



EVERYONE HAS A STORY...
THIS IS OURS.



CELEBRATING 50 YEARS



*"If history is taught in the form of stories,
it will never be forgotten."*

- Rudyard Kipling

It is a *big* deal to celebrate 50 years as a society! As the world continues to change, what sets a successful organization apart from the rest—and what makes an organization stand the test of time—is its ability to adapt to change.

Over the past 50 years, the gymnastics community has evolved in many ways—yet, there has been one constant; the commitment and passion of our members. The values displayed by the pioneers of our sport are still evident in today's generation, and these values have helped GBC grow into the 54,000-member strong organization it is today. To everyone who has taken part in gymnastics over the years, we are honoured and privileged you chose to be part of our story.

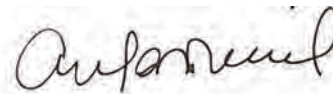
As we look to the next 50 years, we are confident in the knowledge that we will continue on the successful path set out for our organization; we will invest in our member clubs by increasing engagement efforts, providing athlete support, coach development, and developing new resources to assist our members.

As we present this book of memories we are proud to showcase GBC's many successes over the years, the growth of participation in gymnastics, and the diversity of our programs and events. We express our sincerest gratitude to all those who contributed to our sport, from the grassroots-level, to those who represented BC and Canada on the world stage—we salute you!

Sincerely yours,

A handwritten signature in black ink, appearing to read "Ana Arciniega". The signature is fluid and cursive, with a large initial "A" and a circular flourish at the end.

Ana Arciniega, Chair, Gymnastics BC

A handwritten signature in black ink, appearing to read "Andree Montreuil". The signature is cursive and somewhat stylized, with a large initial "A" and a long, sweeping tail.

Andree Montreuil, CEO, Gymnastics BC

CLUB HIGHLIGHTS

ALDEANA'S ACROBATS

Location: Surrey

Zone: 4

ARBUTUS GYMNASTICS CLUB

Location: Vancouver

Zone: 5

Club established: 1964

Mission: to provide an outstanding club experience by delivering a wide range of athletic, recreational, social, and cultural activities for all ages, enhancing the lives of its members [1]

ARMSTRONG GYMNASTICS CLUB

Location: Armstrong

Zone: 2

BALANCE GYMNASTICS INC.

Location: West Vancouver

Zone: 5

- *Balance Gymnastics provides an opportunity for competitive gymnastics that focuses on fun and fitness as well as personal development and achievement*
- *Goals are for long term development of competent and well-rounded gymnasts and to provide an opportunity for them to reach their full potential [2]*

BOWEN ISLAND GYMNASTICS CLUB

Location: Bowen Island

Zone: 5

Club established: 2004

- *Club was established after running as part of Bowen Island Parks and Recreation commission for the previous 10 years*
- *Serving over 150 gymnasts on Bowen Island*
- *2014 Gymnastics BC PLAY Club of the Year [3]*

BRITANNIA GYMNASTICS CLUB

Location: Vancouver

Zone: 5

- *Runs out of the Britannia Secondary School gymnasium*
- *Offers recreational gymnastics programs for over 30 years [4]*

CAMPBELL RIVER GYMNASTICS ASSOCIATION

Location: Campbell River

Zone: 6

- *Campbell River Gymnastics is devoted to providing affordable Gymnastics based fitness is a positive, healthy environment for children and adults of all ages [5]*

CARIBOO CHILCOTIN GYMNASTICS ASSOCIATION

Location: Williams Lake

Zone: 8

Club Slogan: *Be the best you can be and have fun!*

What are you most proud of?

We have grown our club from 65 athletes to well over 500. Our competitive team grew from 6 kids to 25 this year.

Connections to the Community:

We promote the sport through the community by doing things such as a float in a parade and demonstrations whenever we get the opportunity.

Greatest challenge to date:

Being a small club bursting at the seams - we need a bigger building.

Greatest success story:

We teach kids from all aspects of life with all sorts of skills to have fun while learning that exercise is fun.

A LOOK BACK IN TIME..

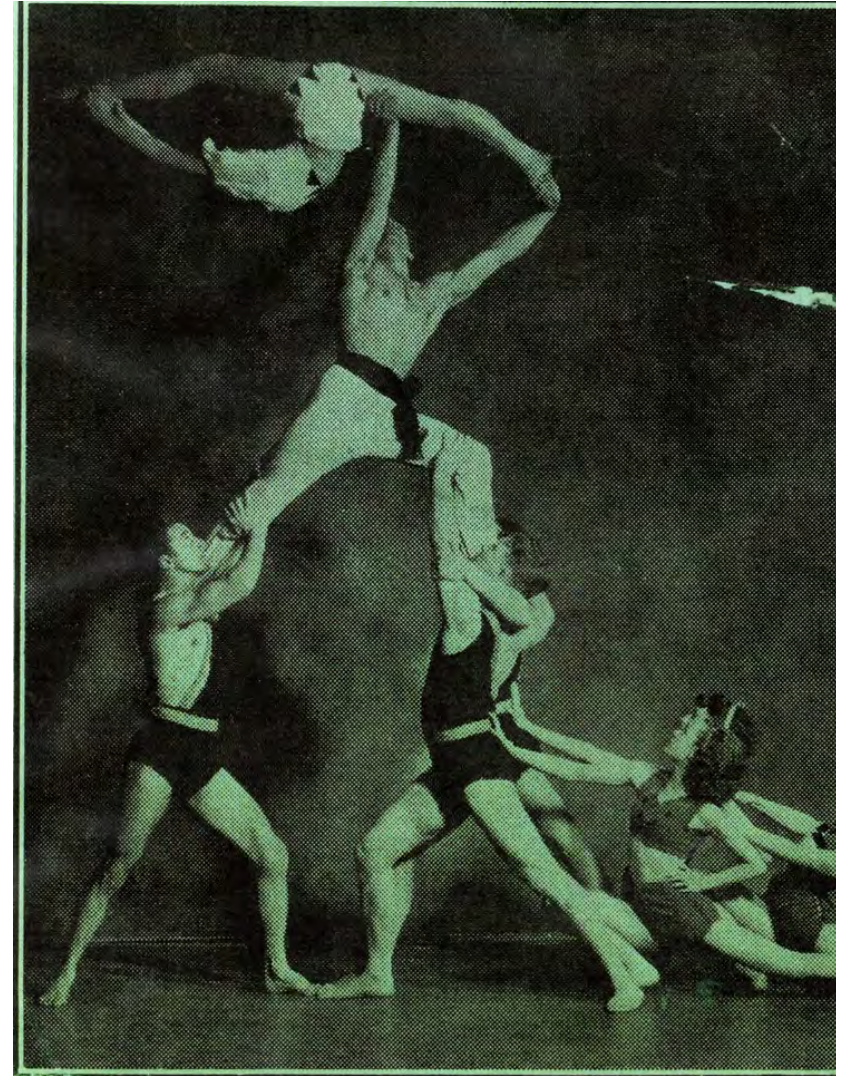
Photo: Wilkman, Erin. Delta Gymnastics, 1980



Photo: Hartley, Sandy. Flicka Gym Club
First Team Photo, 1963-64



A LOOK BACK IN TIME..



Gladys Hartley on top of "The Flag"
2nd top Per Thorsen

1939 YMCA Tumblers - Submitted by Sandra & Vic Hartley

CLUB HIGHLIGHTS

CLUB AVIVA GYMNASTICS

Location: Coquitlam

Zone: 4

Club Slogan: Building Brighter Futures

What are you most proud of?

Some club successes include being the winner of the Ed Broughman Award, winner of Tri Cities Chamber of Commerce Small Business Award & Business Leader of the Year.

Connections to the Community:

Established the Symington Endowment Fund which disperses several thousand dollars a year in bursaries to athletes and children with disabilities. We also participate in community events such as the Teddy Bear Picnic and parades as a corporate sponsor.

Greatest success story:

We are very proud of all of our programs and inclusive culture. We are proud to be owned and family operated since 1986, which makes us one of the oldest privately owned gyms in Canada.

Club History & Growth:

1986: Club Aviva Gymnastics is founded

1997: We designed and built our existing facility

2002: Established the Empowering Steps Movements Therapy Program

2006: Winner of the Tri-Cities Small Business Award

2009: Established the Symington Endowment Fund

2010: Winner of the Ed Brougham Award

2010: Tiana Hesmert made Canadian Team in Trampoline Gymnastics

2010: Matt Dykman and Makayla Koci went to the World Age Groups for Trampoline

2017: Recognized as a high performance club for both Trampoline Gymnastics and Women's Artistic Gymnastics

2018: Winner of the Tri-Cities Chamber of Commerce Business Leader of the Year

CRESTON VALLEY GYMNASTICS CLUB

Location: Creston

Zone: 1

Club Slogan: Play, Practice, Perform

Mission: To provide a positive, healthy gymnastics environment, for the pursuit of excellence and the enjoyment of the sport^[8]

Special Program: Jumping Jacks Play Club

- Fully licensed occasional childcare facility
- Designed to promote physical fitness and an active lifestyle^[9]

DELTA GYMNASTICS SOCIETY

Location: Ladner

Zone: 5

Club Slogan: Where Kids are First

What are you most proud of?

Winning the Ed Broughman Award for Top Club in Canada in 2008.

Connections to the Community:

Involved with Delta Parks & Recreation and Delta School Board, as well as hosting operation Red Nose for 17 years providing safe driving service for Delta and Richmond.

Greatest challenge to date:

Overcoming a devastating fire in 2002.

Greatest success story:

Hosting the Best of the West Gymnastics Fest in 2016, with close to 2000 participants including the Delta Invitational (1200 athletes), Western Canadian Championships (200 athletes), and BC Gymnaestrada (500 participants).

Club History & Growth:

1975: Kari Cullen opens a summer gymnastics program through Delta Parks & Recreation

1977: Delta Gymnastics starts operating year round

1979: Carlene Lewall is hired to work with Kari Cullen

CLUB HIGHLIGHTS

- 1983:** Boys recreational program starts and the first Delta Invitational is held with 85 participants
- 1991:** First High School Team and Boys Competitive Team
- 2002:** Fire at Delta Gymnastics - all expansion fundraising has to be directed to reconstruct
- 2008:** Delta Gymnastics wins the Ed Brougham Award as the Top Club in Canada
- 2011:** Delta Gymnastics moves into its new 20,000 square foot facility in Ladner
- 2016:** Delta Gymnastics hosts the Best of the West Gymnastics Fest at the Richmond Oval
- 2019:** Delta Gymnastics offers gymnastics programs from 6 months to 90+ years in competitive, developmental, and community programs

DREAMS GYMNASTICS INC.

Location: Surrey

Zone: 4

Club Slogan: Dream It! Live It!

What are you most proud of?

Dreams opened with 5 months of planning and organization. 4 months into business, we took 4 athletes to BC Championships. We are also proud of developing a special needs program, Interclub and Hip Hop teams, and our membership growth.

Connections to the Community:

We take part in parades, wellness fairs, kids events, and assist with Angel's for Autism.

Greatest challenge to date:

After a year and a half, we lost our 6,000 square foot facility and we were out of business for a month while we looked for another facility. We found one just under 2,000 square feet and have excelled further than our expectations in this space. We have continued to operate out of this facility for the past five and a half years.

Greatest success story:

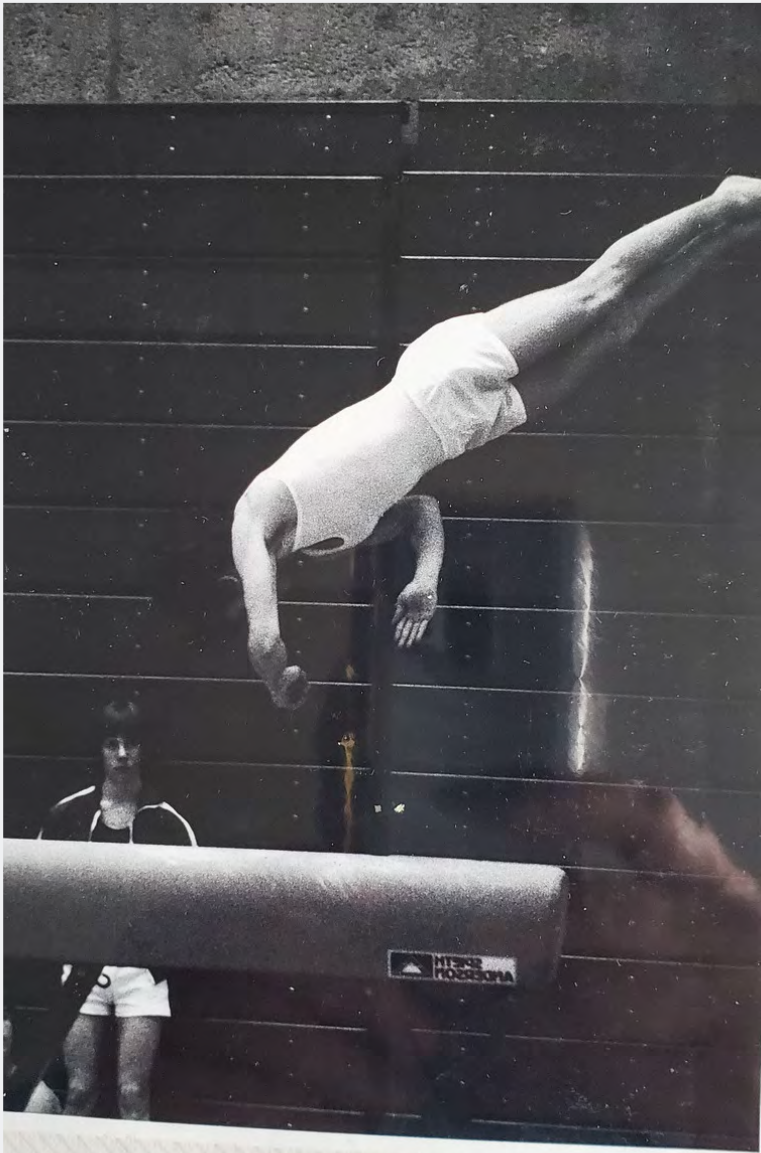
We are in a smaller facility and it has been very successful. We only run one class at time, with 2 full time, certified coaches, allowing athletes to have more one-on-one coaching time. This allows for more focus, spatial awareness, and time spent on activities without having to worry about sharing equipment with another class. This has benefited our athletes to achieve more skills in a shorter time frame.

Club History & Growth:

- Feb 2012:** Club was established by Kim Askin; grand opening after only five months of planning
- Apr 2012:** Interview with Shaw TV that aired on "Gen Why". We also took 4 girls to BC Championships. They brought home 1 gold medal, 1 silver medal, 1 bronze medal, and 5th and 8th place ribbons
- May 2012:** Developed Special Needs, Adult, and Interclub programs
- Sept 2012:** Interclub team begins with 15 athletes and Stanford's Who's Who recognizes Kim Askin as an honoured VIP Member for demonstrating outstanding leadership
- Sept 2013:** We open our new, smaller, facility
- Dec 2014:** 3 Interclub team athletes perform for an 89th Birthday Party. They receive a generous donation for performing, which went towards fundraising funds
- 2015:** Received Top Honoree Award from Creative Inc.
- Apr 2016:** Hip Hop team attends their first competition (Next Level Hip Hop Competition) and receive 3rd place
- Aug 2016:** Nominated for a Gymnastics BC Award
- Jul 2017:** Dreams Dance Instructor, Jessica Askins, choreographs a Hip Hop Routine for a member to audition in Orlando Florida in which she received 3 call backs for her performance

A LOOK BACK IN TIME..

Submitted by Rusty Pierce, Flip City



A LOOK BACK IN TIME..



Submitted by Sandra Hartley



CLUB HIGHLIGHTS

DUNCAN DYNAMICS GYMNASTICS CLUB

Location: Duncan

Zone: 6

Club Established: 1994

- Moved into the Island Saving Centre in 2009
- Over 300 gymnasts call our gym home ^[10]

ELK VALLEY GYMNASTICS CLUB

Location: Fernie

Zone: 1

- Recreational and competitive gymnastics, parkour, and circus for boys and girls ^[11]

FALCON GYMNASTICS

Location: Victoria

Zone: 6

Club Slogan: You can take the gymnast out of Gymnastics, but you can't take the Gymnastics out of the gymnast.

What are you most proud of?

There are many achievements over the clubs 40+ years in existence but the most memorable would be Tracy Beer placing first all around as the Junior Canadian Champion at Canadian Championships in 1978 in Ottawa. We are also proud of all of our athletes whose achievements are not just in medals, but in life. Becoming doctors, lawyers, teachers, or Cirque du Soleil performers later in life. Those are huge accomplishments thanks to Gymnastics!

Connections to the Community:

Helping the community (mainly schools) by supporting them, donating gift certificates and performing displays.

Greatest challenge to date:

The 1996 snow blizzard when the roof collapsed under the heavy snow. The repairs had to be done very quick!

Greatest success story:

Usually this story involves the gymnasts, but this one is about a coach who lives, breathes, and sleeps Gymnastics! Peter Allan is one very dedicated gymnastics coach for 40+ years at the same club! This is rare and very special. Gymnastics is his real passion, his life, and his everything. I have never met a coach who would be coaching 7 days a week, 8 hours a day, and come home to Youtube more Gymnastics drills and skills for another 6 hours! But that is Peter, he never gets tired of Gymnastics. He is very special!

