Fundraising... Just Got Easier

Milk & Dark Chocolate Almonds

- Easy to follow, step by step support for any sized organization
- Top quality pure milk & dark chocolate coating on roasted almonds.
- No Risk! Credit on all full cases returned*
- Free shipping with min. 10 master carton or more

Make $1.50 profit on each $3.00 box sold ($72.00/case*)

*Prices include all applicable taxes
24 boxes per case

*Ask your local agent for full return policy requirements and regulations.

futurefundraising.com
1.800.815.8326
scoops@shaw.ca
On the Cover: Taylor Ricci (Flicka) en route to her first BC Senior Women’s title. 2012 marked a return of the senior competition with four athletes vying for the title. For a complete list of 2012 BC Champions see page 13. (Photo by Leland Jansen)

Managing Editor
Brian Forrester

Editor
Sandra Lewis

Contributors: Mara Brenner, Campbell River Record, Coaching Association of Canada, Cowichan News Leader, Comox Valley Record, Delta Gymnastics, Gymnastics Canada, Jessica Kerr (Delta Optimist), Sandra Lewis, Shawna Peters, Prince George Free Press, SIRC, Sport BC, Rob Vat

Gymnastics BC
230-3820 Cessna Drive
Richmond, BC, Canada, V7B 0A2
Telephone: (604) 333-3GYM | Fax: (604) 333-3499 | email: info@gymnastics.bc.ca | www.gymnastics.bc.ca

Gymnastics BC Board of Directors
President Twyla Ryan; Vice President Susan Willett; Finance Helen Rosebush; Directors at Large Andrea Donohoe, Jennifer Reed-Lewis, Dorothy Stilek; Technical Chairs WAG Megan Conway, MAG Mike Hood, TG June Booth, GFA Vivien Symington

Gymnastics BC Provincial Advisory Committee
Zone 1 Tracy Simpson; Zone 2 Heather Ivanitz; Zone 3 Ken Stewart; Zone 4 Carline Lewall; Zone 5 Tam Mitchell; Zone 6 Joyce Percy; Zone 7 Laureen Kears; Zone 8 Lucia Fendelet

Gymnastics BC Staff
CEO & Executive Director Brian Forrester, Technical Director Andree Montreuil, Marketing & Communications Director Sandra Lewis; Gymnastics For All Coordinator Aimee Kapil, Coaching Coordinator Catherine Dubinsky; Community Access Program Coordinator Brittany Cawson; Event Coordinator Chantelle Judd; Provincial Coach Richard Ikeda; TG Coordinator Debbie McBoyle; MAG Coordinator John Carroll; WAG Coordinator Nancy Beyer

4 Beatboard
Okanagan Acro, New GBC CEO, Comeback Kid, Dismounts

6 Athletes
Joining the Circus...x2, Olympics, Gold in Slovenia, 9 Team BC
Team BC’s medallists from the 2012 Canadian Championships, 2012 Western Canadian Championships and Western Canada Cup, Former Team BC member not slowed by arthritis

12 2012 BC Gymnastics Championships
The newest BC Champions!

13 Classifieds

14 Clubs
Building new clubs, Chalk Talk

16 Feature
PLAY Gymnastics Launched in BC

18 Coaching
Fuelling the Young Athlete, Strength Training

20 Coming Attractions
Adele Lefevre and Madison Arnold of the Okanagan Gymnastics Centre returned from their first world age group acrobatic gymnastics championships held in Lake Buena Vista, Florida in April.

Lefevre and Arnold were part of Canada’s 11 member team. While the team may not have returned home with medals, they can take pride in knowing they’ve played a large part in the development of a new discipline of gymnastics in Canada.

“Everything is new and it’s a little bit different,” said coach Suren Torosyants, a former mixed pairs acro gymnast for the Soviet Union. “This is a first step, and we’ll see in a couple of years that we can do better.”

In acrobatic gymnastics, each group or pair competes two routines in the qualifying round, one demonstrating balance, the other “dynamic” or flight elements. Routines are scored based on difficulty, execution and — unlike artistic gymnastics — artistry, with the difficulty and artistry scores based out of a 10.0 maximum score. Anything higher than 28.0 per exercise is usually considered a very good score.

Lefevre and Arnold competed in the girls pairs team competition and placed 29th (47.65 points). Fellow Canadians, Rochelle Greenberg and Ava Cochlan came 21st (51.7 points).

Peace & Love

Two teams of acrobatic gymnasts from Okanagan Gymnastics traveled to Texas for the Peace, Love & Acro Meet. Competing in the Level 8 women’s pair group, Adele Lefevre and Madison Arnold placed fourth. In the Level 8 mixed pair group, Max Brodin and Ellen Bradford finished second. Results

For more on acrobatic gymnastics in Okanagan, check out his feature that aired on Shaw TV in Kelowna: http://www.shaw.ca/shawtv/Kelowna/
Welcome to the New GBC CEO
Brian Forrester Joins the GBC Team

Gymnastics BC welcomed new CEO Brian Forrester to the team in April! Forrester assumed the position from Moira Gookstetter who is now the Vice-President with the new BC Sport Agency.

In his role as CEO, Forrester will provide overall leadership and direction for the growth and stability of the association. He will work closely with the Board of Directors, staff, membership and the various external partners in order to ensure that gymnastics in BC continues its ongoing growth and success.

“Gymnastics BC is thrilled to welcome Brian to our team,” said Twyla Ryan, president of Gymnastics BC. “Brian brings a passion for the continued development and improvement of amateur sport in BC.”

Brian can be contacted at 604-333-3490 or bforrester@gymnastics.bc.ca.

Comeback Kid!
Brittany Rogers Wins Sport BC’s Harry Jerome Award

Brittany Rogers (Flicka) was the 2011 winner of Sport BC’s Harry Jerome Comeback Award winner. The award, presented by Canadian Direct Insurance, recognizes a BC amateur athlete who demonstrated great perseverance in the face of adversity — a trait that epitomizes the story of the 18-year old gymnast.

