



# WAG Fall Information Sheet

2023-2024

October 16, 2023

## General Information

### Women's Technical Committee (WTC)

<b>Chairperson</b>	Jesse Jakins (term ends fall 2024)
<b>Vice Chair</b>	Chris Sheremeta (term ends fall 2024)
<b>WJC Chairperson</b>	Lisa Laundry (term ends summer 2025)
<b>Athlete Representative</b>	Laura-Ann Chong (term ends fall 2024)
<b>Members-at-large</b>	Jennifer Dober (term ends fall 2024) Nancy Beyer (term ends fall 2024) Saskia Berndt (term ends fall 2024) Tiffany Tse (term ends fall 2024) Heather Ivanitz (term ends fall 2024)
<b>GymBC Staff (non-voting)</b>	Momona Komagata, WAG Program Coordinator Jared Goad, WAG Provincial Performance Advisor

### Meetings

<b>Women's Technical Assembly</b>	October 14, 2023
<b>WAG Retreat</b>	June 16-18, 2024
<b>WTC Meetings</b>	As called by the Chairperson
<b>Team BC Selection Meetings</b>	WCC: March 4th, 2024 / CC: May 3rd, 2024

### Program Rules

<ul style="list-style-type: none"> <li>● <b>Xcel Program 2022-2026 (USAG Black Binder)</b></li> </ul>	Bronze, Silver, Gold, Platinum, Diamond as per USAG. Warm-up and equipment specifications as per BC Charts.	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● <b>Development Program Compulsory 2021-2029 (USAG Green Binder)</b></li> </ul>	As per USAG. Warm-up and equipment specifications as per BC Charts (update coming soon).	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● <b>Development Program Optional 2022-2026 (USAG Navy Binder)</b></li> </ul>	<a href="#">Canadian Competitive Program (CCP)</a> as per GymCan with L9 modification.	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● <b>Aspire Stream Manual</b></li> </ul>	GymCan is still in the process of finalizing the new Aspire program. BC will adopt the program after the 2024 BC Champs provided that a final manual is available then.	
<ul style="list-style-type: none"> <li>● <b>High Performance Manual</b></li> </ul>	As per GymCan	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● <b>FIG CoP</b></li> </ul>	As per FIG	Updates <a href="#">here</a>

## Program Updates & Changes

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<b>New Division - Xcel</b>	BC programming now includes the Xcel Diamond division. Sapphire is not available in BC at this time.
<b>USAG Updates - Effective Dates</b>	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. Until October 1, all relevant updates are in effect as soon as they are published through USAG.
<b>CCP L9 Modifications</b>	GymCan is continuing to implement one (1) Canadian modification to the USAG Development Program Level 9. The modification is for Special Requirement #1 on uneven bars and reads: "Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7".
<b>GymBC Coach ProD Day</b>	Sunday September 24, 2023 was the inaugural edition of the yearly GymBC Coach ProD Day! GymBC offered a variety of free education sessions and we hope clubs will support their coaches' development by participating in future years as well.
<b>Deadline to Change Categories - CCP, Aspire, HP</b>	Athletes must declare their category by March 1, 2023. A written petition to the WTC is required for category change requests after March 1. 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.
<b>Deadline to Change Categories - Xcel</b>	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 at 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.
<b>Team BC Coach Assignment</b>	Coaches may not be assigned as Team Coach or Assistant Coach to more than 1 team. To balance this change, there is no longer a maximum number of funded coaches per club. These changes were made in an effort to ensure coach development and full support for Team BC.
<b>Information Distribution</b>	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 <a href="#">here</a> .
<b>WTC Update</b>	GymBC has undergone a Technical Committee review and updated policies have been adopted. Please see the Technical Committees Framework and Terms of Reference <a href="#">here</a> .
<b>Westerns Update</b>	The Western PTOs have voted to change the L8 ages starting in 2024. The L8 age groups for WCC are now the same as L9: 11-14 and 15+. Additionally, please note that Aspire Youth will not be part of Westerns in 2024.

