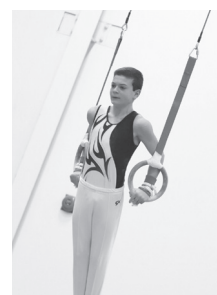


Gymnastics BC



Annual Report



2016 - 2017



Our *Vision*

To be a provincial leader in the delivery of quality foundational and high performance programs and services that foster lifelong sport participation.

Our *Mission*

To provide positive and diverse gymnastics experiences for province wide participation at all levels.




Table of *Contents*

Our Mission & Vision	2
Gymnastics BC Team	3
President's Message	4
CEO's Message & Annual Highlights	5
Member Services	7
Membership	8
Coach Development	9
Technical Highlights	10
Gymnastics For All	11
Women's Artistic Gymnastics	13
Trampoline Gymnastics	15
Men's Artistic Gymnastics	17
Administration & Event Report	19
Communications & Marketing	21



Gymnastics BC Team

Board of Directors

Chair

Twyla Ryan

Vice-Chair

Katherine Campbell

Director of Finance

Ryan Finner

Gymnastics For All Chair

Mary Morice

MAG Technical Chair

Michael Hood

WAG Technical Chair

Barb Fraser

TG Technical Chair

Megan Conway

Directors at Large

Su Bailey &
Andrea Donohoe

Zone Committee Directors

Zone 1 Director

Vivian Hughan

Zone 2 Director

Heather Ivanitz

Zone 3 Director

Melissa Coombes

Zone 4 Director

George Burgoyne

Zone 5 Director

Carlene Lewall

Zone 6 Director

Heather LaPage

Zone 7 Director

Pam Allen

Zone 8 Director

Lucia Fendelet

Staff

CEO

Brian Forrester

Member Services Manager

Brittany Cawson

Technical Education

Manager & MAG Coordinator

John Carroll

Gymnastics For All Manager

Keara Hooi

Administrative & Events

Coordinator

Chantelle Judd

Technical Director

Andrée Montreuil

Communications &

Marketing Manager

Vanessa Albert

Bookkeeper

Gurdit Mann

WAG Coordinator

Nancy Beyer

TG Coordinator

Debbie McBoyle

IST Coordinator

Gavin Leung

Provincial Coach

Richard Ikeda

Equipment Coordinators

Marc Crippen

Michelle Ricks



Message from the Chair



It is always a good idea to reflect on our past, so that we can learn from it and plan for the future. There are many sayings about that, like: "if we don't learn from our past mistakes, we are doomed to relive them!" Or the one we use in our coaching courses: "the definition of insanity is doing the same things over

and over again and expecting a different result!"

At Gymnastics BC, we are continuously reflecting on our past and planning for the future. There is a lot of work going on behind the scenes in our sport in order to do just that!

Look at our fantastic **coaches and gymnasts** – they are continuously analyzing their performances and strategically planning how to improve and create even more success in the future. Our gymnasts are doing very well provincially, nationally and internationally, and we are all proud of their many accomplishments! Where there are successful gymnasts, you know there are dedicated coaches working with them and for them! We do not always see the planning, hours of work, and commitments our athletes and coaches make to achieve their success and keep improving; we do, however, see the results of that hard work – and we are inspired!

Our great **staff and dedicated technical committees** are always working together to look at how they may improve upon past programs and technical achievements. They review rules and regulations, program delivery models, coaching education, and communicate with clubs and coaches about new developments and opportunities. They create pathways for gymnasts to continuously improve and pursue their dreams in our men's, women's, trampoline, and Gymnastics For All areas! Improvement and future strength is always top of mind in their work and delivery. We don't see that work when we attend events and competitions, but the work is critical to the success of every athlete, coach and judge in our sport.

And what about **judges**? We see them at the judging table at competitions, but prior to their arrival at the table, they have attended courses, studied mountains of technical information and prepared to be knowledgeable, impartial, fair and accurate in their assessments of athlete performances. They are constantly learning, improving and contributing to the future of gymnastics in BC and Canada.

We also have a **volunteer community** we can be very proud of. These folks provide the inspiration and manpower to organize and deliver truly amazing events and competitions throughout BC. Our volunteers set the stage for top notch competitions and events throughout our province on behalf of Gymnastics BC and Gymnastics Canada. Our volunteer teams just get better and better!

Our **CEO, Brian Forrester**, works closely with our **Board of Directors** to constantly review and move Gymnastics BC forward as a role model organization and leading provincial sport in BC. We have just undergone a thorough policy review in order to improve and clarify all of the policies that drive the organization; this organizational review work is all part the Board and CEO's commitment to being the best we can be. The work is behind the scenes, but provides leadership to the sport entity we know as Gymnastics BC.

Our future is in our very own hands! The work we do may not always be obvious, but you know that for all of our successes, there has been someone behind the scenes putting in their hard work, passion and thoughtfulness toward achieving the best results in all areas of gymnastics in BC. Thank you all for your continued dedication to improvement, for learning from the past, and laying the ground work for our brilliant future!

Yours in Gymnastics,

Twyla Ryan • Chair, Gymnastics BC

Message from the CEO



This year has been filled with projects and initiatives that are all working towards strengthening the programs and services that Gymnastics BC provides to our members.

Behind the scenes, we have completed a complete revision of the association's

by-laws as well as an overhaul of all operational policies and procedures. We are currently reviewing and updating all technical committee policies and procedures, with a focus on ensuring consistency between programs as well as improved transparency through clearly defined roles and accountability in all aspects. While these items aren't necessarily noticeable on a daily basis, they are critical to the sustainability of the association and they will enable us to continue to improve from a position of strength and stability.

