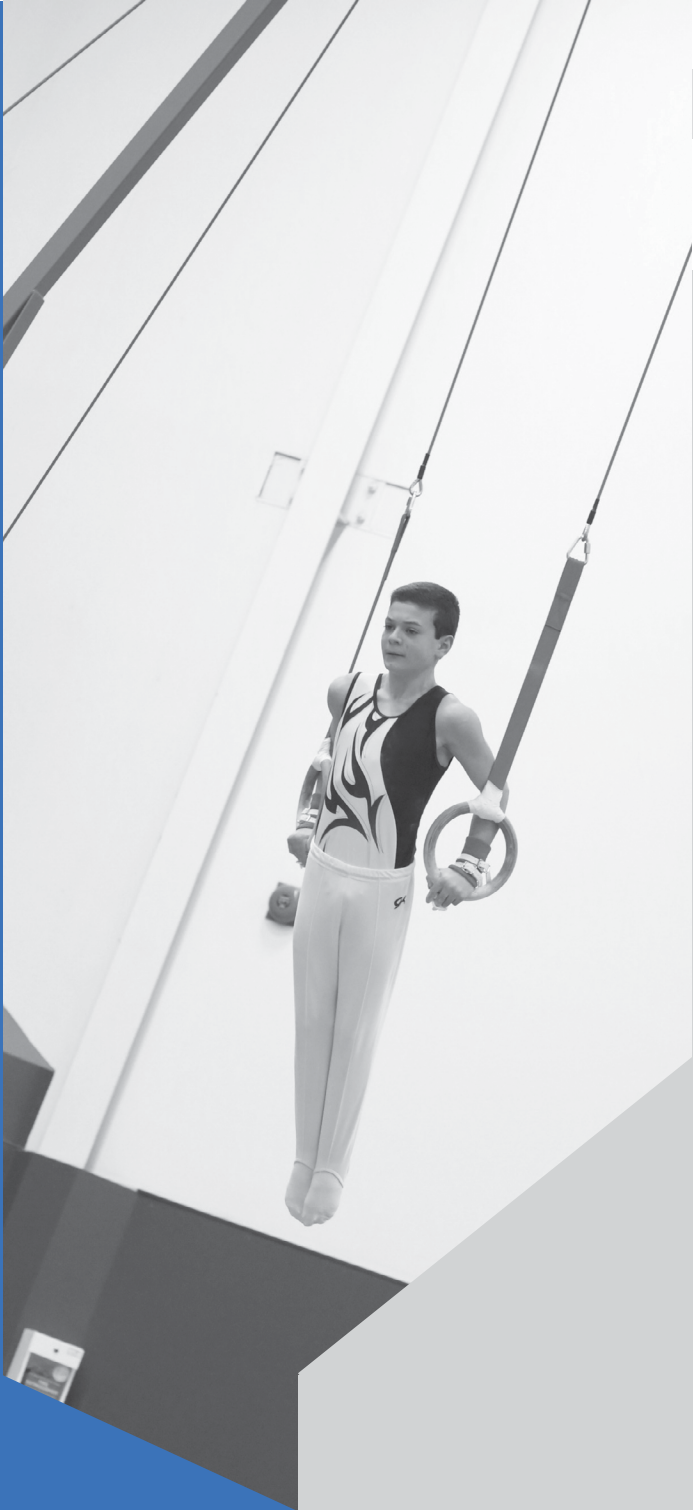




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Our Mission,
Our Values

Gymnastics BC is a proactive voice for gymnastics and a provider of quality programs and services to its membership. **Our mission** is to provide positive and diverse gymnastics experience for province-wide participation at all levels.

Our vision is to serve as a provincial leader in the delivery of quality foundational and high performance programs and services that foster lifelong sport participation.

Gymnastics BC services the provincial gymnastics community in a variety of ways. As the provincial body, Gymnastics BC delivers competitive and recreational programs and services for our members, the athletes and the gymnastics community.



Our programs and services include the implementation of technical delivery models based on the Long-Term Athlete Development (LTAD) model, delivery of the Integrated Performance System, coach and judge development and sport science.

Gymnastics BC also hosts provincial events, selects and assists Team BC to inter-provincial competitions and delivers all coaching and judging courses.

As part of its responsibility in governing the sport, Gymnastics BC implements and upholds policies and procedures, sanctions events and oversees disciplinary matters.

“Our mission is to provide positive and diverse gymnastics experiences for province-wide participation at all levels.”

Gymnastics BC Team

Board of Directors	Zone Committee Directors	Staff
Twyla Ryan <i>President</i>	Vivian Hughan <i>Zone 1 Director</i>	Brian Forrester <i>CEO</i>
Katherine Campbell <i>Vice-President</i>	Heather Ivanitz <i>Zone 2 Director</i>	Brittany Cawson <i>Member Services Coordinator</i>
Ryan Finner <i>Director of Finance</i>	Melissa Coombes <i>Zone 3 Director</i>	Jeff Thomson <i>Coach Education Development Manager</i>
Mary Morice <i>Gymnastics For All Chair</i>	George Burgoyne <i>Zone 4 Director</i>	Keara Hooi <i>Gymnastics For All Manager</i>
Michael Hood <i>MAG Technical Chair</i>	Carlene Lewall <i>Zone 5 Director</i>	Chantelle Judd <i>Administrative and Events Coordinator</i>
Barb Fraser <i>WAG Technical Chair</i>	Heather LaPage <i>Zone 6 Director</i>	Andrée Montreuil <i>Technical Director</i>
Megan Conway <i>TG Technical Chair</i>	Pam Allen <i>Zone 7 Director</i>	Vanessa Albert <i>Communications and Marketing Manager</i>
Su Bailey <i>Director at Large</i>	Lucia Fendelet <i>Zone 8 Director</i>	Gurdit Mann <i>Bookkeeper</i>
Andrea Donohoe <i>Director at Large</i>		Nancy Beyer <i>WAG Technical Coordinator</i>
		Debbie McBoyle <i>TG Technical Coordinator</i>
		John Carroll <i>MAG Technical Coordinator</i>
		Gavin Leung <i>Integrated Support Team Coordinator</i>
		Richard Ikeda <i>Provincial Coach</i>
		Marc Crippen <i>Equipment Coordinator</i>

President's Message



I am writing this report on Thanksgiving weekend, thinking about all of the things that the BC gymnastics community has to be thankful for. As a leading sport in BC, we have been fortunate on so many fronts!

