



Gymnastics **BC**

ANNUAL REPORT

2022-2023



TABLE OF CONTENTS

02	Table of Contents	16	GFA Year in Review
03	Message from the Chair	17	GFA Highlights
05	Message from the CEO	18	Women's Artistic Gymnastics (WAG)
07	The GymBC Team	19	WAG Highlights
08	Membership Overview	20	Men's Artistic Gymnastics (MAG)
09	Members by the Numbers	21	MAG Highlights and Results
10	Risk Management	23	Trampoline Gymnastics (TG)
12	Coaches and Judges	24	TG Highlights
13	Coach Education Stats	26	Events
14	Coach and Judge Highlights	28	Communications
15	Gymnastics For All (GFA)	29	Communications Stats

ABOUT THIS REPORT

This report provides an overview of the organization's achievements and activities throughout each year.

Technical highlights, events, statistical information on membership and participant numbers are as of membership year end, August 31, 2023.

ABOUT GYMNASTICS BC

VISION

To be a provincial leader in the delivery of quality foundational and high performance programs and services that foster lifelong sport participation.

MISSION

To provide positive and diverse gymnastics experiences for province-wide participation at all levels.

MESSAGE FROM THE CHAIR



Our focus is the sport of the gymnastics community; the strength is in our numbers. Together we foster the physical, mental, social and emotional development of our athletes to achieve excellence inclusive of all abilities and goals in a fun and safe environment for athletes to train.

The state of sport report in 2023 reveals that while youth sport is bouncing back across Canada, the costs to playing are rising and member clubs are navigating these barriers that have been created for many families and challenging sport organizations. The increase in operating costs and fees pose new challenges for sport organizations to overcome - including finding quality staff and wage support to retain good staff. By providing information and access to parents through partnerships with third party funding organizations, you are ensuring that kids in need have equal access to sport and play. Together we provide much-needed opportunities for kids to realize the transformational benefits of sport and play. By recognizing the real value of sport and play, together we can improve the well-being of children and youth in our communities. Sport matters so much - it shapes development, boosts mental health, raises self-esteem, connects kids to communities, and builds dreams.

Safe Sport continues to be a busy and relevant topic for all Canadian gymnastics organizations and Canadian sport as a whole. GymBC continues to engage community members to exchange leading practices in coaching and safe sport. This year saw the release of the Social Media Policy, Screening Policy, Updated Team BC Handbook and the Complaint Management Policy; including the following policies: Safe Sport Policy, Maltreatment and Discrimination Policy, Code of Conduct Policy, Alternate Dispute Resolution Policy, Investigations Policy, Complaints, Hearing, and Discipline Policy, Appeals Policy, conflict of Interest Policy and Travel Policy. The new Committee Policies and Procedures and the new Technical Committee(s) Framework and Terms of Reference were also adopted and became effective July 1, 2023.

I want to start by saying thank you. Our GymBC member community believes so strongly in the importance of sport and play for BC's youth and children - and your club, their engagement and support to your communities is deeply appreciated and noticed.

MESSAGE FROM THE CHAIR



Thank you to our member clubs for continuing to raise the level of gymnastics sport in British Columbia. We share a collective interest in finding “our better” alongside the technical committees, officials and our member clubs. And most importantly, thank you to our coaches and administrators for showing up every day. You are, and always will be, the spark to our greatness.

On behalf of the GymBC Board of Directors, I want to express my appreciation and gratitude to Nigel Loring, the GymBC leadership team, our dedicated volunteers, members and employees for their professionalism, passion, and commitment that enables us to hold fast to GymBC’s values and vision while being present and purposeful in everything we do.

Together, we are gymnastics sport.

Together, we make everybody feel like a somebody.

A handwritten signature in black ink, appearing to read "Jennifer Lyster".

Jennifer Lyster
Chair, Gymnastics BC

MESSAGE FROM THE CEO



Gymnastics BC's member clubs have made significant progress over the past year in their recovery over the previous, two and a half years of pandemic related disruptions. Although not all have enjoyed the same participation as pre-pandemic levels, overall, we continue to see increased registrations across all membership categories. In the past year, our membership was just shy of 45,000 members, which is 83% of our largest membership year, which had 54,000 members in 2018-19.

The 2022-23 membership year marked the "in-person" return of our Annual Awards and Scholarship Night which offered a wonderful opportunity to celebrate the many accomplishments and successes of our members. Thank you to our GymBC community for continuing to go above and beyond in their pursuit for excellence at all levels. The evening's festivities were followed the next day with the Annual General Meeting which brought member clubs together both in person and through remote, video link to receive various reports, elect directors to the board and discuss the progress we achieved and the challenges we faced over the previous year.

In the fall of 2022, GymBC launched a Technical Committee review to evaluate our current structure and determine where we might improve overall functioning and alignment of these vital assemblies made up of dedicated volunteers from the community. After extensive engagement and community outreach, a leadership working group committee made up of the four Technical Committee Chairs, drafted a new term(s) of reference and structural framework which was approved by the board of directors in June of 2023.

As fall turned into winter, the calendar for competitive athletes, coaches and judges was for many, very busy indeed. After months of selection meets and preparation camps, our Gymnastics contingent of Team BC achieved some very strong results at the 2023 Canada Winter Games in Charlottetown, PEI. Overall, Team BC ended up with the 3rd most medals (behind Quebec and Ontario) with GymBC artistic and trampoline athletes contributing 5 gold, 2 silver and 2 bronze medals. Just under a month later, the rescheduled 2022 BC Winter Games, was held in Vernon with over 150 athletes, coaches and judges representing each of the 8 zones within the province. Congratulations to North Valley Gymnastics Club who hosted the successful, multi-day format with packed stands of audiences throughout all sessions to cheer on the performing gymnast.