## Events, Camps & Education

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<b>Trial Events and Championships</b>	<ul style="list-style-type: none"> <li>BC Winter Games Trials Deadline</li> <li>Elite Canada</li> <li>BC Winter Games</li> <li>Trials to Westerns / First Trials to Canadians</li> <li>BC Championships - Second Trials to Canadians</li> <li>BC Compulsory Championships</li> <li>GymBC Xcel Challenge</li> <li>Westerns Canadian Championships</li> <li>Final Trials to Canadians</li> <li>Canadian Championships</li> </ul>	<ul style="list-style-type: none"> <li>January 16, 2024</li> <li>February 7-11, 2024 (TBC)</li> <li>February 22-25, 2024</li> <li>March 1-3, 2024</li> <li>March 28-30, 2024</li> <li>April 11-12, 2024</li> <li>April 13-14, 2024</li> <li>April 18-20, 2024</li> <li>May 3-5, 2024</li> <li>June 6-10, 2024</li> </ul>
<b>Training Camps &amp; Athlete Education - Tentative Calendar</b>	<ul style="list-style-type: none"> <li>L5 &amp; Beyond Camp</li> <li>Team BC Eligible &amp; FIG Focus Camp</li> <li>Western Preparation Camp</li> <li>Canadians Preparation Camp</li> <li>FMS for Targeted Athletes</li> <li>Summer Camp &amp; Olympic Watch Party</li> </ul>	<ul style="list-style-type: none"> <li>October 13, 2023</li> <li>October 21-22, 2023</li> <li>April 17, 2024</li> <li>May 16, 2024</li> <li>June, 2024</li> <li>July 27-Aug 3, 2024</li> </ul>
<b>Coach Education Sessions - Tentative Calendar</b>	<ul style="list-style-type: none"> <li>National Coaches Week Series</li> <li>GymBC Coach Pro D Day (various sessions/courses)</li> <li>Coach Prep: Psych Foundations Comp Season (Hybrid)</li> <li>CCP Code Updates (Hybrid)</li> <li>Demystifying High Performance &amp; FIG (in-person)</li> <li>Competition Tips &amp; Etiquette Webinar</li> </ul>	<ul style="list-style-type: none"> <li>September 16-24, 2023</li> <li>September 24, 2023</li> <li>October 14, 2023</li> <li>October 14, 2023</li> <li>October 22, 2023</li> <li>Recording available anytime</li> </ul>
<b>Judging Clinics - Tentative Calendar</b>	<ul style="list-style-type: none"> <li>Z2 L3-5 In Person Clinic</li> <li>Z2 Xcel In Person Clinic</li> <li>Xcel Virtual Clinic</li> <li>Z3-4-5 L3-5 &amp; 6-8 In Person Clinics</li> <li>L3-5 &amp; 6-8 Virtual Clinics</li> <li>L9 Practice and Review</li> <li>Z3-4-5 Xcel In Person Clinic</li> <li>Z2 Xcel In Person Clinic</li> <li>L3-5 Virtual Clinic</li> <li>Xcel Virtual Clinic</li> <li>Provincial L9-10 Clinic</li> </ul>	<ul style="list-style-type: none"> <li>October 15, 2023</li> <li>October 21, 2023</li> <li>October 22, 2023</li> <li>October 28-29, 2023</li> <li>November 4-5, 2023</li> <li>November 8, 2023</li> <li>November 19, 2023</li> <li>November 19, 2023</li> <li>November 23-24, 2023</li> <li>November 26, 2023</li> <li>December 16-17, 2023</li> </ul>



February 17-20, 2024  
Langley, BC

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*Invited Categories*  
High Performance - Novice, Junior and Senior



February 22-25, 2024  
Quesnel, BC

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*Invited Categories*  
CCP - L7 & L8, born 2009 to 2014

Please see the 2024 BCWG Technical Package for all eligibility and rules in effect.



Artistic BC Champs  
March 28-30, 2024  
Vancouver, BC

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*Invited Categories*  
CCP L6-10, HP NOV-JR-SR

*Qualification*

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



Compulsory BC Champs  
April 11-12, 2024  
North Vancouver, BC

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*Invited Categories*  
CCP L1-5

*Qualification*

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



GymBC Xcel Challenge  
April 13-14, 2024  
North Vancouver, BC

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*Invited Categories*  
Xcel Bronze, Silver, Gold, Platinum, Diamond

*Qualification*

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



Western Championships  
April 18-20, 2024  
Langley, BC

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*Invited Categories*  
CCP L8-10

*Trials*

Inspire Cup  
March 1-3, 2024

*Training Camp*

Langley Gymnastics Foundation  
April 17, 2024



Canadian Championships  
June 6-10, 2024  
Gatineau, QC

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*Invited Categories*  
CCP L9-10, High Performance - Novice, Junior, Senior

*Trials*

Inspire Cup, BC Champs, Delta C&C  
March 2, March 28, May 3, 2024

*Training Camp*

TAG Sports Centre  
May 16, 2024