We have a smart and dedicated board of directors, who volunteer their expertise to lead our not-for-profit society to be successful, financially viable, and responsive to program and member needs. The board is focused on ensuring that our organization manages risk and creates policies that keep gymnastics at the forefront of sport in BC. I am thankful for their leadership, conscientiousness, and willingness to be on the board!

Another group of dedicated individuals who form an amazing team are the Gymnastics BC staff. I appreciate the program leadership they provide and the many administrative tasks they complete on our behalf. From registration and insurance to events, coaching and judging education, our staff are there for us and serve our members endlessly. They are the best in Canada! We should be proud of them and thankful that they are part of Gymnastics BC.

We also owe thanks to the members who volunteer their time to be on several committees in BC; these people help

// As a leading sport in BC, we have been fortunate on so many fronts!"

to ensure that our programs are reaching their various goals of participation, inclusion and excellence. Speaking of excellence, isn't it great that so many of our members traveled to the Rio Olympic Games, representing our country and province?

In terms of being thankful and appreciative, we must recognize the many coaches in BC; they deliver positive experiences to children and youth across this province every single day. Be they preschool coaches, recreational coaches, trampoline coaches, high school coaches, provincial coaches or high performance coaches, they do an amazing job delivering gymnastics from the grassroots up. These people have chosen to work in our sport and dedicate their talents and efforts on behalf of clubs and gymnasts. Please take the next opportunity you have to thank the coach or coaches in your life.

Also worthy of thanks are our judges. We have judges at every level you can imagine, some of whom represent Canada and BC nationally and internationally. How lucky are we to have so many people who make competition possible? Without these individuals who study, practice and officiate, we could not have gymnasts participating or competing in the many events that we host. I feel that judges are not always appreciated as they should be. We should be very thankful for them—after all, what would we do without them?

Gymnasts, I am thankful that we have so many of you who love this sport and want to pursue your dreams within your gymnastics discipline. As a coach, I have enjoyed all of the time I've spent with you! I hope you will look back on your time in gymnastics with fond memories, and in turn, be thankful to your parents, coaches and clubs for providing you with a sport experience like no other!

I would be remiss if I did not thank all of you who have worked with me, supported me, mentored me, changed me, dragged me along with you, and put up with me! I have appreciated all of my roles in Gymnastics BC, and look forward to more. I appreciate you all so much and am deeply thankful to have had these experiences with all of you.

Gratefully,
Twyla Ryan
Twyla Ryan • President, Gymnastics BC

CEO's Message



Since I started with Gymnastics BC four and half years ago, I've learned a lot from the gymnastics community and I've been fortunate to meet hundreds of amazing people. When I speak with members, whether they be coaches, administrators, judges, athletes or otherwise,

there are two common threads that are very evident. First, a genuine feeling that what we do in gymnastics matters! Second, an equally genuine feeling of frustration that we're not doing enough, or maybe that we're not doing enough of the right things.

The first feeling has always been something that I've cherished. The look of pride and accomplishment on a child's (or adult's) face, when they overcome an obstacle in the gym, is like nothing else. The feeling of pride and empowerment sticks with them and allows them to take on bigger and more difficult challenges in all aspects of their life and that truly matters!

That second feeling is both frustrating and motivating at the same time. It's frustrating because we all want to feel like we're winning or succeeding. Unfortunately, when something that we've invested our time and effort in doesn't quite measure up, it feels like a loss. However, when I step back and reflect on why it may not measure up, I realize it stems from one of the things that I appreciate about the gymnastics community in BC: we are always looking for how we can improve. Once we accept an improvement, we quickly move on to figure out how we can make it even better. I do my best to keep this in mind when we're working towards achieving our strategic priorities and I try to ask the questions, is this what our members really want or does this go far enough? It's this motivation that keeps me excited about where we're going as a community of sport professionals.

I know that everyone involved in gymnastics in BC is working tirelessly to make our sport better and stronger and for that I thank you! Together, we are making improvements that make a difference. While they may not always happen quickly and there may be a few missed landings along the way, if we continue to work together, we will never settle for the status quo.

Curious about how I spend my time?

- Membership Services = 15%
- Club Support/Crisis Management = 15%
- Finance = 15%
- Risk Management/Insurance = 10%
- Human Resource = 10%
- Advocacy/Inter-Organizational Relations = 5%
- Program Delivery (events, equipment, etc.) = 5%
- Board Management = 5%

Curious about how our Technical Director spends her time?

- Technical Program Support = 25%
- BC Provincial Competitions = 15%
- Team BC = 15%
- BC Junior Olympic = 10%
- Administration (government reporting, zone support, etc.) = 10%
- Judging Support = 10%
- Advocacy/Inter-Organizational Relations (BC) = 5%
- Advocacy/Inter-Organizational Relations (National) = 5%

Respectfully,

Brian Forrester • CEO, Gymnastics BC

4,295
more registered members than 2015.

31%

increase in the number of
Gymnastics Foundations course
participants.

30%

increase in the number of
coaching education courses run
province-wide.

1.71

coaching courses held each
weekend (on average).

Gymbc.org

continues to be condensed
and simplified to make
content easily accessible and
readily utilized.

Joint
Technical

programs have implemented
a comprehensive Canada
Winter Games quadrennial
plan.

25

active Gymnastics
Foundations Learning
Facilitators in BC

1

At least
Competition 1 Learning
Facilitator in each zone
(except Zone 6).

MAG, WAG
& TG

programs increased educational and
development opportunities through training
camps and seminars.

Member Services


In 2015, Gymnastics BC developed a full-time Member Services position responsible for club development, member registrations, club issues and inquiries, insurance and more. The Member Services Coordinator works in a front line administrative role with a commitment to providing the Gymnastics BC membership with the service and support they deserve.

Gymnastics Canada
Membership Fee

\$8

The fee increase was approved at the Gymnastics Canada AGM and went into effect on September 1, 2016.

Club Membership



We welcomed Milezero Gymnastics, Elk Valley Gymnastics and Wayland Sports (Chilliwack) Ltd. as full member clubs.

Registration

50,711

Members
(2015-2016)

Club Excellence

Gymnastics BC partnered with the Club Excellence program to advance a network of healthy, strong and sustainable gymnastics clubs in BC. Three full member clubs—Kamloops Gymnastics Trampoline Centre, Langley Gymnastics and Whistler Gymnastics—are working together over the next year towards Club Excellence Level 1 Certification, subsidized by Gymnastics BC.

Speed Networking

Gymnastics BC introduced speed networking conference calls exclusively for full member clubs. We hosted two calls over the past year, with the enthusiastic participation of 7 full member clubs.

"The type of one-to-one follow-up that was created from speed networking is hard to establish on your own. I highly recommend the calls to clubs looking for seasoned answers to issues where you could use some insight."