A big THANK YOU to all the clubs and volunteers who hosted meets and preparation camps throughout the past year. Both the Artistic and Trampoline Optional BC Championships hosted by Flip City and the WAG Compulsory BC Championships hosted by Langley Gymnastics Foundation were resounding successes. Canada's best gymnasts also returned to the province with the 2023 Canadian Artistic Championships held at the Richmond Olympic Oval, May 18-22. At the end of May, White Rock Gymnastics Club hosted a thrilling BC Gymnaestrada event at Trinity Western University, with over 350 gymnasts and coaches featuring captivating performances centered around the theme of traveling the world and celebrating this year's theme: "It's A Small World: Celebrating Diversity in Sport."

MESSAGE FROM THE CEO



Over the summer, GymBC has been working on developing a new website which we hope will provide our members with easy access to a variety of important resources and information. We have also worked closely with Gymnastics Australia to secure distribution rights to a new program called “Fitter for Life”. The program aligns and supports the foundation of movement for life in promoting gymnastics as a 'sport for everybody'. The Fitter for Life program was developed with a view to provide safe and enjoyable way for older adults to re-engage in physical activity. GymBC is thrilled to provide exclusive access to this fantastic, turn-key program for all member clubs as an added member benefit at no charge.

The past season also saw a number of staffing changes with the departure of Nathan Kindrachuk last fall to take on direction of Safe Sport issues with Hockey Canada. After a long search, Justin Schubert joined GymBC as Sport Safety Officer in the spring of 2023 and has carried on the significant work GymBC has committed to in the advancement of Safe Sport and risk management issues. Justin completed two tours of Northern BC clubs this summer and has plans to visit the Kootenay region this fall as part of our club engagement initiative. Other staff changes included a relatively short period of engagement with Megan McDermott as Administrator and Bobby Kriangum who is currently serving as our Recreation Program Coordinator. Long-time GymBC staffers, Keara Urquhart and Leanne James started their parental leave with Keara's newest family member arriving in November and Leanne's special gift arriving in May. Congratulations to both Mum's and their families. Aidan Muth transitioned this spring from part-time contractor assisting coordination of GFA programs to a full-time role supporting Administration and Events coordination.

In closing, I would like to extend my sincere appreciation to both past and present board members along with our professional staff and contractors for their significant contributions to the ongoing success of GymBC's many programs, events and services. I would also like to thank all of our member clubs for their continued support and trust this past year. It is a privilege to work with all of you as we embark on another incredible year for gymnastics in BC. I look forward to seeing and sharing more good news with you at this year's Annual General Meeting at the Element Vancouver Metrotown in Burnaby on October 15.

Sincerely,

A handwritten signature in black ink, appearing to read "Nigel Loring".

Nigel Loring
CEO, Gymnastics BC

MEET THE GYMBC TEAM



BOARD OF DIRECTORS

CHAIR

Jennifer Lyster

VICE-CHAIR

Mary Morice

DIRECTOR OF FINANCE

Vivien Chow

WAG TECHNICAL CHAIR

Jesse Jakins

MAG TECHNICAL CHAIR

Mike Hood

TG TECHNICAL CHAIR

Megan Conway

TG BOARD REP.

June Booth

GFA CHAIR

Jayleen Sideritsch

DIRECTOR AT LARGE

Chantelle Yates

DIRECTOR AT LARGE

Brandon Jung

ZONE COMMITTEE CHAIRS

ZONE 1 CHAIR

Amy Lockhart

ZONE 2 CHAIR

Heather Ivanitz

ZONE 3 CHAIR

Kris Krunick

ZONE 4 CHAIR

Bobbie Worrall

ZONE COMMITTEE CHAIRS (CONT.)

ZONE 5 CHAIR

Jennifer Dober / Kristina Sharp

ZONE 6 CHAIR

Lucas Tiefenbach

ZONE 7 CHAIR

Lara Collingwood

ZONE 8 CHAIR

Chantelle Yates

STAFF

CEO

Nigel Loring

SPORT SAFETY OFFICER

Justin Schubert (start April 2023)

MEMBER SERVICES MANAGER/FINANCE

Catherine Dubinsky

BUSINESS DEVELOPMENT & EVENT MANAGER

Leanne James (on leave as of April 2023)

COMMUNICATIONS & RECREATION PROGRAM MANAGER

Keara Urquhart (on leave as of November 2022)

ADMINISTRATIVE AND COMMUNICATIONS COORDINATOR

Megan McDermott (end March 2023)

ADMINISTRATIVE AND EVENTS COORDINATOR

Aidan Muth (start March 2023)

STAFF (CONT.)