Club History & Growth:

1973: Falcon Gymnastics was established and the first annual Garden City Invitational was born

1975: Jill Weinberg is Western Canadian Champion

1978-79: Tracy Beer is Canadian Champion

1986: Move into a new facility where we are currently located

1986-89: Katty Tilton & Tracy Frankson are BC Provincial champions

1990-2001: Erin Grant is the Silver Medalist at Western Canadian Championships

2006: Founder of Falcon Gymnastics, Marta Klinovsky, retires, and Peter and Renata Allan become co-owners

2009: Monika Allan is BC All Around Champion and Peter Allan is named BC National Coach of the Year

2018: 45th Anniversary of the Garden City Invitational

Falcon Gymnastics is celebrating its 46 years of excellence. Over these years, many memories, photos, and stories have been generated by the dedicated coaches, athletes, and parents. We are thankful to Gymnastics BC for their continued support over the years and we are looking forward to many more.

CLUB HIGHLIGHTS

Club History & Growth:

Around 1985: Club was founded

1995: Got a permanent building to rent

2000: Had an athlete, Clair Bernier, move to coast for more training to be a national rhythmic gymnast

2018: Had the biggest competitive team in many years. 25 members and growing

2019: Created a building fund to hopefully build a much needed new facility combined with indoor soccer in 3 years

CELESTINA POPA GYMNASTICS

Location: Maple Ridge

Zone: 3

Club Slogan: With good work habits, you can achieve a lot

What are you most proud of?

We offer great programs and are celebrating 10 years in operation this year.

Connections to the Community:

Offering a good program where kids are learning and coming back as well as building confidence in children.

Greatest challenge to date:

Finding coaches.

Greatest success story:

Starting from zero and becoming a good place for kids to be.

Club History & Growth:

2009: Celestina Popa Gymnastics was opened

2009: The gym was equipped with good equipment

2009: Programs were built and started running

2011: Achieved over 250 athletes

2019: Trying to offer programs to lower entry levels and increase registrations

CIRCUS WEST PERFORMING ARTS SOCIETY

Location: Vancouver

Zone: 5

1984: Club was started as the Vancouver Children's Circus Society and filled a niche in the Vancouver circus community and it grew and grew

2003: We grew out our our little gym and moved to the PNE Garden Auditorium

2008: Changed our name to Circus West Performing Arts Society to reflect a much wider and more comprehensive organizational mandate

2019: Frequently offering new classes; expanding community presence with workshops, outreach opportunities, and performances; constantly updating what we teach and how we teach it to better address our students needs ^[6]

CHIMO GYMNASTICS CLUB

Location: Comox

Zone: 6

- We believe in children having fun while building self-esteem and confidence through working hard to achieve personal goals.
- Our main goal is to develop confident, principled people and use gymnastics as a means to that end. Ribbons and medals are incidental to seeking this goal, but they are not the main goal of Chimo Gymnastics Club.^[7]

DID YOU KNOW?

BC & Canadian gymnast Kate Richardson placed 14th All-Around at the 2000 Olympic Games in Sydney Australia, the highest placing in the All-Around of any Canadian female gymnast before her.

A LOOK BACK IN TIME..

Submitted by Sandra Hartley



INTERMEDIATE WINNERS at the B.C. Schools Gymnastic meet was this team from Delbrook Secondary. From left clockwise are Bette

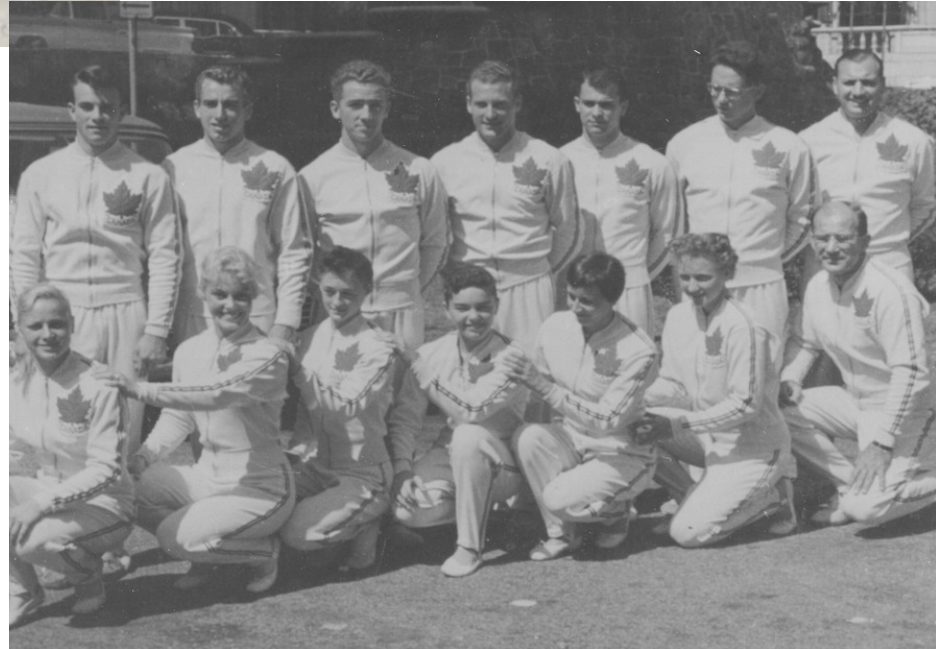
Shaw, Barb McDonald, Bonnie Michas, Ann Carter, and Lynn Horwood.

A LOOK BACK IN TIME..



1954
Notre Dame de Lourdes School
Submitted by Hardy Fink

1954
Pan Am Team
Submitted by Hardy Fink



CLUB HIGHLIGHTS

FITKIDZ GYMNASTICS CLUB (WAYLAND SPORTS PENTICTON)

Location: *Penticton*

Zone: *2*

Club Established: *2007*

Club Slogan: *Sports for Kids*

Mission: Dedicated to helping all participants reach their potential, both physically and mentally, through the sport of Gymnastics and Dance.

Goal: To provide a safe and loving atmosphere in which each child knows he or she is valued. Additionally, our goal is to make the sport of Gymnastics and Dance fun, safe, and challenging activities for athletes in a positive environment led by experienced, skilled, and professional coaches.^[12]

FLICKA GYMNASTICS CLUB

Location: *North Vancouver*

Zone: *5*

Club History & Growth:

1962: *Founded by 1960 Olympian Louise Hemingway and her husband John*

2012: *Grew from 2 gymnasts to almost 2000 in 2012. Additionally, our own Brittany Rogers, along with her Olympic Team members, achieved the best results for Canadian women in the history of Gymnastics*

2012: *Celebrated our 50th anniversary^[13]*

DID YOU KNOW?

Bill Mackie, a now highly recognized sport physician, competed in the 1972 Olympic Games, has a GBC Award named after him, and has 3 children who were high level international gymnasts.

FLIP CITY GYMNASTICS CLUB

Location: *Langley*

Zone: *3*

Club Slogan: *Flip City ROCKS!*

What are you most proud of?

Winning 6 medals at World Championships since 2001, as well as having national and high performance WAG athletes.

Connections to the Community:

Hosted 3 combined Provincial Championships plus Canada Cup Trampoline Competition. Club offers inexpensive drop in times specifically for youth with sensory challenges. Additionally, our gym has been used for provincial clinics and NCCP courses.

Greatest challenge to date:

Opening day on February 1, 1998 was difficult as we had no equipment until earlier that day. Many friends came to help set up in one day, while classes were running. Additionally, surviving the economic downturn was difficult.

Greatest success story:

Adam Menzies, an 18 year old placing 2nd at World Championships in Double Mini by 0.1. He also anchored the Canadian Team, who won the team gold medal in 2003.

Club History & Growth:

1998: *Club was founded*

1999: *First TG athletes to qualify for Canadian Championships*

2001: *First medal at World Age Group competition in Denmark. Silver in double mini trampoline by Adam Manzies*

2002: *3 athletes attended Indo Pacific Trampoline Competition in Australia, as part of Team Canada*

2005: *First WAG athletes to go to Western Championships, Elan Fortin, Jesse Lynum, and Raijanne Board. Elan wins bronze AA tyro women*

CLUB HIGHLIGHTS

2005: *Cletus Okpoh tumbles to World Championships in Holland, helping Canada win 4th place team. Jane Bickerstaff places 4th at World Championships in Double Mini and bronze for Team Canada*

2010: *We moved to our current location and begin operating as a not-for-profit organization*

2015: *Douglas Armstrong makes individual finals at Worlds Trampoline Championships and wins silver team medal*

2016: *First WAG athlete, Lauren Van Harmelen, goes to Canadian Championships*

2019: *First WAG High Performance athlete, Makenna Guidish comes 6th in High Performance Novice at Canadian Championships*

FLIP CLUB

Location: Kelowna

Zone: 2

Club Slogan: *First rule of Flip Club, always talk about Flip Club*

- *Started by Cody McAllister and Talon Keener, out of a need for a new approach and attitude brought towards the world of recreational and competitive Trampoline and Tumbling and Parkour. But also, for kids to have a place to just have fun!*
- *Goal: dedicated to develop, organize, and promote Trampoline, Tumbling, and Parkour related activities within the community. Flip Club strives to advance its members love of the sport, their confidence, and their self esteem.^[14]*

FLIPSIDE GYMNASTICS

Location: Nanaimo & Parksville

Zone: 6

Club Slogan: *Choose the Flipside of Gymnastics*

What are you most proud of?

Our recreational programs - all children are achieving great accomplishments in their curriculum.

Connections to the Community:

Doing more programs for home learning and children with special needs.

Greatest challenge to date:

Moving away from competitive and pre-competitive programs 8 years ago.

Greatest success story:

Since Flipside was established in 2010, we have managed programs with an emphasis on fun, learning, safety, and unbridled accomplishment in Gymnastics.

Club History & Growth:

- *Took over failed membership of Harbour City Gymnastics.*
- *Founded Flipside Gymnastics to secure membership and leasehold.*
- *Established leasehold improvements, city licenses, work safe accounts, payroll systems, and power and gas accounts for maintenance.*
- *Contracted safety standards engineers for renovation for facility.*
- *Built a second location in Parksville and renovated the Nanaimo location, bringing up current safety standards.*
- *Invited the City of Nanaimo to pursue both facilities on safety standards and we successful.*
- *Employed a general manager to bridge the relationship gap between coaches and parents.*
- *Safety daily.*

DID YOU KNOW?

Hardy Fink was the first judge to register with Gymnastics BC.

A LOOK BACK IN TIME..



12/19/1978 -
Hardy Fink

*AV Times
Dec. 19/78*

Hardy Fink, head coach and director of the Port Alberni Gymnastics Academy, was named "Builder of the Year" at the annual Canadian Gymnastics Association symposium and banquet held in Toronto recently. The award, which will become an annual presentation, is given to the person judged to have contributed the most to building the sport of gymnastics in Canada.

Photo by Roy Stickers



Submitted by
Flicka
Gymnastics Club

A LOOK BACK IN TIME..



Submitted by Hardy Fink



CLUB HIGHLIGHTS

FUNTASTIC GYMNASTICS & TRAMPOLINE CENTRE

Location: Port Hardy

Zone: 6

Club Slogan: *Where the emphasis is always on FUN!* ^[15]

GLACIER GYMNASTICS CLUB

Location: Nelson

Zone: 1

Club Slogan: *Gymnastics for Everyone*

What are you most proud of?

Policy and procedures development, facility renovation, and development of Coach in Training Mentoring program. Additionally, our athletes have had many successes: 1st place level 6 team at BC Championships in 2018, Brianne Stefani, level 8, placed 4th all around & 2nd place on vault at 2018 Western Canadian Championships, and winning 7 medals over 5 BC Winter Games.

Connections to the Community:

Gymnastics is the 2nd largest sport in our community, just behind soccer. The club offers diverse programming that is inclusive of all abilities and commitment levels. The club's coaches use gymnastics as a tool to help children become well adjusted and confident people. These people in turn become positive leaders in our community.

Greatest challenge to date:

Facility and coach retention and development.

Greatest success story:

The growth and development of the club over the last 15 years. The club went from 200 members and 1 coach to 900 members and 5 full-time coaches, 1 full-time administrator, and 11 part-time coaches.

Club History & Growth:

1986: *Club was founded*

2004: *Hired current Head Coach and Club Manager*

2006: *Karalea Millan wins the clubs first BC Winter Games and BC Championship medals*

2006: *Hired current Developmental Coordinator*

2012: *Hired current Office Administrator*

2013: *Club put into place a new Policy and Procedures and Bylaws for the membership and staff*

2014: *Club underwent a substantial renovation to its facility*

2017: *Hired current Recreational Coordinator*

2018: *Level 6 gymnasts win first place team at BC Championships*

2018: *Brianne Stefani qualifies for Team BC's Western Canadian Championships Level 8 team, and wins silver on vault*

GLACIER PEAKS GYMNASTICS CLUB

Location: Invermere

Zone: 1

Club Slogan: *If you can be anything, be KIND.*

Club established: 2012.

What are you most proud of?

Our first ever JO 6 qualified for provincials.

Connections to the Community:

Donation box at group events for local charities.

Greatest challenge to date:

Finding a space that is large enough to have a floor.

Greatest success story:

Finding a building where we can have bars, beam, floor, and vault!

A LOOK BACK IN TIME..

*Gymnastics Canada Winter Games
Submitted by Sandra Hartley*



A LOOK BACK IN TIME..



*1974-75 - 1st Western Canada
Submitted by Carol Anne Letheren*

*Rayanne Petersen, Jill Weinberg and Marta Klinovsky
Submitted by Jill Nelson*



Gold-medal gymnast

in recent girls balance base

CLUB HIGHLIGHTS

GYM SENSE GYMNASTICS INC.

Location: Vancouver

Zone: 5

Club Established: 2000

- Started with providing programs in schools by providing the Gymnastics component of the physical education program.
- We have grown to provide after school and summer camp programs out of a community centre, Collingwood Neighborhood House, 3 days a week.
- Plans to open our very own gymnastics centre in East Vancouver.
- Offer affordable gymnastics for anyone who wants to learn.^[16]

INSPIRE SPORTS VICTORIA

Location: Victoria

Zone: 6

What are you most proud of?

Having 1700 members since opening in August 2018 and having 2 provincial champions in 2019.

Connections to the Community:

Partnerships with the Canucks Autism Network, One Ability, and Right to Play. Additionally, we provide opportunities for boys to experience gymnastics at a higher level.

Greatest challenge to date:

Finding a space that is large enough to have a floor.

Greatest success story:

Inspire Sports Victoria provided a men's competitive program for a group of boys that have been training for 5 years in recreational programs but had no gym with the ability to allow them to be competitive.

Club History & Growth:

Aug 2018: Equipment arrived

Aug 2018: Doors opened for Inspire Sports

Aug 2018: First 100 members signed up

Sept 2018: First 100 members signed up

Sept 2018: First competitive group starts

Oct 2018: Inspire Sports grand opening

Dec 2018: Staff Christmas Party for 20 staff

Dec 2018: Broke 1000 members

Dec 2018: Completed first recreational session

Jan-May 2019: Completed first competitive session

KAMLOOPS GYMNASTICS TRAMPOLINE CENTRE

Location: Kamloops

Zone: 2

Club Slogan: Imagine, Believe, Achieve

What are you most proud of?

Gavin Dodd being named to Junior Team Canada (TG), Scott Nabata being named to Team Canada (MAG), Mario Bruno and Emily Schmidt being named to Senior Team Canada (TG), and Drew Kanigan being named to Junior Team Canada (MAG).

Connections to the Community:

Offering a wide range of Gymnastics and Trampoline programs for all ages and levels.

Greatest success story:

Gavin Dodd (TG) being named to the Junior Canadian Team and winning Gold at the 2015 WAGC.

CLUB HIGHLIGHTS

Club History & Growth:

- 1979:** Club was founded
- 2005:** Moved into our current location
- 2010:** Hosted the Canadian Artistic Championships
- 2012:** Recipient of the Ed Broughman Club of the Year by GCG
- 2015:** Hosted Canada Cup (TG) and Olympic Qualifiers
- 2015:** Gavin Dodd (TG) wins the gold medal in Double Mini at WAGC
- 2016:** GBC Volunteer Team of the Year
- 2017:** Hosted BC Gymnaestrada
- 2018:** Rebecca Wharfton receives the W.R. Bennett Award for Athlete Excellence at the Bc Winter Games

KELOWNA GYMNASTIX INC.

Location: Kelowna

Zone: 2

Club Slogan: Where Gymnastics is FUN!

Club Established: 2012

- The Kelowna Gymnastix team believes in "growing" the whole athlete. This includes not only gymnastics skills but self confidence, a sense of accomplishment, social skills, team building, and the value of trust and support.^[17]

DID YOU KNOW?

Richard Ikeda represented BC at 20 Canadian National Championships and attended the 1996 Atlanta Olympic Games, representing Canada.

KEY CITY GYMNASTICS CLUB

Location: Cranbrook

Zone: 1

Club Slogan: To foster gymnastics and related programs that build athletes sport foundations of body awareness, strength, flexibility, balance, coordination, confidence, and overall physical and mental development.

What are you most proud of?

Our greatest achievement to date was our move to a brand new building in January 2013. Our original gym was over 25 years old and we really out grew that space when Michelle and Garry Ricks took over the gym in 2001. The quality of programs offered to the community was exciting. It was nice to finally have structure in the gym. The new gym, for Key City, was state of the art. Finally, we had pits for kids to train into and an in-ground trampoline for all athletes to be able to walk onto. We went from just under 5,000 square feet to almost 10,000 square feet.

Connections to the Community:

We offer inclusive, affordable gymnastics and related programs to the community of Cranbrook and region.

Greatest challenge to date:

The greatest challenge to date was taking the gymnastics club in 2001 out of near bankruptcy to moving into our brand new building in 2013. It was a lot of hard work and dedication to build strong programs and a great staff.