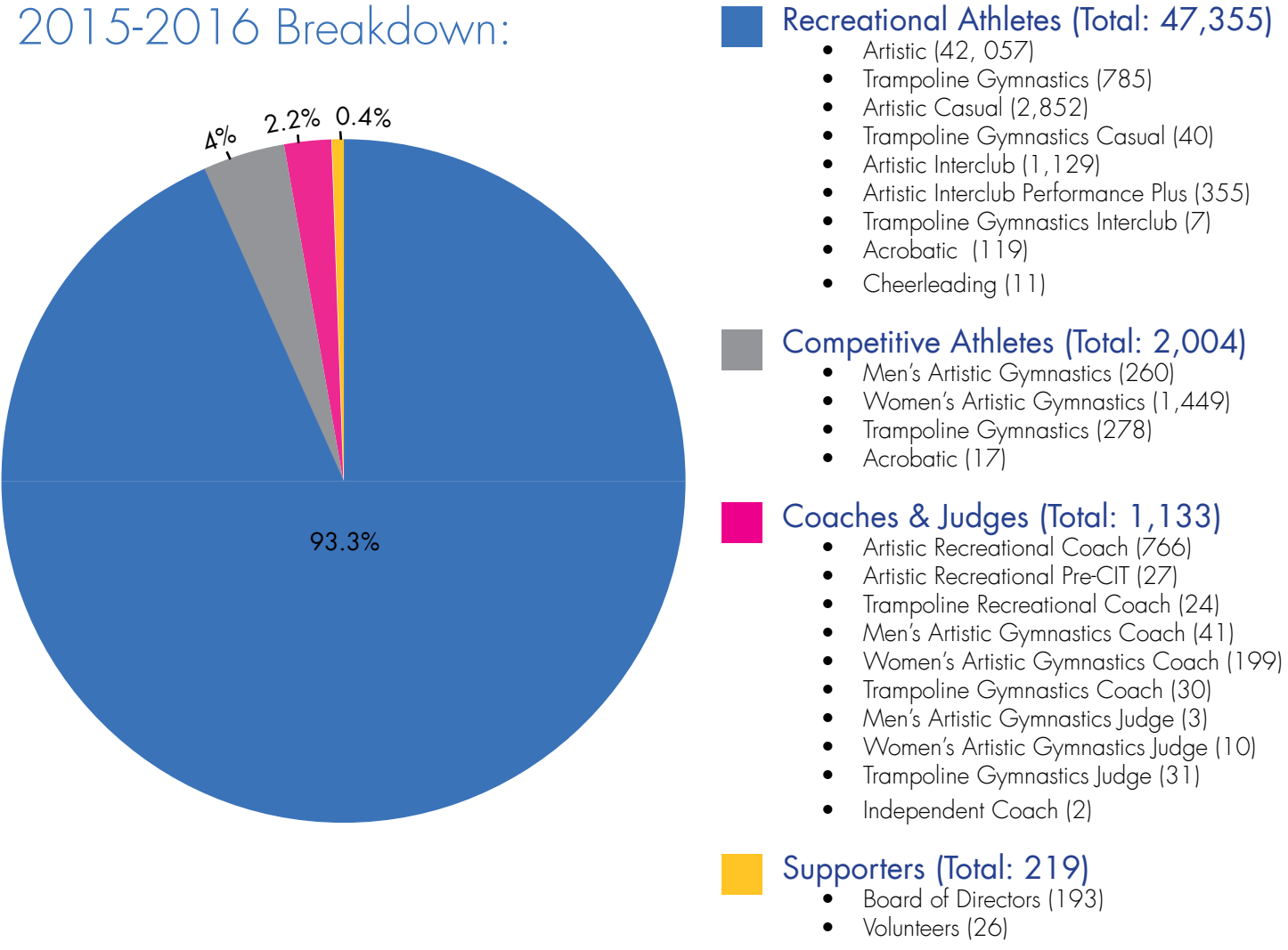
-Karnye Bailey,
Duncan Dynamics
Gymnastics Club

Vantage Point Webinars

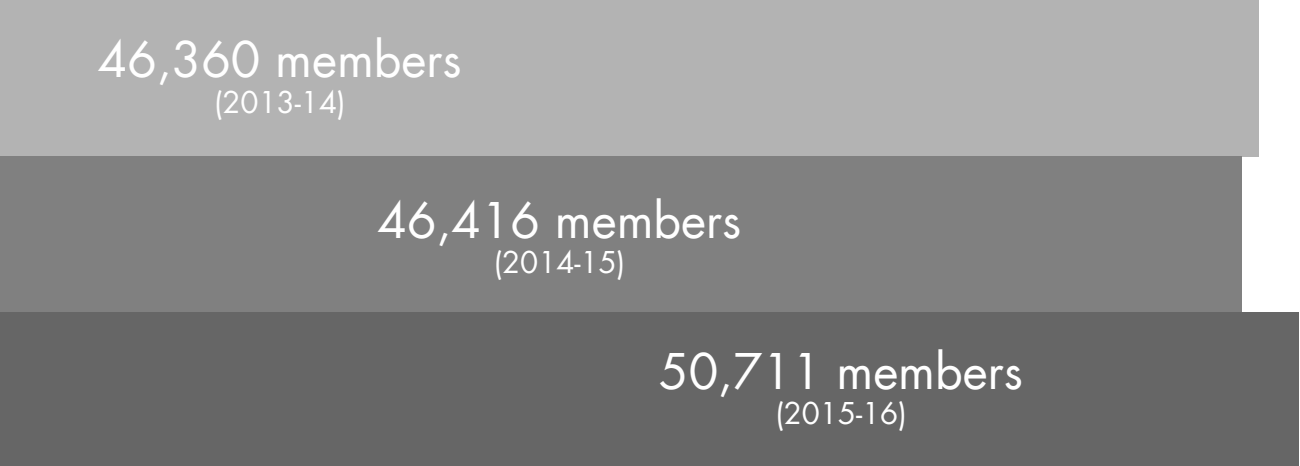
Gymnastics BC continued its partnership with Vantage Point by offering a series of three free leadership webinars exclusively to full member clubs. "Advanced Leadership I" explored leadership techniques for club owners, managers and Board of Directors; "Developing Leadership" provided strategies to involve the team and community through coaching, mentoring and shadowing in order to achieve personal leadership goals. The third webinar, "Leading Change," was scheduled for August 2016.