COACH AND JUDGE DEVELOPMENT COORDINATOR

Bobbie Worrall

WAG PROGRAM COORDINATOR

Momona Komagata

MAG PROGRAM COORDINATOR

Thorstein Fischer

TG PROGRAM COORDINATOR

Debbie McBoyle

RECREATION PROGRAM COORDINATOR

Bobby Kriangkum (start November 2023)

RECREATION PROGRAM ASSISTANT COORDINATOR

Aidan Muth (Nov. 2022 - March 2023)

COMMUNICATIONS CONSULTANT

Michelle Comeau

PROVINCIAL PERFORMANCE ADVISORS

Jared Goad (WAG)
Richard Ikeda (MAG)
Jason Burnett (TG)

EQUIPMENT COORDINATOR

Michelle Ricks

EQUIPMENT TECHNICIANS

Garry Ricks
Thorstein Fischer
Chris Sheremeta
Innocent Eragbhe
Jake Maxim

TEAM BC UNIFORM COORDINATOR

Kerrie Turner

OVERVIEW

MEMBERSHIP



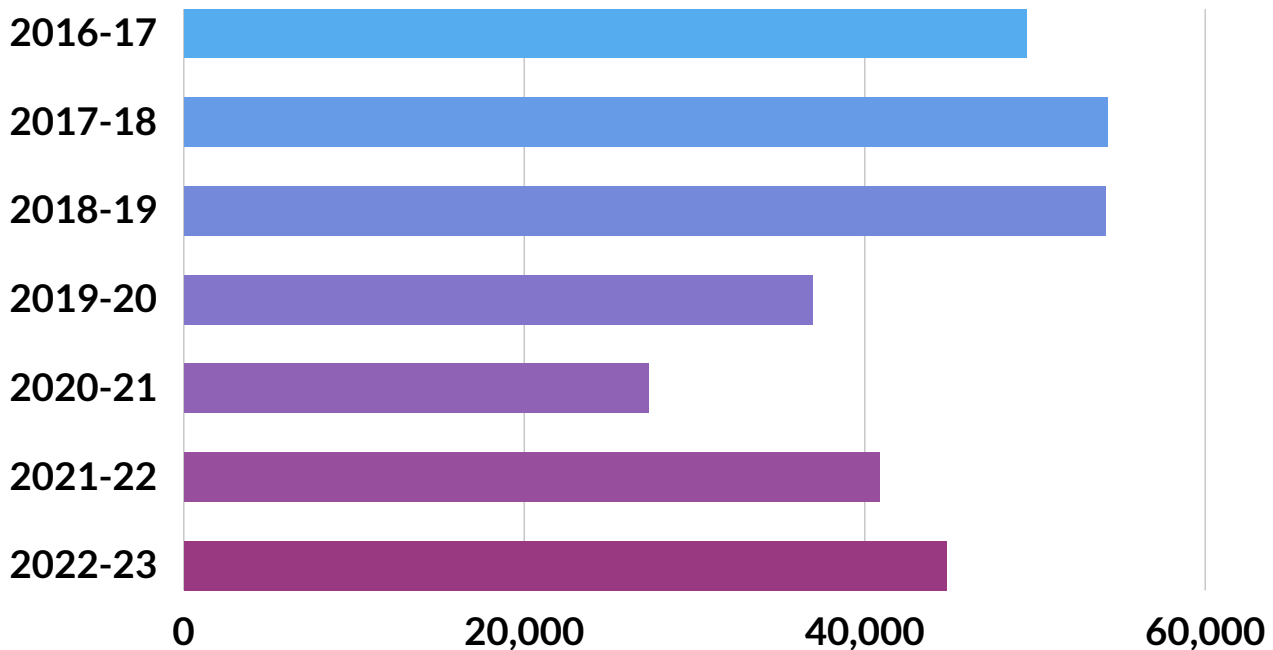
image credit: Very OK Photos



image credit: Terry Sue

69
MEMBER CLUBS
↓ 3
2021-22 to 2022-23

44,742
TOTAL UNIQUE
INDIVIDUALS
↑ 3,525
2021-22 to 2022-23



BY THE NUMBERS

MEMBERSHIP

Note: Because some individuals are registered in more than one role and/or category, the numbers for each of the bullets below do not add up to the total amount for each role/category. The role/category totals are of the unique number of individuals registered in that role/category. That is also the same reason why the pie charge percentages do not add up to exactly 100%.

RECREATIONAL ATHLETES (40,493)

- Artistic (34,517)
- Trampoline (2,795)
- Artistic Casual (3,207)
- Trampoline Casual (162)
- Artistic Interclub Performance (744)
- Artistic Interclub Performance Plus (18)
- Acrobatic (66)
- Circus Arts (71)
- Parkour (662)
- Adaptive/Inclusive (90)

COACHES AND JUDGES (1,292)

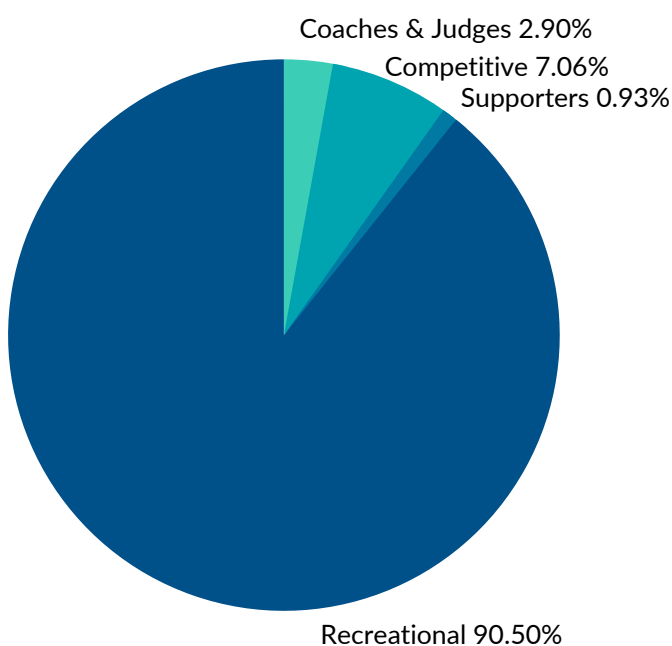
- Artistic Recreational Coach (806)
- Trampoline Recreational Coach (92)
- Recreational Pre-CIT Coach (116)
- Men's Artistic Gymnastics Coach (55)
- Women's Artistic Gymnastics Coach (307)
- Trampoline Gymnastics Coach (66)
- Acrobatic Coach (7)
- Men's Artistic Gymnastics Judge (33)
- Women's Artistic Gymnastics Judge (116)
- Trampoline Gymnastics Judge (36)

