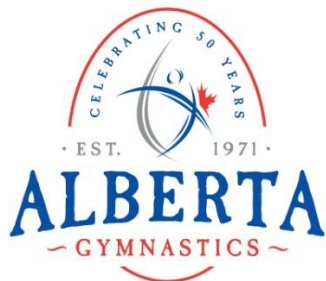


2020 – 2021

ANNUAL REVIEW





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MESSAGE FROM YOUR CHAIRPERSON & EXECUTIVE DIRECTOR

The 2020-21 season has been filled with many challenges, but through it all, our community continues to prove that their passion for our sport is second to none. With all the obstacles comes a bit of unease, however it presents us with an incredible opportunity to embrace change. It encourages us to examine our incredible sport with creativity and innovation as we look towards a bright future.

It would be difficult to start a message this year without discussing the most impactful thing that has happened to our sport, community, and the world. The unexpected and extraordinary reach that COVID-19 has is something we continue to navigate and unfortunately will not soon forget.

We began our year with a gradual reopening of clubs with several restrictions and modifications to our regular day to day business. We continued to navigate through the months as we dealt with multiple full closures and extensive restrictions. It has been difficult to navigate through circumstances out of our control, but our membership has handled it with grace and understanding.

The truth behind Alberta Strong was shown by our entire membership. Throughout the turmoil and ups and downs of this past year we were able to maintain almost 100% of our clubs. Although membership was down due to the pandemic, we see a healthy and encouraging return to our clubs this season. As we wrapped up the year our membership consisted of a total of 19,784; 841 coaches and 18,943 athletes. Although significantly less than a regular operational year, we are grateful to each of those members that continued in our sport regardless of the multiple obstacles in their way.

Due to restrictions, we were unable to host any in-person competitions. With restrictions ramping up towards regional and National events, it made it nearly impossible for our athletes to train in a safe and effective manner to compete as they would have liked. We have had a very small number of athletes compete virtually however are excited for a strong showing and return to the 2021/22 competition season. As always, our athletes and their coaches are passionate about getting back to training and competing to show their immense talent.

Perhaps even more noticeable than the inability to physically train was the toll this year has had on us all mentally. The unfortunate truth is that the impact of this year will continue to be with us as we have all been affected in different ways. Working with our counterparts across the nation as well as within our Province we are committed to finding ways to increase the resources we have to offer our members. As always, it is important to be aware of your personal health and to reach out to someone to talk with. Be sure you are all taking time for self care.

During this time, our Board of Directors, worked diligently on a new Strategic Plan for 2021-2026. The dedication of the board to spend the time to fully understand our membership and to find a cohesive well thought out plan is truly appreciated. This five-year plan has an initial year that focuses on recovering from the pandemic season and looks towards the bright future in Alberta. The plan focuses on four major pillars: Membership Development, Education, Athlete/Coach Support and Organizational/Operational Excellence. It will be fulfilled by a thoroughly built work plan and a strong Vision and Mission.

Vison – A thriving gymnastics Community that delivers positive experiences in the pursuit of excellence.

Mission – To collaborate with gymnastics clubs to grow participation through positive experiences, coaching excellence, and athlete success.

As a community we have come together and collaborated to help us all navigate this incredibly difficult time. This has resulted in more communication between not only individuals and clubs but perhaps more importantly with the Federation. Working together to overcome the challenges we have faced and are continuing to manage we know we will come through to the other side as a stronger community. Collaboration and communication throughout the Federation has been strengthened and will continue to be the key to our success. We hosted several town halls to connect and answer questions from our members, we sent out over 157 emails to touch base and provide information and were able to offer over 35 webinar sessions on various topics. This is a positive a lesson from the pandemic that we will continue to build on and incorporate through the new Strategic Plan.

In Alberta Gymnastics Federation's 50th year, we are filled with optimism from the resiliency, compassion, and determination our community has shown during this turbulent time. We thank you for your continued support and look forward to working together as we look towards the future while building on the strong foundation laid by our members.



Brett MacAulay
Board of Directors Chairperson



Robin McDougall
Executive Director

The past year has provided the Acro Assembly an opportunity to reflect on our sport and take advantage of the downtime of the pandemic to create a plan that will assist in providing sustainable growth of Acrobatic Gymnastics in Alberta.

There is no mistaking that the global pandemic and training restrictions posed many challenges to Acro, and unfortunately, tough decisions had to be made, which impacted our athletes, coaches, and clubs.

Despite this, our assembly were diligent in meeting monthly and came together to share perspectives and implement a plan to educate our existing clubs about Acro and provide opportunities for coaches and judges to become familiar and eventually trained in both capacities.

The resiliency our Acro programs, coaches, and clubs have shown throughout the past year is a testament to how much passion our community has. As we resume training (and eventually competitions), we will continue to push forward in developing our current athletes, coaches, and judges, as well as creating.

Acro's Program Committee

- Chairperson – Peter Van Thiel
- Judging Chairperson – Kelsey Garez
- Coaching Representative – Robert Knight

The past year has proven to be a test of the resiliency of our GFA programs and coaches; however, with a little bit of creativity and patience, we were able to maximize both our up and down times in the most effective ways.

During the down times where we were unable to be in the gym, many of our club administrators met regularly at the AGF-hosted GFA Round Tables to receive updates from the GFA Program Manager, share stories of their own experiences in their clubs, and learn from each other on this collaborative platform.