Membership

2015-2016 Breakdown:



Membership Overview: 2013-2016



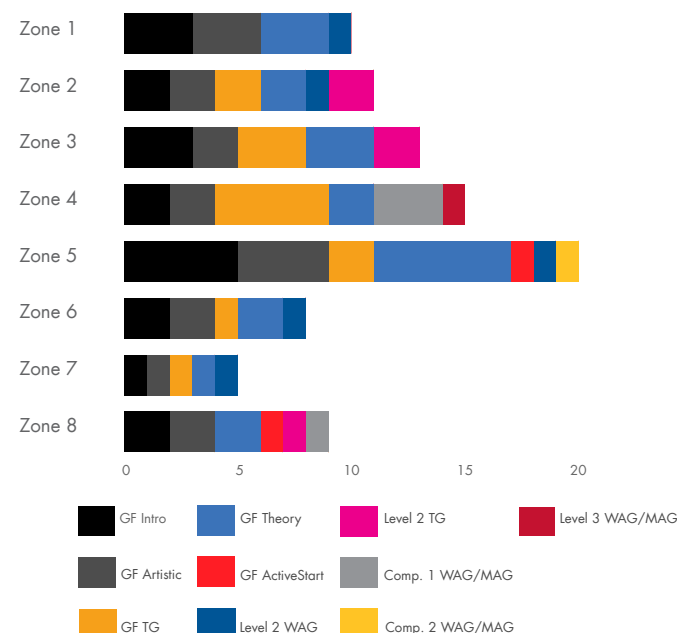
Coach Development

A major accomplishment in the coaching education and development portfolio was the successful planning and operation of 29.6% more coaching courses in 2015-2016. Gymnastics BC also introduced the new Competition 1 and 2 coaching courses and learning facilitator training, which are slated to replace NCCP Level 2 and 3 courses.

	2014	2015	2016	2014	2015	2016
	Courses			Participants		
GF Intro	21	13	20	258	167	253
GF Theory	17	14	21	190	164	251
GF AG	14	14	18	137	164	196
GF TG	7	7	14	49	65	130
GF ActiveStart	4	2	2	46	27	20
L2 MAG	1	2	0	14	18	0
L2 WAG	6	8	5	71	92	48
L2 TG	2	3	5	17	28	48
C1 MAG/WAG	-	-	4	-	-	59
L3 WAG/MAG	0	0	1	0	0	12
L3 TG	1	1	1	7	9	0
C2 MAG/WAG	-	-	1	-	-	12
TOTAL	73	64	91	789	753	1029

GF = Gymnastics Foundations
AG = Artistic Gymnastics
TG = Trampoline Gymnastics

MAG = Men's Artistic Gymnastics
WAG = Women's Artistic Gymnastics



2 training was disappointing, but not a major concern, as very few Competition 2 courses are offered each year. We are proud to report that there is at least one Competition 1 Learning Facilitator in every zone except zone 6—a great, but not quite perfect, distribution across BC. There is one Competition 2 Learning Facilitator in zones 3 and 5.

Did you know...

Gymnastics Canada will recommend Kyna Fletcher (Vancouver Phoenix Gymnastics) as a Master Learning Facilitator for the Competition 1 & 2 courses.



Coach Evaluator Training

Many coaches are aware that the coach evaluation process has been cumbersome. Coaching Education Specialist, Kate Kloos, presented a model for a more efficient coach evaluation process that was accepted by Gymnastics Canada. Kloos has since modified the program, which is now ready for translation and implementation.

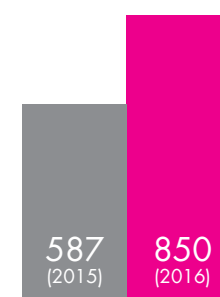
Competition Coaching Courses & Learning Facilitator Training

The single largest achievement this past year was the successful hosting of the Competition 1 and 2 Learning Facilitator training at Vancouver Phoenix Gymnastics in June 2016. The Competition 1 course will replace the NCCP Level 2 course, while the Competition 2 course will be one of two courses that will replace NCCP Level 3. The Learning Facilitator training ran concurrently with Competition 1 and 2 coaching courses.

The coaching courses and the Learning Facilitator training were taught by Master Learning Facilitators Dr. Keith Russell and Rick McCharles.

12 BC coaches attended the Competition 1 or 2 Learning Facilitator training, with 10 enrolled in the former course and 2 enrolled in the latter. The turnout for the Competition

Gymnastics BC produced 12 new Competition 1 & 2 Learning Facilitators.



+31%

The increase in Foundations Level participants in 2015-2016.



+30%

The increase in overall courses conducted in 2015-2016.



+27%

The increase in overall course participants in 2015-2016.

1.71

The number of coaching courses held each weekend in 2015-2016.



2015

753 course participants

2016

1029 course participants

Gymnastics BC's coaching education and development portfolio achieved a surge of growth, both in course offerings and course participants.

Increased course enrolment is due primarily to the investment made in qualifying new Learning Facilitators in June, 2016. All of our Learning Facilitators, coaches and clubs must be congratulated for this amazing achievement—and a special congratulations to the trampoline community for doubling their numbers!

100%

Gymnastics BC doubled the amount of trampoline coaching courses and participants this year.



PLAY: Gymnastics For All

2016 BC Gymnaestrada: A Success Story

Gymnastics BC and Delta Gymnastics Society hosted the 2016 BC Gymnaestrada on May 7-8, 2016 at the Richmond Olympic Oval. The event was a staggering success, with record-breaking participation and incredible workshops from the Vancouver Circus School and CircusWest. Take a look at some of the highlights from the largest recreational event in the province:

Registration

592


participants and 81 coaches, making it the largest BC Gymnaestrada in the last decade (if not ever!)