COMPETITIVE ATHLETES (3,158)

- Men's Artistic Gymnastics (229)
- Women's Artistic Gymnastics (2,594)
- Trampoline Gymnastics (290)
- Acrobatic (25)
- Masters/Adult (31)

SUPPORTERS (416)

- Board of Directors & Volunteers (267)
- Club Staff (99)
- Other (58)



RISK MANAGEMENT & SAFE SPORT

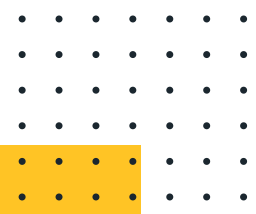


image credit: AirTime Photos

Risk management has continued to be an essential part of GymBC's operational priorities. In the 2022-2023 season, GymBC continued its commitment to risk management strategies and initiatives including safe sport presentations, club visits and complaint management processing.



image credit: Luke O'Geil Photography

Risk Management Support

GymBC's Sport Safety Officer continued club visits to better assist with operations and risk management practices. This included the first trip to Northern BC to visit 6 clubs within zone 7 and zone 8. Additional purposes of these meetings were to support clubs with tools to improve their risk management processes and identify common issues for the development of future tools, templates, and resources for clubs to leverage.

GymBC and member clubs continue to utilize the online injury reporting system. This has allowed GymBC to identify injury related trends and the circumstances surrounding those trends.

RISK MANAGEMENT & SAFE SPORT (Cont.)



Insurance Coverage

GymBC was successful in retaining the same insurance coverage with Gameday that we obtained in the 2021-2022 year. Our risk management strategies implemented in previous years has been integral in securing adequate insurance coverage.

Safe Sport

This year GymBC, along with other provincial and territorial gymnastics organizations in Canada, have worked to develop an educational video series surrounding safe sport. The goal of the video series is to provide athletes, coaches, parents and supporters alike, with resources on how to create and protect safe space in all aspects of sport.



GymBC received and processed several complaint submissions through our independent third party system during the past year. The Complaint Management Handbook, which was updated this year, continues to be used for complaint intake and handling. GymBC also developed two new policies in the area of safe sport. Both the new Screening Policy as well as Social Media Policy were rolled out in January 2023.

BY THE NUMBERS

COACHES AND JUDGES



	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
ARTISTIC REC. COACH	785	886	766	575	717	806
REC. PRE-CIT	72	72	197	109	144	116
TG REC. COACH	56	22	91	66	84	92
WAG COACH	220	222	272	285	272	307
MAG COACH	48	46	43	44	50	55
TG COACH	24	28	55	56	68	66
ACROBATIC COACH	1	4	5	5	8	7
TOTAL COACHES	1,206	1,276	1,429	1,140	1,343	1,449
WAG JUDGE	70*	86*	81	115	127	116
MAG JUDGE	28*	16*	10	34	22	33
TG JUDGE	39*	38*	31	29	31	36
TOTAL JUDGES	137	140	122	178	180	185

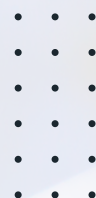
Please note: The above numbers may not represent the number of individual coaches and judges in each category, as some may participate in more than one discipline.

**revised numbers reflect errors corrected from previous annual reports.*



image credit: Terry Sue

EDUCATION COURSES COACHING



COURSE	# OF COURSES	# OF PARTICIPANTS	% CHANGE FROM 2021-22
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FOUNDATIONS INTRO	24	278	-2%
FOUNDATIONS ARTISTIC	22	260	-3%
FOUNDATIONS ACTIVE START	7	43	+39%
FOUNDATIONS TRAMPOLINE	17	142	-5%
FOUNDATIONS THEORY	15	243	-2%
COMP 1 THEORY	6	89	+201%
COMP 1 WAG	7	92	+64%
COMP 1 MAG	4	33	N/A*
COMP 1 TG	3	25	+56%
COMP 2 WAG	3	46	N/A*
COMP 2 MAG	2	12	N/A*
LEVEL 3 TG	1	7	N/A*
COMP 3 WAG	1	6	N/A*
COMP 3 MAG	1	8	N/A*
RECREATIONAL PARKOUR	1	10	+11%

*N/A percentage increase due to these courses not having run in 21-22; in total we were able to run 6 types of courses which did not run at all in 21-22 (11 total with 112 participants)

	Z1	Z2	Z3	Z4	Z5	Z6	Z7	Z8	TTL
--	----	----	----	----	----	----	----	----	-----

FOUNDATIONS INTRO	1	4	3	1	5	6	2	2	24
FOUNDATIONS ARTISTIC	1	2	3	1	5	6	2	2	22
FOUNDATIONS ACTIVE START		1			2	2		2	7
FOUNDATIONS TRAMPOLINE	1	2	2	3	4	4		1	17
COMP 1 WAG	1	1	1		1	2		1	7
COMP 1 MAG			1		1	2			4
COMP 1 TG			1	1				1	3
COMP 2 WAG					2	1			3
COMP 2 MAG					1	1			2
LEVEL 3 TG		1							1
COMP 3 WAG					1				1
COMP 3 MAG					1				1
RECREATIONAL PARKOUR							1		1
TOTAL	4	11	11	6	23	24	5	9	93

By Course

By Zone

COACH & JUDGE DEVELOPMENT HIGHLIGHTS

COURSES



- Created the GymBC Webinars page where webinar recordings are archived and can be accessed by filling out a registration form.
- Created a structure for a Coaching Mentorship Program
- Offered a variety of supplementary educational opportunities, from planning to strength training to coaching as a career.
- Distributed Certification Pathway and Coaching Charts to all member clubs.

