sport programming and fitness training. This sets up the participants for success in future physical activity endeavours, whether it be in gymnastics or other sports. Learning the fundamental movement skills behind all physical activity is also important in setting up the new athlete for success. The International Olympic Committee has stated gymnastics to be one of three olympic sports that teaches all fundamental movements. Therefore, this initiative focuses on the fundamental stage of learning sport/gymnastics.

Impact and Measurement

How does your organization intend to measure the success of your initiative based on your goals and objectives?

Based on our goals and objectives, Free Fly Gymnastics will measure the success of our initiative through end-of program surveys given out at the end of the program. There will be an online version as well as a paper version. The form will assess the participants' enjoyment and satisfaction with the program, as well as ask open-ended questions regarding their perceived development/growth in the sport and their probability of continuing with the sport or recommending it to a friend. This will help us determine the level of awareness and interest the initiative brought to the sport. We believe our initiative is successful in this area if at least 40% of participants express an interest in continuing with the sport. To measure fitness and skill development, we will have participants show us a new skill they learned or developed at the end of each session, and monitor their progress throughout the rest of the program. Quantifiably, we are aiming for each participant to be able to demonstrate and perfect at least 3 new skills by the end of the program.

How will this initiative impact your organization in terms of quality and quantity? Please identify both projected initiative participation numbers and how this initiative will help your organization in the future.

This initiative will positively impact our organization in both quality and quantity. By partnering with public schools in lower-income communities, we aim to increase awareness of the accessibility and low-cost options to participate in aerobic gymnastics. As more families and youth become familiar with it (as the initiative progresses), we anticipate interest to rise regarding the pursuit for participation in aerobics within the community, helping to establish a more concrete aerobic program at Free Fly. In a more broad context, this also has the potential to expand aerobics across the province, exposing it to further gymnastics clubs. The initiative will also increase the quality of our programming by showing our coaches a more diverse range of participants with varying ages, abilities, and levels of athleticism. This will help refine and develop our coaching strategies while identifying areas of improvement.

How is this initiative sustainable year-over-year?

This initiative is sustainable year-over-year, as we will donate the equipment purchased and used for the initiative to our partner schools at the end of the 10-week program. This will provide them with the physical tools needed to continue offering an after-school aerobic gymnastics club/team. Further, we will invite phys-ed teachers and school administrators to observe the sessions, promoting education about the sport and how to access resources needed to incorporate it into regular curriculum. Since aerobics focuses on fundamental fitness skills, rather than the high risk elements of traditional gymnastics, it is an easy sport to teach and build upon over time. With our provided access to instructional videos and resources, while equipped with our donated equipment, schools will have the tools to independently sustain and grow the program long term.

Is this initiative part of a larger strategy or multi year plan? If yes, please describe. If no, please describe how this initiative will help your organization plan for future program development.

Yes, this initiative is part of a larger strategy/multi-year plan to introduce aerobic gymnastics to Nova Scotia, while promoting healthy living habits and participation in sport within the province. Ultimately, this initiative will serve as a foundation for expanding aerobic programs across Canada and Nova Scotia, growing the aerobics community and increasing engagement in recreation and sports within lower-income communities through accessible and low-cost programming.

Budget

Expenses & Revenue

Please list the detailed expenses that are relevant to your initiative **AND** please identify your supporting sources of revenue identified as confirmed or anticipated in the 'finance plan' box below. If there is any extra information you feel is relevant to your budget, please include it in this space.

For your detailed budget, please complete the expense and revenue template on the next page.

Example:

Expenses

- Jr NBA Basketballs (\$24.99/ball) X 25 = \$718.46
- Training Equipment (pylons, poly spots, bean bags, etc) = \$331.54
- Cdn Basketball's FUNdamentals Coach Development Course (\$150/person) X 12 = \$1800.00
- NCCP Coaching Athletes with a Disability – Online Course (\$15/person) X 12 = \$180.00

Revenue

- Provincial Sport Organization (In Kind – confirmed) = \$450.00
- Community Sport Organization (confirmed) = \$688.00
- Fundraising (unconfirmed) = \$150.00

Expenses – Revenue = Sport Fund Request
\$2383.00 - \$1288.00 = \$1095.00

Consider the Following:

- Only show expenses and revenues related to the specific initiative you are requesting funding for.
 - o Please do not provide an organizational budget.
- Confirm your initiative revenues are less than your expenses.
- Your organization should be self-supporting a percentage of the initiative.
- Supporting sources of revenues should be identified as confirmed or anticipated.
- Please attach any quotes to demonstrate actual cost when submitting your application.