Feature Performance

The Senior Dynamos

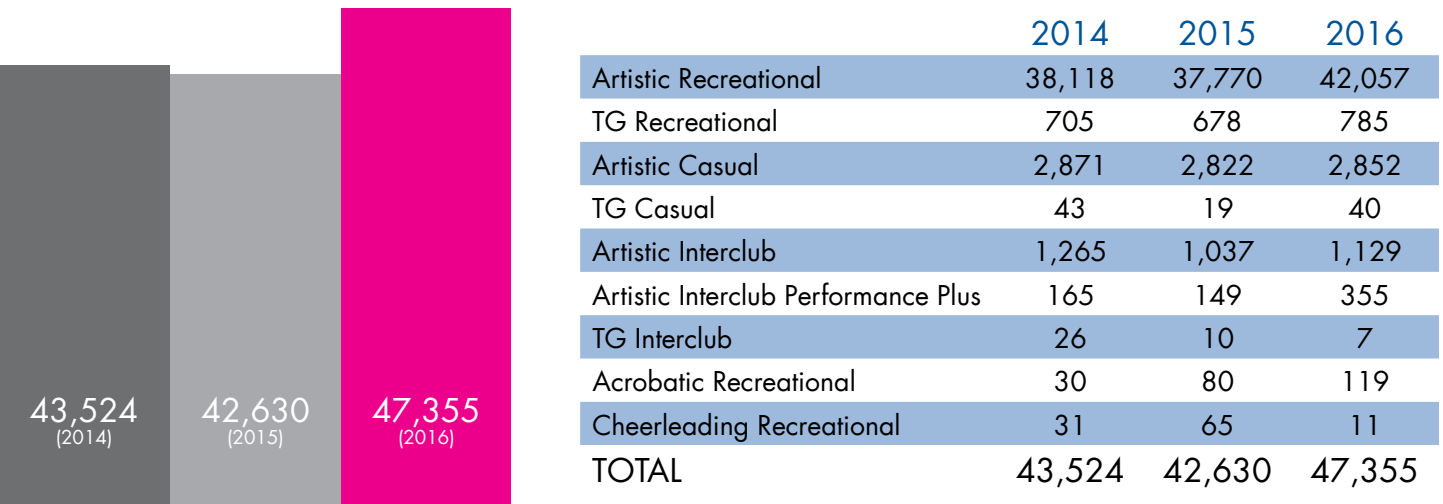
The 2016 BC Gymnaestrada included a performance from the Senior Dynamos, an Edmonton-based performance group with members aged 55-85 years old. The Dynamos are the perfect embodiment of gymnastics for all—and for life!

Special Guests



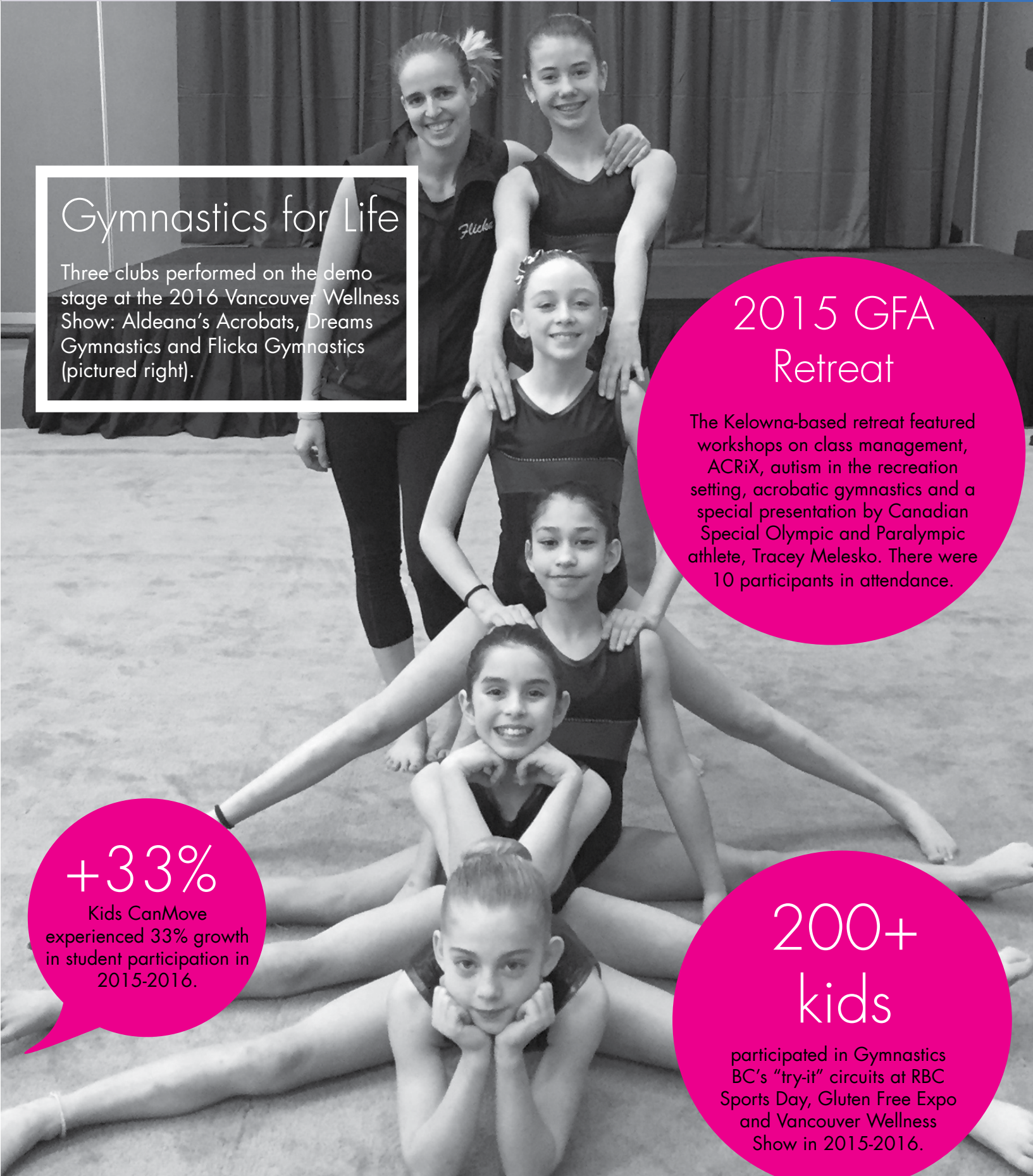
The 2016 Gymnaestrada welcomed participants from Nunavut and Alberta. BC had participation from 5 zones.

GFA Membership: By the Numbers



Kids CanMove

One of the goals of Kids CanMove is to increase accessibility by removing geographical barriers. We progressed towards this goal by delivering 2 days of instruction at Maaqtusiis Elementary in the First Nations community of Ahousaht, BC. Bringing Kids CanMove to Ahousaht was a positive first step towards the strategic priority of forging successful relationships with locations that are traditionally difficult to engage with.



Gymnastics for Life

Three clubs performed on the demo stage at the 2016 Vancouver Wellness Show: Aldeana's Acrobats, Dreams Gymnastics and Flicka Gymnastics (pictured right).

2015 GFA Retreat

The Kelowna-based retreat featured workshops on class management, ACRiX, autism in the recreation setting, acrobatic gymnastics and a special presentation by Canadian Special Olympic and Paralympic athlete, Tracey Melesko. There were 10 participants in attendance.

+33%

Kids CanMove experienced 33% growth in student participation in 2015-2016.