- Delivered nine LF trainings - C1 MAG and WAG, C2 MAG and WAG, C3 MAG and WAG, C1 TG, and two GF TG - a total of 26 new Comp Stream Artistic LFs, 1 new Comp Stream TG LF, and 6 new GF TG LFs.
- Delivered six types of courses we did not run in 21-22, 4 ran for the first time since COVID and 2 ran for the first time ever in BC.
- Significant increase in the availability of Competitive Stream courses, suggesting the competitive stream of coaching is starting to catch up in post-COVID recovery.
- Overall 22-23 saw a 15% increase in the total number of courses offered (from 99 to 114) and a 20% increase in the total number of course participants (from 1078 to 1294).

ADDITIONAL COACH EDUCATION

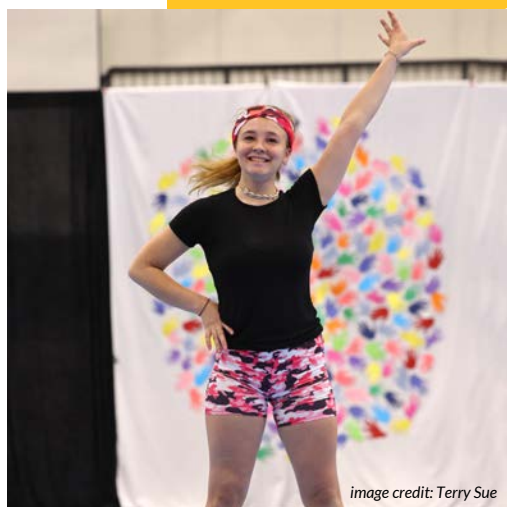


JUDGING



- Launched the Pilot Judging Excellence program to address concerns in the judging community and reward excellence.
- Created a structure for a Judging Mentorship program
- Trialed the Judging Availability Master Document and APE System for MAG.
- Delivered 5 TG Judging courses and 16 WAG Judging courses with a combined total of 250 participants.

GYMNASTICS FOR ALL



The 2022-23 Gymnastics For All (GFA) season provided numerous opportunities for our community to celebrate many wins, ranging from GBC events being hosted that added value to our community, all the way to the sheer volume of participants that participated in gymnastics programs throughout the season. In summary, we are pleased to share that there was a total of 66 clubs offering GFA programs to 41,419 participants, which was led by 939 coaches. It must be said that without our coaches, club staff, and volunteers, creating gymnastics opportunities at this scale would not be possible!

GFA REGISTRATION NUMBERS

	2020-21	2021-22	2022-23
ARTISTIC RECREATIONAL	19,770	32,430	34,517
TG RECREATIONAL	862	3,366	2,795
ARTISTIC CASUAL	1,795	1,680	3,207
TG CASUAL	-	394	162
RECREATIONAL ACRO	74	56	66
INTERCLUB PERFORMANCE	764	663	744
INTERCLUB PERF. PLUS	22	49	18
TG INTERCLUB	605	N/A	N/A
CIRCUS ARTS	266	0	71
RECREATIONAL PARKOUR	1,131	1,898	662
ADAPTIVE/INCLUSIVE	40	65	90
TOTAL	25,329	40,601	42,332

Some individuals may be registered in more than one category; this total is not of unique individuals.



A YEAR IN REVIEW

GFA

JULY 2022 CANADIAN GYMNAESTRADA



- Co-hosted with GymBC member club White Rock Gymnastics.
- This year's theme was "It's a Small World – Diversity in Sport", which inspired teams to share how sport and movement can be a beautiful way to become unified.
- In total, over 300 participants from 9 teams performed in front of a packed audience, and the roars and cheers from the crowd nearly blew the roof off the gym!

AUGUST 2023 GFA RETREAT



- 800 participants from across the country came together to celebrate the sport of gymnastics, dance and being active.
- Canadian Gymnaestrada was also declared as Gymnastics Canada's first-ever True Sport event, which set an underlying theme of creating a positive sporting experience for all participants.

MAY 2023 BC GYMNAESTRADA



- GFAC and GBC hosted our GFA Coaches Retreat, at VIP GymSport in Nanaimo.
- 19 participants from across BC came together for a weekend of professional development.
- The event was a great way for our GFA Coaches and Program Leaders to get refreshed and recharged.
- Reviews of the overall experience were fantastic!



HIGHLIGHTS

GFA

1

- Throughout the season, GBC partnered with Gymnastics Australia to acquire the Fitter for Life program, which will provide clubs with the tools and resources to deliver gymnastics programming for participants in the later stages of their lives. We are very excited that this program will be coming to fruition, and look forward to being able to see more participation in the Active For Life sector of gymnastics!

2

- A special mention to Delta Gymnastics Society, Island Rhythmic, TAG, VIP GymSport, West Coast Rhythmic, White Rock, and Whistler as they went on to participate at the 2023 World Gymnaestrada in Amsterdam, and proudly represented BC and Canada as a part of the 18,000 total participants at the event. We are so proud of you all!