Ensuring our GFA coaches were also included, AGF partnered with the Western Canadian Gymnastics PSOs to host a variety of technical and administrative webinars and workshops. The power of the PSOs collaborating came by both allowing participants from across Western Canada to attend these sessions at no cost, as well as maximizing the efficiency of our organizations to achieve a common goal.

The experience of the past year encouraged more collaboration and teamwork than previous years (both at a club and PSO level), which has sent a fantastic precedent moving forward as we continue to build and nurture our gymnastics community. As we continue to celebrate our wins and navigate our challenges together, the Gymnastics for All Committee is confident that the central theme of collaboration and teamwork will assist our sport in growing to new levels.

Gymnastics For All Committee

- Chairperson – Brandi Howe
- Coordinator – Tanya Vanden Boer
- Coordinator – Brenda Krossa
- Coordinator – Scott Whiteside
- Coordinator – Kelly Wills
- Member at Large – Kari Binder
- Member at Large – Kayla Bonnell
- Member at Large – Jenna Lippens
- Member at Large – Nicole Pearse
- Member at Large – Jessica Safronovich

Like everyone, this was an extremely tough year to fight through. We had all events cancelled for an entire year along with hardly any trainings inside the gym. To help get through the season, AGF had held virtual webinars throughout the season. The coaches utilized webinars such as “Beginning a MAG Program”, “MAG Judging for Parents 101”, and “Pommel Horse Flops”. These courses helped for growing new programs and further experience the current coaches around.

The one positive outcome of this season is that we have come to realize learning virtually is much more convenient and affordable for everyone. This has sparked an interest in more webinars and more online connectivity.

The MAG program has also developed a Facebook Page that is specific to helping and assisting all MAG Coaches in Alberta. If there is a coach struggling teaching a skill they can post on this page and a more experienced coach can assist when they have the time too. This is a very convenient addition for the community and AGF is excited to see where it takes them this year.

Men's Program Committee

- Technical Chairperson – Colin Plomp
- Coaching Representative – David Boucher
- Judging Representative – Mark Heiderich

The Trampoline and Tumbling Program had an active year virtually. We held three AB mobility meets as well as four GymCan events within our 2020-2021 extended season. The AB mobility meets help not only track the progressions of athletes, but also allows them to move up within the national program. Our GymCan events this year (2 ranking, Elite Canada & Canadians) will select the team to World and World age group championships.

Like all programs, T&T also utilized our virtual world to meet, plan, present, learn and connect. Thanks to AGF for hosting such a variety of topics. T&T also had specific webinars that were developed from community requests, that received very positive feedback.

This year our AB Judges were KEY, having to pivot and judge several events (Mobility GymCan & Western Canada Cup events) all slightly different in how they were presented. Big thanks to our judging chair, Jessica Walper, for pulling that together and the AB judging community for continuing to support athletes and clubs.

Zoom held us together this year – we were able to connect when we could not actually be together. Thank you to the T&T Technical Committee once again for your commitment to the sport and the community.

Trampoline & Tumbling's Program Committee

- Technical Chairperson – Trish Quinney
- Coaching Chairperson – Derek Hanson
- Judging Chairperson – Jessica Walper
- Athlete Representative – Keegan Soehn
- Member at Large – Eran Silberg
- Member at Large – Dmytro Troyan

The 2020-2021 competitive season was again plagued by the COVID-19 pandemic. During the year, AGF had plans to host multiple virtual competitions that all had to be cancelled due to Province wide shutdowns. Some clubs were able to take part in a few virtual invitationals. Throughout the year, AGF hosted webinars for coaches and administrators.

Clubs

AGF continues to have 49 clubs offering women's artistic gymnastics and saw 2,121 competitive and developmental athletes registered in Women's Artistic Gymnastics in 2020–2021.

Coaches Clinics

AGF hosted over 15 online webinars for coaches. These were a huge success with over 1,000 coaches participating across all webinars. AGF will continue hosting online webinars for coaches and athletes as well as in person camps during the 2021/2022 season.

Judges Development

Alberta registered 78 judges this season from Brevet to Compulsory. AGF hosted 3 judging courses online judging courses this year. The Women's Judges Committee (WJC) revamped the mentorship program to help guide newer judges through the system and address judge's retention. Each mentorship group met approximately once a month to review and judge together.

We had several judges attend virtual competitions this year, including Elite Canada, GymCan Technical Trials, and Canadian Championships.

Sanctioned Domestic Competitions

Unfortunately, due to restrictions and shutdowns, our athletes were unable to attend any domestic sanctioned events this season.

We are looking forward to a more normal 2021/2022 season with many opportunities for our athletes.

Women's Program Committee

- **Heather Luttrell**, Chair and Women's Technical Chair on the AGF Board of Directors
- **Sarah Shaver**, WJC Chair
- **Karen MacDonald**, Developmental Representative
- **Amy Miller**, Zones/Provincials Representative
- **Jeremy Mosier**, Westerns Representative
- **Kiera Schrader-Balson**, Canadians Representative
- **Darren Webster**, High-Performance Representative

Women's Program Judging Committee

- **Sarah Shaver**, Chairperson
- **Katy Younger**, Information and Resources Representative
- **Courtney Ewaschuk**, Developmental Representative
- **Deanna Critchley**, Administrative Representative
- **Aislinn McVittie**, Communications Representative
- **Candice Shannon**, Organizational Representative