



# 2017/18 Annual Report

A Year of Accomplishments.



**GYMNASTICS BC**

Providing positive and diverse gymnastics experiences.

604-333-3496 | [www.gymbc.org](http://www.gymbc.org) | #268 - 828 West 8th Ave, Vancouver, BC

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## ABOUT THIS REPORT

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This report provides an overview of the organization's achievements and activities throughout each fiscal year.

Statistical information on membership numbers and participant numbers are as of membership year end, August 31, 2018.

All other information presented in this report is as of fiscal year end June 30, 2018.

## ABOUT GYMNASTICS BC

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### VISION

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

### MISSION

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

## MESSAGE FROM THE CHAIR

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### Twyla Ryan | Chair, Gymnastics BC



It gives me great pleasure to present my final annual report as Chair of Gymnastics BC. The past few years have seen unprecedented growth and accomplishments in many areas—including member and participant levels, programs and events, and internal staffing.

When I was elected as Chair of Gymnastics BC (GBC), I had already been involved in the gymnastics community at many different levels. I have been a gymnast, a coach, a judge, and a volunteer previous to my current position. In each level of my involvement, I have come across passionate, dedicated individuals committed to the success of our wonderful sport.

As part of my role, I have had the opportunity to review inspiring award and scholarship applications for several years. This past year, there was an athlete who displayed remarkable maturity and composure in her application—her essay was inspiring, thought-provoking, and truly insightful for a person of any age. I'd like to share a few of her words:

Kayley Lim stated in her essay, "I have discovered that rankings do not determine my worth. In this sport where judgement and criticism are so prominent, it is important for me to understand that a lousy competition does not define who I am as an athlete. There [have been] countless milestones throughout my career and these triumphs seem as if they occurred only months ago. In reality, these events have long since passed and many years have flashed by in an instant. My advice to young gymnasts is this: soak up every sweaty practice and savor each competition; the days of doing gymnastics are numbered!"

Kayley's essay reminded me of a saying I recently came across; *find joy in your journey*. Reflecting on what that saying means to me, and looking back on my involvement in this sport, I have to say that I have had such a wonderful journey.

In my 16-year role as Chair of Gymnastics BC, I have learned and seen so much—the most remarkable of which has been the commitment and devotion of the individuals involved in our community.

Gymnastics BC is an organization made up of members who are passionately engaged in the activity and sport of gymnastics in many different ways.

At the grass roots level, there are thousands of gymnasts involved in our recreational programs; these individuals represent the greatest number of participants in our sport.

## MESSAGE FROM THE CHAIR (CONTINUED)

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### Twyla Ryan | Chair, Gymnastics BC

There are also many athletes involved in the competitive side of our sport. Whether taking part in artistic gymnastics or trampoline gymnastics, these athletes deserve commendation. Competitive athletes usually train multiple times a week, and put themselves out in front of judges and audiences to be scored and ranked in the competitive arena—this is no small feat.

While athletes make up a large portion of our sport, it is important to note those who make gymnastics a possibility for everyone in our province. Supporting all of our athletes are many clubs, coaches, judges, volunteers, parents, families, teachers, community-minded businesses, municipalities, and government agencies.

Gymnastics is one of the highest ranked sports in the British Columbia sport system. Every time a child attempts their first cartwheel, stands on the podium at Provincial Championships, wins a team medal at National Championships, or represents Canada at the Olympic and Worlds levels, it is because behind all of those achievements, there are people and groups working to support them.

While my personal experiences in this organization have been unique and wonderful, my journey has been so much sweeter thanks to the unending support and efforts of many individuals.

I would like to express enormous gratitude toward all of the past and present members of the board and volunteers who I had the pleasure of working with, for their passion and commitment to the sport of gymnastics in our province. In particular, I would like to thank the CEO's I have had the honour of working with over the years – Scott Braley, Ajay Patel, Moira Gookstetter, and Brian Forrester. Each one has brought their own talents, skills, and passion to our sport.