Greatest success story:

Our greatest success story is our coaches! We have the greatest group of coaches a club would ever want. It's easy to talk about our athletes starting to win at Provincial Championships or the girls that went off to BC Winter Games. It could even be the number of girls that have gone to Western Canadian Championships and medaled for Team BC or themselves. The coaches are our success

CLUB HIGHLIGHTS

story. Our head coaches were here in the late 80's for a number of years and then came back to the club in 2000 to coach at Key City again. Fun fact, now they are married and been at Key City for the past 18 years. So many of the coaches have gone to post secondary school to further their education or have moved away to try something else. They have all managed to come back to their roots. Key City has fostered a great environment for coaches to develop young athletes but it is also a family, a sense of belonging. It's tough to get higher or more qualified coaches to move out of the big city to a rural setting. We have had such a great group of coaches develop from within. So many of our coaches were athletes themselves from a young age.

Club History & Growth:

- 1983:** Moved from a set up and take down gym run in schools to a club
- 2000:** Michelle and Garry Ricks begin coaching together again
- 2001:** Key City Gymnastics was incorporated as a non-profit society on October 31, 2001
- 2001:** First competitive team goes to Provincials
- 2011:** Talks of a brand new building begin
- 2013:** Move into a brand new 10,000 square foot building
- 2013:** First athlete, Leanne Perrich, to make Team BC for Western Canadian Championships

KICKING HORSE GYMNASTICS CLUB

Location: Golden

Zone: 1

Club Established: 2002

- Serving over 200 athletes.
- Have finally found a permanent home after running as a set up / take down club. ^[18]

KIMBERLEY GYMNASTICS SOCIETY

Location: Kimberley

Zone: 1

Club Slogan: "The Fun Place for Kids"

What are you most proud of?

Increased membership in recent years, increased programs and program diversity success in our competitive girl's program, and our annual Coconut Cup Meet.

Connections to the Community:

We participate in community events like parades and fairs, make donations to schools and community groups as fundraisers. We also sponsor participants who are financially challenged, and provide a much-needed day care for the community.

Greatest challenge to date:

Operating in a tiny old gym with crumbling structure (we are on the demolish list), operating in a very small community (less than 5,000 people), as well as having competing sports in the area like skiing and soccer.

Greatest success story:

Growth in membership, improved quality of programs, and success in mentoring new coaches and judges.

Club History & Growth:

- 1986:** Acquired a small 3,000 sq foot building which was a car repair shop. Volunteers modified it for a gymnastics club. We are still in the same building
- 2000:** Started our Gyminy Crickets Play Group - a licensed daycare offering preparation for kindergarten, combining literacy with physical literacy by having participants do gymnastics every day!
- 2009:** We have a full-time competitive staff on board!

CLUB HIGHLIGHTS

2010: Competitive trampoline is installed in the gym. The first Coconut Cup meet is held in our gym with 35 gymnasts attending, and a coach mentorship program is started

2012: We send 5 girls to provincial championships - they brought home 3 medals and 5 ribbons! Boys also attended and took home awards

2013: Moved the Coconut Cup to McKim Middle School and competition climbed to 250 athletes. Gym receives a Bronze Plaque from the City of Kimberley for the "Best of the Business" award

2017: 6 girls take home 8 medals and 16 ribbons at Provincial Championships

2018: Kimberley gymnasts qualify 2 girls to BC Winter Games. They collect ribbons on 3 events.

2019: Coconut Cup moves to Kimberley Memorial Arena

KITIMAT DYNAMICS GYMNASTICS CLUB

Location: Kitimat

Zone: 7

Club Established: 1983 ^[19]

KITSILANO GYMNASTICS CLUB

Location: Vancouver

Zone: 5

Club established: 2011

Greatest challenge to date:

Getting a full time location.

Greatest success story:

Running programs 4 days a week, 5-6 classes per day, as well as upgrading to a bigger facility in 2015.

LAKE COUNTRY GYMNASTICS

Location: Lake Country

Zone: 2

- Three exceptional opportunities for Central Okanagan kids. Dance. Gymnastics. Pre-school. ^[20]

LANGLEY GYMNASTICS FOUNDATION

Location: Langley

Zone: 3

Club Slogan: What I Believe, I can Achieve.

What are you most proud of?

Growing our membership and opening programs over the years to bring gymnastics to a broader and increasingly diverse group of participants.

Connections to the Community:

We work with school groups and participate in community events such as the Langley Walk and Canada Day. We also donate to community causes and schools to help them fundraise, and provide pre-school and gymnastics activities to the families in our community.

Greatest challenge to date:

We struggled in the past with operating out of a small facility. Additionally, with building and maintaining the stability and growth of our programs and coaches with many other competing sports in the area.

Greatest success story:

We are proud of the growth in our membership since our founding date.

CLUB HIGHLIGHTS

Club History & Growth:

- 1991:** Langley Gymnastics Foundation was founded by a group of 5 women
- 1993:** First Christy Memorial Invitational is hosted in memory of LGF athlete Christy Fraser
- 2003:** Men's Artistic competitive program is opened
- 2009:** We move into a new facility at the Langley Event Centre
- 2009:** A Tumble Kids Preschool program is opened
- 2012:** We host a Provincial and Western Championships in the same year
- 2015:** Competitive WAG gymnast Angel Zhong receives a gymnastics scholarship to Brigham Young University and joins the BYU gymnastics team
- 2016:** A recreational session is run that reaches over 1,000 participating members
- 2018:** Competitive MAG athlete Trevor Ma wins All Around Elite 4 at Western Championships
- 2019:** Competitive WAG athlete Emilie Hong wins the silver medal on Vault at Canada Winter Games

LIONS PRIDE GYMNASTICS ASSOCIATION

Location: Victoria

Zone: 6

Club Slogan: Building a Healthy Community

- Been serving the Western communities for over 14 years.
- Mission: to encourage community participation through activity and develop healthy bodies and minds for sport.^[21]

MILEZERO GYMNASTICS

Location: Dawson Creek

Zone: 8

- We are more than just a gymnastics club. We offer programming for boys in our ninja academy.
- We aim to offer the most dynamic programming for the families of Dawson Creek. Combining our programming with Gymnastics and Ninja training daily, we hope to create happy, healthy, and active youth.^[22]

MOMENTUM GYMNASTICS

Location: Salmon Arm

Zone: 2

Club Slogan: Have a 'Flipping' Fantastic Day.

What are you most proud of?

Two athletes receiving first in their category for Trampoline & Tumbling at Western Championships and Provincial Championships.

Connections to the community:

Donate to 6 charities or silent auctions each year. We also offer a safe and fun environment for drop in classes for kids and teens.

Greatest challenge to date:

Starting off as a set up, take down gym daily.

Greatest success story:

Starting off as a one women show and creating a community sport in Salmon Arm, developing into a great team.

DID YOU KNOW?

Lori Fung, a BC-born athlete, won gold Individual All Around at the 1984 Olympic Games

A LOOK BACK IN TIME..

Canada's 1978 Commonwealth Games Team, Edmonton, Alberta, Elfie Schlagel (ONT), Monical Goermann (MAN), Karem Kelsall, (B.C.) Sherry Hawco (ONT), Gladys Hartley (B.C.)
- Submitted by Sandra Hartley



Keith & Judy Russell -
Submitted by Sandra Hartley

A LOOK BACK IN TIME..



CLEAN SWEEP for North Vancouver girls gymnastics teams at the week-end's B.C. Schools Gymnastic Championships was recorded by teams from Delbrook and Balmoral

Schools. Making up the Senior girls' team from Delbrook Secondary were (l-r) Sandy Hartley (Singles champion), Maureen Barrat, and Gaynel McNamee.

Submitted by Sandra Hartley

CLUB HIGHLIGHTS

MONKEY BUSINESS GYMNASTICS

Location: Nanaimo

Zone: 6

Club established: 1994

- *Mobile services for all ages and all abilities.*
- *Programs include mobile birthday parties, special events, private lessons, community centre and school programs.*^[23]

NANAIMO GYMNASTICS SCHOOL

Location: Nanaimo

Zone: 6

Club Slogan: Athlete centred, Coach led, Admin supported

- *Dedicated to foster, improve, and encourage amateur gymnastics, sportsmanship, and good citizenship.*
- *Mission: to develop an effective gymnastics program, that which maximizes skill acquisition in a safe and structured environment.*^[24]

NORTH PEACE GYMNASTICS ASSOCIATION

Location: Fort St. John

Zone: 8

Club Established: 1976

- *Club was formed after hosting the first Northern BC Winter Games in 1974.*
- *Started off with homemade equipment and a mat on the floor.*
- *After a devastating fire in July 2015, we again found ourselves starting from the ground up. With the dedication from our members and generous support from our community, we are putting the pieces back together one step (flip) at a time.*^[25]

NORTH VALLEY GYMNASTICS SOCIETY

Location: Vernon

Zone: 2

Club established: 1993

What are you most proud of?

After setting up and taking down equipment for 20+ years, we finally secured a full time facility in June 2012. Then in March 2017, we purchased and renovated our own building. We moved in in May 2019.

Greatest success story:

North Valley started out under the Boys & Girls Club of Vernon before forming into the society we are now. Training out of the 3,800 square foot elementary school gym, where we managed to produce athletes at the top of their provincial competitive categories. These girls only trained 13 hours a week.

OKANAGAN GYMNASTICS CENTRE

Location: Kelowna

Zone: 2

Club Slogan: Building Healthy Minds and Bodies since 1977.

What are you most proud of?

Winning the Ed Broughman Award in 2009. Having athletes competing at World Championships, Olympic alternates in Trampoline, athletes being part of Team BC, and Team Canada WAG. Additionally, we have had increasing program diversity, success in competitive programs, and success in our CIT program.

Connections to the Community:

Participating in community events such as Healthy Kids Days with YMCA, parades. Acro team performances in the park, and making donations to schools for fundraising events.

CLUB HIGHLIGHTS

Greatest challenge to date:

A fire at the school where the gym was set up in 1979 and having a large rock come through the garage door with damage done to the foam pit and 4 strips of the carpet on the floor from flying glass in 2003.

Greatest success story:

Hosting the Ogopogo Invitational! Every year registration increases - it started out with under 100 athletes and now we have over 1000!

Club History & Growth:

1977: *Bette Biishop founded Okanagan Kokanees Gymnastics Club*

1981: *The club was incorporated with membership of 75 athletes*

1985: *Lindsay Andrews and Sandy Fugger started Preschool Program*

1986: *Hosted the 1st Ogopogo Invitational*

2001: *Moved into our current location and changed the club name to Okangan Gymnastics Centre*

2004: *Hosted Indo Pacific Games for Trampoline*

2006: *Introduced a MAG Program*

2008: *Expansion of the gym was completed*

2010: *Introduced an acro program*

2017: *Celebrated 40 years in operation*

OMEGA GYMNASTICS ACADEMY

Location: *Coquitlam*

Zone: *4*

Mission: To promote the growth and development of recreational and competitive gymnastics ranging from beginner to the national level through a quality program which emphasizes enjoyment of the sport of activity.^[26]

PORT ALBERNI GYMNASTICS ACADEMY

Location: *Port Alberni*

Zone: *6*

What are you most proud of?

A huge undertaking with fundraising and volunteerism as well as building and owning our own facility.

Connections to the Community:

We continually work with other non-profit organizations and sport groups, donating our time and services. We also support families with grants and subsidies to provide access for all.

Greatest challenge to date:

Social economic challenges have hit Port Alberni, however, PAGA has maintained a full time club with an incredible team. With many schools closing in the district, PAGA has had to adapt and change with the times. Being open to changes has allowed us to continue to grow and progress. Throughout it all, PAGA has maintained a positive environment for all kids to grow and develop.

Greatest success story:

In the late 1970's and early 1980's. Port Alberni was a boom town with some of the highest wages in Canada. PAGA was able to have a full time facility with outstanding coaching which led the club to numerous competitive successes on the elite level including many Team BC members.

Club History & Growth:

1976: *Hardy Fink and Cynthia Boneski opened a gymnastics centre*

1979: *We moved into an extensive training centre which was world class at the time with foam pits and a spring floor made from skis*

1982: *The club was bought by the parent group*

1984-1992: *Fundraising drive was held to purchase PAGA's own facility led by Marilyn Merwin*

CLUB HIGHLIGHTS

- 1995:** *We move into the new building owned by PAGA*
- 1996:** *Karen Moss (Chahil) becomes head coach and is joined by assistant coach Paula Flemming*
- 2005:** *Robyn Josefson wins BC Winter Games and Western Canadian Championships*
- 2017:** *PAGA starts a competitive trampoline program (with assistance from Nanaimo Gymnastics School) and Olivia Moss wins PAGA'S first Gold on Trampoline*
- 2018:** *PAGA's Trampoline program grows and Olivia Moss wins Provincial Trampoline Championships*

POWELL RIVER GYMNASTICS & CHEER

Location: Powell River

Zone: 6

Club Slogan: Powell River Gymnastics has something for everyone for all ages and abilities

What are you most proud of?

We are proud of our increased membership, programs, and program diversity, as well as providing a safe, fun, and friendly environment for staff and athletes. We also value every child's well-being and development and provide a positive family atmosphere.

Connections to the Community:

We participate in community events such as parades and children's fairs as well as volunteer and give donations to other community groups and organizations for their fundraising events. Additionally, we help families who are in demographic need source funding so all children and youth can participate .

Greatest challenge to date:

Securing a 14,000 square foot permanent facility in 2005

Greatest success story:

Growth in membership, improved quality and diversity of programs, and success in mentoring coaches and coaches in training.

Club History & Growth:

- 1988:** *Club was founded as a privately owned gymnastics club*
- 1999:** *The gym was transferred to a group of parents who established it as a not-for-profit society*
- 2005:** *Secured a 14,000 square foot facility*
- 2009:** *Major renovation on the outside of the facility - demolishing the old school connected and surrounding the facility and property*
- 2010:** *Increased programming, classes, and daily operations to 7 days a week, all year long*
- 2014:** *First time male and female athletes qualified and attended BC Winter Games*
- 2016:** *Paulo Pena, a 5 year Brazilian National Team athlete and Cirque Du Soleil performer, joined our team as the new Head Coach*
- 2017:** *Circus apparatus renovation and circus classes are added, taught by artist and performer Keely Sillis*
- 2018:** *Major renovation of the foam pit and surrounding training area*
- 2019:** *20th year as a successful not-for-profit*

DID YOU KNOW?

BC-born gymnast, Scott Morgan, competed in his first Olympic Games in 2016.

A LOOK BACK IN TIME..



A LOOK BACK IN TIME..



Bill Mackie: UBC Equipment/Judo Room (low ceiling!)



CLUB HIGHLIGHTS

PRINCE GEORGE GYMNASTICS CLUB

Location: Prince George

Zone: 8

Club Slogan: *Be the best you can be. Train hard and you will see the results. Most importantly, love what you do.*

What are you most proud of?

Increasing our membership to full capacity in our gym and hosting 2 BC Championships, as well as Western Canadian Championships. We have also had athletes make Team BC for Western Championships, and recently, Canadian Championships.

Connections to the Community:

We provide free drop ins for evacuees. We have also made adjustments to our gym to assist the Fall Fair when areas were taken up during the evacuations. Additionally, we have donated multiple birthday parties to various charities.

Greatest challenge to date:

We have a very strong team that has stayed strong during any challenges that have arose over the years.

Club History & Growth:

1998: *Two clubs amalgamated to form Prince George Gymnastics*

2004: *Hosted BC Provincial Championships*

2008: *Hosted Western Canadian Championships*

2013: *Hosted BC Provincial Championships*

2015: *Hosted Canada Winter Games*

PGG is still going strong under the leadership of president, Lucia Fendelet. We are very fortunate to have such a dedicated, solid team. A number of staff have been with us for over 20 years, some for over 30 years. We consider ourselves a family, the gym is certainly a second home to us all. We are very proud of where we are today and very thankful for all the support from Gymnastics BC over the years. Thank you and congrats!

PRINCE RUPERT GYMNASTICS ASSOCIATION

Location: Prince Rupert

Zone: 7

What are you most proud of?

Having over 300 club members in our 3rd year of existence, as well as having sent a team to provincials after only 3 years of training. 3 athletes earned medals at the 2019 compulsory provincials.

Greatest challenge to date:

Finding coaching staff. As we never had a gymnastics club in town before, we do not have any former gymnasts who are trained to become coaches.

Club History & Growth:

2014: *Prince Rupert Gymnastics Association is founded*

2016: *Moved into our own building*

2016: *Hired a head coach*

2017: *Over 300 members*

2018: *Attended our first competition*

2019: *Attended BC Compulsory Provincials*

QUESNEL TECHNICS GYMNASTICS CLUB

Location: Quesnel

Zone: 8

- *Been serving the community of Quesnel for over 30 years.*
- *Our focus is providing positive gymnastics experiences and promoting the benefits of gymnastics as a foundation for human movement, sport, health, and enjoyment.^[28]*

DID YOU KNOW?

Gymnastics has roots in ancient history--dating thousands of years back to ancient Greece!

A LOOK BACK IN TIME..



Submitted by Falcon Gymnastics



Falcon Gymnastics Team - 1980

A LOOK BACK IN TIME..



*Connor Smith
Coaching on High Bar*

Submitted by Sandy Smith



CLUB HIGHLIGHTS

REVELSTOKE ACROBATS

Location: Revelstoke

Zone: 2

Club Established: 1979

Mission: Committed to providing opportunities to develop fitness, health, and personal excellence in a fun, safe, and supportive environment through the sport of trampoline gymnastics.^[29]

RICHMOND GYMNASTICS ASSOCIATION

Location: Richmond

Zone: 5

Club Slogan: We strive to live up to Friendship, Excellence, and Respect.

What are you most proud of?

The ability to operate as a team that is bound by a common interest and direction. We are also proud of the re-introduction of a diverse range of recreational programs.

Connections to the Community:

We work closely with the city to fulfill the mandate of providing physical literacy to budding athletes of all ages and skills levels. We offer free training to individuals who want to choose gymnastics coaching as a career. We also sponsor athletes who are financially challenged.

