



ALBERTA GYMNASTICS FEDERATION  
**ANNUAL REVIEW**  
2018 – 2019





# MESSAGE FROM THE CHAIR AND THE PRESIDENT & CEO JACK PAYNE AND SCOTT HAYES

Looking back at the myriad of accomplishments and challenges the Alberta Gymnastics Federation (AGF) experienced as an organization in 2018 – 2019, it is difficult to believe that merely a year has passed. As a community we have rolled up our sleeves; working harder and more collaboratively than ever to overcome some of the unprecedented pressures facing gymnastics and sport. Although uncomfortable at times, the resulting community engagement and changes will assist us in growing stronger and more resilient as an organization. The feedback we are receiving and the lessons we are learning are proving invaluable in the development of our next 4-year strategic plan which will take us into our 50<sup>th</sup> anniversary year in 2021.

The most notable change for AGF, Gymnastics Canada (GymCan), and sport in general, has been the media and government focus on safe sport. AGF has always believed that gymnastics should be a positive experience for all and that every member is entitled to a safe and respectful sporting environment. The need to ensure proper strategies, policies and procedures, programming and resources are in place to make gymnastics truly welcoming and safe for all participants, has never been more critical to the future of our sport. Building on the work done to date, AGF created a new full-time Manager of Safe Sport position. The position is working closely with AGF staff, Board members, the new Safe Sport Task Force and community members to ensure sound Safe Sport policy, education and advocacy initiatives are developed and woven throughout our organizational fibers. Another new position that was filled this year, is that of the Manager of Membership Engagement and Gymnastics For All. Through one-on-one visits with member clubs across the province, this position has been serving to facilitate two-way dialogue. These consultations are developing a broader understanding of our organizational strengths and weaknesses while helping us identify opportunities for improvement and ways to navigate external challenges such as trampoline insurance limitations.

Meanwhile, in the gym and on the competition floor, we continued to experience outstanding achievements and participation in our competitive programs. Among the many highlights seen this year, we saw over 40 athletes compete and earn 12 podium finishes at the first ever Canadian Championships in Acrobatic Gymnastics this June. The Canada Winter Games were hosted in Red Deer and our very own Trampoline and Tumbling gymnast, Mark Armstrong acted as torchbearer at the opening ceremony while the Women's Artistic Team medalled for the first time since 1995. In Men's Artistic Gymnastics, we were excited to see Jackson Payne make the Canadian Team that would vie for an Olympic spot at World Championships. AGF was also proud to provide partial financial support to the 71 participants (ranging in age from 10 to 89 years young) on their journey to World Gymnaestrada in Austria; deemed the Olympics of the Gymnastics For All program because it showcases gymnastics on an international stage every four years and sees nearly 20,000 participants from over 60 countries.

The many strides and accomplishments we have made this year speak to the grit and gumption our athletes, coaches, judges, club administrators, parents and many volunteers demonstrate daily. A special note of thanks must also be expressed to the current Board of Directors, and departing Board members (Katie Biberdorf, Brady Spencer, Kim Shore, Maya Patrie, Marthe Desmarais-Moen, and Heather Davidson), for the countless volunteer hours they devoted to helping AGF navigate through a relatively tumultuous year. Thanks also to this year's departing staff members, Joanna Low and Cassie Crook, for the contributions they have made to the AGF team over the past four and two years respectively.

We are all passionate about our sport, and together we can make a difference. To be part of a community that is connected by a genuine and unwavering dedication to seeing our sport succeed is both humbling and a privilege and will continue to play a fundamental role in our future growth and success.

Sincerely,



Jack Payne



Scott Hayes



## OUR MISSION

We are dedicated to developing gymnastics and its values by encouraging participation, growth and personal success for everyone.

## OUR VALUES & BELIEFS

Gymnastics should be a positive experience for all and every member is entitled to a safe and respectful sporting environment.



## OUR GOALS

- More people participating in and enjoying gymnastics.
- Achieve Olympic podium performances.
- Inspire athletes to achieve personal success.
- More partners building gymnastics.

# MEMBERSHIP AT A GLANCE

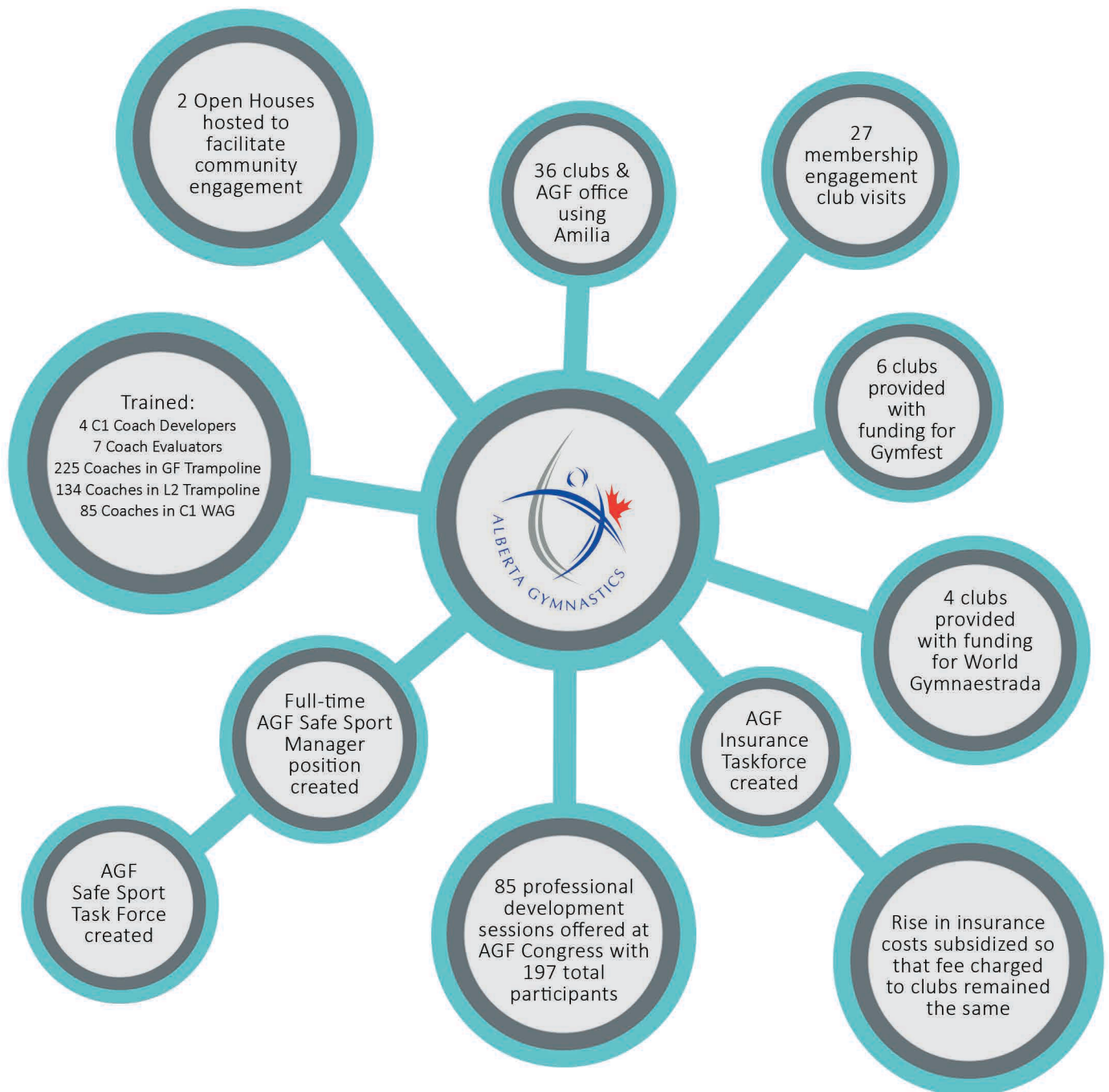
AGF Membership	2015-16	2016-17	2017-18	2018-19
<b>Total Individual Members</b>	51,027	52,386	46,967	44,101
<b>Total Member Clubs</b>	85	84	83	81
<b>Competitive Clubs</b>	51	49	56	58
<b>GFA Only Clubs</b>	34	35	27	23
<b>WAG Athletes</b>	1,409	1,707	1,921	2,113
<b>MAG Athletes</b>	282	261	319	360
<b>Acro Athletes</b>	79	75	121	180
<b>T&amp;T Athletes</b>	362	269	288	288
<b>GFA Participants</b>	47,506	48,695	42,946	39,830
<b>Registered Coaches</b>	1,389	1,379	1,372	1,330
<b>Registered Judges</b>	141	166	181	164



# 2016–20 STRATEGIC PLAN YEAR 4 PROGRESS

## Club Support & Development

**Strategic Goal:** To provide clubs in Alberta the opportunity to continue to work together towards building strong, successful programs in order to continue increasing numbers of participants, as well as assisting in the development and sustainability of new clubs/programs.



