2026 NOMINATIONS REPORT

Prepared for the 2026 Annual General Meeting

Introduction

The GymBC Nominations Committee is tasked with reviewing all nominations to ensure eligibility and alignment with the GymBC Bylaws, specifically, 7.3 *Qualifications of Directors* and 8.1 *Nomination of Directors*. They are also responsible for considering the skills and representation required to form an effective Board of Directors. It is in the best interest of Gymnastics BC and its members that the Board of Directors be representative of its membership – geographically and by discipline. It is also important that the Board embody a broad spectrum of relevant knowledge and skills identified as critical to effectively govern the Society. These include, but are not limited to, **leadership**, **governance**, **financial management**, **legal**, and **safe sport**.

2026 Election

In accordance with the GymBC Nominations Policy, two Director-at-Large positions are open for election at the 2026 GymBC Annual General Meeting. These positions are elected for 2-year terms.

In addition, and in accordance with amendments to the Bylaws that were adopted during the 2025 AGM, the membership will elect the Technical Chairs. All Technical Chairs were nominated through an election process undertaken during their respective Assemblies. To ensure a staggered election of Technical Chairs, two Technical Chairs (WAG & TG) will be elected for 2-year terms and two Technical Chairs (MAG & GFA) will be elected for 1-year terms.

Wednesday, October 21, 2026 at 11:59 p.m. PST was the deadline for submitting nominations for the Director-at-Large positions. In accordance with the Bylaws of the Society, nominations will not be accepted from the floor of the AGM.

Three nominations for the Director-at-Large positions were received prior to the submission deadline, and four Technical Chair nominations have been received from the Assemblies. This document provides you with insight into each nominee, their skills, and contributions to the gymnastics community. The nominees are presented herein by election category and in alphabetical order by last name where applicable.

In summary, during the 2026 AGM, an election will be held using the Election Runner platform to elect:

- Two Directors-at-Large (2-year terms) – 3 nominees
- WAG Technical Chair (2-year term) – 1 nominee
- TG Technical Chair (2-year term) – 1 nominee
- MAG Technical Chair (1-year term) – 1 nominee
- GFA Technical Chair (1-year term) – 1 nominee

Only Authorized Voting Delegates will be eligible to vote during the election.

Sincerely,

GymBC Nominations Committee

Chair:	Catou Tyler
Members:	Chantelle Yates, Jennifer Lyster
Ex Officio:	Jennifer Keith, CEO

*Incumbent

NOMINEES: Director-at-Large

Name of Nominee: **Puneet Bains**
Club affiliation: Richmond Gymnastics Association
Nominated by: Jennifer Lyster (Kamloops Gymnastics | Trampoline Centre)

1. **Please indicate information about the Nominee's background – within or outside of gymnastics.**
   The nominee brings a varied background in corporate communications, community involvement, and sport. After beginning her career in public relations and communications, she took time away from the workforce to focus on her family. Over the past 15 years, she has been involved in gymnastics, first as a parent of competitive athletes, and later in a leadership role since the last 10 years within a gymnastics organization. She has also been an active school volunteer throughout her children's elementary and high school years.

2. **Please describe the qualifications and experience of the nominee (ex. education, training, employment history, knowledge of non-profits etc.)**
   The nominee holds a postgraduate qualification in Communications and has an early-career background in public relations, having worked with PR agencies and news media. She has also been an active volunteer in the community, including with the Richmond School Board and her children's school Parent Advisory Council.

   She is currently the Executive Director of Richmond Gymnastics Association, Vice Chair of the Richmond Sports Council, and a Nominating Committee member with the Richmond Sports Hall of Fame. Through these roles, she has developed a strong understanding of nonprofit governance and operations, including Safe Sport, policy and risk management, financial management, human resources, event planning, and developing and maintaining relationships with government and community partners. She is also an active member of a Vantage Point peer group and continues to look for opportunities to learn, expand and share her knowledge of the nonprofit sector.