And finally, I would like to thank the staff at GBC, who have worked tirelessly to carry out many important organizational duties. Your commitment to the success of this organization is evident in everything you do, and does not go unnoticed.

As my journey takes a different turn, I am confident that this is the right time for another passionate person to take on the role of board chair. I treasure all of the memories and moments this sport has shared with me.

No matter where my journey takes me, I will try to find joy on that path—and I hope that you will find joy in your journey too.

Cheers,

Twyla Ryan

## MESSAGE FROM THE CEO

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Brian Forrester | CEO,  
Gymnastics BC



The past year has been one of growth and development, in both numbers and in initiatives taken on to support all athletes, coaches, judges, volunteers, and member clubs. It has also been a year of reflection and learning that I am confident will positively shape the future and forward direction of our association.

As you will have read, our current Board Chair, Twyla Ryan, has chosen not to run for another term as Chair. Over the past six and half years of working with Twyla, I have been fortunate to be inspired by her energy and her passion, as well as her dedication and commitment to strengthening our organization and the sport of gymnastics in BC and beyond. I want to thank Twyla for all that she has done for our sport during her tenure. Through her involvement as not only Board Chair, but as an active and engaged member of various committees, working groups and other volunteer roles, as well as a coach, learning facilitator, and judge, gymnastics in BC is stronger for having had the benefit of Twyla's leadership.

Over the past year, member-led working groups have played a large role within the organization. Our Membership Rights & Voting Structure Working Group, Membership Fee Structure Working Group and Member Engagement Working Group have been working very hard on your behalf to help shape governance practices and engagement activities. The 50th Anniversary Working Group has been collaborating and creating a series of events and activities that will celebrate the amazing 50-year history of Gymnastics BC and the amazing contributions of our athletes, coaches, judges, volunteers, and member clubs! Stay tuned for lots of exciting news in the coming months. Whether looking forward and working to chart a path for the future of our association or looking back and celebrating our past successes, working groups will continue to be an integral part of Gymnastics BC's operations.

## Brian Forrester | CEO, Gymnastics BC

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Our Technical Committees are the volunteer drivers behind the growth and development of GBC programs and initiatives, and the results are shining brightly. This year, the Gymnastics for All Committee has seen great success due to a number of new initiatives, including the addition of the new Interclub Performance Challenge category, the participation in Gymnastics Canada's CanGym revitalization project, and the delivery of a number recreational Parkour certification course. All four of our Technical Committees are now hosting annual planning and education retreats to bring their communities together, to help determine the priorities of the programs, and to better ensure that there are common goals and priorities. Trampoline athletes combined to bring home 57 medals at various meets and the committee hosted a highly successful 2017 Western Canada Cup that has allowed for the purchase of much-needed competition video equipment. The WAG Committee continues to successfully focus on the delivery and growth of the JO Program, as well as judging education and development. MAG Committee members have recently introduced an innovative athlete skills passport that enables coaches and athletes to easily track individual progress, year over year; this initiative will only serve to build upon current athlete successes.

Behind the scenes, an amazing staff team works on your behalf to support and enact the priorities of our committees. They are dedicated to delivering positive member experiences, and I can say with confidence that they are passionate and dedicated to supporting, growing, and improving the gymnastics opportunities that benefit participants province-wide.

Gymnastics in BC is truly a community of amazing individuals who collectively continue to achieve great things! As with all communities, we will experience difficulties and challenges from time to time. However, if we work together and remain focused on supporting the success of our participants, we will grow stronger, more resilient, and better-positioned to achieve our goals.