# Athlete Support & Leadership

**Strategic Goal:** To provide athletes and their parents/guardians additional information as it pertains to: community and sport science services, personal development, career development, and academic opportunities.

## ATHLETE TRAINING & COMPETITION

↑ **37.2%**  
ATHLETE  
PARTICIPATION



## AGF ENHANCEMENT FUNDING



↑ **4.5%**  
INDIVIDUALS  
SUPPORTED

\$100,000 was allocated to the AGF Enhancement Fund. 85 athletes and 30 coaches received funding.

**8 athletes**  
named to the  
Gymnastics  
Canada  
National  
Team

# Coaching / Judge Development & Leadership

**Strategic Goal:** To provide opportunities for coaches and judges to further their professional development; contribute to the retention of these coaches and judges for the long-term benefits of gymnastics in Alberta.

↓ **36.1%**  
COACHING CLINICS  
PARTICIPATION

## COACH LEADERSHIP



## COACH MENTORSHIP

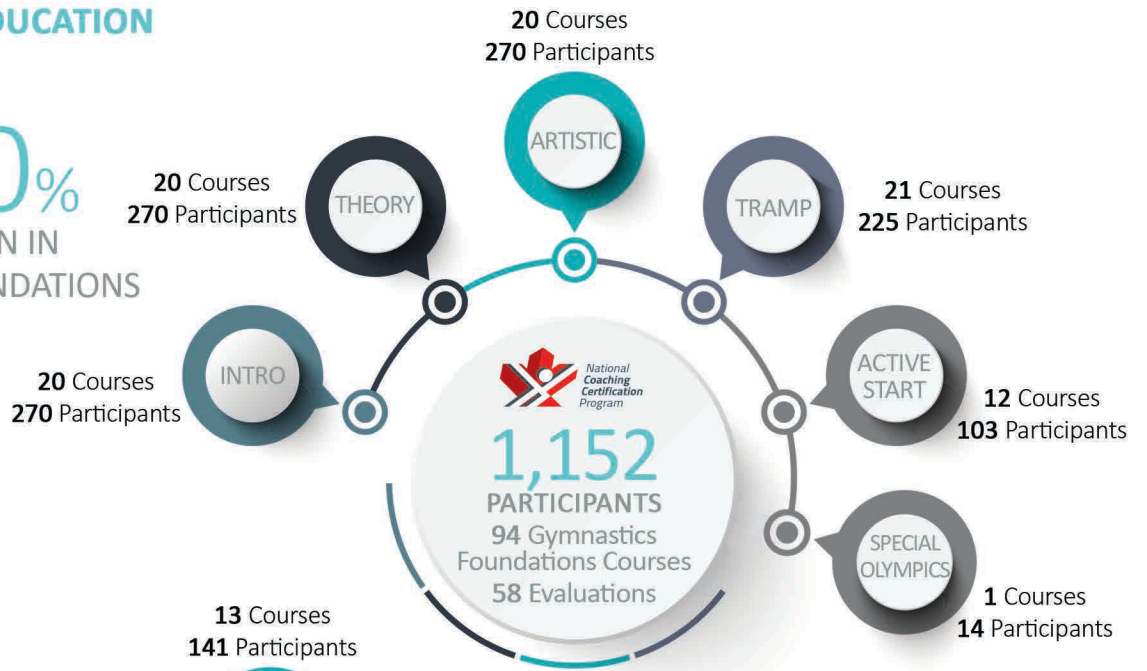


↓ **15.8%**  
MENTORSHIP PROGRAM  
PARTICIPATION



## NCCP COACH EDUCATION

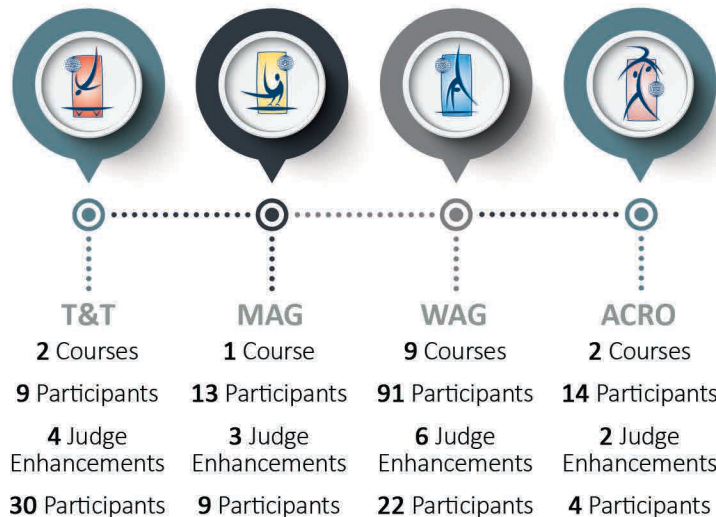
↓ 6.0%  
PARTICIPATION IN  
GYMNASTICS FOUNDATIONS