While competing for Team Canada at the Pacific Rim Championships in 2010, Rogers fell on a beam dismount and broke her ankle. This would have been career-ending for most gymnasts; however, Rogers persevered through her injury and returned to the world stage a year after surgery and extensive rehabilitation. At the 2011 Osijek Challenger Cup World Cup in Croatia, she was the only gymnast to qualify in all four event finals securing a silver medal on vault — now she has her eye on the 2012 Summer Olympics.

“It takes a certain level of passion and drive to overcome the obstacles with which Brittany Rogers has faced,” said Carey Summerfelt, Sport BC Manager of Sponsorship & Events. “She is among Canada’s best female artistic gymnasts and, through her power, conviction and dedication, returned to full form to be a top contender in her sport.”

“Canadian Direct Insurance is proud to sponsor the Harry Jerome Comeback Award and would like to congratulate Brittany Rogers on her achievement,” said Colin Brown, Chief Operating Officer for Canadian Direct Insurance.

Golden

GBC Life Member Laura Moore and her husband Harvey as they celebrated their 50th wedding anniversary on April 21.

Golden - Part 2
Trail Gymnastics Club celebrated 50 years of gymnastics on May 17 with an Open House and barbeque. High school teacher Alex Ross started the club in 1962 as a J. L. Crowe Gymnastics Club and it soon became a provincial power house. “To this day, there are probably more high-school banners for gymnastics than other sports,” said Trail gymnastics instructor Chris Bucchini who has been involved with the club for 30 years.

Golden - Part 3
Splitz Gymnastics’ coach Tracy James at the International Cheer Union (ICU) world cheerleading championships. James was a member of Canada’s coed squad that captured gold for the fourth year. James, a former Langley Gymnastics member is now coaching at SPLITZ following a year hiatus spent working on the cheerleading TV show Hellcats as a stunt double.

Golden - Part 4
Brittany Rogers at the Turnier der Meister World Cup in Cottbus on vault. She also won a bronze on beam. The gold medal on vault was Roger’s best ever result at a World Cup event, eclipsing the silver medal she won last November in Croatia, also in the vault event.
Two Flipside Nanaimo gymnasts auditioned and were accepted to attend the prestigious National Circus School summer camp.

Erica Jansen of Nanaimo and Jasmine Brenner of Gabriola Island will join 45 other international and Canadian circus artists at the one week intensive camp this summer in Montreal.

The National Circus School also offers a full time high school program as well as a college degree in circus arts. Many graduates feed directly into the Cirque de Soleil.

On top of training in tumbling, silks, trapeze and hoop, instruction is also based on a multidisciplinary approach to the circus arts, integrating other performing arts such as dance, acting and music. These 2 young gymnasts plan to audition for the high school as well this coming year.

submitted by Mara Brenner

All those years of twisting, turning and flipping as a gymnast are going to have a practical application for Delaney Martin.

Martin, 14, a Grade 9 student at Frances Kelsey Secondary School, is running away to join the circus. And that’s a good thing.

Longtime Duncan Dynamics Gymnastics Club member Martin is one of a select few in the world to be accepted into the National Circus School in the high school program. The school in Montreal is where Cirque du Soleil performers train.

The sudden turn of events didn’t really sink in for Martin at first. She had to think about leaving home, her friends and going onto a whole new lifestyle, but finally figured it was just too good of an opportunity to pass up.

School will actually start on August 6 so her turnaround time this summer will be quick. A big adjustment will be extensive teachings in French, with English as a secondary language.

Martin started in gymnastics at the age of six and has been going strong ever since. She certainly has no fear of heights from her extensive training, although it’s been a tough year for injuries.

A friend in Victoria initially told Martin about the circus school tryouts and a few other members of the gymnastics club attended an audition in Vancouver last November.

In March, the Martins found out Delaney was one of 25 people in the world who made it to the next stage and she wrote the entrance exam at the end of March. That part wasn’t a worry.

edited from the Cowichan News Leader
Products Built for Performance.

30 Years of Excellence in Manufacturing, Innovative Technology, International Recognition, the No. 1 Choice of Champions and... A name synonymous with Quality, Durability and Performance... A name you can trust.

SA Spieth Anderson

http://www.spiethanderson.com

e.mail info@spiethanderson.com • 1-800-563-6479

"View our Colour Catalogues On-line"

Forestview Rd., P.O. Box 40, Orillia, Ontario, Canada L3V 6H9 • Phone (705) 325-2274 • Fax (705) 325-1485
Brittany Rogers & Briannah Tsang Qualify for Olympic Selection Camp

Twelve athletes were invited by Gymnastics Canada to the Olympic selection camp taking place at the end of June in Gatineau, Quebec. Flicka’s Brittany Rogers and Briannah Tsang are the BC gymnasts that will be competing for a spot on the 2012 Olympic team.

The twelve talented and determined athletes will gather at the Centre Sportif de Gatineau, home of the Unigym club for a Selection Camp which will include a competition on June 26th and 28th.

Olympic Selection List: Elsabeth Black (NS), Talia Chiarelli (ON), Jessica Dowling (ON), Madeline Gardiner (ON), Mikaela Gerber (ON), Victoria Moors (ON), Dominique Pegg (ON), Brittany Rogers (BC), Jessica Savona (ON), Briannah Tsang (BC), Anysia Unick (AB), Kristina Vaculik (ON)

In related news, Peng Peng Lee withdrew from the selection process. In a note to Gymnastics Canada, Lee stated that following her knee injury at Canadians where she tore her ACL, she does “not want to rush into doing gymnastics for the Olympics if my knee could be at a greater risk and possibly affect me in the future. I will be attending the Olympic Games to support Team Canada and will be cheering them at the top of my lungs!”

Gymnastics Canada has named Lee as the Honorary WAG Team Captain for the 2012 Olympic Games as she is a dynamic and respected leader among the WAG NT athletes and that her winning attitude and determination are commendable.