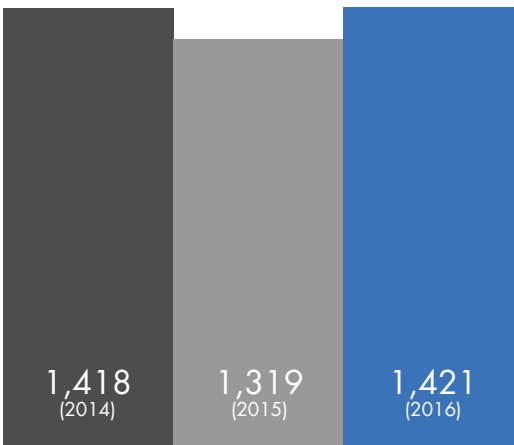
200+ kids

participated in Gymnastics BC's "try-it" circuits at RBC Sports Day, Gluten Free Expo and Vancouver Wellness Show in 2015-2016.

Women's Artistic Gymnastics

It has been an incredible year of competitions for women's artistic gymnastics (WAG). Over 450 WAG athletes attended the 2016 BC Championships, making it the largest turnout in Gymnastics BC history. The Junior Olympic (JO) program is thriving, putting athletes in a strong position to join future High Performance and national teams. Overall, registration has remained strong; the decline in athlete enrolment in 2015 can be attributed to a few clubs opting out of the JO program (they have since opted back in).

WAG Membership: By the Numbers



	2014	2015	2016
GYMSTART	239	187	226
KIP	46	144	181
CPP - Level 1	441	294	287
		133	123
		45	61
CPP - Level 2	336	207	238
CPP - Level 3	150	107	128
CPP - Level 4	83	84	80
CPP - Level 5	43	31	50
Pre-Novice	28	32	23
National/HP	52	58	34
TOTAL	1,418	1,319	1,421

Junior Olympic Program Update

Gymnastics BC has taken steps to streamline and make practical changes to the Junior Olympic (JO) program. The JO Compulsory Program (Levels 1-5) has equipped athletes with a better understanding of the importance of clean, basic and stable performances; the impact of this foundational knowledge has been evident in the scores of JO 6-8 athletes, now in their second year of the JO program.

The JO program has also enabled competitions to run faster with a higher number of athletes. Athletes are responding well to the new scoring system, as evidenced by the general improvement in their scores.

Camps

Camps were a priority in 2015-16. Gymnastics BC invited expert clinicians 4 times over the season, and also supported 10 athletes to attend Aspire camps. More accountability among athletes and coaches is starting to show results; coaches are starting to see that goal setting and team preparedness does work.

Increased Medal Count and High Performance/National Team Numbers

The number of High Performance athletes grew 60% over the past year, increasing from 4 to 10. There are also 4 WAG athletes on the National Team. 45 WAG athletes attended the 2016 Western Canadian Championships, winning 7 team and 28 individual medals. 29 WAG athletes attended Canadian Championships, bringing home 2 team and 12 individual medals. 450 WAG athletes attended BC Championships, making it the largest WAG turnout at the event in Gymnastics BC history.

Judging

Gymnastics BC supported 3 judges to attend the USA Gymnastics National Congress for Junior Olympic judging education; these judges in turn taught judges' clinics in the fall. The Women's Technical Committee plans to send more judges to Congress in 2017.



The Road to Rio: Shallon Olsen

After taking home 2 medals at Canadian Championships, Shallon Olsen (Omega) advanced to the Rio Selection Camp in Gatineau, QC, where she would eventually be named as one of eight artistic athletes to represent Team Canada at the 2016 Olympic Games in Rio de Janeiro, Brazil. BC-born Brittany Rogers was also named to the Olympic team.

National & International Highlights

February 2016 • Texas
WOGA International Elite Session

Shallon Olsen, Ilka Juk, Seina Cho and Haley de Jong formed an all-BC Team Canada, each taking home medals on all apparatus, as well as a silver team medal.



March 2016 • Montreal
L'International Gymnix

Shallon Olsen and Haley de Jong made strong contributions to Team Canada, while Seina Cho, Ilka Juk, Jayne Carvell, Gabriela Beselt and Lucia Jakab gained international experience and exposure. Sydney Turner won the Aspire 2 category.



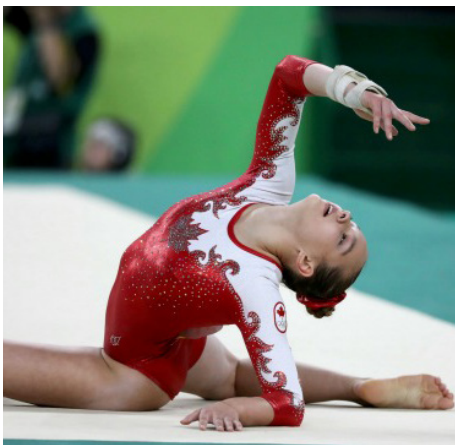
April 2016 • Everett, WA
Pacific Rim Championships

Shallon Olsen brought home 2 medals for Team Canada.



April 2016 • Portugal
Gymsport 2016

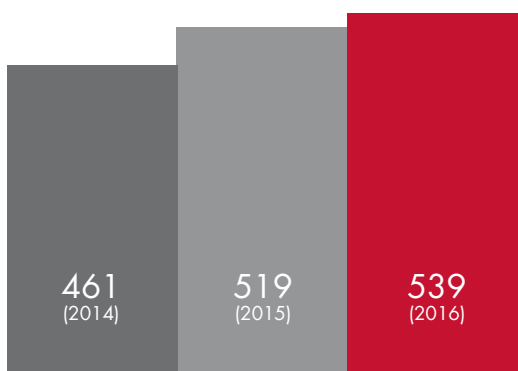
Haley de Jong returned from Portugal with 4 individual medals and a gold team medal for Team Canada.



Trampoline Gymnastics

Trampoline athletes have excelled on the provincial, national and international stage; their accomplishments are evident when measured against the program’s goals and objectives and their placement on national teams and international assignments. Competitive registration has once again increased, with the Pre-National stream continuing to make up the bulk of the program. Registration in the tumbling categories continues to be low.

Trampoline Membership: By the Numbers



		2014	2015	2016
10 & under	Trampoline	30	25	N/A
	DMT	28	28	N/A
	Tumbling	0	18	N/A
Pre-National male	Trampoline	40	53	50
	DMT	34	50	47
	Tumbling	10	13	20
Pre-National female	Trampoline	94	107	130
	DMT	87	97	126
	Tumbling	57	58	48
National / HP male	Trampoline	20	13	23
	DMT	17	15	26
	Tumbling	3	2	5
National / HP female	Trampoline	21	16	24
	DMT	16	19	30
	Tumbling	4	5	10
TOTAL		461	519	539

BOUNCE: A Pre-Competitive Program

Gymnastics BC is in the final stages of developing and implementing BOUNCE, a pre-competitive developmental trampoline and tumbling initiative; this program will put the young trampoline athlete on a solid path toward competitive trampoline gymnastics.