Greatest challenge to date:

Losing all of our staff in one go in 2016 and still being able to bounce back with fervour and commitment. We are still working hard to fully overcome it.

Greatest success story:

RGA has had success with its MAG and WAG programs. Our athletes have competed nationally as well as internationally. Our athletes have made it to Western Canadian Championships and Elite Canada, We have also been successful in retaining athletes who began training with us at a young age.

Club History & Growth:

1969-70: Shirley Bakaway and Judy Rithaler founded RGA

Mid 70's: RGA program was installed into the Sea Island Forum with the help of the Richmond Leisure Services and come exceptional volunteers

1980's: Hosted the Dogwood International, which was an international competition and had participants from all over the world

1991: Incorporated as a not-for-profit society under the BC Societies Act

Mid 1990's-2010: RGA produced National Champions

2010: Athletes, as part of the Canadian National Team, participated in the Delhi Commonwealth Games

2010: One MAG athlete represented Canada in the first Youth Olympic Games in Singapore

2016: Moved into a brand new 10,000 square foot facility and the club started again from ground zero

Thank you for making us work, a wee bit, to record this which made us see what history we have to proud of what we once achieved and to realize that we are continuously endeavoring towards greater heights.

RIVER CITY ATHLETICS

Location: Kamloops

Zone: 2

Club Slogan: Everyday we need to exercise our mind, our muscles, and our imagination.

What are you most proud of?

Continuous growth over our 9 years in operation as well as employing 20+ people. We are also proud that we offer a variety of programming to develop physical literacy and have added a Junior Olympic competitive program in Fall 2019.

CLUB HIGHLIGHTS

Connections to the Community:

We volunteer at various community events, sponsor high level athletes in other sports, run workshops for outside groups at their locations, and attend community fundraisers, and sponsor athletes in our advanced programs.

Greatest challenge to date:

Hiring and keeping certified staff. The nature of the industry shows that most certified coaches do not stay much longer than 2 years.

Greatest success story:

Our parkour coaches were 3 of the first to certify in BC under Gymnastics BC. We love parkour as it applies to physical literacy. We relocated 2 years ago in order to develop and grow our Parkour program. Our programs are all full!

Club History & Growth:

Sept 2010: Club was opened

Jan 2011: Added themed birthday parties, Kamloops Princess Parties

2011-2019: Expanded space for programming (preschool). We opened a second gym in Lethbridge, Alberta. Had a full year of full classes and purchased new equipment

2019: Adding new competitive programming

2019: Going into our 10th year in operation

SALTSPRING GYMNASTICS ASSOCIATION

Location: Salt Spring Island

Zone: 6

- The goal of Saltspring Gymnastics is to provide a high quality recreational gymnastics program for participants of all ages.*
- Building on this foundation, the long term goal is to establish a competitive program that represents Saltspring Island ^[29]*

SELKIRK CHALLENGERS GYMNASTICS CLUB

Location: Castlegar

Zone: 1

- Been serving the Castlegar area for nearly 20 years, serving over 200 athletes*
- Selkirk encourages gymnasts to reach their full potential with competitive spirit, co-operation, and good sport ethics. Our dedicated coaches promote health and wellness through quality instruction, and strive to promote an environment where every athlete feels accepted, valued, and respected. ^[30]*

SHASTA TRAMPOLINE CLUB

Location: New Westminister

Zone: 4

Club Slogan: Great athletes and coaches supporting each other.

Connections to the Community:

Our national athletes volunteer coach the recreational program and later take on coaching duties.

Greatest challenge to date:

Our facility of 40 years, the New Westminister Aremex, collapsed in December 2016. Keeping our not-for-profit club operating and finding a facility to train in was very difficult.

Greatest success story:

The collapse brought all our families together and as well as a tremendous outpour of support from the community.

Club History & Growth:

1971-1973: Valerie de Paul (Johnson) wins gold at Canadian Championships

1975: Valerie forms Shasta Trampoline Club

1982: Christine Tough wins gold in Double Mini Trampoline at World Championships

CLUB HIGHLIGHTS

1992 & 1994: *Tim Cleave is named Canadian Coach for Worlds*

1996: *Jeremy Block & Israel Martins win gold in Team Double Mini at Worlds*

1999: *Christine Hayashi is named Canadian Worlds coach*

2008: *Chelsea Nerpio wins gold in Doudble Mini team at Pan Ams*

2010: *Ben Blais wins gold in Double Mini and gold in Trampoline, Anita Cirillo wins gold in Trampoline, and Chelsea Nerpio and Anita Cirillo win gold in Syncro*

2015: *Tamara O'Brien wins gold in Double Mini at World Championships*

2017: *Curt DeWolff is named Canadian Double Mini coach at Worlds*

2019: *Val Johnson inducted into BC Sports Hall of Fame*

SMITHERS SALTOS GYMNASTICS

Location: *Smithers*

Zone: *7*

Club Slogan: *Fun, Fitness, Fundamentals for Everyone*

- *Formed as a non-profit society in 1995.*
- *We work to instill the development of comradeship, social skills, and the appreciation and value of physical fitness.* ^[31]

SPLITZ GYMNASTICS CENTRE LTD

Location: *Abbotsford & Surrey*

Zone: *4*

- *Committed to creating a safe, clean, and exciting atmosphere for children to experience physical success.*
- *Our purpose is to support each gymnast in reaching their potential with respect to their own goals.* ^[32]

DID YOU KNOW?

Rhythmic Gymnastics was added as an Olympic sport at the 1984 Los Angeles Games, and BC athlete, Lori Fung, won the Individual All-Around gold medal.

SPRINGERS GYMNASTICS ADVENTURES

Location: *Penticton*

Zone: *2*

Club Slogan: *You never know what you can do until you try!*

- *Training and developing gymnasts in Penticton for over 30 years.* ^[33]

SQUAMISH GYMNASTICS

Location: *Squamish*

Zone: *5*

SURREY GYMNASTICS SOCIETY

Location: *Surrey*

Zone: *4*

Club History & Growth:

1978: *Three gyms (Dr Sinclair, Athena Gym Club, and North Star Boy's Club) were amalgamated to start Surrey Gymnastics Society. The first official function took place for Mr Bill VanderZalm receiving a "Lifetime Membership" for Surrey Gymnastics Society. At this time gymnasts were training at 2 different gymnasiums*

1979: *Received a \$100,000 grant from BC Lotteries and raised a further \$80,000 and plans to build a facility began*

1983: *An agreement with the School Board was signed to build the a facility on Frank Hurt schools grounds and construction began*

1985: *Had an official opening, which was a happy and sad occasion. Happy to have so many people in one place that helped the gym throughout the years, but sad as we lost one of our founding gymnasts and dedicated coaches, Carol Lenz*

1991: *Opened a new Recreational gym due to the high number of students in these classes*

CLUB HIGHLIGHTS

1993: Re-located the Recreational gym to an even larger gym on the same premises giving us approximately 4,000 square feet of recreational gym space

1993: Celebrated 10 years since an agreement with the school board was signed and upon correspondence with the School Board, another 10 year contract was signed ^[34]

2019: Wayland Sports Surrey transfers ownership to Surrey Gymnastics Society. Exploring options for relocation to better serve the area. Received an extension at Frank Hurt to January 2021 ^[35]

SYMINGTON SYMBIOTIC FOUNDATION

Location: Coquitlam & Ladner

Zone: 4

Club Established: 2018

- *Mission: to empower and support children and youth living with disabilities.*
- *This is accomplished by providing children and youth with developmental or intellectual disabilities with various therapeutic and customized support services to assist them and their families in achieving the highest possible level of community involvement and personal training.*
- *Operating out of Club Aviva, Poirer Sport and Leisure Complex, and Delta Gymnastics Society. ^[36]*

SYNERGY GYMNASTICS CENTRE

Location: Kelowna

Zone: 2

Club Slogan: Synergy Gymnastics Centre - Where girls come first.

What are you most proud of?

Providing a positive and supportive environment for young female athletes to grow, thrive, and become who they are meant to be inside and outside the gym as well as building a community to help the girls achieve their goals.

Connections to the Community:

Supporting our community by participating in community projects such as the Salvation Army Toy Drive.

Greatest challenge to date:

Starting out in a temporary location while waiting for the gym to be built and building programs as a new gym.

Greatest success story:

Amazing coaches and athletes are our biggest success. Many current coaches are or were athletes and continue to contribute to the sport but more importantly are fabulous role models for the athletes.

Club History & Growth:

Jan 2017: Club was established

Jan 2018: Synergy Gymnastics moves into a new gym

Feb 2018: Synergy Gymnastics hosts the Kelowna Invitational and Zone 2 Provincial Trials

Mar 2018: Athletes qualify for and attend BC Championships

2018: Continued growth of athletes and programs

2019: Synergy Gymnastics hosts the Kelowna Invitational

TAG SPORTS CENTRE

Location: Port Coquitlam

Zone: 4

Mission: At TAG, we work as a team in a caring environment to help athletes reach their full gymnastics potential in a manner that is affordable and respectful of individual needs. ^[37]

DID YOU KNOW?

Gladys Hartley was one of the builders of Flicka Gymnastics Club, was a head coach, judge, and choreographer, and was inducted into the BC Sports Hall of Fame in 2002.

A LOOK BACK IN TIME..

Submitted by Sandy Smith



Connor Smith in the spotlight

A LOOK BACK IN TIME..

1968 Women's Canadian Olympic Team: Sandra Hartley (B.C. Gymnastics) and Jennifer Diacun (O.N. Gymnastics) top right; Others Marilyn Minaker, Teresa McDonnell, Marilyn Savage, Suzanne Cloutier - Submitted by Sandra Hartley



CLUB HIGHLIGHTS

TERRACE PEAKS GYMNASTICS CLUB

Location: Terrace

Zone: 7

Club Slogan: Gymnastics with a Northern Twist.

What are you most proud of?

Building our own facility in 1991 as well as expanding our building in 2017.

Connections to the Community:

We participate in the annual River Boat Days Parade and the Rotary Highway Clean Up.

Greatest challenge to date:

Equipment and facility upgrades.

Greatest success story:

In 1991, we went from a set up and take down gym to having our own facility. It took lots of fundraising and volunteers to accomplish this.

Club History & Growth:

1971: Club was founded

1991: Built our own facility

1999: Annie Wittowski wins Gold medal at Western Canadian Championships

2006: Kayla Brinkac wins Silver medal at Western Canadian Championships

2015: Hosted Vancouver Canucks Alumni Charity Hockey Game

2017: Building expansion

Jan 2019: 9 athletes compete in Hawaii

2019: National Sports Trust Fund created for club equipment upgrades

May 2019: Participated in Zone 7 Championships

TRAIL GYMNASTICS SOCIETY

Location: Trail

Zone: 1

Club Slogan: Making Movers Since 1962

What are you most proud of?

Increased membership each year for the past 5 years as well as increased programs and program diversity. Additionally, we have had success in our girl's competitive program and 90% of our equipment is less than 8 years old.

Connections to the Community:

Participation in community events, donating to local schools and other community groups, and sponsoring participants who are financially challenged.

Greatest challenge to date:

Head coach Chris Buccini passing away unexpectedly in 2013.

Greatest success story:

Membership growth, improved quality and numbers in programs, and success in mentoring new coaches and retaining staff.

Club History & Growth:

1962: Trail Gymnastics Club was established at the Cominco Arena Gym by Alex Ross

1982: Chris Buccini took over day to day operations and the girl's competitive team from Alex Ross

1988: Chris moved the gym to the Tadnec Hall, finally a place to leave the equipment set up full time. Membership increased from 30 to 150 members in 1 session

1989: Explosion at the Tadnec Hall, all equipment was lost but just one month later, Chris had the gym back up and running. Got our first ever spring floor!

1989-1993: Trail gymnasts attend the BC Winter Games every year

1990: Chris moved the gym to the Selkirk College Gymnasium. The Level 4 High School Team placed 1st in the province

2005: Trail Gymnastics Club becomes Trail Gymnastics Society

CLUB HIGHLIGHTS

2009/2010: *Chris Buccini was named a GBC Member of Distinction, a Sport BC Community Hero, and was a semi finalist for Campbell's Chunky Soup Most Valuable Coach*

2012: *50 years in operation, the longest continually running gymnastics club in BC*

2018: *Over 1800 people through the doors annually with 450 full time members*

TWISTERS GYMNASTICS CLUB

Location: *Abbotsford*

Zone: *3*

Club Established: *1977*

- *Mission: Seeks to provide a high quality program that encourages every athlete to work towards his or her potential at every level of development and ability ranging from recreational to elite.*
- *Initially, the club worked out of school gymnasiums running recreational programs.*
- *After 2 years, formed a girl's competitive team.*
- *A day time program for preschoolers was started at a local community centre.*
- *With the aid of a BC Government Grant, club fundraising, and an interest-free loan from the District of Matsqui, the club moved into its current building.^[38]*

VALEMONT GYMNASTICS ASSOCIATION

Location: *Valemont*

Zone: *8*

DID YOU KNOW?

Sev Heiberg, a founding member of GBC and Life Member of both Gymnastics BC and Gymnastics Canada, has the GBC National Stream Club of the Year award named after him.

VANCOUVER PHOENIX GYMNASTICS

Location: *Vancouver*

Zone: *5*

Club Slogan: *Rising to Excellence*

What are you most proud of?

We are most proud of being the first gymnastics club in BC with a full time set up facility. We are very proud also of our membership growth which has gone from 75 at our inception to over 5000 currently. We are extremely proud of the process and teamwork that allowed for the Millennium Facility to be built which is our current flagship location and which opened in 2005. This custom built stand alone facility provides increased ability to service a greater segment of the population in our surrounding community. Our Millennium location has allowed for expanded and additional programming options we were never able to provide before.

Connections to the Community:

We consistently participate in local community fairs and charitable events, provide programming and support to special needs and underserved population groups as well as providing bursaries to families in need when possible.

Greatest challenge to date:

In 1981, Phoenix had to vacate its original facility (The Boys & Girls Club) when it was condemned. The next decade included many set up and tear down facilities and many moves. Membership dropped to an all time low of 45 in the early 1980's. Currently, many classes are at capacity, waitlisted and fill within minutes of registration opening. We have 2 locations and are the largest club in BC.

Greatest success story:

In September 2005, the dream of a new permanent facility was realized with the new opening of the Millennium Sports Facility. The opening was a culmination of countless hours of work lobbying politicians, applying for grants, raising money, overseeing contractors, securing equipment and furniture and disassembling our Heather Street location.

CLUB HIGHLIGHTS

Club History & Growth:

1969: *Founded by Sev Heiberg, operating from the Boys & Girls Club on West 8th Ave in West Vancouver*

1973: *Phoenix officially receives not-for-profit society status*

1984: *Phoenix operates out of several locations around*

1989: *Vancouver*

1990: *Phoenix finds a new home in the St. James Community Centre*

1997: *Phoenix secures city park land to build a dedicated facility (the future home of Millennium Sports Centre)*

1999: *The Millenium Sport Facility Society forms to drive the member parent fundraising campaign for a new facility*

2005: *Our permanent home, The Millennium Sport Facility, opens*

2005- *Developed successful programs including BOTH a men's and*

2019: *women's High Performance program with reoccurring attendance of coaches and athletes as national team representatives to the highest international stage including World Championships and the Olympics*

2019: *Phoenix celebrates its 50th Anniversary! With a dedicated team of staff, members, and athletes, Phoenix continues to grow and be a leader within the Gymnastics Community*

WAYLAND SPORTS LTD. (CHILLIWACK)

Location: *Chilliwack*

Zone: *3*

Club Slogan: *Sports for Kids*

What are you most proud of?

We are a new Wayland Sports location who started up 3 years ago. We have seen great growth in our Interclub athletes who attend GBC events throughout the year. We also started the first Parkour program in Chilliwack.

Connections to the Community:

We offer trial classes to members of the community as well as free open houses for members of the community. Some of our coaches work in the surrounding communities running after school programs.

Greatest challenge to date:

We are new to Chilliwack so starting up a fresh club was a big challenge.

Club History & Growth:

Apr 2016: *We opened our doors*

Sept 2016: *We offered our first session of Interclub*

Sept 2017: *We offered our first first group of pre-competitive athletes*

WAYLAND SPORTS LTD. (MAPLE RIDGE)

Location: *Maple Ridge*

Zone: *3*

Club Slogan: *Sports for Kids*

Club Established: *2015*

- *Previously known as Quantum Gymnastics. [39]*
- *Mission: Devoted to the development of movement education centres specializing in recreation, sport, and entertainment for children ages 2 years to teens (and adults too!)*
- *Goal: To create a lifelong love for fitness through fun, challenging sports, and movement activities. [40]*

WAYLAND SPORTS LTD. (NANAIMO)

Location: *Nanaimo*

Zone: *6*

Club Slogan: *Fun for Kids*

Connections to the Community:

Donations to non-profit organizations, free fun open houses, and kids expo.

Club History & Growth:

Sept 2017: *Club opened*

2017-2019: *So new... no stories yet*

DID YOU KNOW?

Flip City coach, Cathy Chapell, was an Olympic coach at the 2004 Olympic Games.

A LOOK BACK IN TIME..



1989 - BC Winter Games in Nelson
Submitted by Erin Wilkman

A LOOK BACK IN TIME..