Projects that are certainly much more visible and have a direct impact on club, participant and athlete support and development include the introduction of a recreational Parkour certification course; the introduction of annual planning retreats for all technical programs; increased focus on high performance training camps; active participation in the revitalization of the CanGym Program and the revision of BC's Interclub program.

While 'fixes' for the current coach education system have not materialized as quickly or as thoroughly as we have all hoped, significant behind the scenes work with Gymnastics Canada and the other provinces has been ongoing. Gymnastics BC is currently working towards the development and implementation of a BC-focussed recreational gymnastics instructor training program that is intended to aid clubs in addressing the current recreational coach shortage; a firm timeline has not yet been established, but this remains a significant focus for the association.

All of our behind the scenes and program level initiatives are strongly supported by an ever-changing and improving communications program that is helping to ensure that all members have access to the information that they need, when and where they need it.

Projects and initiatives, whether behind the scenes or highly visible, are only as good as the people who work to bring them to life. Gymnastics BC is incredibly fortunate to be supported by a Board of Directors and technical committees that contribute countless volunteer hours towards the successes of our association. I want to extend a truly heartfelt thank you to all of the volunteers who selflessly contribute their time towards advancing gymnastics in BC.

Of course, in addition to our incredible volunteers, we are fortunate for the professional support that our dedicated staff provides. Some of the names and faces you know very well, while others you may not have had the opportunity to interact with; I can assure you that each and every member of our team comes to work each day with a singular focus: to provide meaningful and timely support to all members in our shared vision of being a provincial leader in the delivery of quality foundational and high performance programs and services that foster lifelong sport participation.

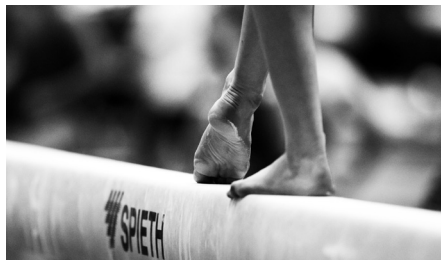
I look forward to continued collaboration with all of the dedicated and passionate members of the gymnastics community in BC for many years to come.

Respectfully,

Brian Forrester, • CEO, Gymnastics BC

How *Brian* spends his time

- Finance: 10%
- Human Resources: 10%
- Organizational Development: 25%
- Board Management: 5%
- Club Support / Crisis Management: 15%
- Membership Services: 15%
- Risk Management / Insurance: 10%
- Advocacy / Inter-Organizational Relations: 5%
- Program Delivery (events, equipment, etc): 5%



How *Andrée* spends her time

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



Member Services

Gymnastics BC continues to prioritize the evaluation and enhancement of our member service initiatives. From performing a complete review of our policies and procedures, to conducting a comprehensive member service survey, GBC is primed to advance our member service program over the next year. Membership numbers are stronger than ever with 52,800 registered members—a 4.1% increase from last season.



Policies & Procedures Review

Gymnastics BC contracted Marilyn Payne Consulting to conduct a complete review of our policies and procedures.

2,089

more registered members in 2016-2017.



New Members!

Synergy Gymnastics and Wayland Sports (Nanaimo) joined GBC as full member clubs.

\$8.00

The amount of the approved Gymnastics Canada membership fee (previously \$6.00).

Member Service Survey

In May 2017, GBC distributed a member service survey to gain deeper insight into member needs. Survey results revealed that barriers to attending club education events include travel time and expenses; respondents also claim that session speakers and topics are often irrelevant to clubs. Despite low registration numbers for the 2016 Business University, only 24% of respondents think that the event should be discontinued. The survey results will help us advance our member service program by focusing our efforts where they are needed the most.

76%

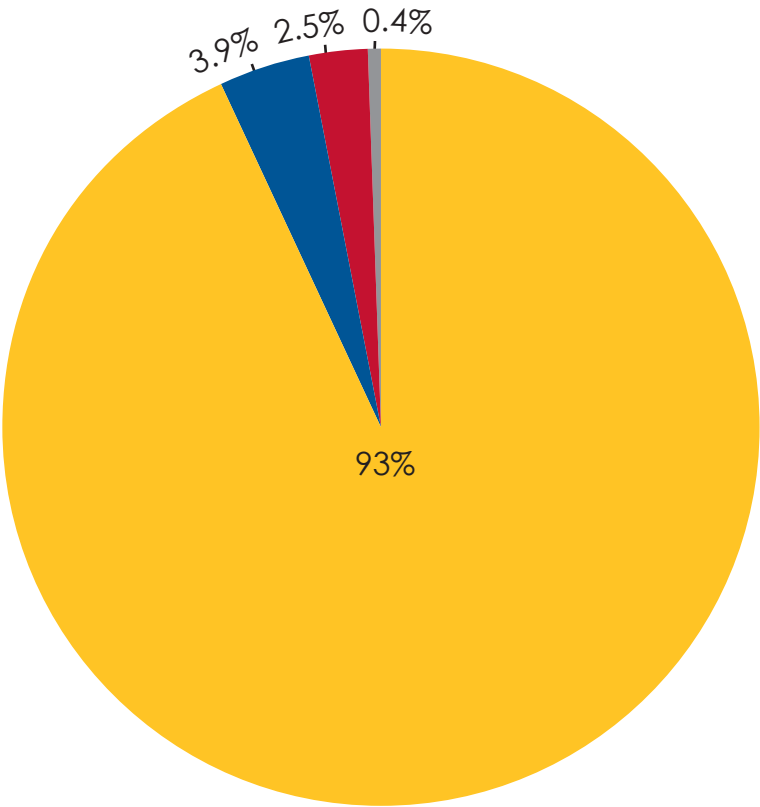
of survey respondents think that GBC's Business University should continue in the future.