GymBC is appreciative of all of our clubs and the programming you offer. The energy and effort you all put into providing gymnastics programs within your communities do not go unnoticed, and the joy and passion you all share for our sport make a difference in every participant you have the opportunity to work with. Thank you for all that you do, and here's to the 2023-2024 season!



WOMEN'S ARTISTIC GYMNASTICS WAG



image credit: Luke O'Geil Photography

Program Highlights

- Xcel Diamond division accepted for implementation in the 2023-2024 season.
- 4 individuals attended the 2022 USAG Congress and subsequently shared the gained knowledge through various education sessions.
- Barb Fraser won the High Performance Coach of the Year award from viaSport.
- Gordon Bennett and Barb Fraser nominated for the SportBC Athlete of the Year Awards & Adriana Schemel won the SportBC President's Award.
- GymBC commissioned compulsory text videos distributed for free in BC.

Coach & Judge Development Highlights

- 12 workshops and clinics held on a variety of topics in support of coaches and judges.
- The WJC provided 16 judging courses and continued professional education (CPE) opportunities.
- 3 judges successfully accepted into the Brevet Candidacy program.

Athlete Development Highlights

- 2nd annual Virtual Pre-Season Huddle held in conjunction with Judges' Cup.
- 5 live training camps were hosted by GymBC and the WTC throughout the year.

WAG REGISTRATION NUMBERS

	XCEL	1	2	3	4	5	6	7	8	9	ASPIRE	10	HP	TOTAL
2020-21	655	204	187	214	147	45	291	113	69	39	19	27	23	2,033
2021-22	1,033	131	210	197	134	34	273	153	64	38	20	30	12	2,329
2022-23	1,307	142	222	177	138	58	211	175	78	45	-	27	14	2,594

HIGHLIGHTS

WAG

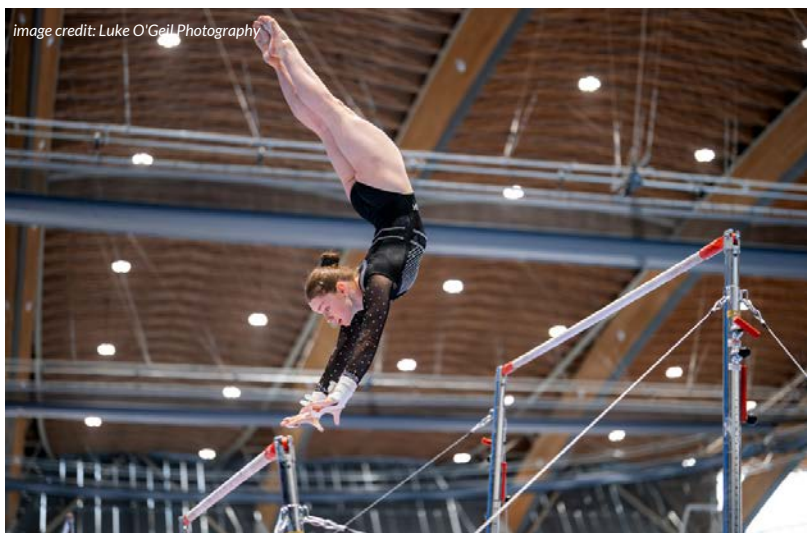


National

- Team BC clenched the bronze medal in the team competition at Canada Winter Games.
- BC athletes earned a total of 44 medals at the 2023 Western Canadian Championships.
- BC athletes earned a total of 17 medals at the 2023 Artistic Canadian Championships.

International

- Sydney Turner and Shallon Olsen contribute to team bronze at the 2022 World Championships thus earning Canada a team spot at the 2024 Paris Olympic Games. This is the first ever team medal for Canada at World's.
- Sydney Turner silver on uneven bars, silver on balance beam and bronze on floor at the Szombathely FIG World Challenge Cup.
- Sydney Turner bronze on floor and 5th all-around at the City of Jesolo Trophy.
- Aaliyah De Sousa contributes to a team silver at the DTB Pokal Junior Team Challenge.
- Coach Barb Fraser named as a Team Coach at the 2022 World Championships.
- Andrée Montreuil judges at the 2022 World Championships.



MEN'S ARTISTIC GYMNASTICS MAG



MAG REGISTRATION NUMBERS

	PROVINCIAL 1-5	NATIONAL OPEN/ELITE	TOTAL
2020-21	152	46	198
2021-22	201	47	248
2022-23	180	50	230

- Provincial 2 rules changed and, as such, the age groups shifted from U10 and 10-12, to 10, 11, and 12.
- Elite 3 and Elite 4 were removed. Elite 4 was replaced with Aspire, and Elite 3 had no direct replacement. Athletes in Elite 3 transitioned to P2, P3, or P4.
- Although our registration dropped by 18 participants The number of participants at BC Championships increased by 5 athletes.