↑ 74.5%  
PARTICIPATION IN  
COMPETITION COURSES

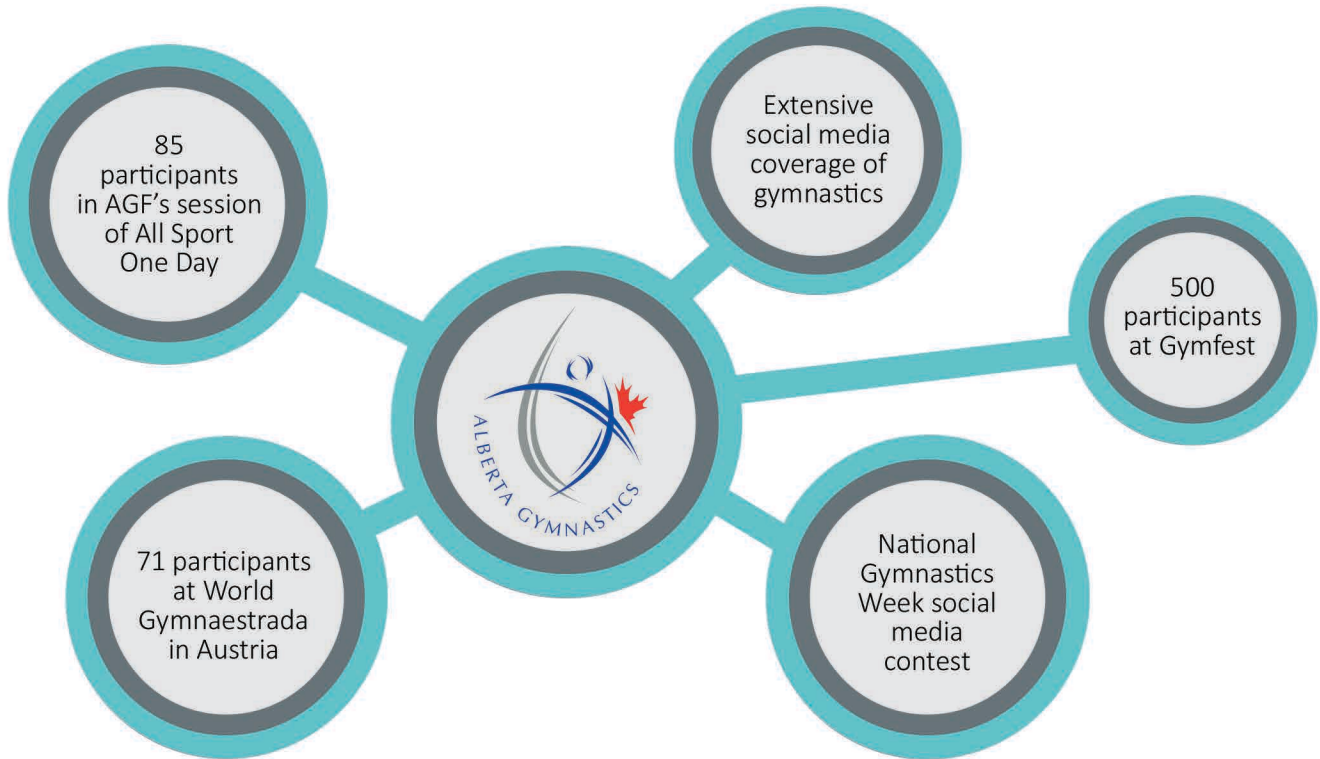
## JUDGE EDUCATION & LEADERSHIP

↓ 13.6%  
PARTICIPATION IN  
JUDGING COURSES



# Gymnastics Awareness

**Strategic Goal:** To continue increasing the number of people participating in and enjoying gymnastics, through various strategies and platforms.



## Safe Sport

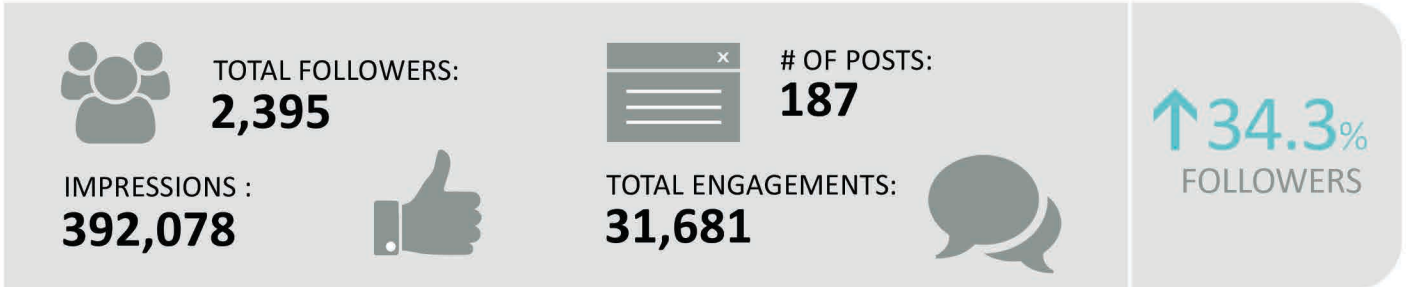
- The AGF website was updated to include multiple options for complaint/misconduct reporting, best practice guidelines for members, and resources (helplines) to support individuals in distress. These resources can be accessed at [abgym.ab.ca/Safe-Sport](http://abgym.ab.ca/Safe-Sport).
- A series of webinars were hosted to provide club members with current information about ongoing Safe Sport issues and best practices.
- A new full-time AGF Manager of Safe Sport position was created. This position has been assisting the President/CEO in managing disciplinary issues and is overseeing the development of AGF's Safe Sport policies as well as education and advocacy initiatives.
- AGF personnel (members of the Board of Directors and staff) are working through a major overhaul of the current code of conduct, disciplinary policy, appeals policy, and additional Safe Sport documents to meet the needs of AGF members.
- The AGF Safe Sport Task Force was established in Fall 2019. The Task Force was created to gain the perspectives of key stakeholders (athletes, coaches, and club administrators) as well as experts (mental health, physical health, human resources, legal, etc.) in developing AGF's approach to Safe Sport policy, education, and advocacy initiatives.



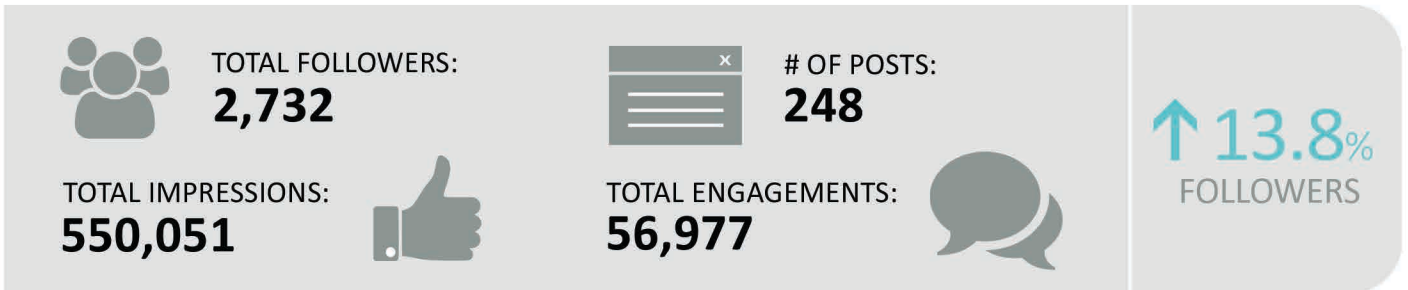
# Communications & Social Media

DATE RANGE: July 1, 2018 – June 30, 2019

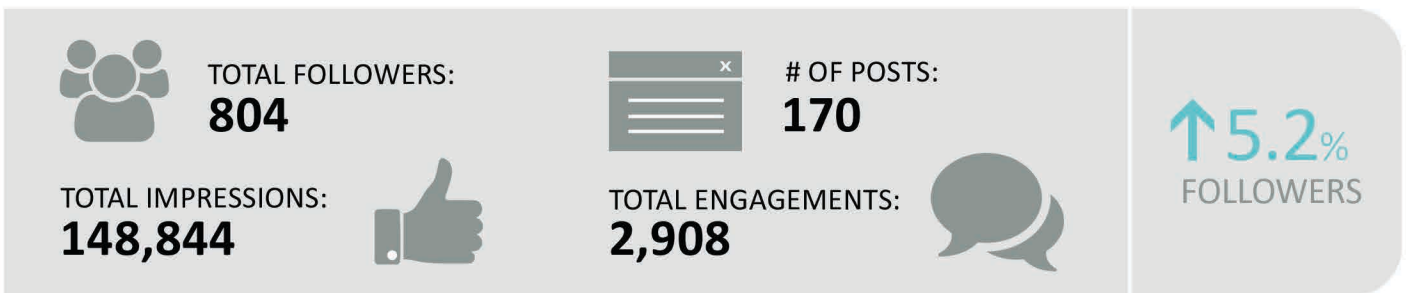
**INSTAGRAM** \*Instagram Story posts not captured in the stats below. Not available for full year.