Sincerely,

Brian Forrester

# MEET THE 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

Alana Jensen

### TG TECHNICAL CHAIR

Megan Conway

### DIRECTOR AT LARGE

Su Bailey

## 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

Karl McPherson

### ZONE 8 DIRECTOR

Lucia Fendelet

## STAFF

### CEO

Brian Forrester

### ADMIN & EVENTS COORDINATOR

Leanne James

### MEMBER SERVICES MANAGER

Brittany Cawson

## STAFF

### TECHNICAL EDUCATION MANAGER / MAG COORDINATOR

John Carroll

### GYMNASTICS FOR ALL MANAGER

Keara Urquhart (Hooi)

### TECHNICAL DIRECTOR

Andrée Montreuil

### COMMUNICATIONS & MARKETING MANAGER

Melissa Mungall

### FINANCE COORDINATOR

Gurdit Mann

### WAG COORDINATOR

Nancy Beyer

### TG COORDINATOR

Debbie McBoyle

### IST COORDINATOR

Gavin Leung

### PROVINCIAL COACH

Richard Ikeda

### EQUIPMENT COORDINATORS

Marc Crippen,  
Michelle Ricks





## MEMBER SERVICES OVERVIEW

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**1,420** More members in 2018

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**54,220** Total members in 2018

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## NEW MEMBER CLUBS

GBC saw increased membership growth this year!

We welcomed two new full-member clubs:  
Inspire Sports Victoria and Wayland Sports (Squamish).





# MEMBERS BY THE NUMBERS

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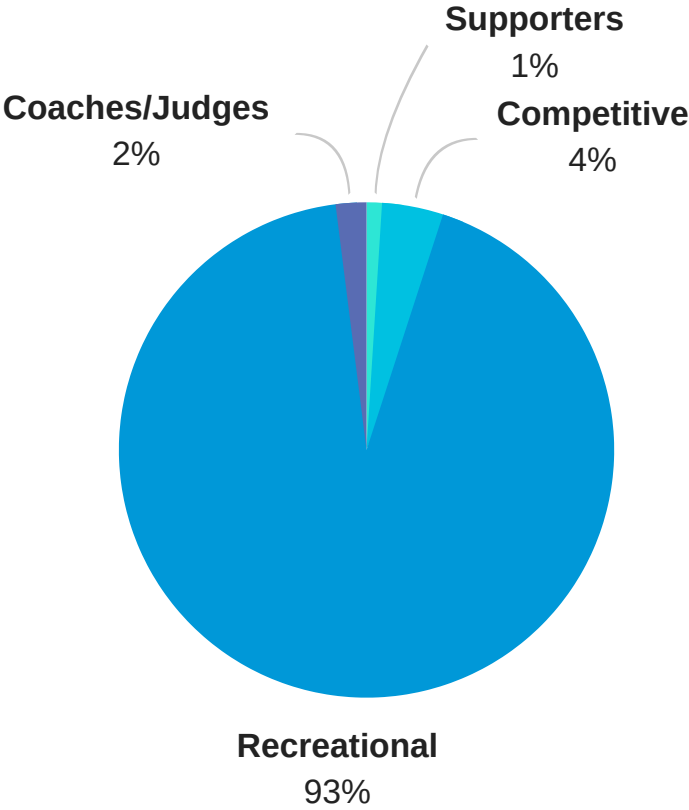
## Recreational Athletes

- Artistic (45,018)
- Trampoline (562)
- Artistic Casual (2,835)
- Trampoline Casual (21)
- Artistic Interclub Performance (1,443)
- Artistic Interclub Performance Plus (292)
- Artistic Interclub Performance Challenge (99)
- Trampoline - Interclub (3)
- Acrobatic (93)
- Cheerleading (11)

## Coaches and Judges

- Artistic Recreational Coach (785)
- Artistic Pre-CIT (72)
- Trampoline Recreational Coach (56)
- Men’s Artistic Gymnastics Coach (48)
- Women’s Artistic Gymnastics Coach (220)
- Trampoline Gymnastics Coach (24)
- Acrobatic Coach (1)
- Men’s Artistic Gymnastics Judge (1)\*
- Women’s Artistic Gymnastics Judge (8)\*
- Trampoline Gymnastics Judge (26)

*\* individuals registered with Gymnastics BC*



## Competitive Athletes

- Men’s Artistic Gymnastics (258)
- Women’s Artistic Gymnastics (1,631)
- Trampoline Gymnastics (229)
- Acrobatic (15)

## Supporters

- Board of Directors (183)
- Volunteers (286)



## GYMNASTICS FOR ALL

Gymnastics For All (GFA) is BC's recreational program, encompassing 11 areas. Recreational gymnastics has seen an increase in participants and programs as a result of embarking on a number of new initiatives.