353

1969 Nationals - War Memorial Gym
Submitted by Hardy Fink

CLUB HIGHLIGHTS

WAYLAND SPORTS LTD. (RICHMOND)

Location: Ironwood & Steveson

Zone: 5

Club Slogan: Sports for Kids

Club Established: 2014

- Previously known as Cartwheels Gymnastics.
- Merged into Wayland Sports to provide a unique opportunity to expand programs and take the gymnastics community to new heights.^[39]

WAYLAND SPORTS LTD. (SQUAMISH)

Location: Squamish

Zone: 5

Club Slogan: Sports for Kids

Club Established: 2018

- Mission: Devoted to the development of movement education centres specializing in recreation, sport, and entertainment for children ages 2 years to teens (and adults too!)
- Goal: To create a lifelong love for fitness through fun, challenging sports, and movement activities.^[40]

WAYLAND SPORTS LTD. (SURREY)

Location: Surrey

Zone: 4

Club Slogan: Sports for Kids

Club Established: 2014

- Previously known as Cartwheels Gymnastics.
- Merged into Wayland Sports to provide a unique opportunity to expand programs and take the gymnastics community to new heights.^[39]

DID YOU KNOW?

At the age of 13, BC gymnast Karen Kelsall was the youngest competitor at the 1976 Olympic Games in Montreal.

WHISTLER GYMNASTICS CLUB

Location: Whistler

Zone: 5

Club Slogan: Celebrate the Process, Not the Outcome

What are you most proud of?

Gymnastics BC's 2015 Host of the Year Award, Sport BC's 2014 Community Sport Hero Award to Tami Mitchell, BC Regional/Provincial Coach of the Year to Karin Jarratt, Gymnastics Canada Ed Brougham Category III Club of the Year, 2013 Gymnastics BC Life Member to Sheila Mozes, Volunteer of the Year to Tami Mitchell, PLAY Gymnastics Club of the Year, Sport BC's 2010 Community Sport Hero Award to Karin Jarratt, 2001 Gymnastics For All Leader of the Year to Sheila Mozes, and 2000 Gymnastics For All Leader of the Year to Tami Mitchell.

Connections to the Community:

Participating in community events and activities such as parades, engaging in community service projects like Whistler Community Social Services Christmas Hamper Program, hosting gymnastics events such as bring a friend day and competitions.

Greatest challenge to date:

Creating full time positions to retain staff as well as having two competitive teams of different disciplines in a small space.

Greatest success story:

Moving into a full time facility that was built for the 2010 Winter Olympic Games.

Club History & Growth:

1986: A collective of mom's organize with Sue Slattery and help train a group of their children

1986: Registered as a not-for-profit society

1993: Karin Mchule (Jarratt) and Lee Douglas arrive from Prince George and the group advances in skills and build towards a competitive team

1995: Recreational programs expand under the direction of Sheila Mozes

CLUB HIGHLIGHTS

- 1999:** Tami Mitchell and Catou Tyler joined the club. The board started talking about a full time facility due to the growth in registration. Rika Tindle, the first Level 3 provincial athlete, transfers to the city for training to continue onto the national team
- 2002:** Host BC Gymnaestrada and Zone 5 Meet
- 2008:** Started a trampoline program
- 2010:** Move into a permanent facility in the Whistler Athletes Centre. Added the first competitive trampoline team. Hailey Jackson is the first artistic gymnast to go to Western Championships. Joe Davis wins first in Trampoline.
- 2015:** First national trampolinist to attend Canadian Championships
- 2018:** First trampolinist to attend Canadian Championships in Double Mini, 2nd national Gymnaestrada team that will be attending 2019 World Gymnaestrada

WHITE ROCK GYMNASTICS & DIVING ACADEMY

Location: Surrey
Zone: 4

Connections to the Community:

White Rock Gymnastics' recreational program is designed to appeal to people of all ages. This diversity has been celebrated and encouraged. The Academy supports families who are financially challenged through the promotion of charities such as KidSport, JumpStart, and A4K.

The programs will be available to all patrons at our facility. Instruction and promotional materials will reflect the various ethnic and cultural groups in our community and reinforce the fact that gymnastics is a base of activity for all sports and anyone can successfully participate in at various competency levels. We also offer programs to children with special needs and we are proud to have qualified coaches with specialized backgrounds to teach these programs.

While this gymnastics program is intended to introduce as many people as possible to the beauty and benefits of gymnastics, it is also a building block for the recreational and competitive programs throughout the community. In recognition of the changing demographics in the community, competing with other sports and activities for participants requires a new and innovative approach.

WINGS GYMNASTICS SOCIETY

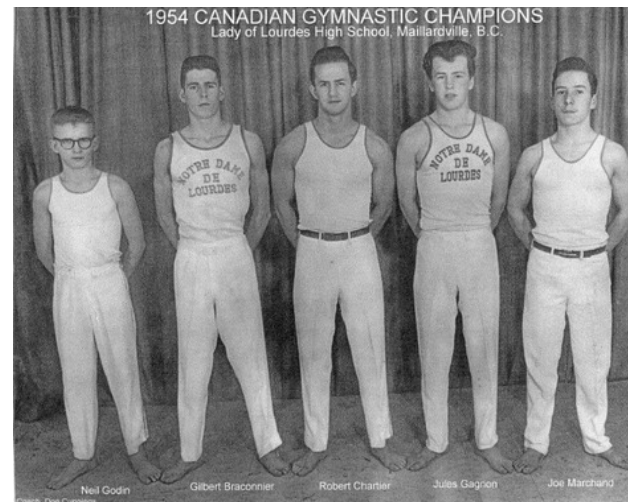
Location: Burnaby

Zone: 4

Club Slogan: For Fun and Fitness

Club Established: 1980

- Operates its programs out of the Cameron Recreation Complex.
- The Burnaby Unified Gymnastics Society (BUGS) was granted "free access" to the large gymnasium twice per week for a total of 4 hours in order to offer gymnastics programs.
- The society had 27 gymnasts and 3 coaches.
- The partnership between BUGS and Burnaby evolved over the years: the name BUGS changed to WINGS, the number of participants and coaches increased, and the free access increased from 4 hours to 8 hours.^[41]



Submitted by
Hardy Fink

A LOOK BACK IN TIME..



1970 FISU Games, Torino Italy: front right, Karen Dean (B.C.), Sandra Hartley (B.C.), Hardy Fink and Tom Kinsmand (centre back)
- Submitted by Hardy Fink

A LOOK BACK IN TIME..



1984 - Fort St John BC Winter Games
Submitted by Erin Wilkman



ANNE CAIRNS

Ed Nicholson had gymnastics try-outs at Ridgeway Elementary School when I was in Grade 3. After learning some basics, my mom signed me up to Sparka in the North Shore. That is where I met Tami Knight. After a year, in Grade 5, some of us joined Phoenix Gym Club in Vancouver. Sev Heiberg was our coach for several years. Many of us went to Sev's Celebration of Life a couple of years ago in Vancouver, including Bill Mackie, David Bibby, and Tami Stevens. Once my father moved us to the Fraser Valley in 1985, I coached in Abbotsford. Betty White and I met with the Abbotsford Parks and Recreation department to start Abbotsford's Twisters Gym Club in 1986-1989 when I was in college. Once accepted into UBC, I competed for the University. Leslie Bird and Cheryl Elderton were on the team with me. Those were the days! Let me reflect for a while... After working as a teacher for 36 years, I retired last June. Now I am happily doing Teacher-on-Call work occasionally. Life is good in the Okanagan.

ANNE MUSCAT

I competed in Trampoline in the early 1970's and was the National Junior and World Age Group Champion. I also competed in Artistic Gymnastics for Shasta Trampoline and Gymnastics Club. In the late 1970's, I competed for Phoenix Gymnastics club, winning Western Canadian Championships. I hurt my back so I "retired" for at least 3 years. In the early 1980's, I competed for UBC as a University gymnast, winning CIAU Team National Championships and the individual All-Around. I coached for about 15 years and then did Sport Psychology consulting with provincial and national level gymnasts.

CHRISTINE ANDERSON

"I can't, I have Gymnastics!". These five words came out of my mouth often - words that few understood. At five years old, my gymnastics story began. I excelled and succeeded early, so of course I dreamed of the Olympics. I felt untouchable. Even after experiencing a broken arm at age eight, that was nothing I couldn't bounce back from. There was nothing that could get in the way of my dreams, until there was... I worked so hard not only at the gym, but at home too. At fourteen, I had a fall during a competition and without knowing it at the time, my future in gymnastics would be changed forever. To outsiders this seemed dramatic, but at that age, gymnastics was all I knew. It was then I realized it was more than just a sport. It became a passion, a family, and a second home. After the confirmation that I would be needing a full knee reconstruction, I wasn't worried. I was convinced that after a few weeks, I would be back training.



I was young, naive, and totally out of touch with the extent of this surgery and of course pushed back too fast, too soon, and too hard. The first surgery and lack of rehab led to a fall, which led to surgery, a fall, and yes, to another surgery. Three surgeries in three years. This wasn't the three in a row club any athlete wanted to be a part of. At this point, I had to call it quits. I was mad, sad, emotionally, and physically unwell. I would go to training everyday and watch my teammates train. They were excelling and achieving their goals. I clapped, encouraged, and said good job, I'm so happy for you. Honestly, I wasn't. I hated every minute of it. Why would I do that too myself day in and day out? Because I was afraid and wasn't ready to be done with Gymnastics. My coach at the time, Jeff, changed my life. He gave me the

opportunity to work along side him and many other coaches I admired and respected. This changed me. It was me a new purpose. All the same feelings I got from performing, I felt when I coached. I was able to mentor, mold, and guide these young athletes who shared the same passion. I got certified and began coaching a lot. Watching my athletes succeed and fail filled all the brokenness I felt after quitting. I truly loved my athletes and spent countless hours planning routines and lessons. Getting into coaching gave me an appreciation of all the coaches that worked with me. I had a different view on the sport.

Soon after I decided to have after I decided to move on from my coaching career, I had children of my own. My daughter dabbled in the pre-competitive program before moving into cheer leading and now my son participates in the recreational program. Being a parent in this sport gave me a new outlook on my parents and the time, money, and dedication my Gymnastics career took on them. My journey truly came full circle. To this day, the life skills I took away from gymnastics stuck with me and has given me so many opportunities. From film and TV to competing on the world stage at the Cheer Leading World Championships, and friendships that have truly been lifelong. I owe that to gymnastics. At an early age, I learned the meaning of some pretty key words. Dedication, desire, fear, failure, success, balance, the list could go on and on. Although my gymnastics career hit a massive roadblock, it took a detour and found a new route that I really feel has given me a much more rewarding destination, and I am thankful for it daily!

A LOOK BACK IN TIME..



Four members of the Delta Gymnastics Club look proud after performing very well in the provincial championships recently, their first competition. Left to right are Robin Dorey, Philip Henderson, Robert Capadouca, and Gavin Hadden.

Delta gymnasts compete in tourney

1989 - First Boys Team at Delta - Submitted by Erin Wilkman

A LOOK BACK IN TIME..

*Holly Bird, Dagny Hill, Carole Nielsen,
Judy Dillabaugh, Tammy Stevens
(B.C. Provincial Team)
- Submitted by Sandra Hartley*



*Owen Walstrom, Ron Hunter, Bill Mackie
(B.C. Novice, Junior, Senior Champions)
- Submitted by Sandra Hartley*

FAY WEILER

I got involved in gymnastics as a judge in Ontario in 1954. I was also coaching at a club and at the high school where I was teaching. Because Willy was in the armed forces, we moved every 3 or 4 years. I continued to coach until 1968 but it was really frustrating as your gymnasts would finally reach a high provincial or even national level, and then we'd move and have to start again. That is why I finally stopped coaching and focused on judging.

I started judging international in 1961. In those days, you could only get your FIG Brevet by doing several international meets first and being listed with FIG as an international level FIG judge. My first worlds was in 1962. I did a few more FIG meets after that so I was granted my Brevet at the Mexico Olympics in 1968. I was lucky as my school board gave me paid time off for the international meets for quite a while.

While in BC in 1966, I became Canada's Chief Judge for women. I held that position from 1966 to 1974 when we were posted to Germany. This gave me the unique experience of judging several meets for European countries, as well as Britain because at that time countries had to qualify for FIG meets using other meets but needed neutral meet Head Judges. When we returned to Canada, I was again honored to become Chief Judge from 1978 to 1987. I organized the judges level system which continued with regular updates to keep it current but stayed pretty much the same. FIG rules were changing - becoming a complicated system which I really didn't want to spend a lot of time studying so I retired from judging in 1987.

I continued to judge BC meets but was also judging national and international level meets so I really can't remember which BC girls I judged where. The memories kind of flow together. I have good memories of judging Sandra, Leslie, Janet, and Susan. It was great working with BC judges and coaches as they were pleasant and respectful. Gladys Hartley was a fine person and coach, as was Marilyn Savage.

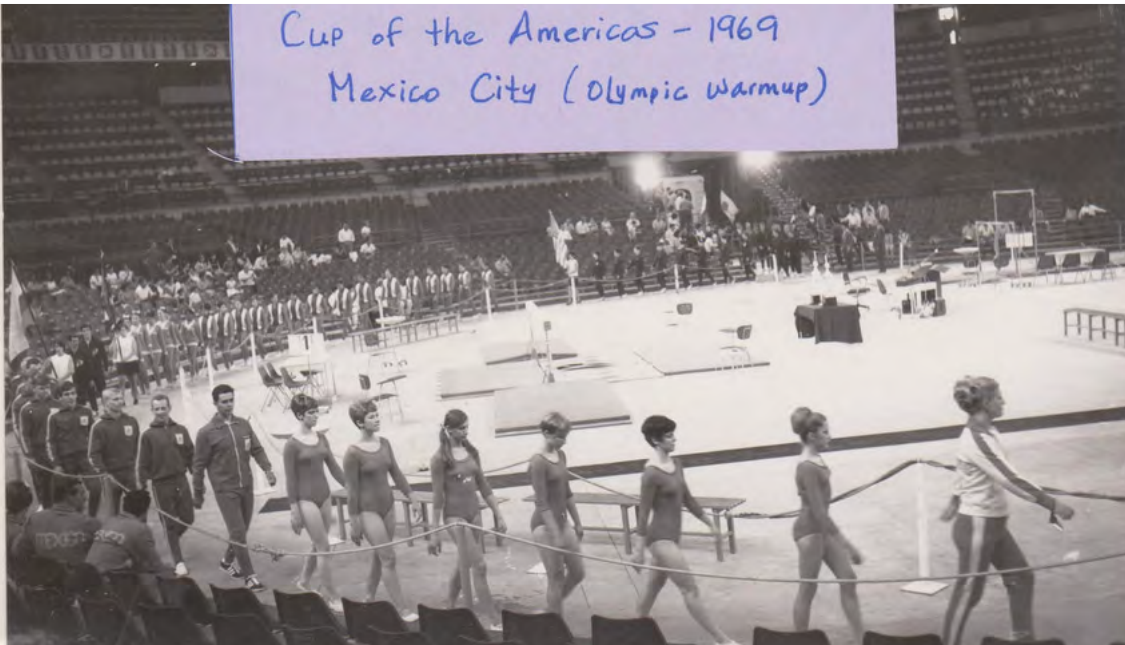
I still have contact with many of the judges from my years in the sport and I continue to keep up with what's happening, often amazed at what gymnasts today are able to perform.

A LOOK BACK IN TIME..

*Gymnastics BC mid 1960's team -
Submitted by Sandra Hartley*



*Cup of the Americas - 1969
Mexico City (Olympic warmup)*



*Marilyn Savage and Willie Weiler (B.C.) -
coaches of Canada's national teams, 1969,
Cup of the Americas, Mexico City; Sandra
Hartley (B.C.) 5th gymnast from right
- Submitted by Sandra Hartley*

A LOOK BACK IN TIME..



Submitted by Hardy Fink



GEORGE BURGOYNE

In 1991, I traveled to the lower mainland for Fall Congress. My family lived in beautiful Nelson, BC. Two of my daughters were gymnasts. In 1998, GBC was hosting the Sagit Cup Championships. Athletes at Glacier Gymnastics were excited to travel to the big city and watch elite gymnasts. We we arrived, there was a need for volunteers and I was the first to jump in! I was handed a pencil, calculator, and paper and was seated at a MAG judging table. I felt like I had hit the jackpot. So close to elite gymnasts and judges from across the Pacific Rim. I had been involved in gymnastics since 1980... preschool gymnastics!

My youngest daughter, like myself, ate and slept gymnastics! She had gone to camp in Delta for a few weeks in 1998 and was billeting with the Hawkins Family. At the end of camp, her coach invited her to move to the lower main land for training. What?? We have a family, jobs, and are surrounded by the beauty in Nelson! After a family meeting, explaining to her that this was a major decision and she would be moving to the lower mainland without her family, she was packing up her room and ready to go! I loved my job at Glacier Gymnastics and being a small non-profit club, I felt like I couldn't just pick up and leave. My husband was the captain on the worlds longest free ferry. He was apprehensive about moving but supportive in helping Jaynie reach the stars she was shooting for. I gave myself 1 year to take all of my hats off at Glacier Gymnastics and put them on someone else! Plus get the rest of the family and house in order for big changes to come. When I think back to this time, I scratch my head and ask myself, "who gives their 13 year old the option of living away from her parents and 5 siblings?". That is what we did! We moved our daughter to Tsawwassen in August 1998. In September 1999, my other kids were either married or in college, so now was the time to move to Tsawwassen... here I come! This is when my husband started commuting between Nelson and Tsawwassen. We were on board with Jaynie's choice to further her gymnastics opportunities.

In November 1999, Jaynie started training at Surrey Gymnastics Society. Another change that gave me the opportunity to grow in the sport I loved. In September 2002, Jaynie was off to Seattle Pacific University with a gymnastics scholarship. Thank you SGS for the support, encouragement, and love that you extended. Thank you to GBC for the support at Western and Canadian Championships and Summer Games. The memories I have associated with GBC are heartwarming. Thank you GBC for the special friendships that have been made.

A LOOK BACK IN TIME..