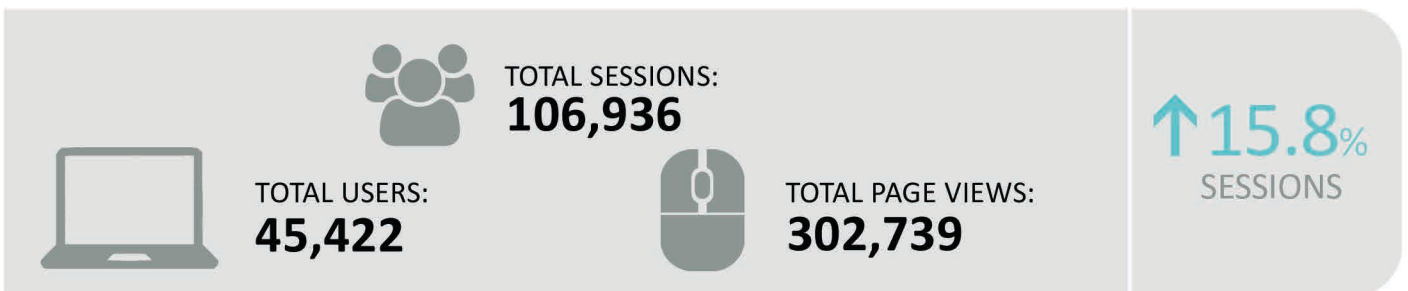
## FACEBOOK



## TWITTER

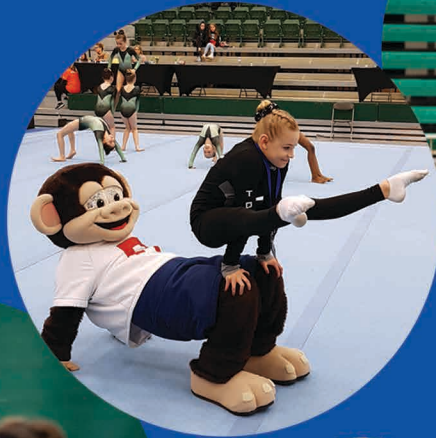


## WEBSITE | [ABGYM.AB.CA](http://ABGYM.AB.CA)





# UPDATES BY PROGRAM





# GYMNASTICS FOR ALL

Throughout the 2018 – 2019 season, there were many highlights in the Gymnastics For All (GFA) program.

The season kicked off with AGF's Congress, which ran from October 11 – 13, 2018 at the BMO Centre in Calgary. 7 workshops hosted 115 participants, covering a range of topics dedicated towards Gymnastics For All Programming, and feedback was shared that the weekend was a fantastic professional development opportunity.

In addition to Congress, the Awards Gala took place on October 12, 2018 where the GFA community celebrated various award recipients. This included 6 CanGym Gold Badges, 6 Exceptional Athletes, 9 Outstanding Coaches, 6 Program Volunteers, and 2 Performance Groups, making a total of 27 individual and 2 group award recipients.

Following Congress, the mentorship program provided the opportunity for 2 aspiring career coaches to work directly with our AGF sourced mentor coaches. Positive reviews were shared from both mentors and mentees in their experiences throughout the year, as hands on learning continues to prove to be highly effective.

Gymfest proved to be a highlight for all that were in attendance, as over 500 athletes and coaches participated in 27 performances and 7 workshops at Mount Royal University over the weekend of May 10 – 12. Participants explored different ways to celebrate this year's theme to "Colour Our World," and put on a fantastic show to our sold-out audience.

At the national scale, the revitalized CanGym program piloted the Active Start curriculum in January 2019, and GymCan continues to get closer to completing this project. GymCan is excited to share that the new CanGym program will focus more on participant development stages rather than skill acquisition, making the handbook more universal for all ability levels.

AGF was excited to announce that the CANJUMP Manual's revisions were recently completed, as AGF was aware that a formal trampoline curriculum was in high demand. Within the season, 25 copies were sent out to different member clubs to assist in facilitating developmental trampoline programming and were well-received by our members.

To all the staff, committee members, coaches, parents, and supporters, AGF would like to formally thank you for everything you do for the Gymnastics For All community. The positive learning environment we create would not be possible without all your efforts, and we applaud the time and energy you commit towards making this sport what it is.



# ACROBATIC GYMNASTICS

2018 – 2019 was another successful year for acrobatic gymnastics in Alberta. The program continued to see rapid growth in membership, participation and local events. Most notable, was Alberta's strong representation at the first ever Canadian Championships in Acrobatic Gymnastics where 42 athletes from four clubs competed. We were also able to secure our strongest panel of judges to date in terms of training and experience for Provincial Championships.

## Clubs

7 Alberta clubs offered competitive acrobatic gymnastics programs and saw a total of 180 registered athletes; an increase of nearly 50% compared to 2017–2018.

## Training Opportunities

Alberta hosted an athlete training camp and coach's clinic with guest clinician Michael Rodrigues. Michael was a National Team member for 8 years and competed at 3 World Championships, 2 World games, and numerous World Cup and International Events; earning him a place in the USA Gymnastics Hall of Fame. The knowledge he was able to share with our 57 training camp participants proved invaluable.

## Judge Development

With assistance from experienced judges Holly King, Alexander Gillis, Debbie D'Souza, and Nancy Carrs a course and additional training opportunities were organized to further train and prepare judges leading up to this year's Provincial Championships. Alberta also now has 4 certified National Level Judges in Acrobatic Gymnastics; Kelsey Garez, Suzan Bligh, Jennifer Kuhnert, and Erin Basisty.

## Sanctioned Domestic Competitions

- **Salto Gymnastics Challenge Acro Invitational:** Sherwood Park, AB  
Hosted by Salto Gymnastics. 190 athletes took part.
- **Provincial Championships:** Edmonton, AB  
Hosted by AGF in partnership with Ortona Gymnastics Club. 95 athletes from 6 clubs competed.
- **Canadian Championships:** Oakville, ON  
42 athletes competed and won a total of 12 medals (3 Gold, 5 Silver, 4 Bronze).

## International Competition Highlights

Gymnastics Canada did not send an acrobatic gymnastics team to any international competitions in 2018-2019. However, Alberta athletes participated in three international invitationals where they won a total of 15 medals (3 Gold, 5 Silver, 7 Bronze). Highlights from these events have been listed below.

### Vegas Acro Cup: Las Vegas, NV, USA

- **Lauren Bligh, Camille Calvo, Emma Carlton** (Calgary Acro)  
Women's Group (13-19) – GOLD
- **Jayda Lane, Evelina Palombi, Kiana Saltez-Lewis** (Calgary Acro)  
Women's Group (Youth) – SILVER
- **Regan Forster, Tala Khalil, Emma Lilko** (CCGC)  
Women's Group (Youth) – BRONZE
- **Fiona Jones, Ryann Martin** (Calgary Acro)  
Women's Pair (11-16) – BRONZE
- **Olivia Pham, Emily Pitters** (CCGC)  
Women's Pair (11-16) – SILVER
- **Sydney Beach, Erin VanSpankeren** (Calgary Acro)  
Women's Pair (Youth) – BRONZE
- **Aazlynn Lazaro, Juliana Silva** (Calgary Acro)  
Women's Pair (Youth) – SILVER
- **Kennedy Burgess, Chloe Trimming** (CCGC)  
Women's Pair (JO 8) – BRONZE
- **Emma Murray, Jacey Radosh** (Salto)  
Women's Pair (JO6 12) – BRONZE
- **Lila Gokiert, Oscar Magdich** (Calgary Acro)  
Mixed Pair (Youth) – GOLD
- **Kian Malone, Kristin Parker** (Calgary Acro)  
Mixed Pair (JO6 14+) – BRONZE
- **Messina Palombi, James Ronneberg** (Calgary Acro)  
Mixed Pair (JO 5 13&Under) – SILVER

### Flanders International Acro Cup: Puurs-Sint-Amands, Belgium

- **Lauren Bligh, Camille Calvo, Emma Carlton** (Calgary Acro)  
Women's Group (13-19) – SILVER

### Calgary International Acro Cup: Calgary, AB, Canada

- **Lauren Bligh, Camille Calvo, Emma Carlton** (Calgary Acro)  
Women's Group (13-19) – GOLD
- **McKenna Basisty, Gabriela Morgensztern, Zoe Williams** (CCGC)  
Women's Group (12-18) – BRONZE

For 2019–2020, our acrobatic gymnasts are showing no signs of slowing down. Two women's groups and a women's pair have already been nominated to represent Team Canada at the 2019 Pan American Championships in Acrobatic Gymnastics, set to take place in Monterrey, Mexico from November 22-24.