	2016	2017	2018
ARTISTIC RECREATIONAL	42,057	43,843	44,396
TG RECREATIONAL	785	708	659
ARTISTIC CASUAL	2,852	2,839	3,116
TG CASUAL	40	39	22
ARTISTIC INT. PERFORMANCE	1,129	1,277	1,590
ARTISTIC INT. PERFORMANCE +	355	323	314
ARTISTIC INT. PERF. CHALLENGE	-	-	101
ACROBATIC RECREATIONAL	119	88	94
RECREATIONAL CHEERLEADING	11	15	11
TG INTERCLUB	7	19	3
TOTAL	47,355	49,151	50,306

## PARKOUR

A partnership between GBC and the World Freerunning Parkour Federation was established in late 2016.

Since then, we have certified 36 coaches, and are working to develop a master trainer. Of the 36 coaches in BC, 19 are male and 17 are female, ranging in age from 17 to 43.

## CANGYM

The first pilot phase of the CanGym Revitalization Project, led by Gymnastics Canada as part of a nationwide initiative, is underway.

Four BC clubs were involved in the first pilot phase, and we are hopeful that more will be chosen to participate in the second phase.

## GYMNASTICS FOR ALL HIGHLIGHTS

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55

PARTICIPANTS AT  
THE 2017 GFA  
RETREAT, COMPARED  
TO 50 IN 2016.

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20%

MORE PARTICIPANTS  
(NOT INCLUDING  
COACHES) IN  
GYMNAESTRADA SINCE  
2014.

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36

COACHES CERTIFIED  
TO INSTRUCT  
RECREATIONAL  
PARKOUR THIS YEAR.

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526

PARTICIPANTS AT  
THE 2018  
GYMNAESTRADA.

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# TECHNICAL HIGHLIGHTS

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## TEAM BC SUPPORT

Gymnastics BC contributed more than \$200,000 to Team BC events in 2018.

This financial support assisted members of Team BC with registration, transportation, accommodation, and meal plans.

## TECHNICAL DIRECTION

The technical committees continue to host annual retreats in the summer and fall to help determine the priorities of the programs and better understand the needs of the community. This ensures that they set common goals and priorities.

## HIGHLIGHTS

## TRAINING CAMPS

Gymnastics BC and Gymnastics Canada are working towards raising levels of knowledge and expertise among coaches by organizing a system of training camps.