Kyle Shewfelt & Jaynie Reynolds



*2014 - Pac Rim Organizing
Committee Members
Submitted by George Burgoyne*

A LOOK BACK IN TIME..



1970, Nicky Laing Carroll practicing in the UBC Judo room, basement of War Memorial Gym



Submitted by Carlene Lewall

JEFF PAULIUK

I started my BC coaching career in the summer of 1992 and retired from coaching in May of 2012. I have coached at a number of clubs, some of them returning to but all have been amazing to coach for. I've taught a vast number of coaching courses, judged a great number of competitions from high school to Western Championships, and I can honestly say that coaching and teaching coaches, and judging in BC had been great. I've met some awesome people, coached with some amazing people, had the pleasure of working with ALL the athletes I did, both male and female. I wouldn't change it for the world.

Some highlights include my very first BC Winter Games, boy was that an eye opener. Having an amazing coaching partner who I was blessed to be my partner, being Lisa Naubert. Lisa was the driving force in keeping me on task and not going crazy on skills. Our coaching concepts clicked and we had fun coaching and challenging the athletes.

The switch from female to male coaching was challenging, but the guys I had made it easy for me. They were so fun to coach. Some were very ambitious, some were cautious. Some highlights came from these guys, from Western Championships... One of my athletes said, "Hey coach, can I do my Gienger in finals?" (only ever trained) to a totally different guy at Canadian Championships in Kamloops and his high bar routine at his very first and only Canadians. He forgot his routine, then said to me, "oops!". These guys were so much fun to coach! We had fun!

On the women's side, I remember some challenging athletes not wanting to learn certain skills, but eventually coming around and going from last place in their category to winning provincially. I took a younger athlete to nationals, and in the training gym she looked up and said, "hey look there's a bird", not having a care in the world about what was going on around her. Coaching in BC had been a pleasure and I would not change it!

A LOOK BACK IN TIME..



1979/1980
Carlene starts coaching
Submitted by Erin Wilkman



A LOOK BACK IN TIME..



1970 - FISU Games
Submitted by Hardy Fink

*Flicka Summer Camp in Gladys and Vic Hartley's
backyard (equipment set up by Vic)
- Submitted by Hardy Fink*



Gladys (extreme right) conducting the Flicka Summer Camp in the Hartley's Back Yard (1972)

JOHN CARROLL

A Lifetime in Gymnastics: One Story - An Impossibility!

Being involved in gymnastics in BC for the past 47 years means there are just too many memories to narrow it just to just one or two. 13 years as a competitive gymnast, 37 years as a men's artistic judge, 40 years as a coach, and 36 years working in the administration of gymnastics (committee member or staff).

My firsts; Local competition (Renfrew Community Center, Vancouver 1972), Western Canadian Championships (Winnipeg, 1976), BC Winter Games Trials (Trail, 1982), Canadian Championships (Chicoutimi, Quebec, 1986), Canada Winter Games (Cape Breton, Nova Scotia, 1987), International judging event - Commonwealth Showcase (Victoria, 1993), International Multi-Sport Games - Commonwealth Games (Victoria 1994), and World Championships (Belgium 2013).

Two of the biggest highlights both happened in the same year - 2007 Canada Winter Games (Whitehorse, YK), coaching with Frank Szabo Jr., we made history as the first men's team from BC to win the Team Gold Medal, with athletes Spencer Dear, Danny Chambers, Tyler Carroll, Jason Scott, Alex Hoy, Max Vacca, and Trevor Nagy. In the same year, at the 2007 Pan American Games (Rio de Janeiro, Brazil), I judged my own gymnast, Peter Andersen, as he competed for Team Canada.

Gymnastics has shown me, my whole country, and much of the world around me, that once the sport gets a hold of you, it never seems to let you go. With such great opportunities to see great places and meet so many people with a common passion, who would want to let it go?? The sport gets you started, but it is the people that keep you coming back for more!

A LOOK BACK IN TIME..



Twyla Ryan, Gord Hopper, Val Johnson



Lois Smith, Cynthia Boneski



Submitted by Hardy Fink



Sev Heiberg presenting Svetlana Lashina with the Sev Heiberg award

A LOOK BACK IN TIME..



*The original Port Alberni Gymnastics Club
Submitted by Hardy Fink*

NICKY CARROLL

I think my first involvement with Provincial Gymnastics was at an Age Group Competition in 1960. Well, I was able to tumble down a 30 foot mat. I did froggy headsprings all the way down the mat, you know, the kind with bent legs. In my high school years, I taught and did gymnastics with the North Shore YMCA. It was great. Being with friends, planning the classes, going to camps and conferences as leaders. In Grade 11, 1966, I participated in the Provincial High School Championships in North Vancouver. I was competing with some very high level competitors, such as Sandy Hartley, Leslie Bird, and Janet Terry. I wish that I had known that I was not allowed to have signing in my floor music. Oh well, I came second on Vault, behind Sandy, while doing a layout straddle through...



Windsor Secondary School 2009

My University years at UBC were spent studying PE stuff and for 4 years being a member of the UBC Gymnastics Team with Olympian Sandy Hartley as a team mate, then coach. I was also coaching with Sparca Gym Club in North Vancouver. Sparca was started by Louise Stratton, a New Westminister teacher, and Ed Nicholson, a North Vancouver teacher. The gymnasts trained in a school gym with set up and take down equipment and volunteer coaches. It was fun. Eventually, competitions were the rewards that bore the fruit of our labors, however, not all the athletes received these awards, promoting the coaches to figure out other rewards for the gymnasts efforts. It was after Sparca members hosted a Danish gym club what was visiting Vancouver, that the club thought that Sparca could travel to Europe in exchange. The whole club was very involved in fundraising for a whole year and the eventually sent 30 people (gymnasts, coaches, chaperones) on their trip to Europe.

At the beginning of the trip, one gymnasts older sister said to her, "Keep your eyes wide open". Everybody did so to see the country side, meet people, make friendships, and to learn gymnastics in other countries. After our hair raising drive through England to get to Swansea (which we did 4 hours late), the enthusiasm from the Swansea YMCA families who hosted the group, gave us a heart warming start to our tour. On the tour, we trained at all the stops and gave displays, sometimes in a gym, a hall, or even outside a Seniors Centre. The first stop in Germany was at the Medau School of Rhythmics. The friendships began in earnest as we all learned rhythmic gymnastics along side the German girls at the school. The next

stop was to Burstadt to a community gym club with a huge facility where we were accommodated, fed, trained, and performed. This same club took us to their gym camp, an outdoor one, in Sweden. We walked to the outdoor training site, trained with the German gymnasts, then ran down to the beach for a swim. I think that the camp was more of a holiday for the gymnasts than hard core training. Next we drove to Denmark to be hosted by the town of Nakskov. A few displays kept us busy, yet there was time for our individual hosts to show us their city. (The article in the Nakskov paper, below, shows the 30 of us including Louise and Steve Startton, Isla and Ed Nicholson, Nicky and George Carroll, and the town Mayor. One more



stop after returning to England was with the Luton Gym Club where we had our first and last competition. Once again, friendships abound as we were hosted in gymnast families homes.

This Sparca Europe Tour was the beginning of my philosophy towards gymnastics being a sport for all kinds of people to enjoy learning and performing skills, to create and enjoy friendships, and to make sure there were always some special activities to showcase the activity of gymnastics.

After 1973, I had 35 years of High School Gymnastics classes and school gymnastics teams; 43 years of judging and helping to develop BC Provincial gymnasts and 24 of those years were as a National judge, which I still do when the athletes are in the province. I am not done yet, but I still feel that gymnastics is for all; as I teach my grandchildren the art of balance (handstands in the living room) and movement (the backyard cartwheel) . And then there was this:

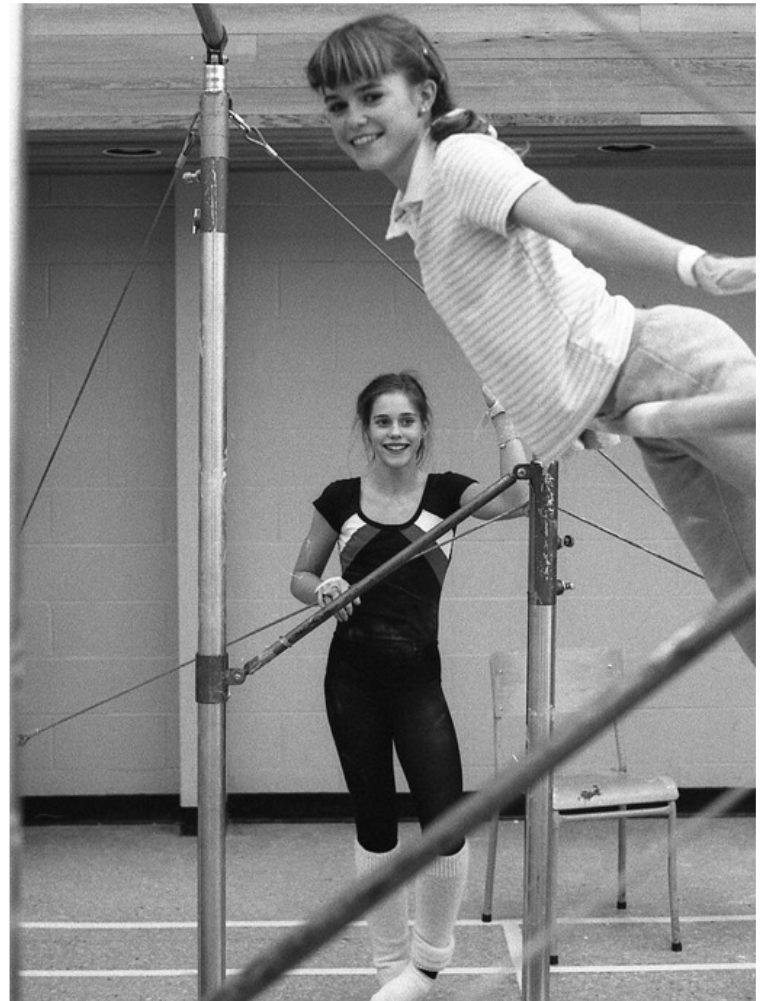
10 years ago I retired from teaching and with my school team, Windsor, we hosted the BC High School Championships. At the end of the competition, yet before the team awards were given out, Will Erichson who had the mic, said that something special is happening now. So the music "Celebration" began, the gym doors opened, and in

marched 75 gymnasts and coaches from my past and present teams. They lined up on the floor and gave me the "final present" (Salute). I had judged every one of them, except 3 coaches. Jane Tilton, my right hand lady, presented to me a book she had produced with all my High School Team photos, my gymnastics history in photos and many kind words from friends. My "final present" was my reward for the 35 years of enjoying coaching gymnastics and giving gymnastics to ALL!

A LOOK BACK IN TIME..



Submitted by Erin Wilkman



A LOOK BACK IN TIME..



*Sandra Hartley -
1967 Bars*

*Sandra Hartley -
1968 Olympic
compulsory beam routine*



PATTI MILLS

From the age of 8 until my early 20's, with many years of coaching interwoven with training and school, competing in gymnastics was the fabric of my life. I wasn't made for greatness by the BCGA (as it was known in my time) system allowed for all levels of Gymnastics, and eventually had a decent run as a Provincial 'A' gymnast. I was a classic 'late bloomer', and had some nice successes later on in my career - all 6 gold medals at BC Winter Games in 1986, my 'hand of god' All Around win at Provincials that same year (ask my mom), plus one of my favorite competition memories, helping BC win National Open Team Gold at Westerns that year too.

Winning was nice, but gymnastics has always been about so much more for me. I loved that there were so many clubs nearby and that we all had so many opportunities to compete. I have loads of great memories from all the Invitational meets I went to, from Port Alberni to Prince George, Surrey to Victoria, and more - all of which helped build the strong relationships within the system, not just with gymnasts, but between gymnasts and judges, gymnasts and coaches from other clubs, and parents and families. I feel a real sense of community when I think about all my years of competing, judging, and coaching (sometimes all three at the same competition!) in British Columbia. Winter Games in particular were a favorite because it was like a mini-Olympics, with all the different sports in one place, with athletes from all over the province.

Even though I have lived very far away for a long time now, some very important friendships have survived the time and distance. John Carroll first hung out with me after I broke my ankle at my first Winter Games in 1981, and we are still in touch now, sometimes messaging while watching the same international competitions at home! 'Papa' Flaviu Toma, the coach who brought out the best in me, came to my wedding in 1996 and we had a great visit just a few weeks ago. When my daughter Katherine and I went to World Championships in Glasgow in 2015, we caught up with Hardy Fink and Jeff Thomson. And of course Gordon Bennett is my best friend who helped Katherine and I get some training time in my old stomping ground (Flicka) in 2017, where I finally met Scott Morgan, who had only the every nicest things to say about my mom. I love that my mom, scorer extraordinaire, still meets up with the judging stalwarts of my era - Rose, Shirley, Anne, and Val - and that some of her best friends have been made through our involvement in our great sport.

I'm sure everyone has found it as difficult as I have to condense their Gymnastics BC thoughts as I have, but even if I haven't named you, I still remember you! Keep 'gym-ing', it's the greatest sport in the world!

A LOOK BACK IN TIME..



*Peggy Browne-Smyth, George Burgoyne,
Sandy Smith*



Submitted by Sandy Smith



Connor Smith, Peter Andersen, Sean McConnell, John Carroll



Peter Andersen, Danny Chambers, Connor Smith, Ken Ikeda

October 22, 1981



Local gymnasts receive grants

The B.C. Gymnastics Association has just announced the recipients of the B.C. High Performance Athlete grants. Three of the six chosen and the two alternates are from Port Alberni.

Valerie Hansen and Bev Beres (top photo, right and left, respectively) are two of the four girls selected, and first alternate is Rachel Turner. Alberni's Mark Byrne (lower photo) is one of two boys picked, and Bruce Oliver is first alternate.

The B.C. grant program is going into its third year and assists the training and helps defray the travel costs of the top B.C. national contending

athletes by about \$1,200, which, in the case of these gymnasts, represents about 15 per cent of their total training and travel expenses.

Val, Bev and Mark have been successful recipients each year. In the first year, Bev and Val were second and fourth among B.C. girl candidates, while Mark was second among boys.

Last year, Val moved to first and Bev to third, while Rachel was fourth and Mark remained second.

This year, Val and Bev are tied for first in the complicated point system, while Mark also moved to the top candidate position for B.C.

PETER ANDERSEN

"For John"

Saturday July 14th, 2007. This would be the biggest competition of my gymnastics career, and the only one that I would compete in without my longtime coach by my side.

As I stood in the tunnel waiting to enter the 15,430 seat Rio Arena, I felt excited, nervous, and fearful. The American team has just marched in ahead of us, which was swiftly followed by a strong of boos and jeers from the Brazilian crowd... Unsettling to say the least. Shortly thereafter, it was our turn. Adorned in red and white, we held our heads high and proudly entered the stadium. To our surprise, the crowd erupted with cheers as we made our way through the arena and up to the podium. The home team was next. The crowd was a sea of yellow and green with faces painted and flags flying. The ground shook beneath our feet and the seats rattled as the Brazilians walked in. It was deafening.

As the competition went on, I'd glance over at the judges table for parallel bars every once in a while. At the end of the table sat a novice international judge, with little exposure to major international competitions at the time, much like myself. He was focused on the job at hand. Judging execution is no easy task, and as you may have guessed by this point, John Carroll, my coach, mentor, and friend, was that man. He didn't appear out of place or nervous. John was, and is, the epitome of professionalism.

Eventually, we made it to Parallel Bars. I stood in line with my teammates, facing the judges as we received our instructions. John, the constant professional, briefly looked at me like I was any other gymnast to compete in front of him. No smile, no words of encouragement, no favoritism.

It was my turn. The head judge signaled me and as I walked up, I gave one last glance over at John. The slightest nod of his head would be all that I'd get. It was enough. It was the best Parallel Bar routine of my life, and I'd never been more proud to have competed in front of John on the biggest stage that we'd shared together. It was being back in the Surrey Gymnastics gym, where he and I had spent a good chunk of our lives. The crowd, my team, other coaches, and judges... they ceased to exist. I'd never been more proud to be his athlete, and to have him as my coach. This one was for John.

A LOOK BACK IN TIME..