2016 Business University

Last year's Business University included sessions on the BC Societies Act, grant writing, change leadership and more; however, the event was cancelled due to low registration numbers. In response to declining participation in educational events offered over the past 2 years, GBC plans to evaluate its member service program and club engagement/education strategy.

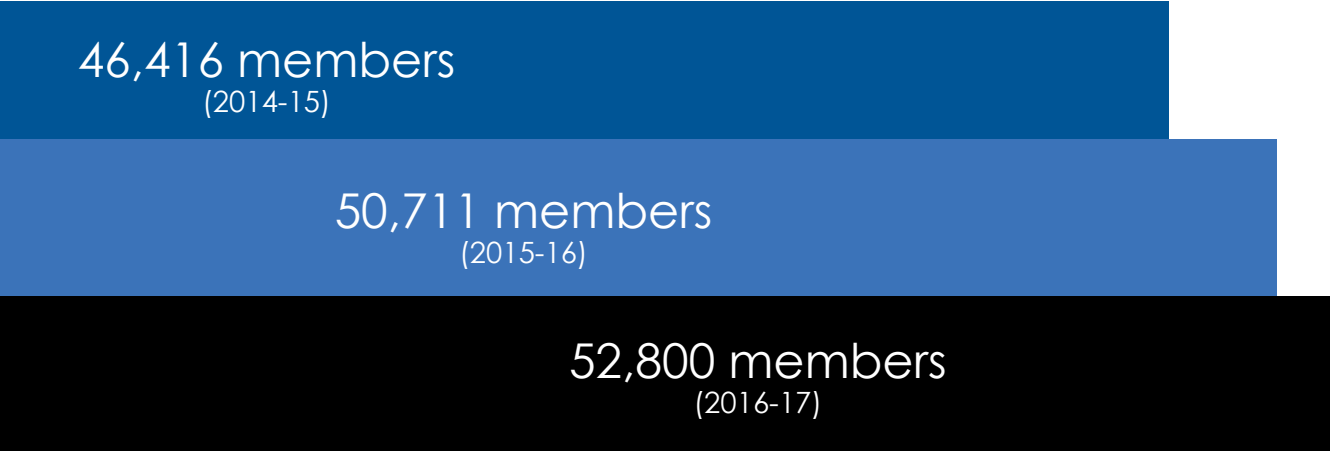
Membership

Membership: *by the numbers*



- Recreational Athletes (Total: 49,151)**
 - Artistic (43,843)
 - Trampoline Gymnastics (708)
 - Artistic Casual (2,839)
 - Trampoline Gymnastics Casual (39)
 - Artistic Interclub Performance (1,277)
 - Artistic Interclub Performance Plus (323)
 - Trampoline Gymnastics Interclub (19)
 - Acrobatic (88)
 - Cheerleading (15)
- Competitive Athletes (Total: 2,081)**
 - Men's Artistic Gymnastics (264)
 - Women's Artistic Gymnastics (1,548)
 - Trampoline Gymnastics (252)
 - Acrobatic (17)
- Coaches & Judges (Total: 1,349)**
 - Artistic Recreational Coach (875)
 - Artistic Pre-CIT (31)
 - Trampoline Recreational Coach (43)
 - Men's Artistic Gymnastics Coach (46)
 - Women's Artistic Gymnastics Coach (232)
 - Trampoline Gymnastics Coach (27)
 - Men's Artistic Gymnastics Judge (14)
 - Women's Artistic Gymnastics Judge (45)
 - Trampoline Gymnastics Judge (36)
 - Independent Coach (2)
- Supporters (Total: 219)**
 - Board of Directors (199)
 - Volunteers (20)

Membership Overview: *2014-2017*

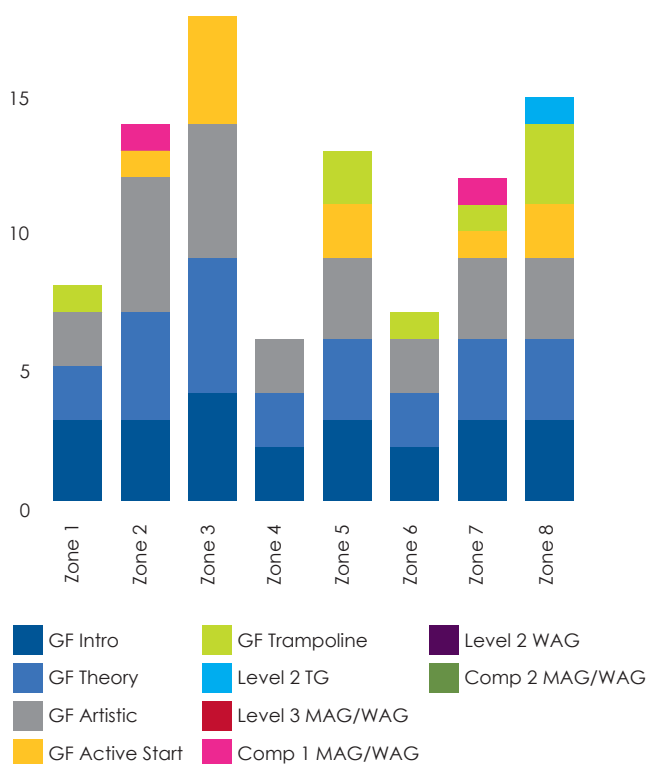


Coach Development

GBC continues to provide meaningful educational and professional development opportunities for coaches. From enhanced communication regarding the NCCP program, to advancements in Learning Facilitator development, the association stays at the forefront of Canadian coaching education and development.