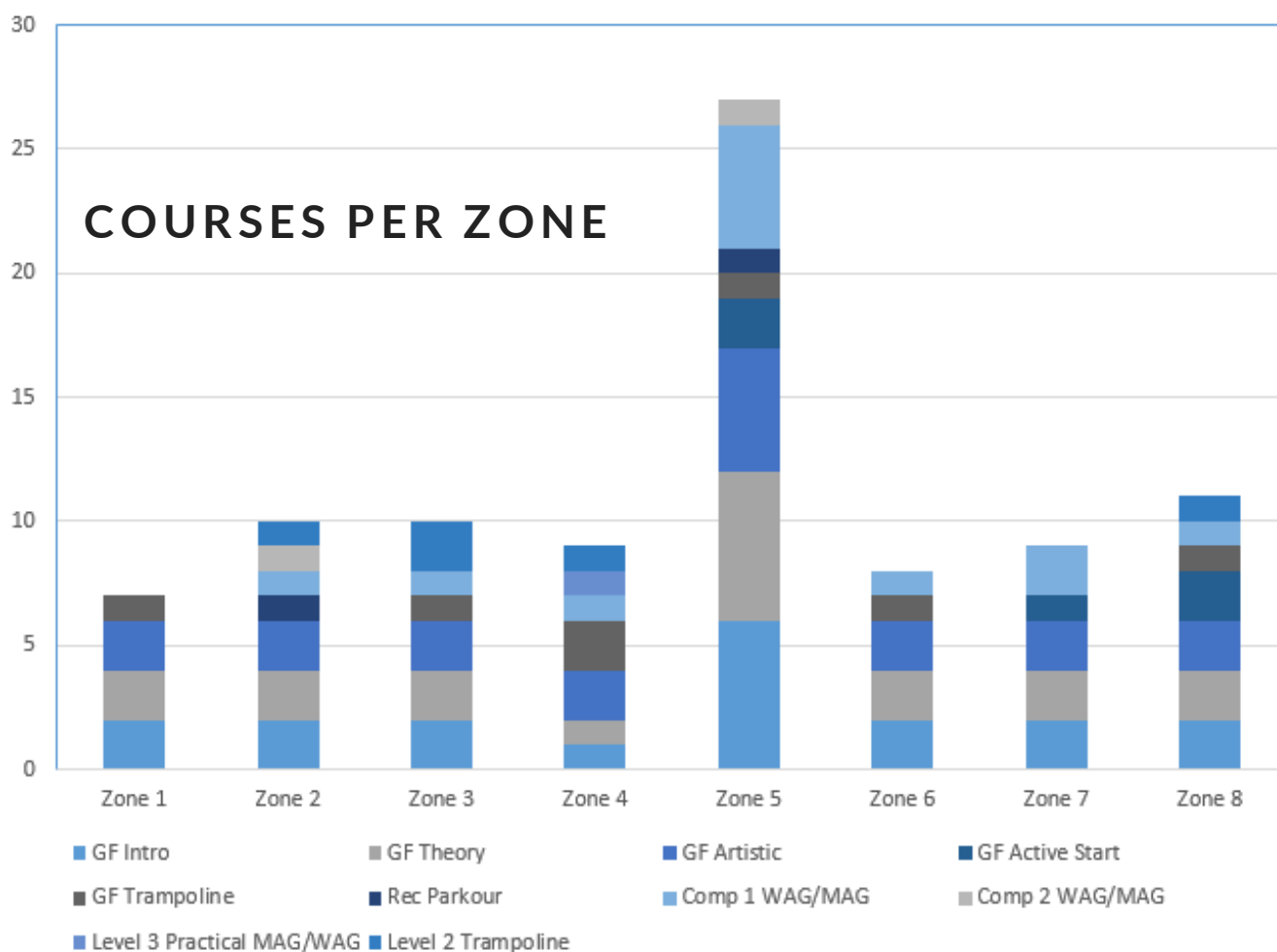
In BC, almost all competitive levels have the opportunity to attend camps in the province that are led by technical experts from BC, Canada and the US.

# COACH DEVELOPMENT

GBC works to provide meaningful education and professional development to coaches.

The following charts provide a closer look into the coach development that occurred during fiscal 2018.

	Courses			Participants		
	2016	2017	2018	2016	2017	2018
GF INTRO	20	23	18	253	255	253
GF THEORY	21	23	18	251	241	252
GF AG	18	26	19	196	141	236
GF TRAMPOLINE	14	8	7	130	85	74
GF ACTIVE START	2	6	5	20	35	40
REC. PARKOUR	1	1	1	-	-	42
C1 MAG/WAG	5	-	11	48	-	156
L2 TRAMPOLINE	5	2	4	48	27	33
C2 MAG/WAG	4	2	2	59	41	41
L3 MAG/WAG	1	-	1	12	-	8
L3 TRAMPOLINE	1	1	0	-	6	0
<b>TOTAL</b>	<b>92</b>	<b>93</b>	<b>86</b>	<b>1029</b>	<b>850</b>	<b>1135</b>



# COACHING HIGHLIGHTS

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## RECREATIONAL PARKOUR

There has been great progress with recreational parkour over the past fiscal year; GBC is expected to add a Master Trainer to the team!