# ACROBATIC GYMNASTICS



## Canadian Championship Highlights

<b>Lauren Bligh, Camille Calvo, Emma Carlton</b> Calgary Acro	FIG 13-19 WG	
<b>McKenna Basisty, Gabriela Morgensztern, Zoe Williams</b> Capital City Gymnastics Centre	FIG 12-18 WG	
<b>Janiya Ericson, Tatum Stock, Keira Weber</b> Capital City Gymnastics Centre	FIG 11-16 WG	
<b>Ryann Martin, Fiona Jones</b> Calgary Acro	FIG 11-16 WP	
<b>Regan Forster, Tala Khalil, Emma Lilko</b> Capital City Gymnastics Centre	Youth WG	
<b>Blakely Basisty, Kenna Erickson, Sophia Russell</b> Capital City Gymnastics Centre		Youth WG
<b>Laura Dyck, Lily Ronneberg</b> Calgary Acro		Youth WP
<b>Chloe Cowell, Sophia Spisak</b> Salto Gymnastics		Youth WP
<b>Kennedy Burgess, Chloe Trimming</b> Capital City Gymnastics Centre	JO 8 WP	
<b>Madelaine Britt, Paige Williams</b> Capital City Gymnastics Centre	JO 8 WP	
<b>Kaeli Edgerly, Caleigh Trimming</b> Capital City Gymnastics Centre		JO 8 WP
<b>Jaya Forbes, Gillian de Vries</b> Salto Gymnastics		JO 7 WP

**TOTAL MEDALS (Canadians)**

**3 GOLD**

**5 SILVER**

**4 BRONZE**

### What do the acronyms stand for?

JO – Junior Olympic

FIG – Fédération Internationale de Gymnastique

WG – Women's Group

WP – Women's Pair



# TRAMPOLINE & TUMBLING GYMNASTICS

The 2018-2019 season was a busy one for Alberta. In addition to hosting Provincial Championships, 2 Cups and Western Canada Cup, Alberta saw athletes qualify for 9 international competitions. 9 athletes were also sent as part of Team Excel to Dallas Cup in Texas where they all qualified for finals and won 10 medals in total.

## Clubs

14 Alberta clubs offered Trampoline & Tumbling Gymnastics and had a total of 288 competitive athletes.

## Training Opportunities

4 training camps were hosted across the province for Tumbling, National Double Mini Trampoline, Canada Winter Games, Western Canada Cup and Canadian Championships.

The Alberta Trampoline & Tumbling Development Program (A.T.D.P) for pre-competitive athletes also saw continued success. 3 events and 1 camp/coaching clinic were hosted as part of the program. 100+ athletes from over half of Alberta's clubs participated.

## Sanctioned Domestic Competitions

- **Canada Winter Games:** Red Deer, AB  
4 athletes competed and won 3 medals (1 Gold, 2 Silver).
- **Alberta Cup #1:** Airdrie, AB  
Hosted by Airdrie Edge Gymnastics in partnership with the Calgary Gymnastics Centre. 207 athletes competed.
- **Alberta Cup #2:** Grande Prairie, AB  
Hosted by Grande Prairie Gymnastics. 195 athletes competed.
- **Elite Canada:** Calgary, AB  
Nearly 68 athletes competed and won 30 medals (9 Gold, 12 Silver, 9 Bronze).
- **Provincial Championships:** Calgary, AB  
Hosted by AGF in partnership with the Alberta Trampoline and Tumbling Sports Association (ATTSA). 252 athletes competed.
- **Western Canada Cup:** Grande Prairie, AB  
193 athletes from Team Alberta competed and won a total of 4 Team medals (3 Silver, 1 Bronze) and 9 individual medals (1 Gold, 4 Silver, 4 Bronze).
- **Canadian Championships:** Oshawa, ON  
71 athletes competed and won a total of 5 Team medals (2 Gold, 3 Silver) and 18 individual medals (7 Gold, 6 Silver, 5 Bronze).

## International Competition Highlights

Alberta athletes, coaches and judges travelled to Peru, Portugal, Japan, Russia, Azerbaijan, Belarus and the United States of America for a total of 9 international events. Medal highlights have been included below:

### Senior Pan American Championships: Lima, Peru

- **Mark Armstrong** (Calgary Gymnastics Centre)  
DMT Team – SILVER
- **Ryan Sheehan** (Phoenix Gymnastics Centre)  
DMT Team – SILVER
- **Keegan Soehn** (Thunder Country Trampoline)  
TRA Team – GOLD | TRS – BRONZE
- **Callum Sundquist** (Ortona Gymnastics Club)  
DMT – GOLD | DMT Team – SILVER

### Dallas Cup: Allen, Texas, USA

- **Jason Bell** (Calgary Gymnastics Centre)  
DMT (L9 15+) – SILVER
- **Elijah Carr** (Ortona Gymnastics Club)  
TRA (L9 15+) – SILVER
- **Jordana Johnston** (Calgary Gymnastics Centre)  
TUM (L9 15+) – GOLD
- **Jeremy Meyer** (Calgary Gymnastics Centre)  
DMT (L9 15+) – GOLD | TRA (L10 15+) – SILVER
- **Simon Neufeld** (Phoenix Gymnastics Centre)  
TRA (L9 15+) – GOLD | TUM (L10 15+) – BRONZE
- **Zayden Rabie** (Airborne Tumbling & Trampoline Club)  
TUM (L9 15+) – GOLD
- **Loami Rautenbach** (Exelta Gymnastics Club)  
DMT (L10 15+) – GOLD
- **Karys Zirk** (Exelta Gymnastics Club)  
DMT (L9 15+) – GOLD



# TRAMPOLINE & TUMBLING GYMNASTICS

## Canadian Championship Highlights

### Men



<b>Mark Armstrong</b>   Calgary Gymnastics Centre			DMT (Senior)
<b>Elijah Carr</b>   Ortona Gymnastics Club	TUM (L5 15U)		
<b>Antonio Fernandes</b>   Calgary Gymnastics Centre	DMT (Junior)	TUM (Senior)	
<b>Ashton Henfrey</b>   Thunder Country Trampoline			DMT (L6 18+)
<b>Simon Neufeld</b>   Phoenix Gymnastics Centre		TUM (L5 15U)   DMT (L6 17U)	
<b>Mitchel Pedersen</b>   Calgary Gymnastics Centre	TUM (Junior)		
<b>Keegan Soehn</b>   Thunder Country Trampoline	TRA (Senior)		
<b>Artur Troyan</b>   Exelta Gymnastics Club	TUM (L6)		
<b>Nolen Zurek</b>   Phoenix Gymnastics Centre		TRA (L6 17U)	
<b>TEAM</b>	DMT	TRA   TUM	

### TOTAL MEDALS

6 GOLD

6 SILVER

2 BRONZE

## Canadian Championship Highlights

### Women



<b>Kailyn Arndt</b>   Ortona Gymnastics Club		DMT (Junior)	
<b>Shelynn Dohan</b>   Calgary Gymnastics Centre	TRA (L6 17U)		
<b>Kariya Lepko</b>   X-Finity			TUM (L5 16+)
<b>Abby McCaig</b>   Calgary Gymnastics Centre			DMT (Junior)
<b>Sara Moore</b>   Phoenix Gymnastics Centre	TUM (L5 16+)		
<b>Sophie Nossack</b>   Thunder Country Trampoline			TRA (L6 17U)
<b>Abby Thompson</b>   Calgary Gymnastics Centre		DMT (L6 17U)	
<b>TEAM</b>	TUM	DMT	

### TOTAL MEDALS

3 GOLD

3 SILVER

3 BRONZE

### What do the acronyms stand for?

- DMT – Double Mini Trampoline
- TRA – Trampoline
- TRS – Synchronized Trampoline
- TUM – Tumbling



# WOMEN'S ARTISTIC GYMNASTICS

The women's program saw continued success throughout the 2018–2019 competitive season. To support the growing Junior Olympic (JO) Program and to provide all JO 3-5 compulsory gymnasts with an opportunity to showcase their routines, AGF hosted the first ever Alberta Compulsory Championships in Medicine Hat. We also continued to see more coaches being certified at all levels, strong representation of Alberta Teams at Westerns and Canadians, and additional judges moving into the National and Brevet Systems.