The BOUNCE philosophy focuses on drills and basic skills with greater emphasis on physical and technical preparation. The athletes will be tested on very basic skills or stages of skills and are challenged to work hard toward good physical preparation.

The program is expected to be launched in late October 2016; further development will take place in 2016-2017. Funds generated from hosting the 2015 Western Canada Cup have assisted in the development of this new program.

Judging

Gymnastics BC now has 72 trampoline judges on its roster. The goals set at the 2013 Trampoline Gymnastics Retreat for a consistent schedule for courses has once again proven successful; eleven courses were offered between November 2015 and June 2016.

Newly certified judges were invited to participate in additional mentoring sessions offered at all of the BC Provincial Cups. Each session was facilitated by a National or FIG certified judge.

High Performance Summer Camp

Gymnastics BC hosted the second athlete high performance camp in Whistler. Clinicians Chris Mitruk and Denis Vachon worked with 24 national stream athletes over the course of the 5 day camp. Funds generated from hosting the 2015 Western Canada Cup made the hosting of this camp possible.



The Road to Rio: Trevor Stirling

Trevor Stirling earned a silver medal at the 2016 Canadian Championships with a 2-day total of 157.425. This achievement landed Stirling a place on the Senior National Team, and an alternate position at the 2016 Olympic Games in Rio de Janeiro, Brazil.



National & International Highlights

November 2015 • Denmark 2015 Trampoline World Championships

Trevor Stirling was the second highest ranked Canadian in a field of 123 men. The double mini women’s team took home gold, while the double mini men’s team followed with silver.



December 2015 • Denmark 2015 World Age Group Competition

10 BC athletes were named to Team Canada at the World Age Group Competition. Gavin Dodd topped the podium with gold in double mini, while Adele Lefevre won double mini bronze.



June 2016 • Edmonton Canadian Championships

Team BC had a strong showing, earning 19 individual medals and 2 team awards. BC had 34 top ten finishes with Emily Schmidt, Gavin Dodd, Jordyn Yendley, Tamara O’Brien, Erin England, Hannah Brown and Kyle Carragher winning national titles.

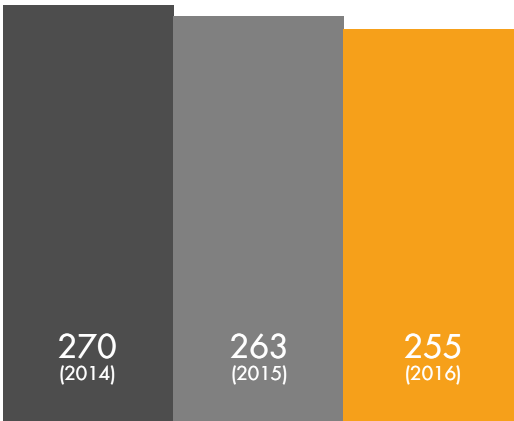
Coach Development

Gymnastics BC sponsored BC coaches Jef Kline and Louise Stack to attend the Skyriders Winter Training Camp held in Toronto in January 2016. The camp was a unique opportunity to work with Dave Ross—a pioneer in Canadian trampoline sports—and some of the best athletes in the country. Guest speakers included Olympian Rosie MacLennan and former BC athlete and World double mini Champion Sarah (Charles) Gairdner. The experience gained from this camp will offer immense benefits to Kline and Stack as they help their athletes progress into the national stream.

Men's Artistic Gymnastics

From Team BC's success at the 2015 Western Canada Summer Games to positive growth in the judging program, it has been a year of highlights for men's artistic gymnastics in BC. The number of boys enrolled in competitive gymnastics has remained consistent, with a 7% fluctuation in registration over the past five years. There is at least one club offering men's artistic gymnastics programming in each of BC's 8 zones.

MAG Membership: By the Numbers



	2014	2015	2016
Provincial Level 1	106	112	95
Provincial Level 2	17	31	33
Provincial Level 3	58	39	46
Provincial Level 4	28	23	25
Provincial Level 5	4	10	7
National Open	11	13	14
Elite 3 & 4	22	15	17
Novice	5	5	2
HP Junior	6	2	4
HP Senior	13	13	12
TOTAL	270	263	255

Judging

There has been a spark in the men's judging community, inspired by the formation of a judges' sub-committee; this group has provided more certification opportunities for potential judges than we have had in many years.

Several BC judges were placed on international assignments in the past year, indicating that Gymnastics BC's commitment to judge development is second to none in Canada.

Gymnastics BC hosted three beginner judging courses throughout different zones in BC. We funded one judge to attend a national level certification course in Alberta, increasing our national judge count to four.

At the 2015 Men's Technical Assembly, Gymnastics BC

Did you know...

26 new men's judges were certified in BC over the past year, making it the largest influx of new MAG judges in Gymnastics BC history.



implemented a new set of rules to ensure the province had enough judges available for each competition. This strategy has made significant improvements for clubs hosting competitions. An increase to the judges' honorarium has also strengthened our judge recruitment and retention efforts.

Financial Aid

Gymnastics BC is committed to funding as many competition and camp opportunities for our top athletes, coaches and officials. Over the past year, we have supported these deserving individuals to the amount of over \$6,800.

Team BC Success

Thanks to the tireless efforts of the athletes, coaches, and Integrated Performance System team, Team BC achieved its goal of winning gold in the team competition at the 2015 Western Canada Summer Games. Team BC also set out to sweep the team competition at the 2016 Western Canadian Championships; they won three of four categories in the team competition and placed second in the final category.



The Road to Rio: Scott Morgan

The top success story of the year for the men's artistic gymnastics program in BC is the successful season for Scott Morgan (Flicka), who would later become the only men's artistic athlete selected to represent Team Canada at the 2016 Olympic Games in Rio de Janeiro, Brazil. Scott attended the Olympic Games alongside his personal coach, Vali Stan.

National & International Highlights

August 2015 • Alberta Western Canada Summer Games

Team BC wins team gold, while Cohen Kiers, Dawson Friesen, Victor Blaine and Ryan Woodhead bring home two all around medals and eight individual medals.



February 2016 • Halifax Elite Canada

Robert Watson, Scott Nabata and Ken Ikeda took home 6 medals in total for the senior team, while Chris Kaji won a silver medal on rings for the junior team.