The addition of a Master Trainer will simplify and improve the process of running parkour courses.



## HIGHLIGHTS

## NCCP COURSES

Although the number of NCCP courses did not increase over the previous year, the number of participants did. The program has proven to be efficient as an increased amount of courses have been running at capacity.

## BREVET STATUS

**Rusty Pierce** and **Matt Wheele** each successfully completed a FIG Coaching Academy, and received a FIG Coach Brevet. Coach Brevet's are a distinguished certification qualifying individuals to coach at World Championships.

## COMMUNICATION

The amount of coaching-related information that has been distributed through the various means of electronic communication has been well-received.

## TRAMPOLINE GYMNASTICS

As a result of hosting a successful 2017 Western Canada Cup, the committee was fortunate to have added financial resources this fiscal. The committee developed a list of targeted projects that will benefit from the added resources. Their first priority was to purchase an up-to-date system in order to meet the video requirements at Provincial Cups and provide an efficient tool for training judges. Other special projects included an athlete's camp in Whistler, a coaches and judges retreat, and a DD sheet pilot project.

## NEW EQUIPMENT

Gymnastics BC secured a grant: the Community Gaming Capital Project Grant from the provincial government.

With the grant, we acquired a full set of trampoline equipment, allowing athletes and clubs to host provincial, national, and international events.

		2016	2017	2018
<10	TRAMPOLINE	-	-	-
	DMT	-	-	-
	TUMBLING	-	-	-
PRE NATIONAL MALE	TRAMPOLINE	50	52	51
	DMT	47	46	46
	TUMBLING	20	11	13
PRE NATIONAL FEMALE	TRAMPOLINE	130	122	124
	DMT	126	120	121
	TUMBLING	48	62	77
NATIONAL/HP MALE	TRAMPOLINE	23	20	22
	DMT	26	23	25
	TUMBLING	5	5	3
NATIONAL/HP FEMALE	TRAMPOLINE	24	24	37
	DMT	30	24	36
	TUMBLING	10	6	6

## WORLD GAMES

The World Games require participants to meet stringent qualification standards, and are invite-only.

GBC is proud to report that Tamara O'Brien won a DMT Silver in her first appearance in the games.



## TRAMPOLINE HIGHLIGHTS

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57

**MEDALS & AWARDS  
PRESENTED TO BC  
TRAMPOLINE  
ATHLETES THIS YEAR**

**WORLD  
GAMES**

**TAMARA O'BRIEN  
DMT SILVER**



**RANKED FIRST  
ON DMT JUNIOR  
NATIONAL TEAM**

**GAVIN DODD**

# WOMENS ARTISTIC GYMNASTICS HIGHLIGHTS

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## WAG NATIONAL TEAM

**SHALLON OLSEN  
HAYLEY DE JONG  
LUCIA JAKAB  
IMOGEN PATERSON  
SYDNEY TURNER**

## WORLD CUP (SLOVENIA & JAPAN)

**HAYLEY DE JONG**



## WORLD CUP (BULGARIA) SILVER MEDALIST & WORLD CHAMPIONSHIP FINALIST

**SHALLON OLSEN**

# WOMEN'S ARTISTIC GYMNASTICS (WAG)

## WOMEN'S JUDGES COMMITTEE

This past year, the Women's Judges Committee and community focused mainly on standardizing course delivery and implementing the Continuing Professional Education plan. There were 14 courses delivered to 143 participants throughout the province. Each Zone Judging Chair organized their own CPE, which enabled mentoring opportunities within each zone. CPE hours allow judges to stay up-to-date with changes to the JO program.