Men’s Artistic Gymnasts Vie for One Olympic Spot

Ken Ikeda (Twisters) was among four Canadians competing at the World Cup in Maribor, Slovenia in early June. On his best events, pommel horse and parallel bars, he qualified for the finals. On pommel horse, he scored 12.600 to finish 8th and on parallel bars he scored 14.400 to finish 8th.

The event was also part of the qualification process for the lone spot on Canada’s men’s artistic gymnastics team. To meet the qualifying standard contending gymnasts must earn a score on any apparatus that would have earned them a spot in a final at the 2011 world championships. The gymnast with the top score among those who achieve the standard gets to pack his bags for London.

Kevin Lytwyn (ON) came close to meeting this standard by scoring 15.175 in qualifying on horizontal bar. While this score did meet the threshold, Nathan Gaifuik (AB) scored 15.300 on the same apparatus at the Canadian Championships just one week ago.

Brandon O’Neill (AB) and Ikeda failed to meet the qualifying standard set by Gymnastics Canada on their events.

Shallon Olsen - Golden in Slovenia

Recently crowned Canadian Junior Champion, Shallon Olsen (Omega) continued her winning ways in early June as she topped the field at the Slovenian International Junior Competition.

Olsen scored 55.200 to lead sisters Victoria (52.800) and Rose Woo (52.000) from Quebec. In sweeping the podium, the three Canadians easily outdistanced fourth place competitor - Jessica Stabiniger of Austria who scored 46.100
Artistic Gymnasts bring home 14 Gold Medals for Team BC!

BC has the best junior artistic gymnasts in the country as both Shallon Olsen (Omega) and Zachary Clay (Twisters) topped the field in the junior competitions.

Olsen scored 58.700, to easily put her ahead of runners up Victoria Woo (55.450) and Rose Woo (55.300) both of Quebec. Meanwhile, Clay lead the 2-day competition from start to finish for his second national title!

Other all around medalists were Steven Chaplin (Twisters) with silver in the National Youth category, Joshua Stuart (Richmond) silver in junior men’s and Robert Watson winning bronze in the senior men’s competition. Other Team BC Medalists:

**HP Senior**
Brittany Rogers (Flicka): 6th AA, 2nd V, 5th UB, 6th BB
Laura-Ann Chong (Flicka): 3rd UB

**HP Jr.**
Shallon Olsen (Omega): 1st AA, 1st PH, 3rd SR, 1st V
Scott Nabata (Kamloops): 5th AA, T2nd FX
Joshua Stuart (Richmond): 2nd AA, 1st SR, T1st PB, T1st HB
Julian Geisler (Delta): 8th AA, 3rd PB, 5th HB

**HP Senior**
Ken Ikeda (Twisters): 1st PH, 2nd PB, 3rd HB
Robert Watson (Richmond): 3rd AA, T1st FX, 3rd PB, 2nd HB
Scott Morgan (Flicka): T1st FX, 1st SR, 1st V

**HP Tyro**
Aaron Mah (Vancouver Phoenix): 4th AA, 3rd FX, 5th SR, 4th PB, 2nd HB
Nicolas Garfias (Twisters): 6th AA, 6th FX, 6th SR, 5th PB, 1st HB

BC’s Trampoline Gymnasts finish with 31 Medals – 11 Gold!

Team BC’s trampoline gymnasts wrapped up the 2012 Canadian Gymnastics Championships with 31 medals, 11 of them gold!

**Shasta**
Ben Blais: 1st DMT (Nov 11-14), 1st TR (Nov 11-14), 1st V (Novice)

Matthew Bloudov: 4th DMT (Youth), 9th TR (Nov 15+), 2nd SY (Novice)
Olivia Bortolazzo: 3rd DMT (Senior), 3rd TR (Open)
Liam Doherty: 2nd DMT (Nov 11-14), 3rd TR (Nov 11-14)
Tyler Edwards: 2nd DMT (Nov 15+), 2nd TR (Nov 15+), 1st SY (Nov)
Brittany Falconer: 2nd DMT (Open), 10th TR (Open), 2nd SY (Open/Youth)
Cameron Quinlan: 5th DMT (Youth), 6th TR (Youth), 2nd SY (Nov)
Poppy Quinlan: 2nd TR (Open), 2nd SY (Open/Youth)
Jordan Wilmshurst: 9th DMT (Nov 15+), 3rd TR (Nov 15+)

**Okanagan**
Jill Bobyn: 1st TR (Nov 15+)
Danielle Gruber: 3rd DMT (Youth), 4th TR (Youth)
Stephanie Hill: 3rd DMT (Nov 15+)
Adele Lefevre: 2nd DMT (Nov 11-14), 1st TR (Nov 11-14), 2nd TU (Nov 11-14)
Samantha Smith: 2nd TR (Senior), 1st SY (Senior)
Trevor Stirling: 2nd TR (Youth)

**TAG**
Kyle Carragher: 1st DMT (Youth), 4th TR (Novice 15), 2nd TU (Youth)
Tamara O’Brien: 1st DMT (Youth), 1st DMT (Youth)
Alex Phillips-Taylor: 3rd DMT (Open)
John Rowden: 3rd DMT (Open)

**Club Aviva**
Ariana Gomes: 4th DMT (Nov 15+), 2nd SY (Nov)
Tiana Hesmert: 2nd SY (Nov)

**Flip City**
Tyler Vermeulen: 1st TR (Open)
TEAM BC COMES UP BIG AT HOME AT 2012 WESTERNs

200 athletes from Alberta, Saskatchewan, Manitoba, Northwester Territories and of course British Columbia competed at the 2012 Western Canadian Gymnastics Championships at the Langley Events Centre from May 4-5.

For the first time, the entire event was webcast with Laura-Ann Chong and Scott Morgan providing commentary during event finals!

The Langley Gymnastics Foundation had all of the volunteers hosted a first rate competition. Thanks to everyone!