Coach Development: *by the numbers*

	2015	2016	2017	2015	2016	2017
	Courses			Participants		
GF Intro	13	20	23	167	253	255
GF Theory	14	21	23	164	251	241
GF AG	14	18	26	164	196	141
GF TG	7	14	8	65	130	85
GF Active Start	2	2	6	27	20	35
L2 MAG	2	-	-	18	-	-
L2 WAG	8	5	-	92	48	-
L2 TG	3	5	2	28	48	27
C1 MAG/WAG	-	4	2	-	59	41
L3 WAG/MAG	-	1	-	-	12	-
L3 TG	1	1	1	9	-	6
C2 MAG/WAG	-	1	1	-	12	19
TOTAL	64	91	92	753	1029	850



Improvements to Foundations Level Courses

Gymnastics Canada (GCG) formed a committee designed to review and make changes to Foundations level courses. This committee is currently working to ensure that the courses take less time (some will be offered online) and offer more practical knowledge.

Learning Facilitator (LF) Development

June Booth conducted a Trampoline Level 2 course with Tim Cleave, bringing Tim one step closer to becoming a Trampoline Level 2 LF. Andrew van Buuren has completed the process and is now qualified to teach Trampoline Level 2.

GCG has confirmed that PTOs will be able to train their own Learning Facilitators in-house by identifying and training a Master LF in the various disciplines.

GBC has identified Penny Erickson, Kyna Fletcher and June Booth as the provincial candidates to become Master Coach Developers (MCDs). At the time of writing, viaSport will host a Coach Developer Conference from October 12th to 15th, 2017, at which time we hope that all three candidates will be able to take the required MCD training.

Communication

There was a general increase of coaching news and information that was distributed through GBC's various communication channels. In addition, GCG has initiated a monthly conference call dedicated to discussing all matters related to coaching education. These monthly calls will help to ensure that all PTOs receive the same information at the same time.

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

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

Technical Highlights

The GBC technical team has been successful in advancing its GFA, WAG, MAG and TG programs over the last year. In addition to discipline-specific goals, the technical staff have set strategic priorities that will aid in the development of technical programs as a whole. These priorities include training camps, communication, and technical program direction.

\$155,700

Gymnastics BC's contribution to Team BC events in 2017.

Technical Direction

Technical summer retreats enabled each of GBC's program areas to review their strengths and weaknesses and set strategic priorities for the next year.

Retreats have ensured that the membership, the technical committees and the technical staff have common goals and priorities.

Training Camps

Gymnastics Canada has implemented a system of training camps in all disciplines; the camps address some of the gaps in the NCCP program by providing ongoing education for coaches.

The Gymnastics BC technical committees have invested significant resources into the organization of training camps, helping to raise the level of coaches and athletes in all categories.

Communication

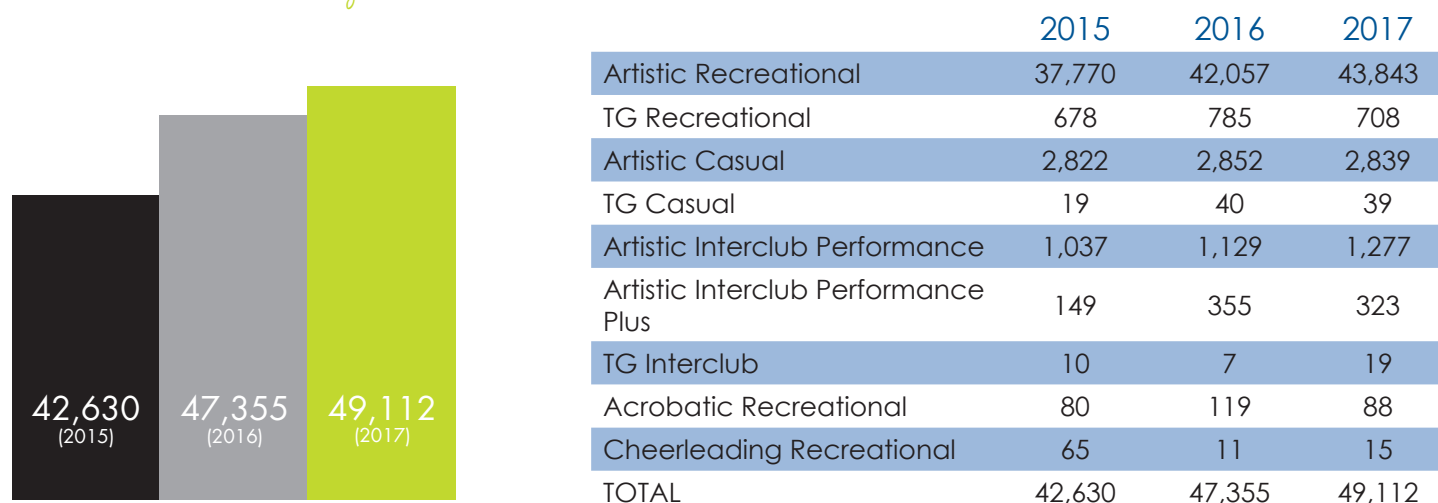
Technical coordinators continue to collaborate with GBC communications to update the website and distribute information in a timely manner.



Gymnastics For All

The Gymnastics For All (GFA) program has been actively involved in a number new ventures over the past year. The level of engagement from the GFA committee has been markedly higher than previous years, laying the groundwork for Gymnastics BC to pursue new projects and initiatives that will further develop GFA programming throughout the province.