**BC has the highest number of trained judges in Canada.**

The number of judges per level is as follows:

- Brevet = 4
- National HP = 14
- National JO 10 = 3
- JO 9 -10 = 11
- JO 6-8 = 71
- JO 3-5 = 142

## ATHLETES PER LEVEL

	2016	2017	2018
JO 1	226	236	264
JO 2	181	196	256
JO 3	287	273	291
JO 4	123	174	175
JO 5	61	65	71
JO 6	238	271	268
JO 7	128	133	123
JO 8	80	91	96
JO 9	50	49	50
JO 10	23	51	36
ASPIRE	23	33	41
HIGH PERFORMANCE	34	41	16
<b>TOTAL</b>	<b>1,454</b>	<b>1,613</b>	<b>1,687</b>



## **MEN'S ARTISTIC GYMNASTICS (MAG)**

Over the last year, the men's artistic gymnastics team has seen remarkable success. The senior national team included Scott Morgan (Flicka), Zachary Clay (Twisters), Scott Nabata (Kamloops Gymnastics/Trampoline Centre), and Aaron Mah (Vancouver Phoenix).

The junior national team included Darren Wong (Vancouver Phoenix), Chris Kaji (Vancouver Phoenix), and Drew Kanigan (Kamloops Gymnastics/Trampoline Centre).

	2016	2017	2018
PROVINCIAL LEVEL 1	95	97	105
PROVINCIAL LEVEL 2	33	31	31
PROVINCIAL LEVEL 3	46	49	48
PROVINCIAL LEVEL 4	25	28	27
PROVINCIAL LEVEL 5	7	5	7
NATIONAL OPEN	14	21	16
ELITE 3 & 4	17	17	21
NOVICE	2	n/a	n/a
HP JUNIOR	4	6	3
HP SENIOR	12	8	11
<b>TOTAL</b>	<b>255</b>	<b>262</b>	<b>269</b>

### **ONLINE JUDGES COURSE**

Michael D Hood, Michael J Hood, Chris Sheremeta, and Thorstein Fischer took leadership roles in the design and roll-out of the online Entry Level Judging Course.

The course was successfully implemented on a Gymnastics Canada platform, providing increased exposure and opportunities for judges to further their education.

### **SERIES OF SKILLS LIST**

A 'series of skills list' was constructed (after the 2017 MAG retreat) for athletes ranging from the beginner level to the international level. This list will be turned into a Passport format so that athletes will be able to review and compare their progress over time.

Skill testing began in September 2017, led by provincial coach Richard Ikeda.