Shirley Bakaway, Lois Smith, Cynthia Boneski



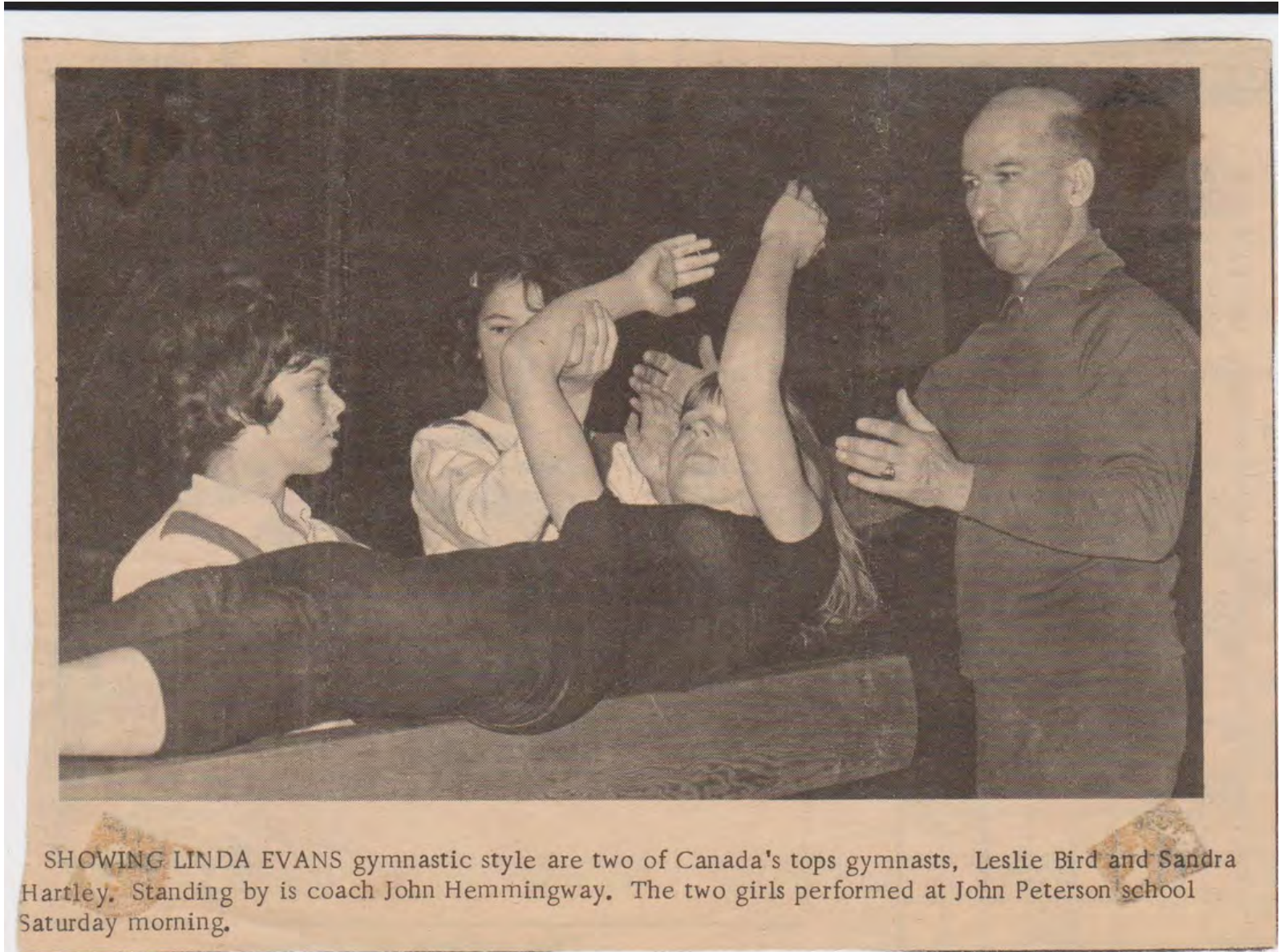
Jack Bibby, David Bibby



Submitted by Hardy Fink

A LOOK BACK IN TIME..

1964 - Canada's top gymnasts Leslie Bird & Sandra Hartley with Coach John Hemmingway



SHOWING LINDA EVANS gymnastic style are two of Canada's tops gymnasts, Leslie Bird and Sandra Hartley. Standing by is coach John Hemmingway. The two girls performed at John Peterson school Saturday morning.

RON HUNTER

My gymnastics journey started in about 1960, when I joined the Gymnastics club at the Vancouver YMCA. It was primarily a show team concentrating on tumbling and vaulting. Bill Mackie and his younger brother Gord were already on the team. The following year, Don McQuag left and Mike Grant arrived, instilling in us a passion for competitive gymnastics. I remember our team going to the BC Championships in Kelowna (how exciting) as well as competing against the Victoria YMCA team. When Mike Grant left the Y after a year so or, Bill Mackie and I started going out to the UBC War Memorial gym to work out. There, initially, we had not only informal coaching from the Turners, with people like Helmut



Haas and Hans Gerbig, but also has proper equipment to work out on. It was there that I met fellow gymnasts Sandy Hartley, Les Bird, Owen Walstrom, Karen Dean, and Janet Terry, and in later years was coached by John Tutte.

In 1965, Bill and I ran the Vancouver YMCA gymnastics program and return we were sent to the Provincial Championships in Alberta and Saskatchewan, my first exposure to clubs and competitors from outside BC. In 1966, I remember being on Team BC going to the Canadian Championships in Winnipeg. In those days, we had to sell light bulbs door to door to raise money for the trip and travel on student standby with the airlines to save money. In the Winter of 1967, I was part of the Junior Men's Team that went to the first Canadian Winter Games in Quebec City. I believe that Willy Weiler was the men's team coach for that trip. In the Summer of 1967, I was on the Men's Junior National Team to the Canadian Championships in Toronto. There I was able to win the National Junior All Around. After high school in 1968, I received a scholarship for Gymnastics and went to the University of Washington in Seattle, coached by Eric Hughes. At that point, most of my training in BC stopped, however in 1970, I was on Team BC at the Canadian Championships and was on the Canadian Team to the World Championships in Ljubljana and the Pan American games in 1971. In 1972, I returned to Canada to complete my education and was on the UBC Gymnastics team coached by Arno Lascari. I was able to make the University International Men's Team and compete in the 1973 Universiade Games in Moscow. I did not have involvement in Gymnastics after that, and now I fill my retired life with skiing and hiking.

A LOOK BACK IN TIME..

1968 B.C. Team winning Gymnastics Nationals in Quebec City; Ron Hunter (Jr. Champ), Sandra Hartley (Sr. Champ), Janet Terry (Jr. Champ)

- Submitted by Sandy Hartley

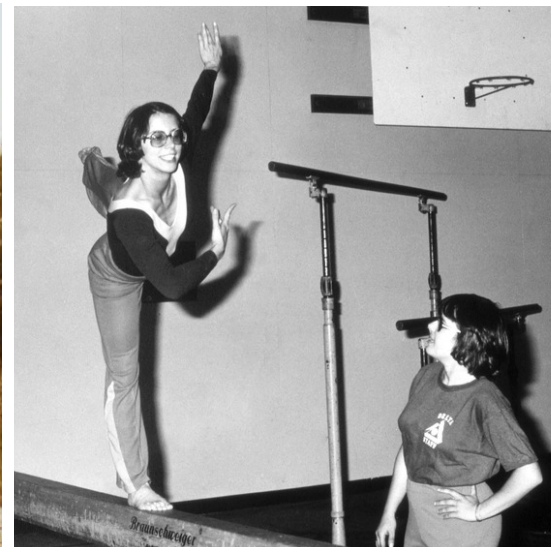


A LOOK BACK IN TIME..

1982 -
Submitted by
Erin Wilkman



1983 - Submitted by Erin Wilkman



Kari Sigrid, 1976 - Submitted by Erin Wilkman



SANDRA SMITH

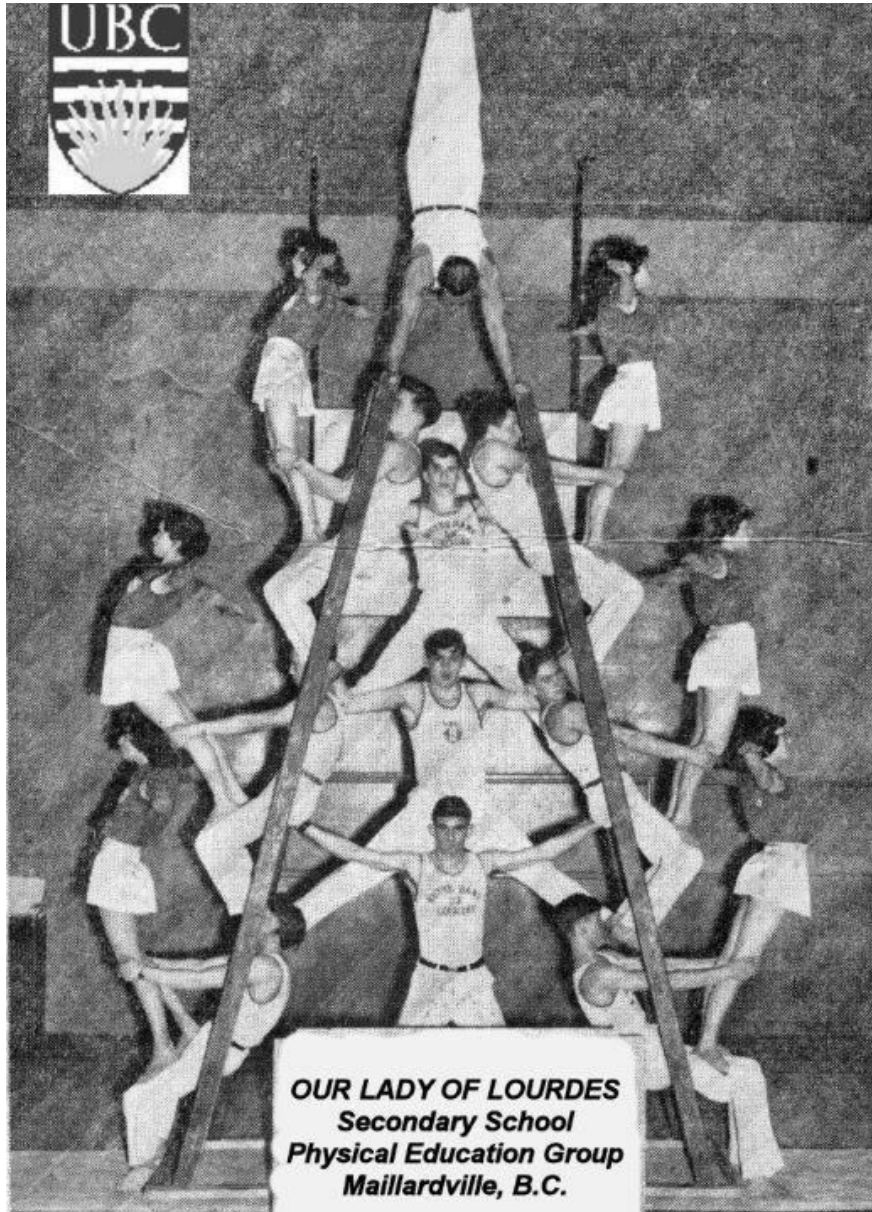
I have been involved in Gymnastics for over 20 years as a parent, beginning in 1997. My son Connor began in the Surrey Gymnastics Society recreational program, quickly jumping into the competitive side. As he moved forward, I started volunteering at the club level to learn more about the sport. It appeared that we were in it for the long haul, so I figured that I might as well jump in with both feet. I watched with heart along with the other parents at competitions as the guys flipped and flew on bars, finding strength to do the unthinkable, enjoying personal bests, and some disappointments of a routine gone wrong or a grip coming apart just before you are to compete on the bar. As Connor moved up in the ranks, I, along with a great group of parents, coordinated the

very successful Surrey Invitational. My husband was also recruited. He designed 20 years of posters, programs, and the unique t-shirts that we still see on the floor across Canada.

I went on to volunteer on the organizing committee for Elite Canada, Canadian Championships 2015, and Pacific Rim World Championships 2014. These events allowed me to meet International judges, coaches, Olympians, world champions, and follow our own young athletes as they experienced the competitive spirit, vying for a place on Team BC to Winter Games, Western Canadian and Canadian Championships. My other opportunity to work with GBC and GCG for several years was as a chaperone, manager, and currently, the Chef de Mission for Team BC. I have traveled across Canada enjoying the gymnastics as well as creating opportunities for the athletes to see parts of the country outside the gym. One of my favorite times was organizing an extra day to see the province of Prince Edward Island. We toured the island, stopping at Green Gables, enjoying a kitchen party complete with a lobster dinner, and setting off to the red cliffs to put our feet into the Atlantic Ocean.

These years have given me an inside window to watch my son grow up in the sport, not just from the bleachers but also as part of the Gymnastics community. In turn, Connor got his first job coaching gymnastics at 14 years, he became an elite athlete, a national judge, and still coaches in a small town in Australia. It is part of who he is. Needless to say, I am a proud mom. It has been my pleasure to be a part of GBC, working with folks across the country, but best of all, to support these hard working athletes as I watch them grow into wonderful adults and friends.

A LOOK BACK IN TIME..



Submitted by Hardy Fink



August 1981

A LOOK BACK IN TIME..

Submitted by Nicky Carroll



Gymnasium
of Teams in
My Life ...
1968 - 2009

The Last
Present ...
2009



SANDRA HARTLEY

1969 - Gymnastics was a happening!

In 1969, the British Columbia Gymnastics Association incorporated. Let's put this into perspective... women's gymnastics with 4 unique events was brand new! Arguably, a sport only a few years old. The equipment for these events was still evolving and no one knew anything about the movements that would soon be discovered on such new equipment. In a nutshell, gymnastics changed rapidly and drastically for girls and women from the 1950's to the 1960's. Until then, women did group rhythmic, or co-ed pyramids, or men's single events like "swinging rings" and parallel bars.

In the 1960's a movement in Europe created new events especially designed and better suited to women's bodies. It was a wonderful liberation for women's imagination to be in a sport that had proposed unique equipment just for them! What a concept... in no other sport!

So what was the thinking? Who made the changes? Girls and women considered to have good balance so balance beam was launched for them. A lower side horse vault replaced men's long house vault seemingly to suit most women's smaller stature. One rail of parallel bars was elevated to make "uneven bars" and encourage less demand on women's lesser upper body strength (hmm). Women were encouraged to use single instrument music to their floor exercise, whereas men did not use music at all. Girls chose mainly piano or organ, but we also saw drums, flutes, and violin music for a while. Live pianists were common too, and they played live to your movements and built up tumbling passes by pounding on the keys harder! Clearly women's gymnastics

took off with these changes and became the most popular Olympic sport of all - and ever since!

Looking back, these were very exciting times for women. Nobody knew our limits. Male judges, and actually all of us, used to scoff at the women judges who often consulted together after routines slowing down competitions. Rules were changing; judging was evolving too. There simply was no forgiveness for women's uncertainties.

But remember this, male gymnasts were relatively advantaged with standard equipment and tough skills to be learned from a more stable system. They could easily find some instruction on what they needed to do an apparatus. The how to techniques were known to active gymnasts. Virtually every school gym had their equipment available, and better than that, lots of guys had immigrated from Europe to BC who already knew how to do gymnastics. BC boys were soon learning from displaced Turner's men who already knew the ropes so to speak. The guys helped us too, but nobody knew these new apparatus. We were very proud of our young BC boys who really excelled and rapidly into elite classifications!

Female gymnasts would not have traded places in a minute. Because BC girls were "inventing" things on constantly changing equipment all throughout the 1960's. By the



1970 World Championships, things were stabilizing except for floor mats, spring floors, and hardwood beat boards - and those things affected both men and women.

Sounds funny, but being the first Canadian (man or women) to compete a full twisting layout was a big deal for me (1969 Trials at York University). I first warmed it up at the 1969 Winnipeg Nationals, but I bruised my heel on my landing on the uncovered plywood corner and chickened out for the meet. Next chance nationally was at national trials at York University and I did it successfully but to no audience. I competed the full twist in both the 1970 World Student Games and the 1970 World Championships - and retired right after, exhausted from quadruple jet lag after two back to back World Championships.

Being the first (and sometimes the only) to perform an original move was special to me. Originality in our routines was a game of sorts to keep ahead of copycat gymnasts. I had to learn copied moves were not "stolen" - my Mom reminded me that this was just a form for flattery. But I soon learned no one copied things they couldn't do: My Valdez mount on balance beam, dive walkover and side barani dismount, "thread the needle" acrobatic move on floor, and "crotch drop" circle high bar to low bar, and small choreographic details that my mom, George Lewis, Dale McClements Kephart, and others helped me create. They did not get copied.

I want to conclude by saying that I am so grateful to have been part of the evolution of the women's side of the sport. I am so grateful that my parents got overwhelmingly involved and I have to believe they felt it was worth their time and sacrifice. Vic Hartley and Gladys Hartley were key among the important faces of the BC formative years - they did it for all the BC kids. I am so grateful for Leslie Bird (pictured with Sandra, bottom right), my first gym and travel buddy for so many years, and for Keith Russell who allowed us to mess around on equipment during his classes, and to Gordu Gannon who taught us how to tumble straight and fast and high! And to Camp Waskowitz staff and Seattle coaches who gave away many tips and secrets. And to Bud Marquette from SCATS who worked us so hard on bars, right beside Cathy Rigby, his star, or friend, and everyone's inspiration.

But not forgotten, we are clearly indebted in BC to parents. I am grateful to ALL the parents in BC that gave an overwhelming amount of their time, ingenuity, and skill sets form hours of scoring, to learning how to judge, to running concessions, to helping set up the gym equipment and take it down every practice. Yes, there were a few coaches who taught and spotted and mostly helped, and a few internationally equipped technicians who also formed us here and there. BUT where would we be without parents? Same as today, it was mostly the parents who ultimately made this sport happen - with the initial financing, with volunteer efforts, and family sacrifices to make it all possible. Parents are still the essence of participation - icing kids joints at home, driving everywhere, fundraising, or paying out of pocket... Will all the parents out there stand up? We owe and will always owe the parents.



A LOOK BACK IN TIME..