Overall Team BC had a very strong competition with many athletes winning medals:

**HP Argo**
Darren Wong (Phoenix): 2nd AA, 1st FX, 1st PH, 1st SR, 1st PB, 2nd HB
Nicolas Cruz (Marble): 3rd AA, 5th PH, 3rd SR, 6th V
Cohen Kiers (Twisters): 5th AA, 2nd PB, 3rd HB
Dawson Friesen (Twisters): 7th AA, 3rd PH, 5th SR, 3rd V
Chris Kaji (Richmond): 9th AA, 2nd FX, 1st V, 3rd PB, 6th HB

**Level 4 Men**
Team: 1st
Nicolas Bourne (Richmond): 1st AA, 4th FX, 1st PH, 2nd SR, 1st PB, 2nd HB
Aidan Wilson (Surrey): 3rd AA, 1st FX, 4th V, 6th PB
Kolten Marino (Okanagan): 4th AA, 2nd FX, 4th PH, 2nd SR, 4th PB, 1st V
Samuel Braun (Flicka): 8th AA, 1st SR, 3rd V

**National Youth/Open Men**
Team: 1st

**National Youth Men**
Steven Chaplin (Twisters): 1st AA, 1st FX, 1st PH, 1st SR, 1st PB, 1st HB
Brian Lau (Richmond): 2nd AA, 4th PB, 1st HB
Kyle Machibroda-Ames (Twisters): 7th AA, 3rd PB, 2nd HB

**National Open Men**
Vladimir Djuric (Richmond): 2nd AA, 1st PH, 1st SR, 2nd V, 1st PB, 1st HB
Tyler Welch (Langley): 5th AA, 2nd FX, 4th PH, 2nd V, 6th HB
Katie Machibroda-Ames (Twisters): 7th AA, 3rd PB, 2nd HB

**National Open Women**
Team: 2nd
Taylor Oakley (Flicka): 4th AA, 2nd V
Jennifer Chew (Flicka): 5th AA, 2nd V, 2nd PB, 3rd V, 4th V, 6th V
Taylor Chan (TAG): 6th AA, 1st V, 8th BB, 1st FX

**National Novice Women**
Team: 1st
Angel Zhong (Omega): 1st AA, 1st V, 4th UB, 2nd BB, 5th FX
Seina Murase-Chow (Omega): 2nd AA, 4th V, 2nd BB, 7th V, 3rd FX
Samantua Haghhat-Joo (Omega): 3rd AA, 2nd V, 1st UB, 1st FX

**Provincial 5 Open Women**
Team: 3rd
Hailee Vankoughnett (Richmond): 6th AA, 8th V, 3rd BB, 2nd FX
Katriin Ho (Phoenix): 8th AA, 2nd V, 2nd UB, 7th FX
Brianne Kerr (Lion’s Pride): 10th AA, 3rd V, 1st FX

**Provincial 5 Novice**
Team: 1st
Brianna Henshaw (Flicka): 2nd AA, 2nd V, 1st BB, 2nd FX
Makaila Lapointe (Club Aviva): 2nd AA, 4th V, 3rd UB, 1st FX
Atzian San Roman (Phoenix): 4th AA, 1st V, 5th BB, 5th FX

**Provincial 5 Tyro**
Team: 1st
Madelyn McPhee (TAG): 1st AA, 1st V, 7th UB, 4th BB, 1st FX
Jessie Moody (Phoenix): 2nd AA, 6th V, 1st V, 3rd BB, 5th FX
Claire Posno (Phoenix): 4th AA, 4th V, 5th UB, 1st V, 6th FX
Grace Allen (Sims): 6th AA, 3rd V, 3rd FX

**Pre-Novice Aspire**
Team: 1st
Ca’n’y Zhong (Omega): 2nd AA, 7th V, 6th UB, 3rd BB, 10th FX
Ilka Juk (Omega): 3rd AA, 1st BB, 2nd FX
Tatum Oyama (Omega): 4th AA, 4th V, 3rd BB, 6th FX

**Pre-Novice Elite Women**
Team: 1st
Sophia Ogburn (Omega): 2nd AA, 1st V, 1st BB, 7th FX
Ashley Obsieger (Flicka): 5th AA, 3rd BB, 5th BB
Grace Noble (Omega): 7th AA, 7th V, 4th UB, 1st FX
Oana Padurean (Omega): 3rd AA, 3rd V, 5th UB, 4th BB, 3rd FX
Jennaya Motokado (Kamloops): 12th AA, 2nd V
TEAM BC MEDAL HAUL FROM WESTERN CANADA CUP

Nine athletes from four clubs represented Team BC May 10-13 at the 2012 Western Canada Cup in Beaumont, Alberta. Leading the team was Jane Harrigan (Shasta) who won three gold medals! In the Team Competitions, BC won gold in tumbling, silver in all around, bronze on trampoline and placed 5th on Double Mini.

Individual Team BC results:

Adrielle Bertrand (KGTC): 14th TR (Prov B), 16th DMT (Prov B), 5th TU (Prov B), 2nd SY (Prov A)
Caitlin Harrigan (Shasta): 2nd TR (Prov B), 1st DMT (Prov B), 1st SY (Prov B)
Emily Welsh (Okanagan): 5th TR (Prov A), 2nd DMT (Prov B), 3rd SY (Prov A)
Emily Schmidt (KGTC): 10th DMT (Prov A), 3rd TU (Prov B), 2nd SY (Prov A)
Gavin Dodd (KGTC): 2nd TR (Prov B), 3rd DMT (Prov B), 1st TU (Prov D)
Jane Harrigan (Shasta): 1st TR (Prov C), 1st DMT (Prov C), 1st SY (Prov B)
Rachel Golding (Flip City): 9th TU (Prov B)
Sarah Croteau (Okanagan): 2nd DMT (Prov A), 3rd TU (Prov C), 3rd SY (Prov A)
Sunita Crutch (Flip City): 8th TR (Prov A), 12th DMT (Prov A), 8th TU (Prov C)

Ex-gymnast not letting arthritis slow her down

by Jessica Kerr, Delta Optimist

Tsawwassen resident Kadi Nicholson was just 15 when a virus changed her life.