3. **Does this individual have previous experience working on a Board of Directors? What was their role? If known, what was the board structure (ex. Operational or Policy Board)?**
   The nominee has experience with both operational and policy-based Boards of Directors. She was involved in transitioning the Richmond Gymnastics Association Board from an operational to a policy governance model and currently serves as Vice Chair of the Richmond Sports Council, which operates with a more hands-on board structure. This has given her practical experience with different approaches to board governance.

4. **What is your reason for nominating this individual for a GymBC Board position?**
   Through her experience in gymnastics, sport leadership, and managing a sport organization, as well as parent of two competitive gymnasts, the nominee understands many of the challenges faced by clubs and the broader sport community. Combined with her overall experience, I believe she would bring a practical and well-rounded perspective to GymBC's Board. She loves the sport of gymnastics and looks forward to the opportunity to contribute to and support the sport at a broader level.

*Incumbent

Name of Nominee: **Lara Collingwood**
Club affiliation: Smithers Saltos
Nominated by: Krista Wank (Smithers Saltos)

1. **Please indicate information about the Nominee's background – within or outside of gymnastics.**
   Lara Collingwood brings over 30 years of experience in community recreation, sport leadership, organizational management, and volunteer engagement.

   Since 2018, Lara has served as Executive Director of Northern Edge Sport Association (NESA – Smithers Saltos Gymnastics), overseeing a growing multisport organization that provides gymnastics, dance, fitness, and recreational programming to more than 1,060 participants annually.

   Within gymnastics, Lara served as Gymnastics BC's Zone 7 Committee Chair from 2020 to 2026, supporting regional development, communication between clubs, and advocacy for northern gymnastics communities. Her experience includes recreational and competitive gymnastics, coach development, competition coordination, and club operations.

   Beyond gymnastics, Lara owned and operated Luna's Fitness Studio in Smithers for 10 years, gaining extensive experience in business management, fitness programming, and community wellness. She also served seven years as an elected School District 54 Trustee and currently chairs the Smithers Community Recreation Association.

   Her background provides a valuable combination of grassroots sport experience, nonprofit and business leadership, community advocacy, and public-sector governance, along with a strong understanding of the unique needs of rural and northern communities.

2. **Please describe the qualifications and experience of the nominee (ex. education, training, employment history, knowledge of non-profits etc.)**
   Lara holds a Bachelor of Human Kinetics, specializing in Health and Fitness, from the University of British Columbia. Her professional qualifications include Canadian Fitness Education Services (CFES) Fitness Leader certification, NCCP Competition 1 training in gymnastics, and Advanced STOTT Pilates Matwork and Reformer Certification.

   She brings extensive experience in nonprofit management, strategic planning, financial oversight, policy development, organizational governance, and community partnerships.

   Prior to her role with Northern Edge Sport Association (NESA – Smithers Saltos Gymnastics), Lara owned and operated Luna's Fitness Studio in Smithers for 10 years, developing valuable skills in business operations, financial management, staffing, and program delivery.

   As Executive Director of NESA since 2018, she oversees organizational operations, budgeting, grant administration, fundraising, staffing, program development, and facility planning. Under her leadership, NESA has expanded its programming and organizational capacity while supporting youth employment, coach development, and accessible recreation opportunities.

   Lara has played a significant role in advancing facility improvements and infrastructure planning, navigating funding partnerships, municipal relationships, and the financial challenges associated with operating and expanding a nonprofit sport facility.

*Incumbent

She is also committed to youth leadership and coach development, creating opportunities for young people to gain valuable employment experience, develop leadership skills, and pursue coaching pathways.

Through her work with the Smithers Community Recreation Association, Lara is helping develop collaborative approaches to recreation delivery, resource sharing, and community advocacy.
Her combination of formal education, professional certifications, business ownership, nonprofit management, and strategic leadership provides a strong foundation for serving on the Gymnastics BC Board of Directors.