GFA Membership: *by the numbers*



Recreational Parkour

This season, GBC prioritized recreational parkour coach development. The project began in late 2016, with a trial certification course hosted by the World Freerunning Parkour Federation (WFPF). Upon successful negotiations with the WFPF, the certification program, paired with elements of the NCCP program, was deemed appropriate for our member clubs. The first certification course took place in September 2017 at Wayland Sports Richmond.

CanGym Revitalization Project

Keara Hooi (GBC) and Richard Woo (Delta Gymnastics) are members of the Gymnastics Canada (GCG) CanGym Resource Team that has been created to revitalize the CanGym program. The team met in Toronto in February 2017, laying a solid foundation for the project. Tasks included narrowing down program statement objectives, taking physical, cognitive, personality and social domains into consideration, as well as recommendations for stage-specific program design and delivery methods. The program will enter Phase I of pilots during the 2017-2018 season.

Gymnaestrada Working Group

GCG invited delegates from across Canada to participate in a Gymnaestrada working group. The group aims to establish the necessary framework to support Gymnastics For All and the ideal developmental pathway for performance gymnasts to progress from point of entry at the club level to the International/World Gymnaestrada level. Penny Erickson is the BC representative in this group, bringing a breadth of knowledge and extensive Gymnaestrada experience.

Interclub Program Revision

GBC created a subcommittee dedicated to addressing the gaps within the existing Interclub program. The committee introduced a new category ("Performance Challenge") and revised the adjudicating system and scoring rubric. A draft version of the updated program guidelines was distributed to member clubs in December 2016, and the changes were well-received overall. GBC will continue its review of the revised program over the next year.

50

participants at the 2016 GFA Retreat, compared to 14 and 20 participants, respectively, in 2014 and 2015.

508

participants at the 2017 BC Gymnaestrada, hosted by Kamloops Gymnastics Trampoline Centre.

Recreational Leadership

North Peace Gymnastics Association was honoured with the Gymnastics Canada Ed Brougham Club Award for excellence and leadership in recreational gymnastics.

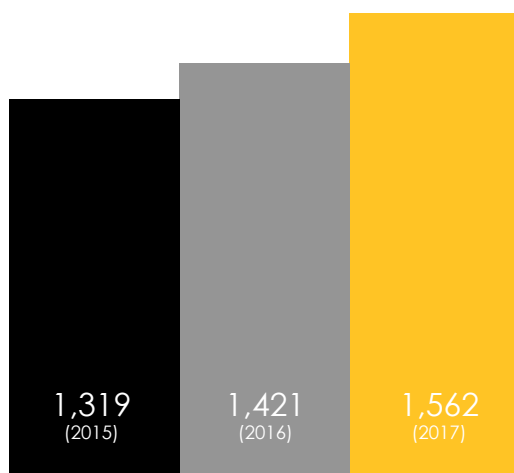
2017 BC Gymnaestrada

Titled "In A Land Far, Far Away," the 2017 BC Gymnaestrada paid homage to the classic storybook. Hosted by Kamloops Gymnastics Trampoline Centre, the event welcomed participants from 19 GBC member clubs, 6 rhythmic clubs and 2 out-of-province clubs. Pictured here is the performance team from Okanagan Gymnastics Centre.

Women's Artistic Gymnastics

The Women's Artistic Gymnastics (WAG) program has maintained its efforts to achieve a number of strategic priorities over the past year. Athlete, coach, and official development continues to advance through an increase in training camps featuring expert clinicians. 2 senior, 2 junior and 4 novice athletes qualified for the High Performance (HP) category, doubling numbers from last season. Registration in all categories has increased, and the quality of performances is seeing continuous improvement.

WAG Membership: *by the numbers*



	2015	2016	2017
JO 1	187	226	236
JO 2	144	181	196
JO 3	294	287	273
JO 4	133	123	174
JO 5	45	61	65
JO 6	207	238	271
JO 7	107	128	133
JO 8	84	80	91
JO 9	31	50	49
CPN	32	23	33
National/HP	58	34	41
TOTAL	1,319	1,421	1,562

New FIG Code of Points

GBC is implementing a new FIG code of points, which will impact how athletes are judged, and in many cases, the trajectory of the sport for the next 4 years. Changes have been minimal over the last year, however, in an attempt to stabilize the start values of routines, leaps and turns are given more leeway for credit, although deductions remain the same.

Program Development

The JO program continues to function effectively and competitive membership has increased by approximately 12% in the last year. Competitions are running faster and the judging system has been simplified. USA Gymnastics (USAG) is updating the JO program for 2018; GBC will assess any changes made and adjust accordingly for the 2018-19 season.

The Women's Technical Committee has determined that the GYMSTART physical program should be re-branded and reintroduced at all levels; this revitalization would balance the demands of the JO

and HP programs and help ensure a smoother athlete transition into Gymnastics Canada physical testing.

Officials

The judges' pay scale was increased to align with new competition formats, increased participant numbers and the men's pay scale.

GBC sent a total of six coaches and judges to attend the USAG Congress. These individuals brought back invaluable information to enhance their respective program areas, and new insights to share with GBC.

Gord Bennett and Andrée Montreuil were assigned to attend an intercontinental judging course in Spain, while Crystal Gilhooly attended an international judging course in the United States.

GBC held an education seminar on the new FIG Code of Points, providing practical information for officials and coaches in preparation for the Elite Canada screening.



National & International Highlights

August • Rio de Janeiro 2016 Rio Olympic Games

Shallon Olsen (Omega) made history by representing Canada at the Olympic Games and qualifying for the vault final. GBC alum, Brittany Rogers, also qualified for the Canadian women's team.