The high level gymnast got really sick, but even once she recovered her body had changed. She started experiencing fatigue and severe joint pain.

Nicholson, who is now 23, said the pain was “really random and cyclical” and after seeing a doctor she was referred to B.C. Children’s Hospital where she was diagnosed with juvenile idiopathic arthritis (also known as juvenile rheumatoid arthritis).

At the time Nicholson was a high level gymnast, training 25 hours a week and aiming to compete at a national level. She had her eye on a gymnastics scholarship to a U.S. university.

“Grade 11 and 12 was really hard but I worked through it,” she said.

She made it to the Canadian Championships but soon after had to make the difficult decision to give up gymnastics. “It was devastating,” she said.

However, Nicholson decided to re-focus her life and turn what could have been a negative experience around.

She took her love of sports and movement and starting pursuing a degree in kinesiology at Simon Fraser University.

“I was always doing back flips on the floor but I changed to doing back flips in my head,” she said.

Nicholson graduated with her bachelor of science degree last year and is hoping to earn a masters in physiotherapy. For now, she’s working as a kinesiologist at a clinic in White Rock that deals with a lot of patients with arthritis.

She volunteers at a camp for children living with arthritis and participated in the third annual Walk to Fight Arthritis June 9-10.

The walk, which includes both one-and five-kilometre routes, aims to raise funds for research and awareness for one of the leading causes of disability in Canada.

Nicholson said her arthritis is under control right now, but she still deals with pain, stiffness and fatigue on a daily basis.

She said she gets pain in her fingers and back and often has morning stiffness, which can sometimes make getting going difficult.

She has a message for others living with the disease: “If you have arthritis, you’re not alone,” she said, adding that while she has arthritis, “It doesn’t have me. I’m a better person for it.”

Read more: http://www.delta-optimist.com/health/gymnast+letting+arthritis+slow+down/6737678/story. ixzz1xVEJ9M4I
2012 BC Gymnastics Champions!

Trampoline Gymnastics

10 & Under
• DMT - Maya Crutch (Flip City)
• TR - Maya Crutch (Flip City)
• TU - Oasia Moore (TAG)
• SY - Maya Crutch / Madeline Haugen (Flip City)

Senior Men
• DMT - Luke Friesen (Okanagan)
• TR - Curtis Gerber (Okanagan)

Youth Men
• DMT - Matthew Bloudov (Shasta)
• TR - Jordan Wilshurst (Shasta)
• TU - Jared Khalifa (TAG)

Novice 11-14 Men
• DMT - Benjamin Blais (Shasta)
• TR - Benjamin Blais (Shasta)

Novice 15+ Men
• DMT - Tyler Edwards (Shasta)
• TR - Jordan Wilshurst (Shasta)
• TU - Jared Khalifa (TAG)

Novice Men
• SY - Ben Blais / Tyler Edwards (Shasta)

Open Men
• DMT - John Rowden (TAG)

Provincial A Men
• TR - Zachary Hutchins (Shasta)

Provincial B Men
• DMT - Archie Mahoney (Whistler)
• TR - Gavin Dodd (Kamloops)

Provincial C Men
• DMT - Ben Jacoby (Kamloops)
• TR - Ben Jacoby (Kamloops)
• TU - Jordan Ferguson (Kamloops)
• SY - Jaeden Gorman / Ben Jacoby (Kamloops)

Provincial D Men
• TU - Gavin Dodd (Kamloops)

Senior Women
• DMT - Olivia Bortolazzo (Shasta)
• TR - Samantha Smith (Okanagan)

Youth Women
• DMT - Tamara O'Brien (TAG)
• TR - Emma Tucker (Okanagan)
• TU - Tamara O'Brien (TAG)

Novice 11-14 Women
• DMT - Kassidy Kask (TAG)
• TR - Emily Schmidt (Kamloops)
• TU - Adele Lefevere (Okanagan)

Novice 15+ Women
• DMT - Jill Bobyn (Okanagan)
• TR - Jill Bobyn (Okanagan)
• TU - Alex Phillips-Taylor (TAG)

Novice Women
• SY - Kassidy Kask / Jewel McDonogh (TAG)

Open Women
• DMT - Poppy Quinlan (Shasta)
• TR - Poppy Quinlan (Shasta)

Open/Youth Women
• SY - Brittany Falconer / Poppy Quinlan (Shasta)

Provincial A Women
• DMT - Emily Schmidt (Kamloops)
• TR - Gracyn Hayhurst (Shasta)

Provincial B Women
• DMT - Emily Welsh (Okanagan)
• TR - Adrielle Bertrand (Kamloops)
• TU - Emily Schmidt (Kamloops)
• SY - Caitlin Harrigan / Jane Harrigan (Shasta)

Provincial C Women
• DMT - Abby McDonald (Okanagan)
• TR - Jane Harrigan (Shasta)
• TU - Kristina Dodd (Kamloops)
• SY - Claire Hardjowasito / Ava Slotman (Shasta)

Provincial D Women
• TU - Makayla Girney (TAG)

National

TG All Around

National / HP Women
• Senior - Taylor Ricci (Flicka)
• Junior - Shallon Olsen (Okanagan)
• Open - Taylor Oakley (Flicka)
• Novice - Samantha Joo (Okanagan)
• Pre-Novice Elite - Sophia Ogilvie (Okanagan)
• Pre-Novice Aspire - Ilka Juk (Okanagan)

GYMSTART Endeavour Women
• Level 4 - Rhianna Edrington (Cluny)
• Level 5 - Nadia Wesley (Smithers)