# MEN'S ARTISTIC GYMNASTICS HIGHLIGHTS

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CANADIANS 2018

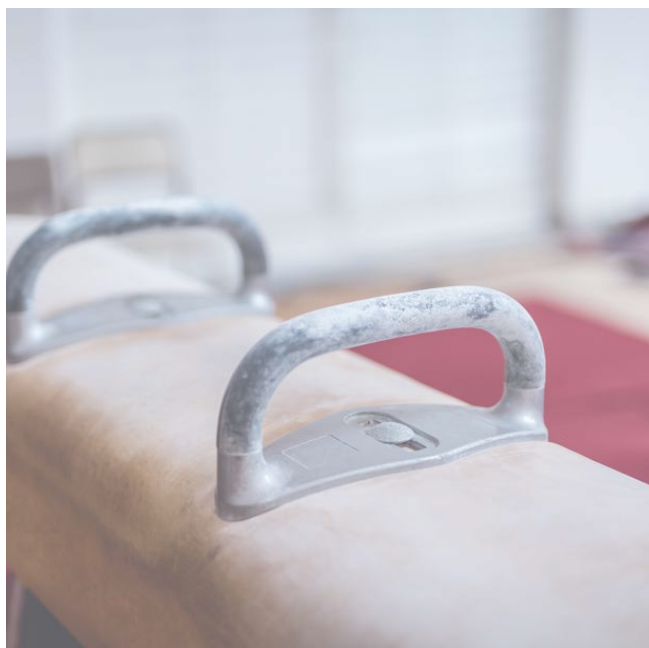
**EVAN FEDDER,  
JUNIOR AA 2ND**

PAN AM

**CHAMPIONSHIPS  
ZACHARY CLAY, 1ST  
POMMEL HORSE**

WORLD  
CHAMPIONSHIPS +  
COMMONWEALTH  
GAMES TEAMS

**ZACHARY CLAY,  
SCOTT MORGAN,  
RICHARD IKEDA,  
VALI STAN**



2018 WESTERN  
AA CHAMPIONS

**ARIES-ZION DEZA  
(PROV 4),  
TREVOR MA  
(ELITE 4)**

## ADMINISTRATION & EVENTS

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GBC has seen significant growth in club resource sales and strong participant numbers at annual events and competitions. Our members' outstanding efforts were honoured at the 2017 Awards & Scholarship Night, and were also recognized by sports organizations including Sport BC and Gymnastics Canada.

### 2018 CHAMPIONSHIPS

Hosted by Flip City Gymnastics, the 2018 Gymnastics BC Provincial Championships were held at the Port Coquitlam Recreation Complex in April, 2018. The competition combined the artistic and trampoline disciplines, and 1,112 athletes competed.

**10.6%**

AWARDS & SCHOLARSHIPS NIGHT ATTENDANCE INCREASE

**\$2,000**

IN SCHOLARSHIPS AWARDED TO FOUR APPLICANTS.

## NOMINATIONS | AWARDS

**SPORTBC  
OFFICIAL OF  
THE YEAR**

ANDRÉE  
MONTREUIL

**MEMBERS OF  
DISTINCTION**

NORM ROWE,  
KATHERINE  
CAMPBELL

**TG NATIONAL  
ATHLETES OF  
THE YEAR**

KRISTINA DODD,  
NICOLAS LAMOND

The 2017 Awards & Scholarship Night was held at the Hilton Vancouver Metrotown on November 4.

Scholarships were awarded to Ella Keelan, Brooke Murray, Rachel Rubin-Sarganis, and Trevor Stirling.

Norm Rowe and Katherine Campbell were presented with the Member of Distinction Awards.



### TECHNICAL RETREATS

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



## OUR EFFORTS

Gymnastic BC's (GBC) strategic plan sets the stage for the organizational priorities, goals, and outcomes for each fiscal year. One of GBC's top priorities is communication; we work to provide valuable information and meet the needs of our member clubs.

GBC is embarking on a journey to increase feedback and engagement opportunities in order to facilitate meaningful discussion with stakeholders and the public.

Recently, we initiated a survey of our members to measure satisfaction levels, needs, and the overall effectiveness of GBC as a member services organization. The results from this survey will help shape GBC's upcoming strategic priorities.

**65%** OF SURVEY PARTICIPANTS SUPPORTED THE DEVELOPMENT OF AN ONLINE DISCUSSION FORUM.

In late 2017, we initiated member club and working group surveys to evaluate our business processes and effectiveness. 93% of survey participants agreed that our most effective form of communication was digital--and 59% of participants indicated a need for further coaching education tools.



# COMMUNICATIONS & MARKETING HIGHLIGHTS



## MEMBER SURVEYS

In 2017, GBC embarked on an outreach plan to members. The goal of the survey was to evaluate the efficiency and effectiveness of GBC as a membership organization, to identify gaps in member needs.

Results from the surveys will help shape GBC's strategic objectives over the coming years

## SOCIAL MEDIA HANDBOOK



Over the past year, we developed and implemented a social media handbook to further establish GBC as a leader in social media within the gymnastics community, and to provide clubs with concrete advice for enhancing their own social media presence.

## CANADIAN GYMNASTICS WEEK

In February 2018, we took part in celebrating Canadian Gymnastics Week; we ran contests nationally in conjunction with Gymnastics Canada, and provincially within GBC member clubs.

## SOCIAL STATS



**5.7% +**

**facebook**  
**likes**



**1% +**

**twitter**  
**followers**



**8.7% +**

**Instagram**  
**followers**



**26% +**

**website**  
**visitors**