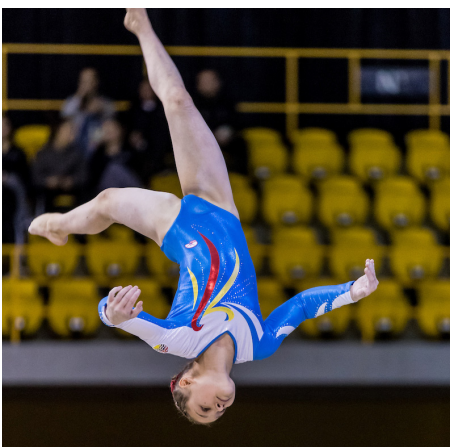
September • Sucre, BOL 2016 Jr. Pan American Championships

Haley de Jong (Flicka) had a solid finish at the Championships, placing 4th All Around. She also qualified for vault and beam finals, placing 5th and 3rd, respectively. De Jong also helped Canada win team gold.



August • Taipei 2017 FISU Games

NCAA gymnasts and GBC alums Aaron Mah, Briannah Tsang and Brittany Rogers competed for Team Canada at the 2017 FISU Games. Dorina Stan (Flicka) attended the Games as a coach; Andrée Montreuil (GBC) attended as a judge.



April 2016 • Portugal 2017 Canadian Championships

Women's medal count:

- 2 team bronze medals
- 4 apparatus medals
- 3 HP athletes in the top 6
- 2 gold and 1 silver apparatus medals



Women's Technical Committee

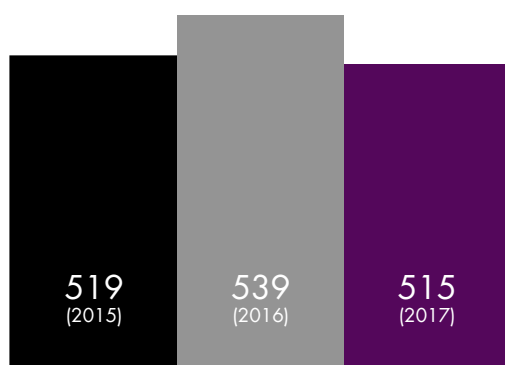


The new Women's Technical Committee (WTC) was elected in April 2017. Dorina Stan has rejoined the committee after a 1 year absence. Jennifer Dober and Heather Ivanitz have been elected as members-at-large, while Barb Fraser has moved into her final term as WTC Chair. Nicky Carroll stepped down as Judging Chair and is succeeded by Crystal Gilhooly.

Trampoline Gymnastics

Trampoline athletes continue to excel 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 numbers remain stable, 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*



		2015	2016	2017
10 & under	Trampoline	25	N/A	N/A
	DMT	28	N/A	N/A
	Tumbling	18	N/A	N/A
Pre-National male	Trampoline	53	50	52
	DMT	50	47	46
	Tumbling	13	20	11
Pre-National female	Trampoline	107	130	122
	DMT	97	126	120
	Tumbling	58	48	62
National / HP male	Trampoline	13	23	20
	DMT	15	26	23
	Tumbling	2	5	5
National / HP female	Trampoline	16	24	24
	DMT	19	30	24
	Tumbling	5	10	6
TOTAL		519	539	515

Development & Implementation of BOUNCE: A Pre-Competitive Program

A successful inaugural Bounce event was hosted at Wayland Sports Maple Ridge in March 2017. The event hosted 21 athletes who were eager to demonstrate their new skills. Coaching and event support was provided by Wayland coaches Chelsey Herman, Monkia Guylas, Lilla Guylas and June Booth.

Recommendations for a more efficient schedule and other hosting related issues will be reviewed and added to the program documents.

Many thanks to Bobbie Worrall for her hard work and commitment to bringing this program to reality.

Judging: Recruitment & Development

3 BC candidates were selected to FIG judging courses this year; Karen Capel was selected to attend an intercontinental course in Sofia, Bulgaria, while Georgina Nerpio and Adriana Pope were selected as candidates for the international course to be held in Toronto in March.

Following the updates and amendments to the FIG Code of Points, this season has been a year of adjustments. Re-certification of all judges took place in February, April and May. In preparation for the exams, 2 information sessions were held. To date, 47 judges have been successful in re-certifying.

Funding Initiatives

Gymnastics BC continues to provide financial support to TG athletes who have achieved the highest standards provincially, nationally and internationally. Gymnastics Canada has also provided funding to athletes, coaches and judges selected for international assignments.



National & International Highlights

October • New Zealand 2016 Indo Pacific Championships

8 BC athletes were named to Team Canada, in addition to coach Megan Conway. Emily Schmidt (KGTC) won gold in tumbling, while Adin Brenner (Nanimo) took gold in double-mini. Canada placed 4th overall.



June • Port Moody 2017 Western Canada Cup

Hosted by Gymnastics BC, the Western Canada Cup crowned 23 Western Canadian Champions from BC, all of whom won gold medals in their respective disciplines.



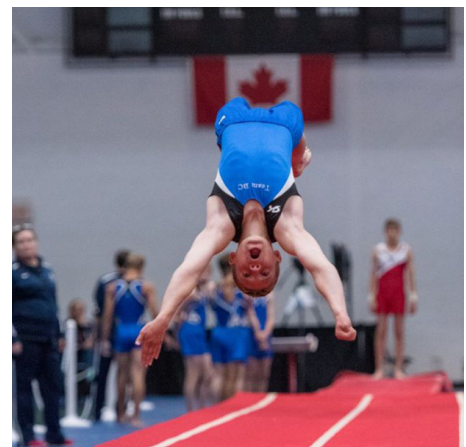
July • Poland 2017 World Games

Accompanied by coach Curt De Wolff, Tamara O'Brien (Shasta) finished with a silver medal in DMT at her World Games debut. She has since been selected to compete at the 2017 FIG World Championships in Trampoline Gymnastics this November.