Provincial Women
• L5 Open - Caleigh Meyer (Cluny)
• L5 Novice - Brianna Henshaw (Flicka)
• L5 Tyro - Jessie Moody (Phoenix)
• L4 Open - Leanne Perrich (Kamloops)
• L4 Novice - Carissa Williams (Twisters)
• L4 Tyro - Elyse Biggin (Langle)
• L3 Open 96+ - Melissa MacAdam (Campbell River)
• L3 Open 97 - Kyra Bouding (Campbell River)
• L3 Novice 98 - Alain Bonam (Kamloops)
• L3 Novice 99 - Ellie Baidham-Troje (Nanaimo)
• L3 Tyro 00 - Dina Lowe (Phoenix)
• L3 Tyro 01 - Azumi Konaka (Phoenix)
• L3 Argo - Megan Ogburn (Okanagan)
• L2 Open - Maddie Arthur (Zone 5 - Phoenix)
• L2 Novice - Juliette Wong (Zone 4 - Richmond)
• L2 Tyro - Sage Bishop-Beaureone (Zone 2 - Langle)
• L2 Argo - Gabriela Beselt (Zone 2 - Kamloops)

Provincial Men
• L2 - Jase Goerzen (Okanagan)
• L3 Under 13 - Jonathan Ray (Richmond)
• L3 13+ - Jeremy Gaspar (Twisters)
• L4 Under 13 - Sam Braun (Flicka)
• L4 13+ - Nicolas Bourne (Richmond)

Artistic Gymnastics

National / HP Men
• Youth - Steven Chaplin (Twisters)
• Open - Vladimir Djuric (Richmond)
• Argo - Darren Wong (Phoenix)
• Tyro - Aaron Mah (Phoenix)
• Junior - Scott Nabara (Kamloops)
• Senior - Robert Watson (Richmond)
GLASSIFIEDS

Kitimat Dynamics has an immediate opening for a HEAD COACH.  (http://gymnastics.bc.ca/uploads/Kitimat_Head_Coach_Posting-May2012.docx)

Revolution Gymnastics (Waterloo) is looking for an enthusiastic Recreational Director. (http://gymnastics.bc.ca/uploads/Revolution-Gymnastics-May2012.pdf)

Surrey Gymnastic Society is looking for preschool, recreational and birthday party coaches. (http://gymnastics.bc.ca/uploads/Surrey-May-2012.pdf) and Women’s Competitive Coach (http://gymnastics.bc.ca/uploads/Surrey-June2012.pdf)


Cartwheels Inc (Surrey) has a Customer Service & Sales Maternity Leave position. (http://gymnastics.bc.ca/uploads/Cartwheels-June-2012.pdf)
Building Clubs One Step At A Time!

New Home for North Valley Gymnastics

In April, the North Valley Gymnastics Society vaulted into the future of recreational sports in Vernon by signing a lease for their new temporary gymnastics facility. The new space will enable the club to accommodate a wider age range of youth than currently served, as well as being able to offer summer camps, birthday parties, family fun nights and drop-in sessions when the club opens its doors in June.

Gymnastics began in Vernon in 1978 with a program offered through the Boys and Girls club. And since 1993 the NVGS has kept gymnastics programs running through sharing space in buildings in both Vernon and Armstrong.

Currently operating out of the Vernon Recreation Centre auditorium and the Armstrong Elementary School, the club has faced challenges in sustaining its programs due to the daily setting up and taking down of equipment, limited equipment storage space, restrictions on equipment permitted at the facility and the “bumping out” of dates at the Vernon Recreation Centre auditorium.

The move to a dedicated building will enable the club to reach and eventually surpass past participation levels that peaked at the shared Beairsto Elementary School gym with 225 participants and 100 on a waiting list. Eventually, due largely to the prudent financial management by past and current Boards, the Society expects to be in a position to support the long-term goal of a dedicated community facility as cited in the Greater Vernon Parks and Recreation Master Plan.

Visit the club’s website at nvgym.com for updates and on-line registration.

submitted by Rob Vat

Philanthropy, Sport and Gymnastics

After operating for just over a year out of our new facility it’s hard to believe how much took place over the last year fundraising for, and building, the Delta Sport Development Centre. The Delta Gymnastics Society had funds in place to contribute to the new centre, but as these funds were earmarked for the capital costs of the facility itself, we had to undertake a fundraising campaign specifically to outfit the facility with equipment (and to cover a shortfall in our required contribution to the capital costs).

In Canada, philanthropy for sport is not commonplace. Sport is not typically seen as a ‘cause’ in the conventional sense. Sport groups and associations do a large majority of their fundraising through special events and/or sponsorships for events or sports teams. Historically, sport groups rely on volunteers (most often parents) to organize and participate in small fundraising events that require a considerable amount hours (bottle drives, etc). The solicitation of donations simply for the sake of giving, or as a cause worthy of donations simply for it’s own sake, does not take place on a regular basis. On the giving side of things, when individuals or businesses are considering making charitable donations, they certainly do not think of the sport sector first.

However, when it’s necessary to raise a large sum of money in a short time period it’s necessary to pursue a more conventional fundraising campaign - similar to campaigns delivered by groups such as BC Children’s Hospital, United Way, etc. These sorts of campaigns are quite different than event-based fundraising. For example, it’s a good idea to hire a professional fundraiser to lay out clear goals, objectives and a strategy, and they require the solicitation of one more ‘major gifts’ (i.e., donations of a large sum of money) before commencing with a community drive to raise funds.

Although we were anxious about the prospect of such a campaign, thanks to the efforts of all our volunteers, the staff and of course the donors, the Kids 1st Campaign (the name of the campaign
that was launched) was a success. When presented with an achievable time frame and a clear goal (outfitting the Delta Sport Development Centre in time for opening) donors were keen to get involved. Both individuals and large corporations donated sufficient dollars to outfit the facility (Westshore Terminals came on board with a lead gift for the campaign). And near the end of the campaign one family came through with a donation for an equipment item that was not included in the original budget - a new clock for the gym! The Mulleny family noticed that conventional sized clocks were not visible in the new larger space, and so provided the funds to purchase a custom clock for Delta Gymnastics!

The experience of this campaign teaches us that sport is a cause worth supporting, that sport is an endeavour worthy of support from the entire community, and that if we build relationships, connections, and celebrate our achievements and contributions in the community, that there is a place for philanthropy in sport! Thank you to everyone who got involved in making the Delta Sport Development Centre a reality!

submitted by Mark Friesen

Chalk Talk

Chimo gymnasts hit the podium

The 2012 Mt. Arrowsmith Invitational Gymnastics Meet was a successful one for Chimo gymnasts.