March 2016 • Calgary UCIC International Cup

Scott Morgan, Ken Ikeda and Scott Nabata competed against some of the world's top teams, including USA and China. Morgan won silver on rings and Ikeda, silver on parallel bars.

April 2016 • Everett, WA Pacific Rim Championships

Team Canada ranked third overall, while Aaron Mah picked up a bronze medal on floor.

May 2016 • Edmonton Canadian Championships

The men's team brought home thirteen medals overall, with Scott Morgan winning gold on floor and rings in the senior category. Darren Wong clinched 1st on floor in the junior category.



Gymnastics BC Hosted Events

From Business University to the Scholarship and Awards Night, Gymnastics BC hosts annual events to invest in the people that make our association so great. Through educational opportunities and recognition programs, our members are primed to uphold gymnastics as a leading sport in BC.



Business University

The 2015 Business "BizU" University took place at the Hilton Vancouver Metrotown in Burnaby on November 7-8, 2015. There were 31 participants from across the province in attendance, taking part in sessions from Vantage Point, 3rd Level Consulting, SBC Insurance, Bull, Housser & Tupper LLP, Gymnastics Canada and Club Excellence.

Annual Awards & Scholarship Reception

The 2015 Awards & Scholarship Reception was held at the Hilton Vancouver Metrotown in Burnaby on November 7. There were 146 attendees, a slight decrease from 150 in 2014.

Four scholarships were awarded, Twyla Ryan was presented with a Member of Distinction Award and June Booth was presented with a Life Member Award.

The silent auction raised \$392 towards future scholarships, a 40% decrease in funds raised from 2014.

Annual General Meeting

The Gymnastics BC AGM was held in Burnaby on November 8, 2015; 22 voting clubs were in attendance. The members voted to defer the adoption of the BC Games zone boundaries until the next competitive season beginning September 1, 2016. The membership also voted on a possible increase of the Gymnastics Canada membership fee of \$8 per member, effective September 1, 2016. Dorothy Sitek retired from

the Gymnastics BC Board of Directors as Vice-President; Katherine Campbell was voted in as her successor.

Technical University

With very low response rates for the Technical University set for August 2015, Gymnastics BC decided to try something new. In lieu of "TechU" in 2015, each discipline held their own technical retreats in the summer of 2016. The WAG, MAG and TG retreats were well attended and provided meaningful opportunities for engagement, feedback and planning. The retreats will be hosted again in 2017.

Did you know...

Sharon Farquharson was honoured with the Presidents' Award presented by Sport BC in March 2016.



2016 Artistic and Trampoline Gymnastics BC Championships

In 2016, Gymnastics BC held the Artistic and Trampoline Gymnastics BC Championships, combining the two disciplines for the first time. The championships were hosted by Flip City Gymnastics at the Langley Events Centre Fieldhouse. With the combined disciplines, there were 933 athletes in attendance, representing 48 clubs from across British Columbia.

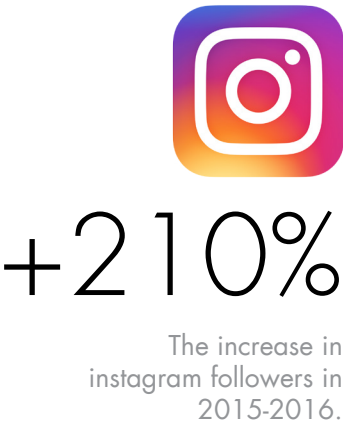
Our athletes received 43 medals in artistic gymnastics and 54 medals in trampoline gymnastics.

Communications & Marketing

It has been an exciting year for Gymnastics BC’s communications and marketing program. Under new management, we have assessed the strengths, weaknesses and opportunities within our existing communications plan in order to streamline processes and identify new priorities. Our social media channels are experiencing exponential growth with higher than ever engagement rates, and we continue to put our members first by delivering timely, relevant information across multiple channels.

Gymnastics BC Communications: By the Numbers

		2014-15	2015-16	% Increase
Website Pageviews	GBC	382,389	460,347	+20.38
	PLAY	44,435	45,022	+1.32
Facebook Followers	GBC	1,298	1,599	+23.18
	PLAY	87	110	+26.43
Twitter Followers	GBC	1,146	1,318	+15.00
	PLAY	129	168	+30.23
Instagram Followers		386	1,195	+209.58
YouTube Views		1,330	4,197	+215.56
e-Bulletin Subscribers		548	603	+10.78
PLAY Newsletter Subscribers		685	747	+9.05
WAG News Subscribers		343	380	+10.78
MAG News Subscribers		205	215	+4.87
TG News Subscribers		166	179	+7.83



Canadian Gymnastics Week

Gymnastics BC worked with Gymnastics Canada to implement a marketing plan for Canadian Gymnastics Week. We successfully implemented a new photo contest—“Show Us Your Splits/Handstand”—which increased member engagement on social media. We distributed a Gymnastics BC-branded Canadian Gymnastics Week Starter Kit to equip our member clubs with the tools to promote Gymnastics Week within their communities, and continued with our annual colouring contest. We solicited feedback from our members to improve Canadian Gymnastics Week for 2017.

Communications Highlights

Website Revision

Simplifying the Gymnastics BC website has been an ongoing project over the past year. As a staff, we continue to collaborate to condense, edit and update website content. The Communications and Marketing Manager is also working on streamlining website navigation to improve the user experience.

Staff Biographies

One of our top priorities for 2015-2016 was to increase organizational transparency to our members. We’ve taken positive steps towards this goal by publishing staff and board member biographies on the Gymnastics BC website.

Event Videography

Gymnastics BC contracted Gymspired Media Services to film and edit video coverage of select competitions, including:

- 2016 Gymnastics BC Championships
- 2016 Aaron Johnson Memorial Cup
- 2016 Trampoline Gymnastics Canada Cup
- 2016 Canadian Artistic Gymnastics Championships

Of note, Gymspired Media provided Gymnastics BC’s first ever on-site social media and video coverage of Canadian Championships.

A New Look for Gymnastics BC

First impressions are important. Over the past year, we’ve started to transition into a new, more modern brand identity. We’ve updated simple design elements—such as our website banners, event programs, this annual report and other marketing collateral—in an effort to professionalize our communications and marketing initiatives.

Athletes in the Spotlight

We love celebrating our athletes and showcasing their talents to the world. This year, Gymnastics BC worked with viaSport on the 2016 Western Canadian Gymnastics Championships live stream. We collaborated with coaches, parents and club administrators to produce athlete biographies and speaking notes for the live stream’s expert commentators.