July • Ontario 2017 Canadian Championships

Team BC was a top contender at the TG Canadian Championships, winning 19 individual medals, 6 national titles, and 5 team awards. Gavin Dodd was the top performer, winning 3 individual and 3 team medals.



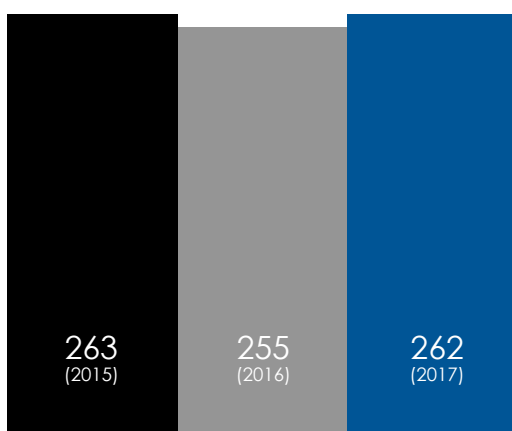
High Performance Summer Camp

Can you believe that this event sold out only 1-hour after online registration opened? Held in Whistler, the High Performance Summer Camp met athlete expectations and the objectives set out by the TG Technical Committee. The camp welcomed World Champion, Chris Mitruk, and 3-time Olympian, Karen Cockburn (pictured left), as special guest clinicians.

Men's Artistic Gymnastics

Over the past year, the men's artistic gymnastics program has shown success at every level—from Scott Morgan and Vali Stan's incredible debut at the 2016 Rio Olympic Games, to Western Canadian All Around Champions Evan Fedder (Phoenix) and Nicolas Cruz (Langley). There is at least one club in each regional zone with registered competitive male athletes.

MAG Membership: *by the numbers*



Judging Leadership

Gymnastics Canada (GCG) and the FIG supported 3 MAG judges to attend an intercontinental judging course. GBC supported 6 MAG judges with nearly 100% funding in their pursuit of FIG Brevet status in Toronto. The Men's Technical Committee has aimed to fund 100% of judges who pursue this status; this is the first quadrennial that we have come close to achieving this goal.

BC boasts the largest number of FIG judges in Canada (8 out of 30 Canadian FIG judges). 4 of these judges—Michael D. Hood, Michael J. Hood, Chris Sheremeta and Thorstein Fischer—are in the process of updating the GCG judging education system, which includes initiating an online judging course for beginner levels.

Current active men's judges include:

- **9 FIG** (Hardy Fink, Jeff Thomson, John Carroll, Todd Sader, Michael Hood, Chris Sheremeta, Jeff Sutherland, Michael J. Hood, Thorstein Fisher)
- **2 National** (Norm Rowe, Gordon Robinson)

Jeff Thomson, FIG judge and former GBC Coaching Education Development Manager, was elected to the

	2015	2016	2017
Provincial Level 1	112	95	97
Provincial Level 2	31	33	31
Provincial Level 3	39	46	49
Provincial Level 4	23	25	28
Provincial Level 5	10	7	5
National Open	13	14	21
Elite 3 & 4	15	17	17
Novice	5	2	N/A
HP Junior	2	4	6
HP Senior	13	12	8
TOTAL	263	255	262

FIG Men's Technical Committee in 2016.

Men's Technical Committee

After several years at the helm of the Men's Technical Committee, Michael D. Hood has stepped down in his role as chair. Michael J. Hood has taken on the chairman portfolio with a stable and knowledgeable group of committee members under his leadership.

Team BC Preparation Plan

In 2016, GBC implemented a structured training camp program at the elite and provincial levels. The camps, which ran from September 2016 to January 2017, are unprecedented in recent history and have been met with positive response; they will continue into 2017-2018.

Success for National Stream Athletes

7 athletes have been named to 2017-2018 junior and senior national teams: Scott Morgan (Flicka), Zachary Clay (Twisters), Scott Nabata (KGTC), Aaron Mah (Phoenix), Darren Wong (Phoenix), Chris Kaji (Phoenix) and Drew Kanigan (KGTC).



National & International Highlights

August • Rio de Janeiro 2016 Rio Olympic Games

Scott Morgan (Flicka) and coach Vali Stan made their debut at the 2016 Olympic Games in Rio de Janeiro, Brazil. Morgan and Stan were the only Canadian men's artistic gymnastics participants at the Olympics.



February • Halifax 2017 Elite Canada

Of the 6 BC athletes at Elite Canada, Darren Wong (Phoenix) lead the pack with 6 individual medals, including gold on floor and parallel bars. Fellow Phoenix athlete, Chris Kaji, made his mark with 4 medals, including gold on rings and high bar.



March • Calgary 2017 UCIC International Cup

BC athletes competed against the world's top teams, including the USA and China. Phoenix athletes Darren Wong and Devy Dyson won two medals each, including silver for Wong on vault and silver for Dyson on high bar.

May • Brandon 2017 Western Canadian Championships

Evan Fedder (Phoenix) and Nicolas Cruz (Langley) headlined Team BC as Elite 4 and Provincial 5 All Around Champions, respectively. Team BC took home 14 gold, 14 silver and 17 bronze medals in total.

May • Montreal 2017 Canadian Championships

Zachary Clay (Twisters) stole the show at this national competition, finishing 1st All Around in the senior category. Team BC was supported by many strong performances, resulting in 8 gold, 8 silver and 5 bronze medals overall.