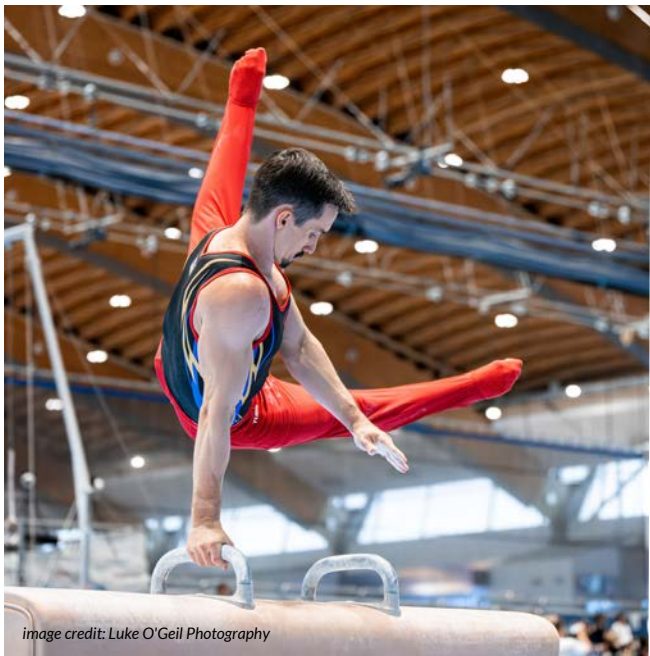


image credit: Luke O'Geil Photography

MAG Camps

- In an effort to increase movement through the coach pathways and to support the development of younger coaches, three coach learning facilitator (LF) courses took place throughout the year. The men's program now has eight Comp 1 LFs, four Comp 2 LFs, and three Comp 3 LFs. Before this, there were only two Comp 1 LFs in BC for MAG.



Canada Games

- Team BC sent Kai Iwaasa (PHX), Ethan Ikeda (TWT), Blake Morfitt (LGF), Jackson Martin (CRG), Joshua Carroll (TWT), and Connor Fielding (TWT) to Charlottetown to represent Team BC at the 2023 Canada Games. John Carroll (PHX) and Richard Ikeda (TWT) were selected as the team coaches.
- The team came home with a record 7 medals.



Westerns

- Provincial 2 was added to Westerns this year which meant some younger athletes got an opportunity to be a part of Team BC for the first time. They were super excited to be there and had a great time. The hope is that this opportunity helps keep them in the sport longer.
- In total, 44 medals were won by the men's teams. The Provincial 3 team A brought home team gold. The Aspire team and Provincial 4 team A both brought home team silver. And the Provincial 4 team B and Provincial 5 team both brought home team bronze.



Canadians

- Our Junior team took home first place. Blake Morfitt (LGF) and Jackson Martin (CRG) came second and third, respectively, in the Junior 16-18 all-around final. In total, 24 medals were won by BC athletes.

RESULTS

MAG(Cont.)



International

- Zachary Clay (TWT), along with coach Richard Ikeda, attended the Paris World Challenge Cup in September. Zach placed 4th on Pommel Horse in the Apparatus Finals.
- Zach and Richard also attended the Senior Pan American Championships in Medellin, Colombia in May. Zach helped Team Canada qualify a team for the 2023 World Championships. In the Team Final, Canada came 2nd.



CAMPS

MAG

- Three Provincial Camps were held throughout the year. One of them being on Vancouver Island at Inspire Sports Victoria.
- One Elite Camp was held this year at the end of June. Nick Blanton was brought in to be the camp lead. Nick gave an excellent presentation to the athletes and coaches on how to track consistency. The timing of the camp proved challenging for some athletes as it was during the week of some high school provincial exams.
- Following the first Canada Games trial in November, an IST camp was held for the athletes. Presentations on sleep, pre-habilitation, and mental performance were given to all athletes that participated in the trial.
- The selected Canada Games team had a preparation camp near the end of January. In addition, they had a staging camp in New Brunswick at Beausejour Gymnos to prepare for the games in PEI.
- One Westerns and one Canadians preparation camp were held for all selected team members in April and May, respectively.

TRAMPOLINE GYMNASTICS

TG



image credit: AirTime Photos

Program Highlights

- 227 athletes attend 2023 BC Championships.
- Part two of the CanJump Skills videos launched.
- CanJump profiled at the 2023 GFA retreat in Nanaimo.
- Launched the Sportzsoft Scoring Program at first Provincial Cup.
- Bid to host 2024 INDO Pacific Championships awaiting final approval from GymCan.

Coach & Judge Development Highlights

- Lilla Gulyas attended Canada Winter Games as the recipient of the Women in Sport Mentorship coaching program.
- 17 GF trampoline courses, three comp one and one level 3 course hosted.
- 165 participants to gain certification at various levels.
- 30+ registered Judges as of April 2023.
- 21 people registered for late summer entry level judging courses.
- Interior judging course scheduled for mid-October.

Athlete Development Highlights

- 19 athletes attend Whistler HP Athletes Camp with clinician Austin White.
- 17 athletes attend national level training camp focused on execution.
- Nanaimo welcomes 18 tumblers to weekend workshop with 7 time SR National Champion Jon Schwaiger.

TG REGISTRATION NUMBERS

	PROVINCIAL MEN			PROVINCIAL WOMEN			NATIONAL MEN			NATIONAL WOMEN			TOTAL
	TR	DMT	TU	TR	DMT	TU	TR	DMT	TU	TR	DMT	TU	
2020-21	37	31	4	84	52	20	12	7	-	12	23	2	284
2021-22	46	46	12	85	87	44	18	19	2	31	28	17	435
2022-23	54	44	20	87	82	38	28	63	4	26	32	12	490

Please note: The above numbers may not represent the number of individual registered competitive TG athletes, as some athletes participate in more than one event.



National

- Brooklyn Lee McMeeken wins Canada Games Womens Trampoline Gold.
- BC athletes earn 58 medals at the 2023 Western Canada Cup.
- BC athletes earn 25 medals at the 2023 Elite Canada.
- BC athletes earn 40 medals at the 2023 TG Canadian Championships.
- Gabby Flynn, triple Gold Medalist at 2023 TG Canadian Championships.
- Gavin Dodd repeats posting the DMT difficulty record to secure the SR DMT title by 17.60 points.
- Gavin Dodd and Gabby Flynn 2023 inaugural recipients of the Tamara O'Brien DMT award.
- Brooklyn Lee McMeeken named the GymCan Junior Athlete of the Year.