## Clubs

AGF continues to have 50 clubs registered in the Women's Competitive Program.

## Training Camps

This year, AGF hosted four JO training camps with expert coaches from across Alberta presenting at all of them. 2 JO 1-5 camps were held in the fall (one in the north and one in the south), the 2-day overnight JO 6-8 camp proved to be a hit, and a final JO 1-3 camp was held in the spring. Being a Canada Winter Games (CWG) year, AGF also hosted a training camp for all eligible CWG athletes in September and a second training camp in January. Lastly, a 2-day training camp was hosted leading up to Canadian Championships to provide Team Alberta athletes with an opportunity to train together before the competition.

## Judge Development

Alberta registered 94 judges this season from Brevet to Compulsory. All optional judges were required to complete a course this year due to changes in the JO Code of Points. To help new judges navigate the system and to increase judge retention, the Women's Judges Committee revamped the mentorship program. We also hosted an online live Facebook session for the first time and are looking to add more "live" sessions in the coming season.



## Sanctioned Domestic Competitions

- **Elite Canada:** Gatineau, QC  
9 Alberta athletes attended and won a total of 4 medals (1 Gold, 3 Silver) in individual events.
- **Canada Winter Games:** Red Deer, AB  
6 JO 10 athletes attended, winning a Team Bronze medal and 1 Gold on Floor.
- **Southern Zones/Trials to Westerns:** Wetaskiwin, AB  
Hosted by the Precision Gymnastics Association.  
Over 300 athletes attended in JO 6-10 and Aspire.
- **Northern Zones:** Edmonton, AB  
Hosted by the North Edmonton Gymnastics Club.  
Nearly 200 athletes attended in JO 6-7.
- **Provincial Championships:** Edmonton, AB  
Hosted by AGF in partnership with Ortona Gymnastics Club. Nearly 300 athletes from JO 6-10, Aspire, and High Performance competed.
- **Western Canadian Championships:** Saskatoon, SK  
48 athletes competed and won a total of 8 Team medals (6 Gold, 1 Silver, 1 Bronze) and 47 individual medals (23 Gold, 14 Silver, 10 Bronze).
- **Canadian Championships:** Ottawa, ON  
26 athletes competed, winning 1 Team Gold medal and 6 individual medals (3 Gold, 2 Silver, 1 Bronze).

## International Competition Highlights

**Kyra Cato** (Calgary Gymnastics Centre)

- Top Gym: Charleroi, Belgium  
Balance Beam – SILVER
- GymSport: Matosinhos, Portugal  
All Around – SILVER | Balance Beam – GOLD

**Marisa de Groot** (Calgary Gymnastics Centre)

- Elite Massilia: Marseille, France  
All Around – SILVER | Uneven Bars – GOLD  
Balance Beam – SILVER | Floor – GOLD

**Malayna Ramos** (KIN Gymnastics)

- Elite Massilia: Marseille, France  
All Around – GOLD | Vault – SILVER | Uneven Bars – SILVER  
Balance Beam – GOLD | Floor – SILVER

**Jenna Timmons** (Calgary Gymnastics Centre)

- Elite Massilia: Marseille, France  
Uneven Bars – BRONZE

# WOMEN'S ARTISTIC GYMNASTICS



## Canadian Championship Highlights

<b>Delaram Ghasemi</b>   Norfort Gymnastics Association   JO 9		UB	
<b>Rachel Hartman</b>   KIN Gymnastics   JO 9			BB
<b>Zaria Olanrewaju</b>   KIN Gymnastics   JO 9	VT	AA	
<b>Madison Tansowny</b>   Calgary Gymnastics Centre   JO 10 (16+)	FL		
<b>Jenna Timmons</b>   Calgary Gymnastics Centre   High Performance	FL		
<b>TEAM</b>	JO 9		
<b>TOTAL MEDALS</b>	<b>4 GOLD</b>	<b>2 SILVER</b>	<b>1 BRONZE</b>

## Western Canadian Championship Highlights

<b>Sophia Bowles</b>   Pegasus Gymnastics   JO 8 (12 & Under)		FL	
<b>Mya Knechtel</b>   Capital City Gymnastics Centre   JO 8 (12 & Under)	VT UB FL AA		
<b>Alia Spronk</b>   Grande Prairie Gymnastics   JO 8 (12 & Under)			UB
<b>Emlyn Bradley</b>   Pegasus Gymnastics   JO 8 (13+ yrs)	BB		
<b>Alexandra Forbes</b>   Ortona Gymnastics   JO 8 (13+ yrs)		UB	
<b>Ashlyn Joseph</b>   Capital City Gymnastics Centre   JO 8 (13+ yrs)	FL		AA
<b>Emma Kondro</b>   St. Albert Gymnastics Club   JO 8 (13+ yrs)		FL	
<b>Melania Buhaj</b>   Altadore Gymnastic Club   JO 9 (11-13 yrs)			UB
<b>Chloe Duggan</b>   Calgary Gymnastics Centre   JO 9 (11-13 yrs)		BB	
<b>Delaram Ghasemi</b>   Norfort Gymnastics Association   JO 9 (11-13 yrs)	VT		AA
<b>Rachel Hartman</b>   KIN Gymnastics   JO 9 (11-13 yrs)	FL	VT	
<b>Kayla Holliday</b>   Exelta Gymnastics Club   JO 9 (11-13 yrs)		VT	
<b>Emmah Dorey</b>   Capital City Gymnastics Centre   JO 9 (14+ yrs)	UB BB FL AA		VT
<b>Nusha Mannani</b>   Capital City Gymnastics Centre   JO 9 (14+ yrs)	UB		AA
<b>Brooklyn Olsen</b>   Gymtastics Gym Club   JO 9 (14+ yrs)	VT		
<b>Reese Grolla</b>   Calgary Gymnastics Centre   JO 10 (12-15 yrs)		FL	
<b>Calle Inkster</b>   Capital City Gymnastics Centre   JO 10 (16+ yrs)		UB	AA
<b>Jada Mazury</b>   Pegasus Gymnastics   JO 10 (16+ yrs)	UB AA	FL	
<b>Londyn Gahr</b>   Capital City Gymnastics Centre   Aspire 1		UB	FL
<b>Leona Gentien</b>   Canmore Illusions Gymnastics Club   Aspire 1	UB AA		BB
<b>Rebecca Lee</b>   St. Albert Gymnastics Club   Aspire 1	VT FL	AA	
<b>Mackenzie Yelic</b>   Capital City Gymnastics Centre   Aspire 1		UB FL	BB
<b>Samantha Blair</b>   Champions Gymnastics Parents Association   Aspire 2	VT FL AA	UB	
<b>TEAM</b>	JO 8 (13+) JO 9 (11-13) JO 9 (14+) JO 10 (16+) Aspire 1 Aspire 2	JO 8 (12 & Under)	JO 10 (12-15)
<b>TOTAL MEDALS</b>	<b>29 GOLD</b>	<b>15 SILVER</b>	<b>11 BRONZE</b>

What do the acronyms stand for? AA - All Around BB - Balance Beam FL- Floor UB - Uneven Bars VT - Vault

# MEN'S ARTISTIC GYMNASTICS

The 2018–2019 competitive season was a busy year for the men's program. Athletes, coaches, and judges mostly attended local events as the focus continued to be on domestic competitions and training camps; including Canada Winter Games, which was hosted in Red Deer, Alberta. We also saw continued growth in the number of registered athletes, which reached a total of 322 (277 in the Provincial Pathway and 45 in the Elite Pathway).