Training Camps

Gymnastics BC and Gymnastics Canada (GCG) provided ample training opportunities for BC athletes throughout the season. Key camps included: 2020 Hopefuls Camps (Calgary & Montreal), GCG All Star Camps (Saskatoon & Montreal), Provincial Open Camps, GBC Elite Camps and Team BC Preparation Camps, among others.

Administration & Events

GBC has seen significant growth in club resource sales and strong participant numbers at annual events and competitions. The outstanding contributions of our members were honoured at the 2016 Awards & Scholarship Night, as well as by recognized sports organizations including Sport BC, Gymnastics Canada, and the Coquitlam Sports Hall of Fame.



Georgina Nerpio (center) wins the 2017 Sport BC Presidents' Award.

2017 BC Provincial Championships

Hosted by Flip City Gymnastics, the 2017 Gymnastics BC Provincial Championships were held at the Port Coquitlam Recreation Complex in April 2017. The competition combined the artistic and trampoline disciplines, gathering 1,112 athletes from 47 clubs from across the province.

2016 Awards & Scholarship Night

The 2016 Awards & Scholarship Night was held at the Hilton Metrotown Vancouver on November 5th. Scholarships were awarded to members Chloe

Barrick (Flip City), Trevor Stirling (OGC), Erin England (TAG) and Stephanie Rico (Delta).

GBC veterans Mike Hood and Ken Ikeda were honoured with the Member of Distinction and Life Member awards, respectively; members of the 2016 Olympic team received Member of Distinction awards.

Awards Alignment

GBC implemented a process that streamlines the nomination process for GBC, Gymnastics Canada and Sport BC awards. The new process ensures that nominees for these annual awards are selected in a fair and regulated manner.

2016 Annual General Meeting (AGM)

The 2016 AGM was held in Burnaby on November 6th; 13 voting clubs were in attendance. Members voted to update the association's by-laws with the help of an external partner. By acclamation, Twyla Ryan was re-elected as Chair.

Technical Retreats

The MAG, WAG, TG and GFA programs hosted their respective technical retreats in the summer of 2017. The retreats continue to prove successful in providing meaningful discussion, technical education, and networking opportunities.

1,112

athletes at the 2017 BC Provincial Championships.

\$2,000

in scholarships were awarded at the 2016 Gymnastics BC Awards & Scholarship Night

20%

increase in attendance at the 2016 Gymnastics BC Awards & Scholarship Night.

\$5,110

increase in GBC resource sales (chalk, CanGym badges and Safety First posters) over the past year.

9

the number of clubs that Sammy the mascot visited in 2016-17.

508

participants at the 2017 BC Gymnaestrada.

Sport BC Awards

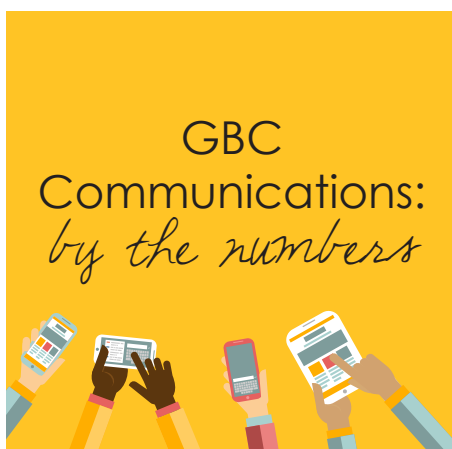
Georgina Nerpio was honoured with the Sport BC President's Award for her contributions to the provincial trampoline program.

Hall of Famers

Haley de Jong (Flicka) was honoured with the Jr. Athlete of the Year Award by the Port Coquitlam Community Sports Awards. Viven Symington (Aviva) and Shallon Olsen (Omega) were inducted into the Coquitlam Sports Hall of Fame.

Communications & Marketing

With a stronger understanding of member needs, Gymnastics BC communications projects and initiatives have become more strategic than ever before. Our social media presence continues to grow, establishing our association as a thought leader in the sport of gymnastics in BC and beyond. Increased online engagement can be attributed to a more informed and strategic application of digital communications best practices.



Social Media

84.6%

percent growth in instagram followers. We finally broke the 2000 follower milestone!



"What We Do" Brochure

Finally, an answer to the question: "what does Gymnastics BC do?" We created this comprehensive association overview to show members the tangible outcomes of the work we do at GBC.

Social Media

16.4%

growth in Facebook page likes. Facebook is quickly becoming the go-to platform for members to obtain the latest GBC news.

Email Subscribers

17.6%

growth in technical subscribers, demonstrating effective collaboration between GBC communications and the GBC technical team.



Content Calendar

Gymnastics BC welcomed a Kwantlen University marketing student to create a 12-month content calendar for the association. By planning web and social media content in advance, the calendar enables a more strategic approach to online communications.

Canadian Gymnastics Week

GBC participated in a Gymnastics Canada working group designed to develop and implement an agenda and communications plan for 2017 Canadian Gymnastics Week. The group initiated a nation-wide photo contest incorporating the 7 fundamental movement patterns. GBC also held our annual PLAY Gymnastics colouring contest, with participation from athletes in 17 different member clubs. For the first time, GBC-branded backpacks were awarded to contest winners.

New logo!



Over the past year, we've been transitioning back to an old classic: our 1969 heritage logo (just in time for our 50th anniversary in 2019)!



2017 GYMNASTICS BC PROV PORT COQUITLAM REC



Upcoming Communications Projects

- **Online discussion forum:** connect and learn from other clubs
- **Social media handbook:** first draft complete!
- **Website update:** a makeover for gymbc.org

25,463

#flipcitygymnasticsclub

#gymnasticsbc #gymbcchamps