Level 1 Open gymnast Sabine Carruthers-Rankin was second on the podium in her first meet of the year while Level 1 Tyros Claire Knowles and Kira Magor were eighth and 10th overall, respectively. Level 2 Open gymnasts Toni Smith tied for second place and Caitlin Tatham was sixth overall. Level 2 Tyro Sophia Mossie scored third with her floor routine to come 10th overall and Maliah Tanner finished 17th in this category. With Lauren Carr achieving fifth, Josee Jalbert coming 10th, and Isabella Pelletier in 11th spot this Level 2 Novice team brought home a coveted third-place team award for Chimo.

Olympic hopeful and coach have clinic in Campbell River

Todd Sader, head coach of Campbell River Gymnastics Association, invited Olympic level coach Kelly Manjak and one of his new athletes, Silvia Colussi-Pelaez, to run a coaching and training clinic for CRGA athletes.

Kelly coached Canada’s Kyle Shewfelt to Olympic gold on the floor exercise at the 2004 Athens Olympics. He also just came home from the Pacific Rim competition in the U.S. where one of his athletes, Christine Lee came home third in the all-around competition beating the world champion on the beam for a silver medal and brought home another silver medal on the floor exercise.

The clinic was a huge success with almost 40 kids participating over the weekend.

“We also had 15 coaches taking part in the clinic with everyone having a great experience,” added Sader. “Kelly is a very approachable coach with a very positive attitude.”

Prince George Gymnasts do well at Spring Fling

The Prince George Gymnastics Club participated in the Spring Fling in Kitimat in April.

Dallyn Long and Kaylee Watt competed in the Level 1 argo category. Long took first in vault, first in beam, third in bars, and third in the floor routine. Watt took home second in beam, fifth in floor, and a trio of fourth-place results: in the vault, bars and all-around.

In the Level 1 tyro division, Emily MacDonald was first in vault, second in bars, second in floor, third in beam, and first all-around.

GYMSTART athletes who participated were: Farrah Normand - silver physical ability, and silver skills; Sydney Hamilton - silver physical ability, and gold skills; and Rachel Massey - silver physical ability, and gold skills.
Gymnastics BC launched its PLAY Gymnastics brand at separate events at Club Aviva Gymnastics in Coquitlam and Cartwheels Inc. in Surrey. This new provincial brand highlights the importance of recreational gymnastics as the first activity for all children in British Columbia.

The tagline for PLAY Gymnastics: “Possibility Plays Here” reinforces the message that in gymnastics, what seems like a child just playing is actually a child developing the fundamentals of movement. Recognized by the International Olympic Committee as a Foundation Sport for all physical activity and sports, gymnastics is about how the body moves. Early participation in gymnastics develops critical skills such as balance, strength, flexibility, overall body awareness and social and mental abilities that carry over into all aspects of life.

With close to 41,000 members, gymnastics is the fourth largest participation sport in British Columbia, behind only soccer, hockey and athletics. Of that membership 83% are under the age of 12 and the majority of participants PLAY in recreational gymnastics. Only a small fraction will ever go on to competitive gymnastics.

Also introduced was Sammy – the first of the three brand mascots to come to life. Sammy has already been busy this spring visiting with children, taking part in some gymnastics classes and promoting recreational gymnastics.

For more on Sammy’s adventures and PLAY Gymnastics, check out the new website: www.playgymnastics.com, the Facebook page, Twitter feed and YouTube channel!
play takes you places

Gymnastics teaches kids important fundamentals that can open doors later in life

playgymnastics.com
Hockey, gymnastics, and soccer are but a few of the endless structured sport options for active children and adolescents. Participation in recreational or competitive sports at a young age helps develop skills, confidence, good health, and fitness, as well as helping to reduce chances of obesity and obesity-related health concerns.

Childhood and adolescence are critical periods for physical growth and development. While sport is healthful in so many ways, it’s vital that young athletes consume enough dietary fuel for these extra energy demands. Furthermore, the timing of meals and/or snacks can be a challenge when active children are trying to schedule schooling, homework, plus physical training and competitive sessions. In addition, active children may be at greater risk than adults for exercise-induced dehydration. With careful planning athletic youngsters can learn to incorporate sound nutrition to meet these unique dietary demands.

A young athlete should strive towards consuming:

- Sufficient food energy (i.e. Calories) to support exercise needs, physical growth and development;
- A high carbohydrate diet, since carbohydrate is the primary fuel source for all sports;
- Ample protein to build and repair body tissues as well as support physical growth and development;
- A moderate to low-fat diet to ensure readily available Calories from carbohydrates and lean proteins;
- Loads of liquids required for all bodily functions and to prevent hyperthermia;
- A varied diet to provide all essential vitamin and mineral needs;
- Frequent meals and snacks to sustain optimal energy levels.

**AMPLE ENERGY**

Active children may need 500 to 1500 or more Calories more each day than their inactive peers. One way to meet this extra energy demand is to eat three meals and three or four snacks each day. And in some cases active youngsters may even need to divide their meals before and after training, rather than enjoying a complete “traditional” meal; as is often the case with early morning swimmers and after school gymnasts. However, throughout the course of the day the equivalent of three nutritionally balanced meals, along with three or four healthy snacks should be consumed.

Packing portable nutritious snacks and fluids into the training bag should be a habitual practice of every young athlete to maximize training and competition sessions. Occasional tracking of an athlete’s diet is an effective way to assess their overall eating habits and shortcomings.

**HEALTHY CHOICES**

Eating well is key to support every athlete’s training program, including youth. When striving for personal best sport performances and good health, active children may need encouragement to eat wholesome foods such as fresh fruits, vegetables, and whole grains (e.g. brown rice, whole wheat pasta, whole grain breads, etc.).

