



WAG Fall Information Sheet

2024-2025

November 27, 2024

General Information

Women's Technical Committee (WTC)

Chairperson	Jesse Jakins (term ends fall 2026)
Vice Chair	Jennifer Dober (term ends fall 2025)
WJC Chairperson	Adriana Schemel (terms ends 2025 AJM)
Athlete Representative	Angelique Gates (term ends Fall 2025)
HP Representative	Nancy Beyer (term ends fall 2025)
CCP Representative	Heather Ivanitz (term ends fall 2025)
Xcel Representative	Mimi Lessard (term ends fall 2025)
Members-at-large	Tiffany Tse (term ends fall 2025)
GymBC Staff (non-voting)	Christopher Sheremeta (term ends fall 2025) Momona Komagata, WAG Program Manager Jared Goad, WAG Provincial Performance Advisor

Meetings

Women's Technical Assembly	September 28, 2024
WAG Summit	June 22-24, 2025
WTC Meetings	As called by the Chairperson
Team BC Selection Meetings	WCC: March 15-16, 2025 / CC: April 6, 2025

Program Rules

• Xcel Program 2022-2026 (USAG Black Binder)	Bronze, Silver, Gold, Platinum, Diamond as per USAG. Warm-up and equipment specifications as per BC Charts.	Updates here
• Development Program Compulsory 2021-2029 (USAG Green Binder)	As per USAG. Warm-up and equipment specifications as per BC Charts (update coming soon).	Updates here
• Development Program Optional 2022-2026 (USAG Navy Binder)	Canadian Competitive Program (CCP) as per GymCan with L9 modification.	Updates here
• Aspire Stream Manual	On hold this season	
• High Performance Manual	As per GymCan	Updates here
• FIG CoP	As per FIG	Updates here

Program Updates & Changes

USAG Updates - Effective Dates	Canada has set dates during the competitive season when USAG updates (which are not published on a set schedule) will come into effect. This means that there may be public updates/changes that will NOT be applied in Canada until the above mentioned set dates. These dates are October 1 and March 1. In BC, as there is a trial competition the weekend of March 1, any updates will come into effect on March 3, 2025 this season.
GymBC Xcel Challenge - Change	The GymBC Xcel Challenge will henceforth be called the Xcel Championships and will remain paired with Compulsory Championships for the foreseeable future.
Xcel Minimum Ages	The minimum age to register and compete as Xcel Platinum and Diamond has been decreased to 10 years old.
GymBC Coach ProD Day	Friday September 20, 2024 will be the yearly GymBC Coach ProD Day! GymBC is offering a variety of free education sessions and we hope clubs will support their coaches' development.
Deadline to Change Categories - CCP, Aspire, HP	Athletes must declare their category by March 1, 2025. A written petition to the WTC is required for category change requests after March 1. A written petition is also required for any downward movement. Petitions will be considered on an individual basis and may not be granted. Athletes moving up categories immediately following BC Championships can do so without petition. Please see the WAG Operations Manual for detailed mobility.
Deadline to Change Categories - Xcel	Xcel athletes can move upwards within the Xcel program at any time. It is recommended that an athlete regularly scoring 37.4+ in the AA move up. Downward movement is limited to 1 division per season once an athlete has competed. Athletes can join the CCP program anytime, but may not compete at BC Championships if the move was made after March 1. Please see the WAG Operations Manual for detailed Xcel mobility.
L1-2 Awards	All L1-2 athletes and competitions must now use the Gold/Silver/Bronze awards method. L3-5 athletes under 7 in 2025 (born 2019 and later) must still use the Gold/Silver/Bronze awards as well. Scores may NOT be flashed.
Apparatus Finals at BC Champs	Apparatus Finals for L7-8 (all ages combined) are coming back to BC Champs for the 2025 edition!
Information Distribution	Updates, information and clarifications about the WAG program are distributed through the WAG News and/or the GymBC Weekly newsletter. To receive these emails, please be sure to subscribe here .
WTC Composition	As of the 2024 WAG Technical Assembly, the WTC will feature an HP rep, a CCP rep, an Xcel rep and 2 members-at-large instead of 5 members-at-large.