3. **Does this individual have previous experience working on a Board of Directors? What was their role? If known, what was the board structure (ex. Operational or Policy Board)?**
Lara has significant governance experience through her seven years as an elected Trustee with School District 54, where she served on a policy governance board responsible for strategic direction, policy development, financial oversight, and organizational accountability. This experience provided her with a strong understanding of the distinction between board governance and operational management, as well as the importance of informed decision-making, transparency, collaboration, and long-term planning.

   From 2020 to 2026, Lara served as Chair of the Gymnastics BC Zone 7 Committee, providing regional leadership, facilitating communication between clubs, supporting regional initiatives, and representing the interests of northern gymnastics organizations.

   Lara also currently serves as Chair of the Smithers Community Recreation Association, where she helps guide collaborative planning, organizational partnerships, and advocacy for community recreation. Additionally, her role as Executive Director of NESA involves working closely with a nonprofit Board of Directors, providing operational reporting, supporting policy implementation, developing strategic initiatives, and ensuring organizational accountability.

   These experiences have given Lara a well-rounded understanding of both policy governance and operational leadership, which would be particularly valuable in her role as a Gymnastics BC Director.

4. **What is your reason for nominating this individual for a GymBC Board position?**
I am nominating Lara Collingwood because she brings a valuable combination of governance experience, nonprofit leadership, and a strong understanding of the challenges facing gymnastics clubs throughout British Columbia.

   As an experienced club Executive Director and former Gymnastics BC Zone 7 Committee Chair, Lara understands the realities of operating a gymnastics organization, including rising costs, facility limitations, coach development, volunteer recruitment, and long-term sustainability.

   Lara would bring an important northern and rural perspective to the Board, ensuring smaller and geographically isolated clubs have a voice in provincial decision-making.

   I believe her collaborative leadership style, strategic thinking, and experience building partnerships with local governments and community organizations would be valuable assets to Gymnastics BC. She would be a strong advocate for accessible programming, sustainable clubs, and the continued growth of gymnastics across the province.

*Incumbent

Name of Nominee: **Kyna Fletcher ***
Club affiliation: Chimo Gymnastics Club / Vancouver Phoenix Gymnastics
Nominated by: Saskia Berndt (Chimo Gymnastics Club)

1. **Please indicate information about the Nominee's background – within or outside of gymnastics.**
   Kyna is a GymBC Life Member with an extensive technical background in Women's Artistic Gymnastics previously being the national team director at GymCan, leading the team to a historic 5th place medal at the Olympic Games in 2012. Kyna developed many successful athletes at the International, National and Provincial level while also mentoring coaches, staff and volunteers at the Clubs she has worked at. Her ambition, drive and commitment to excellence sets a high standard, leading Organizations as a whole to perform at their best. Kyna's advocacy for everyone involved is unmeasurable.

2. **Please describe the qualifications and experience of the nominee (ex. education, training, employment history, knowledge of non-profits etc.)**
   Kyna is a Comp 4 certified artistic coach with a kinesiology background. She has a strong understanding of the technical requirements, advocating for what athletes, coaches, volunteers and staff require to perform at their best. Kyna currently is in a General Manager position at two non profit Gymnastic Clubs in the Province. In her role, she is leading organizations with vision, developing and implementing safe sport practices, budgets, policies and procedures. Furthermore, she is training and supporting staff, coaches, athletes and volunteers in all that comes with the sport.

3. **Does this individual have previous experience working on a Board of Directors? What was their role? If known, what was the board structure (ex. Operational or Policy Board)?**
   Over the years, Kyna has sat on many committees, working groups and in a variety of board positions as well as governance committees at a National and Provincial level within gymnastics as well as other sports. Having the experience, knowledge and drive that Kyna brings to the table, is an asset to any Organization.

4. **What is your reason for nominating this individual for a GymBC Board position?**
   Kyna's understanding and experience of governance from a small Club perspective to governing one of the biggest Clubs and organizations within Canada allows her to evaluate the impact of the decision making on a wide range of membership. Her background and technical knowledge of the sport only add another layer of valuable insight and expertise in supporting coaches, athletes, volunteers, staff's and organizational needs in order to perform at their best and raise the bar.