Involving children in the process of menu planning, food selection, and meal preparation may increase the likelihood that they consume a nutritionally sound and varied diet. Consider the nutritious menu examples below.

**BALANCED BREAKFASTS**

- Scrambled Egg, Toast,
- Strawberries, Milk
- Peanut Butter or Cheese, Bagel, Banana, Vegetable Juice
- Whole Grain Cereal, Milk, Blueberries, & Lean Ham or Turkey Bacon, Water

**LOADED LUNCHES**

- Whole Wheat Pita Sandwich with Turkey & Vegetables, Carrot Sticks, Milk & Granola Bar
- Multigrain Crackers, Sliced Cheese, Apple, Oatmeal Cookies, Milk or Juice
- Roast Beef Whole Wheat Sub, Fruit Salad, Yogurt, Fig Cookies, Juice or Water

**DESIGNER DINNERS**

- Whole Wheat Spaghetti with Turkey & Vegetables, Meat Sauce, Salad, Milk & Fruit Cobbler
- Roast Chicken, Baked Potato, Steamed Vegetables & Rice Pudding, Milk or Juice
- Stir-Fry Vegetables with Meat, Poultry or Tofu, Steamed Brown Rice & Angel Food Cake with Fruit, Milk

**SUPERIOR SNACKS**

- Cheese & Crackers
- Trail Mix
- Yogurt & Granola
- Applesauce & Low-Fat Muffin
- 1/2 to Full Sandwich
- Banana or Corn Bread
- Veggies & Dip
- Homemade Pita Pizzas
MONITOR GROWTH
To ensure your active youngster is eating enough Calories (or energy) check their weight once a month or at least every few months. If an active child or adolescent fails to gain weight for several months it’s possible that they are using too much energy exercising and have not been eating enough. A consultation with a dietitian and/or physician may also be necessary.

FORGETTING FLUIDS?
Consuming sufficient fluids is a common dietary challenge, especially for active children. They have a poor sense of thirst and often need to be reminded to drink. Children also sweat less than adults and therefore can easily over-heat. Sweating is how we cool off. Water is the best thirst quencher, however, many children will drink more when their beverage is flavoured. Regular sips of a sports drink or unsweetened, diluted juice during exercise may ensure young athletes are drinking sufficiently.

Being active in recreational and competitive sports helps children and teens develop lifelong healthy habits. Good nutrition not only supports physical activity, but it also enhances health and sport performances. Contact the Coaching Association of Canada for more information about how to find a sport dietitian/nutritionist to work with young and “older” athlete(s).
http://www.coach.ca/fueling-the-young-athlete-p140142

Most people think strength training is just for professional athletes or body builders but we all need to understand what strength training is and the role it can have in improving our body and overall health. If you establish training guidelines and follow proper nutritional recommendations, adding regular resistance training in your daily schedule will have a considerable influence at any stage of development.

SIRC has compiled the following articles to help you learn more about strength training, why it’s good for you and what you can do to create your own training program.

**Dispelling Weight Training Myths**
Many myths exist regarding weight training. For example: training with weights will make you muscle bound and inflexible; if you train with heavy weights and slow contractions, you will become heavy and slow; and squatting below parallel is an invitation to injury. But what if weight training was performed in a proper and appropriate manner? Read More: http://sirc.ca/newsletters/June12/documents/Free/Dispelling%20Weight%20Training%20Myths.pdf

**Resistance Training Improves Mental Health**
Strength training is increasingly promoted for its many health-related benefits, including a lower risk of all causes of mortality, fewer cardiovascular events (i.e., heart attacks, strokes), improved body composition, better glucose metabolism and insulin sensitivity, and lower blood pressure in persons with pre-hypertension and hypertension. It is also considered a suitable intervention for preventing and/or managing osteoporosis, osteoarthritis and metabolic syndrome. Surprisingly, much less research has focused on the mental health benefits of resistance training in women and men.


**Strength Training – Principles and Practice**
So, how do we gain strength? In very basic terms a muscle will strengthen when it is worked beyond its current capacity, in other words, when it is overloaded and then allowed to recover. During the recovery phase the muscle will, if stressed correctly, overcompensate and grow stronger. But there are different types of strength and it is important to identify what type is trying to be achieved. In building a schedule a coach takes into account what the athlete wishes to achieve through the use of weight and resistance training. This may be for a specific event, general health considerations, body image, and rehabilitation or injury prevention.


From the June 2012 SIRC Newsletter
COMING ATTRACTIONS

JUNE 13
**Flexibility Workshop with Alixa Sutton** Vancouver Phoenix Gymnastics

JUNE 15-17
**2012 Smithers Aloha Invitational (WAG & MAG)**, Smithers Gymnastics

JUNE 17
**NCCP Gymnastics Foundations Trampoline Course 2/3**, TAG Gymnastics, Port Coquitlam

JUNE 22
**NCCP Level 3 Practical Evaluation**, Exelta Gymnastics, Red Deer, AB

JUNE 22-28
**NCCP Gymnastics Level 3 Artistic, WAG & MAG**, Exelta Gymnastics, Red Deer, AB

JUNE 23-24
**NCCP Gymnastics Foundations Intro - Course 1**, Smithers Saltos

JUNE 24
**NCCP Gymnastics Foundations Active Start Course 2/3**, Bowen Island Gymnastics

JUNE 28-29
**NCCP Gymnastics Foundations Intro - Course 1**, Whistler Gymnastics

JUNE 28
**NCCP Gymnastics Foundations Theory - Course 2/3**
Vancouver Phoenix

JUNE 29
**NCCP Gymnastics Foundations Artistic - Course 2/3**, Vancouver Phoenix

JULY 2
**Canada Day Observed**, Gymnastics BC office closed

JULY 13-15
**NCCP Gymnastics Level 2 Trampoline**, Shasta Trampoline, New Westminster

JULY 14-15
**NCCP Gymnastics Level 2 Artistic, WAG**, Campbell River Gymnastics

**For more on Upcoming Events, visit [http://www.gymnastics.bc.ca](http://www.gymnastics.bc.ca)**