



High School Gymnastics

2023-24

Dear Coach or Club Administrator,

Since 1954, high school students in BC have been representing their schools in provincial gymnastics championships. Since 1982 the BC Secondary Schools Gymnastics Association (BCSSGA), a registered non-profit society, has existed to promote and organize student participation in high school gymnastics. In schools, the winter athletics season is about to begin and BCSSGA wants to make gymnastics clubs aware that opportunities exist for high school students to represent their schools in gymnastics.

Does your club offer programming for teenagers? If so, your teen gymnasts might appreciate the opportunity to represent their schools. Most schools no longer teach gymnastics in their Physical Education classes. Either they lack the expertise or confidence to teach gymnastics, the necessary equipment, or both. However, a school can still have a gymnastics team.

High school gymnasts can compete in one of 5 levels providing an entry point for everyone from complete beginner (recreation or Xcel Bronze) to very advanced (CCP 8 and up). Regional and Zone Competitions will be taking place in January to early February, and are used to qualify for the Provincial High School Championships. This year's Provincial Championships will be hosted by Prince George Secondary School on February 25-27, 2024.

What is required for your gymnasts to represent their school in competition?

1. If your club is new to high school gymnastics, contact bcssga.registrar@gmail.com for information about how to proceed. Our registrar will connect you with one of our volunteers to help you through the process of obtaining school endorsement.
2. If you have an established connection with your local school(s), you can contact your school officials and discuss your plans for the season. To register your team please go to bcssga.ca/registration to download the BCSSGA Registration Form.

The team component of the Zone and Provincial Championships makes competing in high school gymnastics a very unique and valued experience by all athletes, coaches, and teachers. Please consider participating this year, and contact me if you have any questions.

Thank you for your consideration,

Terry Mitruk

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High School Gymnastics – FREQUENTLY ASKED QUESTIONS

Is High School Gymnastics a program within Gymnastics BC?

- No, the BCSSGA is a separate non-profit society though it does have a positive working relationship with Gymnastics BC. Since the BCSSGA is a distinct society, its Provincial High School Championships are not a GymBC sanctioned event, and the GymBC member insurance is not valid at the High School Championships.

Why should the club have its gymnasts represent the school?

- Students that represent their school develop stronger attachments to their school and community.
- Many clubs run specific programs for high school gymnastics that run October through March, providing a revenue stream for the club and employment opportunities for their coaches.
- Students that are competing for their school often recruit friends that become new members at the club in their teen programs.

Do any schools have gymnastics teams that train at school?

- Yes, there are many schools across the province with PHE teachers that teach a unit of gymnastics. Some of those schools have consistently fielded teams.
- Schools often have alumni that come back to help volunteer coach the school team, and several take NCCP courses and sign on to coach recreation classes in their local gym clubs.

Are the High School Rules different than at GymBC competitions?

- Yes, but the rules have been adapted from the rules used in club MAG and WAG competitions to provide easy entry points for a wide range of skill levels, with minimal or no changes to gymnasts' routines being required.
- A complete set of the BCSSGA Policies and Rules is available on our website.

What kind of equipment will they be competing on?

- For Provincial High School Championships, the BCSSGA rents the equipment from Gymnastics BC. For Zone Championships, events take place in a variety of venues. In zones where many teams train in the schools, school equipment might be used, in which case high level gymnasts may wish to adjust their routines for safety or performance considerations.

How do I get more information?

- Check the BCSSGA website bcssga.ca for our Competition Rules, Event Calendar, and contact information including the Zone Representative in your region.