*Incumbent

NOMINEES: Technical Chairs (2-year terms)

WAG TECHNICAL CHAIR:

Name of Nominee: **David Kenwright**
Club affiliation: Vancouver Phoenix Gymnastics
Nominated by: WAG Assembly

David had enormous experience in the Canadian and British systems. He is passionate with a vision for athletes to have safe healthy and successful careers. He believes in coaching as a career and that coach education is a priority. He is fair, and offers critical thinking GBC needs to inspire athletes and coaches. With 20 years of service to both GBC's WTC and GymCan's WPC, he brings a clear understanding of Canadian culture.

In the past, David has served as a member of BC's WTC, on various GymCan technical working groups and committees, and GymBC, NT coach, NT Director, BG Gymnastics, and FIG curriculum author.

TG TECHNICAL CHAIR:

Name of Nominee: **Jill Drake*^**
Club affiliation: Revelstoke Acrobats
Nominated by: TG Assembly

Jill is the Head Coach of the Revelstoke Acrobats. Her introduction to gymnastics started at the age of five in Nova Scotia. It was there that she developed a passion for artistic gymnastics, and competed throughout high school. The discipline, artistry, and camaraderie of the sport shaped her formative years and instilled a lifelong love for movement and athleticism. At twelve years old, she took her first steps into coaching.

Jill attended Dalhousie University, earning a Bachelor of Science in Kinesiology. Her studies provided a solid foundation in human movement, anatomy, and sports science, skills that have proven invaluable in both her coaching and athletic careers.

After travelling abroad for 5 years, she settled in Revelstoke. In 2012, she joined the Acrobats, and found a new passion: trampoline gymnastics. The energy, excitement, and technical challenges of trampoline captivated her, and she hasn't looked back. Since 2017, Jill has served as the head coach in Revelstoke, guiding athletes and fostering a supportive, dynamic club environment. Her commitment to professional development led her to achieve Level 3 certification as a trampoline coach.

In 2023, Jill was honoured to become the chair of BC's TG Technical Committee, working to advance the sport province-wide. In this role, she advocates for athletes, coaches, and clubs, ensuring the continued growth and excellence of trampoline gymnastics in BC.

^ Nomination to be confirmed at the TG Assembly on November 1, 2026.

*Incumbent

NOMINEES: Technical Chairs (1-year terms)

MAG TECHNICAL CHAIR:

Name of Nominee: **Michael J. Hood***
Club affiliation: Revelstoke Acrobats
Nominated by: MAG Assembly

Michael has served on the MTC for over 10 years, first as the Athlete Representative then as a Member-at-Large, and eventually as Chair. He competed as a MAG athlete before retiring in 2012. and has continued to contribute to the gymnastics community as a judge, earning is Brevet status in 2017. Michael has judged for over 15 years, currently holds WG Category 2 Judge certification, and has represented Canada as a Judge in multiple competitions including, the 2025 Pan-American Championships.

Michael was a MAG coach until 2012 when he left coaching to pursue a career as a software developer. He has been the MTC Technical Chair and ex officio member of the Gymnastics BC Board of Directors since 2017. Outside of gymnastics, he has been on the Soccer Canada National List of Assistant Referees since 2023.

GFA TECHNICAL CHAIR:

Name of Nominee: **Catou Tyler***
Club affiliation: Whistler Gymnastics
Nominated by: GFA Assembly

Catou has been the GFAC Chair since 2023, bringing 30+ years of experience to the community and a passion to support and nurture the GFA community. She manages the Pemberton location of Whistler Gymnastics and is a member of the Whistler Gymnaestrada team. After competing in gymnastics in Ottawa until the age of 18, Catou earned a physical education degree from Laurentian University and decided to dedicate herself to coaching gymnastics. Since then, she has positively impacted the lives of so many young people. Catou has been recognized for her contribution to the sport with accolades such as the 2022 viaSport Community Coach of the Year and the Gymnastics BC True Sport Award.

*Incumbent