Please provide an itemized cost breakdown below OR attach quote estimates when submitting.

Staffing Costs: (4 coaches)(\$16/hour)(1hour)(3 sessions/week)(10 weeks) = \$1920
Gymnastics Nova Scotia: +\$2000 EIAD fund
Facility Rentals: \$0 - HRCE has given us free usage of school gymnasiums as long as they are available
Equipment:
Folding cheese mat = \$200 x 1 = \$200
Foldable home lightweight gymnastics mats = \$150 x 4 = \$600
small individual trampoline = \$75 x 1 = \$75
Hula hoops, exercise sliders & bands, puzzle piece mats, & other small training accessories = &100
Free Fly fundraiser bake sale = +\$320

EXPENSES

REVENUE

Staffing Costs (salaries, benefits, etc.)

\$1920

Training / Coaching Certification Costs

Administration Costs (phone costs, copies, etc.)

Facility Rentals

Travel/Transportation (airfare, mileage, etc.)

Accommodations (room numbers X rates)

Food (meals/day x days or \$45 per diem max)

Equipment

\$975

Other (1) Please provide a short description.

Description:

Other (2) Please provide a short description.

Description:

Other (3) Please provide a short description.

Description:

Total Expenses = \$0.00 \$2895

Available from CSO (Community Sport Org)

\$0

Available from PSO (Provincial Sport Org)

\$2000

Available from NSO (National Sport Org)

Available from The Province (CCH – Sport & Rec)

Available from Fundraising

\$320

Available from Sponsorships

Available from Registration Fees/Charges

Other (1) Please provide a short description.

Description:

Other (2) Please provide a short description.

Description:

Other (3) Please provide a short description.

Description:

Total Revenue = \$0.00 \$2300

Sport Fund Request (Expenses-Revenue) = \$0.00 \$595

Applicant's Declaration

Privacy Policy

I hereby consent to the collection and use of my personal information as stated in the Sport Nova Scotia Privacy Policy. I understand that the Sport Nova Scotia Privacy Policy is accessible at www.sportnovascotia.ca or in electronic or hard copy format by contacting sportns@sportnovascotia.ca or 425-5450. I also understand individuals or organizations receiving funding can have their names and/or organization names published for the purpose of promotion, reporting and/or for use in the media.

Yes No

Disclaimer

Our organization has met with a Sport NS Regional Sport Consultant (RSC) to determine eligibility. If not, this application will not be accepted.

Yes No

Name of RSC met with:

Applicant Declaration

I hereby declare that the information in this application, to the best of my knowledge, is true and complete.

Yes No

Click to submit* application:

Submit to Sport Nova Scotia

*Please attach any cost quotes to the email after you click 'submit'.

Provincial Sport Organization Endorsement

This section is completed ONLY by the PROVINCIAL SPORT ORGANIZATION of which the applicant is a member. **This section is NOT to be completed by the applicant organization.** Upon submission, this application will be automatically sent to the applicable PSO directly for endorsement review. No additional action is needed from the applicant organization after submission for endorsement review.

How does this initiative align with your organization's current strategy of participation development?

This initiative aligns with our organization's current strategy of participation development, as we consistently want to retain current and recruit new members. By having our certified aerobics and gymnastics coaches teach the sessions, we aim to develop their knowledge about the sport to increase their commitment and engagement with it. Additionally, the initiative will attract participants from diverse backgrounds which will broaden our reach, supporting our goal of growing participation within the province and fostering long-term involvement in gymnastics.

How does this initiative align with your sport's Long Term Development plan?

In collaboration with Gymnastics Canada, Gymnastics NS's strategic Long Term development plan places an emphasis on "gymnastics for all". This vision, which prioritizes inclusivity and encourages widespread Canadian participation in gymnastics, aligns well with our initiative, which aims to make participation in gymnastics more accessible for youth and adults with varying backgrounds and diversity.

How will the PSO will help support this initiative during implementation, development and longer-term integration?

Gymnastics NS has stated that they will assist Free Fly with the legal and administrative requirements for running the initiative, as well as introducing aerobics as a new gymnastics discipline after the initiative has concluded. Currently, they have also given us a \$2000 grant for the initiative through EDIA (Equity, diversity, inclusion, and accessibility) funding to aid in our goal of getting financially disadvantaged Nova Scotian families involved in sport and gymnastics. During implementation, the executive program director will visit during sessions to give us feedback and advice on opportunities and challenges that we face.

Endorsement of Membership Status

I verify that this member organization is in good standing with our provincial body.

Yes No

Click to submit endorsement:

Submit to Sport Nova Scotia