## Clubs

AGF continues to have 16 clubs registered in the men's competitive program.

## Judge Development

Alberta had 23 active judges, including 5 FIG judges. To make judge education more accessible, GymCan developed a beginner online course for Men's Artistic Gymnastics that can be taken by anyone at any time. Following this, AGF's judging chair, developed an 8 week National Level course for those judges with previous experience. The course was met with success and saw a total of 13 participants. GymCan is now working to develop a second online course for those who wish to advance further.

## Provincial Pathway

The provincial program was packed with events. 6 invitational meets were held across the province, in addition to Provincial Championships in Edmonton. A Provincial and Elite level training camp was hosted at the University of Calgary, which drew 59 participants. Gymtastics Gym Club and the Calgary Gymnastics Centre also joined forces to host the Alberta Canada Winter Games selection event followed by a training camp at Exelta Gymnastics Club.

## Elite Pathway

The Elite stream saw 45 athletes, most of whom took part in the various invitationals, training camps and Provincial trials offered, including; Spruce Moose Invitational in Spruce Grove, Salto Gymnastics Challenge in Edmonton, the University of Calgary International Cup in Calgary, as well as Canadian, Western and Provincial Championships.



## Sanctioned Domestic Competitions

- **Canada Winter Games:** Red Deer, AB  
6 athletes competed
- **Provincial Championships:** Edmonton, AB  
Hosted by AGF in partnership with Ortona Gymnastics Club. 216 athletes from the Provincial and Elite streams competed.
- **Western Canadian Championships:** Saskatoon, SK  
34 athletes competed and won a total of 5 Team medals (2 Gold, 2 Silver, 1 Bronze) and 38 individual medals (15 Gold, 10 Silver, 13 Bronze).
- **Canadian Championships:** Ottawa, ON  
21 athletes competed and won a total of 9 medals (2 Gold, 2 Silver, 5 Bronze) in individual events.

## International Competition Highlights

**Jackson Payne** (Calgary Gymnastics Centre)

- National Team Member
- University of Calgary International Cup: Calgary, AB  
All Around – GOLD | Floor Exercise – BRONZE  
Pommel Horse – GOLD | Still Rings – SILVER  
Parrallel Bars – GOLD | High Bar – BRONZE
- World Challenge Cup: Szombathely, Hungary  
Pommel Horse – 15<sup>th</sup> | Parrallel Bars – 13<sup>th</sup>  
High Bar – 7<sup>th</sup>

**Damien Cachia** (U of C Gymnastics Centre)

- University of Calgary International Cup: Calgary, AB  
Vault – SILVER
- FISU Games Napoli 2019: Napoli, Italy  
Floor Exercise – 19<sup>th</sup> | Pommel Horse – 36<sup>th</sup>  
Still Rings – 31<sup>st</sup> | Vault – 11<sup>th</sup>

**Wolfe Gazer** (U of C Gymnastics Centre)

- University of Calgary International Cup: Calgary, AB  
Vault – GOLD
- World Challenge Cup: Szombathely, Hungary  
Vault – 8<sup>th</sup>

# MEN'S ARTISTIC GYMNASTICS



## Canadian Championship Highlights

<b>Damien Cachia</b>   U of C Gymnastics Centre   Senior		VT	SR
<b>Carter Shelton</b>   U of C Gymnastics Centre   Senior			VT
<b>Nathan Broughton</b>   Gymtastics Gym Club   Junior (14-15)	SR VT	PB	AA PH HB
<b>TOTAL MEDALS</b>	<b>2 GOLD</b>	<b>2 SILVER</b>	<b>5 BRONZE</b>

## Western Canadian Championship Highlights

<b>Michael Caulfield</b>   Capital City Gymnastics Centre   Provincial 5	SR VT		AA
<b>Zach Hagen</b>   Spruce Grove Aerials Gymnastics   Provincial 5	VT		
<b>Will Tamura</b>   Ortona Gymnastics Club   Provincial 5		PH	
<b>Emery Benner</b>   U of C Gymnastics Centre   Elite 4			VT
<b>Theo Freeman</b>   Calgary Gymnastics Centre   Elite 4		HB	PB PH SR
<b>Parker Gawryletz</b>   U of C Gymnastics Centre   Elite 4	AA SR VT		
<b>Grayson Gutsell Vander Meulen</b>   Calgary Gymnastics Centre   Elite 4			FX BT
<b>Zachary Gladu</b>   Gymtastics Gym Club   Provincial 4	AA PB	FX HB SR	
<b>Aidan Harder</b>   Calgary Gymnastics Centre   Provincial 4		PB SR	
<b>Ryan Houser</b>   Gymtastics Gym Club   Provincial 4			VT
<b>Chad Koller</b>   Exelta Gymnastics Club   Provincial 4	FX HB		AA
<b>Tyson Broughton</b>   Gymtastics Gym Club   Elite 3	SR		
<b>Jack Delcourt-Condon</b>   Gymtastics Gym Club   Elite 3			FX PH
<b>Thoren Lawrence</b>   Calgary Gymnastics Centre   Elite 3		HB	
<b>Brayden Low</b>   U of C Gymnastics Centre   Elite 3			PT
<b>Bradley Michaud</b>   Calgary Gymnastics Centre   Elite 3	AA FX VT	PB PT	
<b>Carson Oxley</b>   Gymtastics Gym Club   Elite 3	VT		SR
<b>Team</b>	Elite 4 Provincial 4	Provincial 5 Elite 3	Elite 3
<b>TOTAL MEDALS</b>	<b>17 GOLD</b>	<b>12 SILVER</b>	<b>14 BRONZE</b>



### What do the acronyms stand for?

- AA – All Around
- FX – Floor Exercise
- HB – Horizontal Bar
- SR – Still Rings
- PB – Parallel Bars
- PH – Pommel Horse
- VT – Vault

# FINANCIALS

Revenue				
	2018 – 2019		2017 – 2018	
Administration	\$22,151	0.6%	\$15,888	0.5%
Interdisciplinary Programs	\$108,794	3.1%	\$79,304	2.5%
Fund Development	\$1,924,043	54.4%	\$2,068,630	64.8%
Gymnastics For All	\$48,002	1.4%	\$52,499	1.6%
Acrobatic Program	\$13,085	0.4%	\$6,745	0.2%
Trampoline & Tumbling Program	\$123,847	3.5%	\$178,050	5.6%
Women’s Program	\$157,366	4.4%	\$98,880	3.1%
Men’s Program	\$67,473	1.9%	\$40,334	1.3%
Education - NCCP	\$187,160	5.3%	\$158,855	5.0%
Events	\$197,283	5.6%	\$161,299	5.1%
Games	\$28,975	0.8%	\$37,479	1.2%
Insurance	\$659,612	18.6%	\$296,012	9.3%
Amortization	–	–	–	–
<b>TOTAL</b>	<b>\$3,537,791</b>	<b>100%</b>	<b>\$3,193,975</b>	<b>100%</b>