Events, Camps & Education

Trial Events and Championships	Trials to Team BC LEAD	December 13-15, 2024
	Team BC LEAD	January 30-February 2, 2025
	Elite Canada	February 13-16, 2025
	Trials to Westerns/First Trials to Canadians	March 12-16, 2025
	BC Championships - Second & Third Trials to Canadians	April 4-6, 2025
	GymBC Xcel Challenge	April 17-18, 2025
	BC Compulsory Championships	April 19-20, 2025
	Westerns Canadian Championships	April 24-26, 2025
	Canadian Championships	May 26-30, 2025
Training Camps & Athlete Education - Tentative Calendar	L5 & Beyond Camp	October 20, 2024
	Joint Training (HP + CCP9-10)	January 5, 2025
	Cerebral WCC & CC Preparation Camp	April 6, 2025
	Western Preparation Camp	April 22, 2025
	Canadians Preparation Camp	May 5, 2025
Coach Education Sessions - Tentative Calendar	National Coaches Week	September 16-22, 2024
	GymBC Coach Pro D Day (various sessions/courses)	September 20, 2024
	Codes Update (Hybrid)	September 28, 2024
	FIG New Code Presentation	January 5, 2024
	Competition Tips & Etiquette Webinar	Recording available anytime
Judging Courses	Z3-4-5 CCP3-5 Judging Course (in-person)	October 5, 2024
	Z2 Xcel Judging Course (in-person)	October 5, 2024
	Z3-4-5 Xcel Judging Course (in-person)	October 6, 2024
	Z2 CCP6-8 Judging Course (in-person)	October 20, 2024
	CCP3-5 Judging Course (virtual)	October 26, 2024
	CCP6-8 Judging Course (virtual)	October 27, 2024
	Z2 CCP3-5 Judging Course (in-person)	November 3, 2024
	CCP3-5 Judging Course (virtual)	November 10, 2024
	Xcel Judging Course (virtual)	November 11, 2024
	CCP9+ Judging Course (virtual)	November 23-24, 2024
Xcel Judging Course (virtual)		November 24, 2024
More courses and CPE session are still being scheduled		



Team BC LEAD
Jan 30-Feb 2, 2025
Phoenix, AZ, USA

CCP L10 (born 2008-2015)

Trials
Holiday Classic
December 13-15, 2024



February 13-16, 2025
Markham, ON

Invited Categories

High Performance - Novice, Junior and Senior, National Open

Club event



Optional BC Champs
April 4-6, 2025
North Surrey, BC

Invited Categories

CCP L6-10, National Open, HP NOV-JR-SR

Qualification

Qualification standards for L6-7 athletes only: 32.00 AA at least once, prior to registration



Xcel BC Champs
April 17-18, 2025
Langley, BC

Invited Categories

Xcel Bronze, Silver, Gold, Platinum, Diamond

Qualification

Qualification standards for all B/S/G: 35.00 AA, P: 34.00 AA, D: 33.00 AA. For all levels, the qualification standard must be achieved at least once prior to registration.



Compulsory BC Champs
April 19-20, 2025
Langley, BC

Invited Categories

CCP L1-5

Qualification

Qualification standards for all compulsory athletes: 32.00 AA at least once, prior to registration



Western Championships
April 24-26, 2025
Saskatoon, SK

Invited Categories

CCP L8-10

Trials

Twisters Invitational
March 12-16, 2025

Preparation Camp

TAG Sports Centre
April 22, 2025



Canadian Championships
May 26-30, 2025
Calgary, AB

Invited Categories

CCP L9-10, National Open, High Performance - Novice, Junior, Senior

Trials

Twisters, BC Champs (2)
March 15, April 4, April 6, 2025

Preparation Camp

Flip City Gymnastics
May 5, 2025