International

Congratulations to the following athletes for representing Canada on the International Stage:

- Gavin Dodd - World Championships - DMT Silver Medalist, World Cup Santarem, POR - DMT 4th & Silver, World Cup Coimbra, POR - DMT 4th
- Gabby Flynn - World Championships - Team DMT 5th, World Cup Santarem, POR - DMT Gold
- Gabby Flynn & Maja Bonham - World Cup BAKZ, AZB - TR-S 6th
- Hannah Brown - World Cup Santarem, POR - DMT 4th
- Kayla Howell - Pan American Championships - DMT Bronze
- Brooklyn Lee-McMeeken - Pan American Championships - JR DMT Gold, Pan American Championships - JR TR Bronze, Pan American Championships - TR-S 4th
- Samantha Smith - World Championships Team Member, Pan American Championships - TR Team Gold, World Cup Santarem POR - TR-S Bronze
- Taylor Pillinger - World Cup Santarem, POR

TRAMPOLINE GYMNASTICS

TG (Cont.)

TECHNICAL COMMITTEE

- The technical committee continues to research and develop initiatives to support athletes, coaches and judges, while navigating complex competition schedules, opportunities for training camps and financial constraints. As new members have joined the committee, it strives to establish a good working relationship within its very diverse and passionate members.
- An extensive restructuring process took place in the early fall. Two new documents are now in place;
 - Committee Policy and Procedures
 - Technical Committees Framework and Terms of Reference
- A clear policy for technical committee spending is also now in place.

CHALLENGES

- Clubs continue to rebuild their recreational programming, utilizing the CanJump program. Competitive registration has shown steady growth over the course of the season.

Special thank you to Megan Conway and all the technical committee members for their support and hard work this past season. It has had many challenges but many successes as well. Athletes have excelled on the national and international stage while representing their clubs, province and country.



2022-23 EVENTS



Event Highlights

- Hiring of new Events Coordinator to cover parental leave.
- GymBC welcomed over 1500 individuals to their events this year.
- Artistic Gymnastics Canadian Championships hosted in Richmond, BC at the Olympic Oval.
- Increased registration numbers of in-person participants at all events.



01

2022 Awards & Scholarships Night

- Held in person on Saturday, October 22.
- 150+ participants
- Recognized 70+ awards
- Awarded scholarships to Hillary English, Josh Holmes, and Ella Jalandoon.
- Presented the prestigious Member of Distinction award to Lisa Laundry.
- Honored Collen Kaminski and Vivien Symington with the GymBC Life Member award.

02

2022 Annual General Meeting

- Held both virtually and in-person on Sunday, October 23.
- Attended by 29 clubs (35%), with 12 clubs present in-person and 17 clubs joining electronically.
- Approved the Annual Report and Audited Financial Statement for the fiscal year ending June 30, 2022.
- Approved the Membership Fee Structure for 2023-26.
- Re-elected Jennifer Lyster to the board by acclamation.

2022-23 EVENTS (Cont.)



03

Artistic & TG BC Championships

- Hosted at the North Surrey Sport and Ice Complex from March 31 to April 2, 2022.
- Co-hosted by Flip City Gymnastics and Gymnastics BC.
- Attracted over 550 participants in Artistic Gymnastics and 200 participants in Trampoline Gymnastics, including athletes, coaches, and judges.



04

Compulsory BC Championships

- Hosted at the Langley Events Centre from April 21 to April 23, 2022.
- Co-hosted by Langley Gymnastics Foundation and Gymnastics BC.
- Welcomed more than 400 participants, including athletes, coaches, and judges.



05

2023 BC Gymnaestrada

- Showcased the power of inclusivity, unity, and diversity through gymnastics.
- Hosted at Trinity Western University on May 26-27, 2023.
- Co-hosted by White Rock Gymnastics and Gymnastics BC.
- Engaged over 350 participants in workshops featuring various cultural activities such as Egyptian Belly dancing, African Drumming, Irish Dance, Indigenous Pow Wow, Pound Fitness, and Japanese Origami.
- Day 2 featured captivating performances centered around the theme of traveling the world, different methods of transportation, strength, confidence, acceptance, diversity, friendships across borders, and more!

2022-23 COMMUNICATIONS



Overview

Consistently delivered innovative and dynamic communication strategies. Internally, by creating cohesive branding material and strategies for GymBC staff to utilize, developing the sense of unity throughout the GymBC brand; and externally, by keeping community members informed and engaged. By providing timely updates on essential news, event results, and inspirational stories, as well as staying abreast of community trends, we have successfully nurtured a strong and connected community across the province.

Top Highlights

- Brand guidelines were implemented throughout the organization, defining GymBC's brand awareness and image.
- New GymBC website project in development – to be complete October 2023.
- Increased social media content and coverage during events – BC Championships, BC Winter Games, Canada Winter Games, and GymCan hosted events.
- Consistent website news posts featuring Team BC team announcements, event results, and GymBC features.
- Developed different strategies for GymBC staff to utilize when sending out important information to the community – to maintain consistency and brand.
- Enhanced the Team BC Handbook.
- Implementation of a new Emergency Action Plan and Response.

THE STATS COMMUNICATIONS



GYMBC WEBSITE

161K TOTAL PAGEVIEWS

↑ 25%

2,700
PAGE LIKES
↑ 6.9%



4,620
FOLLOWERS
↑ 6%



1,509
FOLLOWERS
↓ 1.2%