Expenses				
	2018 – 2019		2017 – 2018	
Administration	\$1,076,165	30.3%	\$1,025,213	32.7%
Interdisciplinary Programs	\$270,554	7.6%	\$225,930	7.2%
Fund Development	\$398,938	11.2%	\$422,885	13.5%
Gymnastics For All	\$100,045	2.8%	\$76,574	2.4%
Acrobatic Program	\$35,348	1.0%	\$24,004	0.8%
Trampoline & Tumbling Program	\$203,589	5.7%	\$276,576	8.8%
Women’s Program	\$255,796	7.2%	\$208,169	6.6%
Men’s Program	\$117,173	3.3%	\$91,055	2.9%
Education - NCCP	\$140,914	4.0%	\$159,467	5.1%
Events	\$349,850	9.9%	\$256,082	8.2%
Games	\$37,329	1.1%	\$42,415	1.4%
Membership Engagement & Development	\$4,107	0.1%	–	–
Insurance	\$542,328	15.3%	\$315,054	10.0%
Amortization	\$16,449	0.5%	\$14,506	0.5%
<b>TOTAL</b>	<b>\$3,548,585</b>	<b>100%</b>	<b>\$3,137,930</b>	<b>100%</b>



# OUR TEAM

## BOARD OF DIRECTORS

**JACK PAYNE** – Chair  
**SUZANNE DAVIES** – Director  
**BONNIE DE GROOT** – Director  
**INGRID MEGER** – Director  
**JAYSON JOHNSON** – Acrobatics Technical Chair  
**KELLY WILLS** – Gymnastics For All Chair  
**TRAVIS OXLEY** – Men’s Technical Chair  
**ERAN SILBERG** – T&T Technical Chair  
**HEATHER LUTTRELL** – Women’s Technical Chair

## STAFF

**SCOTT HAYES** – President & CEO  
**KAREN BERESNAK** – Assistant, Women’s Artistic Program  
**JACQUELINE ESCOBAR** – Manager Online Systems  
**CAROLYN FOSTER** – Coordinator, Women’s Artistic Program  
**NATHAN KINDRACHUK** – Manager, Safe Sport  
**BOBBY KRIANGKUM** – Manager, Membership Engagement & Gymnastics For All  
**ROBIN MCDOUGALL** – Manager, Special Events & Partnerships  
**JACKIE PADLEY** – Manager, Membership & Finance  
**GINA PEAKE** – Manager, Education  
**KEVIN QUON** – Coordinator, Men’s Artistic Program, Trampoline & Tumbling Program, and Acrobatics Program  
**ANNA ROGERS** – Manager, Communications & Marketing  
**CARA THIBAUT** – Independent Consultant



## COMMITTEE MEMBERS

### Acrobatic Technical Assembly

**JAYSON JOHNSON** – Chair  
**KELSEY GAREZ** – Judging Chair  
**ROBERT KNIGHT** – Coaching Representative

### Gymnastics For All Committee

**KELLY WILLS** – Chair  
**KAYLA BONNELL** – Coordinator  
**BRANDI HOWE** – Coordinator  
**BRENDA KROSSA** – Coordinator  
**JENNA LIPPENS** – Coordinator

### Men’s Technical Assembly

**TRAVIS OXLEY** – Chair  
**MARK HEIDERICH** – Judging Chair  
**SCOTT RAYMENT** – Provincial Stream Representative

### Trampoline & Tumbling Technical Committee

**ERAN SILBERG** – Chair  
**TRISH QUINNEY** – Coaching Chair  
**JESSICA WALPER** – Judging Chair  
**JEAN BROOKS** – Member at Large  
**AMANDA PATTERSON** – Member at Large

### Women’s Program Committee

**HEATHER LUTTRELL** – Chair  
**SARAH HORNIG** – WJC Chair  
**AMY MILLER** – Developmental Representative  
**NANCY LUTTRELL** – Zones/Provincials Representative  
**JOEL CORNELIUS** – Westerns Representative  
**KIERA SCHRADER-BALSON** – Canadians Representative  
**JORDANA DRUKARSH** – High-Performance Representative

### Women’s Program Judging Committee

**SARAH HORNIG** – Chair  
**DEANNA CRITCHLEY** – Provincial Representative  
**COURTNEY EWASCHUK** – Provincial Representative  
**MARAE JUSKA** – National Representative  
**KATY YOUNGER** – National Representative  
**CANDICE SHANNON** – Brevet Representative

# CALENDAR OF EVENTS

Below is a list of upcoming events hosted by the Alberta Gymnastics Federation and/or Gymnastics Canada. Only events with dates and locations confirmed on or before Sept. 30, 2019 have been included. For an up-to-date listing of events and full details, please visit [abgym.ab.ca/Calendar-of-Events](http://abgym.ab.ca/Calendar-of-Events).

## 2019

Date	Event	Location	Program(s)
Oct. 26	Training Camp (South) for JO Levels 4 – 5	Calgary, AB	WAG
Oct. 27	Training Camp (North) for JO Levels 4 – 5	Edmonton, AB	WAG
Nov. 1 – 3	Training Camp for JO Levels 6 – 7	Tawatinaw, AB	WAG
Nov. 8 – 9	Training Camp for Provincial Trampoline / DMT	Airdrie, AB	T&T
Nov. 9 – 10	Training Camp for P1 – 2 / E1 – 2	Spruce Grove, AB	MAG
Dec. 7 – 8	Trials to Alberta Winter Games (North)	Tawatinaw, AB	WAG
Dec. 14 – 15	Trials to Alberta Winter Games (South)	Airdrie, AB	WAG

## 2020

Date	Event	Location	Program(s)
Jan. 9 – 12	Gym Power 2020 / Acro Trials to Worlds	Edmonton, AB	ACRO MAG WAG
Jan. 11 – 12	Cup #1 & 2nd Annual Altadore Invitational	Calgary, AB	T&T
Feb. 5 – 9	Elite Canada in Women's Artistic Gymnastics	Calgary, AB	WAG
Feb. 14 – 16	Copeland Classic / MAG Trials to Westerns	Spruce Grove, AB	MAG
Feb. 14 – 15	Cup #2 & Pegasus Classic	Calgary, AB	T&T
Feb. 14 – 17	Alberta Winter Games	Airdrie, AB	WAG
Feb. 27 – Mar. 1	Salto Gymnastics Challenge / Acro Trials to Canadians MAG Trials to Westerns & Canadians	Edmonton, AB	ACRO WAG MAG
Mar. 18 – 22	Elite Canada in Trampoline Gymnastics	Gatineau, QC	T&T
Mar. 19 – 22	Jurassic Classic / UCIC / MAG Trials to Westerns & Canadians	Calgary, AB	MAG WAG
Mar. 27 – 29	Northern Zones / WAG Trials to Westerns	Wetaskiwin, AB	WAG
Apr. 3 – 5	Cup #3 & Phoenix Invitational	Edmonton, AB	T&T
Apr. 3 – 5	Southern Zones	Calgary, AB	WAG
Apr. 3 – 5	Acrobatic Provincial Championships	Edmonton, AB	ACRO
Apr. 17 – 19	Artistic Provincial Championships / WAG Trials to Canadians	Edmonton, AB	MAG WAG
Apr. 23 – 26	Trampoline & Tumbling Provincial Championships	Calgary, AB	T&T
Apr. 25 – 26	Westerns Training Camp	TBD	MAG
Apr. 29 – May 3	Western Canadian Championships	Richmond, BC	MAG WAG
May 1 – 3	Alberta Compulsory Championships	Lethbridge, AB	WAG
May 7 – 10	Canadians Training Camp	TBD, AB	WAG
May 15 – 17	Canadians Rookie Training Camp	TBD	T&T
May 19 – 24	Canadian Championships in Artistic & Trampoline Gymnastics	Gatineau, QC	MAG WAG T&T
May 29 – 31	Pre-Westerns Training Camp	TBD	T&T
June (TBD)	Canadian Championships in Acrobatic Gymnastics	TBD	ACRO
June 5 – 7	Western Canada Cup	Regina, SK	T&T
June 26 – July 1	MAG HP Summer Challenge & Training Camp	Montreal, QC	MAG

# SPECIAL THANKS TO OUR PARTNERS



KONICA MINOLTA