Submitted by Rusty Pierce

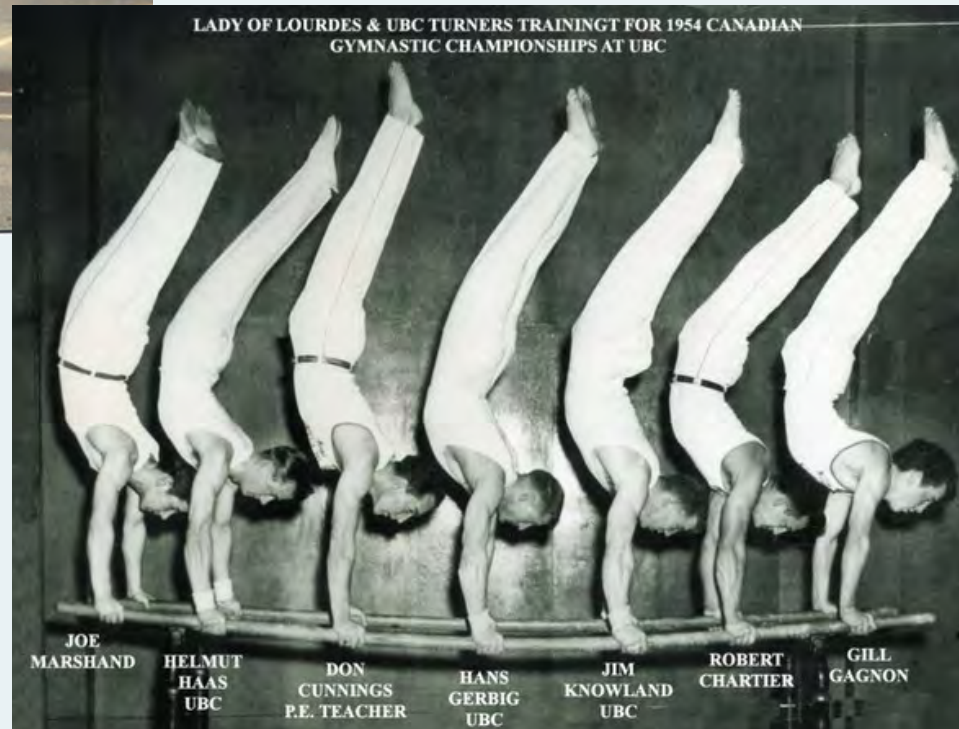


Aaron Johnson with team athletes

A LOOK BACK IN TIME..



Submitted by Hardy Fink



TAMI KNIGHT

Still coaching!

My BC gymnastics story began in 1964 when, at age 4, I took my first tiny tot tumble class in West Vancouver with Sheila Sutton. And I am still coaching today; my students now are mostly preschoolers and school age children learning physical literacy skills and introductory level gymnastics here in Vancouver at a private recreation club.

Back in West Van, I was the class brat; I didn't like dance and I loved to bounce on the tramp. When not bouncing on it, I was hanging from the frame of it. I never tired of trying to keep my cartwheels between the lines on the floor. So, in 1965, when a group of Russian gymnasts came to show their skills at the UBC War Memorial Gym, my parents took me to see them. From then on, gymnastics was all I really wanted to do.

My first competition in 1968 was a hilarious disaster. I entirely forgot the next move in my tumbling pass (it was a straddle forward roll - of course I remember this half a century later) and stood there for what seemed like hours. My score was, oh dear, 1.8. I didn't always get one's though... Later in my gymnastics career, I was the 1975 BC Junior Provincial Champion, placed 4th all around at the Canada Games in 1975, and won 1st all around at the 1975 Western Canada Summer Games.

The thing I am most happy and proud of is that I'm still in touch with some of my gymnastics friends from that time. And I had amazing coaches who helped raise me. My parents referred to Mrs. Hartley as "mum number 2". I've tried to do that for my own students. I tell them the three things I want them to learn from doing gymnastics are one, how to stay fit for life; two, how to be confident so you do well in a job interview; and three, how to hold a handstand for as long as possible.



L - R: Paula Nishikawara, Denise Holst, Alison Andrews, Janice Gauthier, Lisa Broderick, and Tami Knight

A LOOK BACK IN TIME..



A LOOK BACK IN TIME..



Falcon Gymnastics
recreational class - 1988



Falcon Gymnastics Team at
Garden City Invitational - 1989

WILLY WEILER

Chilliwack, BC - 1963 - 1968

In the spring of 1963, after arriving as champion of the Pan Am Games in Sao Paulo, I was transferred to Chilliwack, BC. The base had no Olympic equipment for me to train on for the upcoming 1964 Olympics in Tokyo. I traveled 3 times a week to UBC to train on Olympic equipment. I trained with several senior gymnasts from BC at that time. Gordie Gannon and Bill Mackie were a couple of them, and perhaps John Tutte. I don't remember all their names - age related memory problems doesn't help with that.

While in Chilliwack, I was invited to a gala sports dinner and had the opportunity to say a few words about my beloved sport of gymnastics. People my age will remember two of the best known comedians at that time - Wayne and Shuster. I had the honor of sitting between them at the head table.

So that I could do more practicing at the base, I purchased a horizontal bar and built the uprights for it. My previous experience in Rastatt, Germany of digging a 4 foot trench outside the gym and padding it with sawdust came in handy. So I did that behind the gym in Chilliwack. Now I was able to practice high bar and some tumbling moves into the pit.

I recall coaching the BC Junior Team. I don't recall all their names - Darryl Howe, and I think Ron Hunter and Owen Walstrom. One incident that occurred which makes me even chuckle now... one of the boys, when he got excited or nervous, had a slight stutter. While playing poker one evening for nickels, that boy looked at his fine hand and announced, "I bet a ni-ni-nickel". One of the other players immediately said, "OK. That will be 15 cents".

As a self-coached gymnast, it was great to be able to train with the BC senior gymnasts and to help the juniors when I could. While living in BC, I traveled to many meets and often there were BC gymnasts on the team including Bill Mackie, Gordie Gannon, Sandra Hartley, Leslie Bird, Janet Terry, and more.

I now play golf 3 times a week and am happy to say that I shoot my age most of the time. In the Winter, I curl almost every day at the London Curling Club.

A LOOK BACK IN TIME..



DID YOU KNOW?
BC Gymnast Shallon Olsen won a silver medal on Vault at the 2018 World Championships, right behind Simone Biles!



A LOOK BACK IN TIME..



Grouped around their new set of uneven parallel bars, members of the Delta Gymnastic Club are: (kneeling, left to right) Shannah Biggan, Kathie Haynes, Julie Neill and Charlene Duncan; (second row, left to right) Kerry Lone, Susan Ellis, Kelly Koeper, Mona Megrian, Corinne Merritt and Marion Weaver; (top bar, left to right) coaches Kari Michelitsch and Sigrid Regehr. Delta hosts Dunbar this Friday in a competition beginning at 7:30 p.m. at Tsawwassen Junior Secondary.



1989 - Peace Arch Games
Submitted by Erin Wilkman

A LOOK BACK IN TIME..

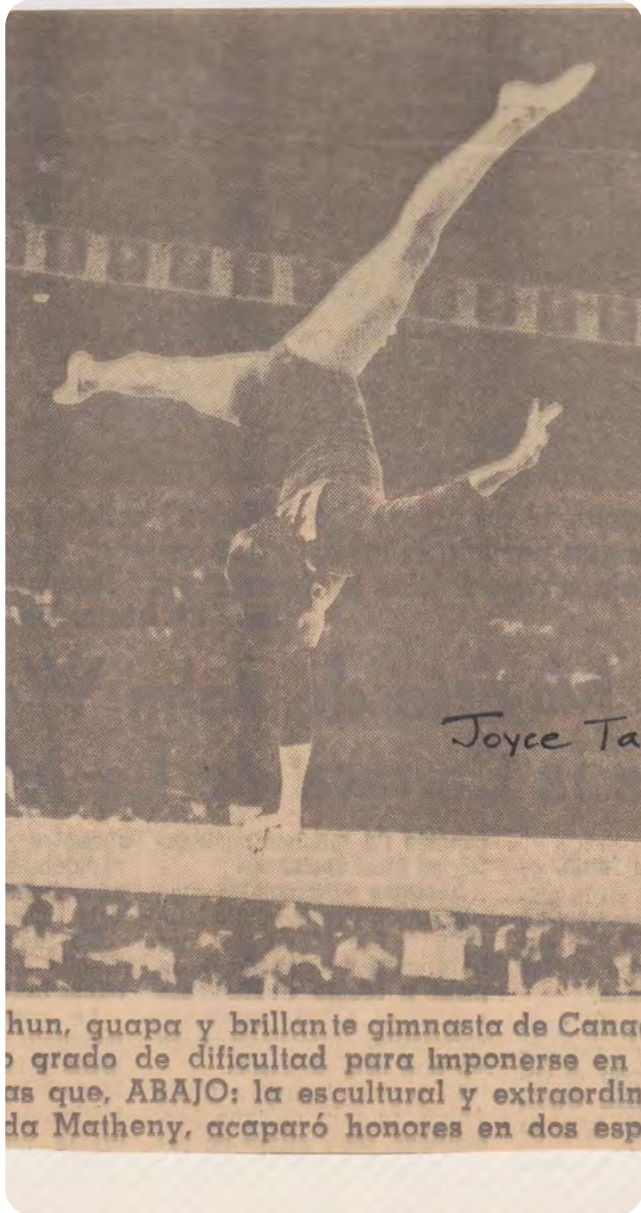
Submitted by Carol Anne Letheren



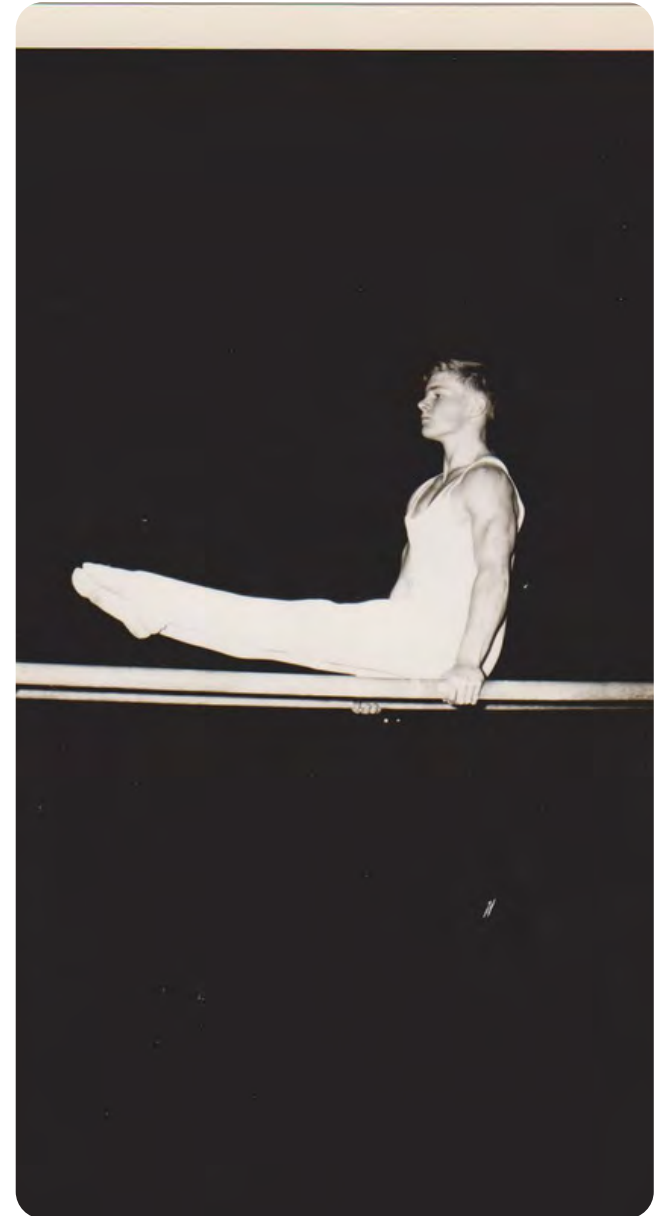
LAST-MINUTE ADVICE was the order for these competitors in national gymnastics championships at University of Victoria McKinnon Building. Adviser is Carol Anne Letheren, chairman of women's technical committee of Canadian Gymnastic Feder-

ation. Those being advised are Lisa Broderick, 18, North Vancouver; Jill Weinberg, 16, Victoria, and Maureen Chow, 14, North Vancouver. Championships started Thursday, continue today and conclude Saturday. (Times photo by Bill Halkett)

A LOOK BACK IN TIME..



*Seattle Y gymnast, Joyce
Tanac, often competing in B.C.
- Submitted by Sandra Hartley*



*Ron Hunter -
Submitted by
Sandra Hartley*

A LOOK BACK IN TIME..



1970 -
Gymnastics BC Team -
Submitted by Sandra
Hartley

A LOOK BACK IN TIME..

Submitted by Hardy Fink



A LOOK BACK IN TIME..

*Shallon Olsen | Worlds Doha 2018 -
Submitted by Tony Olsen*



REFERENCES

- [1] The Arbutus Club. (2019). Membership for a Lifetime. Retrieved from <https://www.arbutusclub.com/About/Membership.aspx>
- [2] Balance Gymnastics. (n.d.). Home. Retrieved from <http://www.balancegym.ca/>
- [3] Bowen Island Gymnastics Club. (2015). About Us. Retrieved from <https://www.bowengymnastics.com/about>
- [4] Britannia Gymnastics Club. (n.d.). About us. Retrieved from <https://www.britanniagymnastics.com/about-us.html>
- [5] Campbell River Gymnastics Association. (2019). Home. Retrieved from <http://www.campbellrivergymnastics.ca/>
- [6] Circus West Performing Arts Society. (2019). About Circus West. Retrieved from <https://www.circuswest.com/about-us/about-circuswest/>
- [7] Chimo Gymnastics Club. (2013). About Us. Retrieved from <http://www.chimogymnastics.ca/about-us.html>
- [8] Creston Valley Gymnastics Club. (n.d.). About. Retrieved from <http://www.cvgclub.ca/about/>
- [9] Creston Valley Gymnastics Club. (n.d.). Jumping Jacks Play Club. Retrieved from <http://www.cvgclub.ca/jumping-jacks-play-club/>
- [10] Duncan Dynamics Gymnastics Club. (2017). About DDGC. Retrieved from <https://ddgc.ca/about-ddgc/>
- [11] Elk Valley Gymnastics Club. (n.d.). Home. Retrieved from <https://www.elkvalleygymnastics.com/>
- [12] Wayalnd Sports Penticton Campus. (n.d.). About Us. Retrieved from <https://www.waylandsportspenticton.com/about-us>
- [13] Flicka Gymnastics. (n.d.). About Flicka. Retrieved from <https://www.flickagymclub.com/about>
- [14] Flip Club. (2019). Meet the Coaches. Retrieved from <https://theflipclub.ca/meet-the-coaches/>
- [15] Funtastic Gymnastics & Trampoline Centre. (n.d.). Facebook: About. Retrieved from https://www.facebook.com/pg/funtasticgym/about/?ref=page_internal
- [16] Gym Sense Gymnastics Inc. (2015). About Us. Retrieved from <https://gymsensegymnastics.ca/about-us>
- [17] Kelowna Gymnastix Inc. (2016). About Us. Retrieved from <https://kelownagymnastix.ca/about/>
- [18] Kicking Horse Gymnastics Club. (n.d.). About Us. Retrieved from <http://khgym.weebly.com/about-us.html>
- [19] Kitimat Dynamics Gymnastics Club. (n.d.). Home. Retrieved from <http://kitimatdynamics.com/>
- [20] Lake Country Gymnastics. (2019). Contact Us. Retrieved from <https://lakecountrygymnastics.ca/>
- [21] Lions Pride Gymnastics Association. (2017). About Us. Retrieved from <https://www.lionspridegymnastics.com/about-us>
- [22] Milezero Gymnastics. (2019). Facebook: About. Retrieved from https://www.facebook.com/pg/milezerogymnastics/about/?ref=page_internal
- [23] Monkey Business Gymnastics. (n.d.). Facebook: About. Retrieved from https://www.facebook.com/pg/Monkey-Business-Gymnastics-230055437129611/about/?ref=page_internal
- [24] Nanaimo Gymnastics School. (2019). About. Retrieved from <http://www.nanaimogymnastics.ca/>
- [25] North Peace Gymnastics Association. (n.d.). Home. Retrieved from <http://npga.ca/>
- [26] Omega Gymnastics Academy. (2018). About Omega. Retrieved from <https://www.omegasportscentre.com/about-omega>
- [27] Powell River Gymnastics and Cheer. (2016). About Us. Retrieved from <http://prgymnastics.ca/about/>
- [28] Quesnel Technics Gymnastics Club. (2019). About Us. Retrieved from <https://www.quesnelgymnastics.ca/about-us/>
- [29] Salt Spring Gymnastics Association. (n.d.). About. Retrieved from <https://www.saltspringgymnastics.org/about>
- [30] Selkirk Gymnastics Association. (2019). About Us. Retrieved from <https://selkirkchallengers.uplifterinc.com/pages/AboutUs/>
- [31] Smithers Saltos Gymnastics. (2018). About Us. Retrieved from <https://smithersgymnastics.com/about-us/>

REFERENCES

- [32] Splitz Gymnastics Centre Inc. (2017). Mission. Retrieved from <https://www.splitzgymnastics.com/about-us/mission/>
- [33] Springers Gymnastics Association. (n.d.). Home. Retrieved from <https://pentictonspringers.wixsite.com/pentictonspringers>
- [34] Laughlin, Marilyn. (1999). The History of Surrey Gymnastics Society: It was just an idea, just a suggestion.
- [35] Surrey Gymnastics Society. (2019). News: Surrey Gymnastics to acquire Wayland Sports Surrey. Retrieved from <https://www.surreygym.com/surrey-gymnastics-to-acquire-wayland-sports-surrey/>
- [36] Symington Symbiotic Foundation. (n.d.). Home. Retrieved from <https://symingtonfoundation.ca/>
- [37] TAG Sports Centre. (2010). About TAG. Retrieved from <http://tagsports.ca/about-tag/>
- [38] Twisters Gymnastics Club. (n.d.). Our History. Retrieved from <https://twistersgymbc.com/about/history/>
- [39] Wayland Sports. (2018). Our History. Retrieved from <https://www.waylandsports.com/about-us/our-history/>
- [40] Wayland Sports. (2018). Overview. Retrieved from <https://www.waylandsports.com/about-us/overview/>
- [41] Wings Gymnastics Society. (n.d.). Facebook: About. Retrieved from https://www.facebook.com/pg/wingsgymnasticsociety/about/?ref=page_internal