

We want to express our appreciation to our membership for your hard work and dedication this past year to support our sport. We are a community that continues to grow and work together for the betterment of all within our sport.

Your Board of Directors continued to show their love for gymnastics in their dedication to leading our membership and addressing your ever-evolving needs. Working diligently, this group of individuals comes together in a unified commitment to the better governance of gymnastics. Hand in hand with your dedicated AGF head office, we are solidifying our leadership in Sport Safety, ensuring that the Federation remains on solid financial footing and continually advocating for our sport and our members with our vision and mission always top of mind.

Vision – 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.

This year brought about a renewed excitement and reminder of our shared love for gymnastics. Emerging from the last couple of unstable and reactionary years, it is a true testament to our membership and their resiliency that this attribute can be enjoyed and passed along to all that interact with our great sport.

While maintaining a total of 74 clubs in the province, we had great growth in our membership numbers across the board in 2022-2023 with a total of 44,311 individual members.

2022-2023 AGF Membership at a Glance - 44,311 Individual Members, 74 Clubs

- **1,816** Competitive Athletes
- **38,238** Gymnastics For All Participants ranging from **1** to **67** years of age
- **1,921** Developmental Athletes
- **1,057** Campers
- **1,149** Coaches
- **130** Judges

As well, we are a leader in the country in coach development by providing the second most course opportunities and first in certifying the greatest number of coaches. This is only possible with the help of our membership, your commitment to evolving your skills and the very hard work of our coach developers and evaluators.

NCCP Courses:

Course Name	# of Courses	# of Participants
GF Theory	16	338
GF Introduction	23	318
GF Artistic	23	318
GF Active Start	12	117
GF Trampoline	17	181
C1 Theory	11	126
C1 WAG	7	82
C1 Trampoline	5	51
C2 WAG	1	12
C3 WAG	1	12
TOTAL:	116	1555

Evaluation Name	# of Coaches Certified
GF Artistic	75
GF Active Start	20
GF Trampoline	11
C1 WAG	23
C1 MAG	3
C2 WAG	9
C3 MAG	1
TOTAL:	142

Course & Evaluation Names	# of New Coach Developers
LF GF Intro & Artistic	6
LF C2 Trampoline (Pilot)	4
CE C1 WAG	3
TOTAL:	13

Looking Forward to the Journey Ahead...

The Alberta Gymnastics Federation is committed to a vision of achieving a healthy, strong culture around our athletes, coaches, and officials built on a foundation of good governance, fiscal responsibility, sound operational practices, transparency, and good communication.

As an organization, we will adapt to the changing landscape and evolvement of not only our sport but amateur sport in general. Our strategies and implementations will be grounded in the best interests of our athletes and the coaches who support them.

As we continue to move forward, we would like to thank our valued sponsors who are a key member of our team in supporting you our members:

- Government of Alberta/SPAR
- Spieth America
- Gallagher Insurance
- Boulevard Travel
- Sylvia P
- Limelight Teamwear
- Ultimate Promotions
- Storm Front Promotions
- Konica Minolta
- City of Calgary
- City of Edmonton
- Activity Messenger
- Uplifter

Our collaboration as a community will allow us to continue in our shared goals of collaboration, safety, support, and inclusion as we continue to propel gymnastics in Alberta to high levels of excellence.

We thank you for your continued support and look forward to working together as we look to the future while building on the strong foundation laid by our members.

Thank you for your ongoing support. 2023/24, here we come!


Dawn Vande Vyvere
Board of Directors Chairperson


Robin McDougall
Chief Executive Officer

The 2022-2023 Gymnastics For All (GFA) season provided numerous opportunities for our community to celebrate many wins, ranging from AGF events being hosted that added value to the GFA Program, all the way to the sheer volume of participants that participated in gymnastics programs throughout the season. In summary, we are pleased to share that there was a total of 72 clubs offering GFA programs to 39,863 participants, which were led by 675 coaches. In terms of participation, this makes up 91.75% of AGF's total population! It must be said that this scale of numbers would not have been possible without our coaches, club staff, and volunteers helping create gymnastics opportunities for their communities.

Turning the calendar back to July 2022, we started our season with a bang by hosting and participating in the 2022 Canadian Gymnastrada in Edmonton at the Butterdome over the Canada Day Long Weekend. We truly embraced the event's theme of *"Connecting Through Movement"* as 800 participants from across the country came together to celebrate the sport of gymnastics, dance and being active. Canadian Gymnastrada was also declared as Gymnastics Canada and AGF's first-ever True Sport event, which set an underlying theme of creating a positive sporting experience for all participants. The event was an amazing way to kick off the summer and left a lasting impression on everyone in attendance.

As we shifted to the fall session, AGF and the Gymnastics For All Committee organized the 2022 GFA Getaway at Pine Valley. A combination of technical and administrative sessions was hosted throughout the event, and the conversations shared between the 8 clubs in attendance provided great value that they could take back to their home gyms.

A program that transitioned from the development phase to the implementation phase was Parkour. During the 2022-2023 season, AGF hosted four Parkour Introduction workshops and one Intermediate workshop, resulting in a total of 41 Parkour-intro-trained coaches, and 10 Parkour-Intermediate trained coaches. AGF also launched its Parkour Curriculum, providing a turn-key guide for coaches to structure their programs. After a brief hiatus, AGF plans to host more Parkour courses throughout the year so more coaches can become trained to deliver this fun and awesome program.

The finale to the season was Gymfest 2023, which was hosted May 26-28, 2023 in Edmonton at MacEwan University. This year's theme was *"We're Going on an Adventure"*, which inspired teams to share the stories of where they have been, and where they aspire to go. In total, 295 participants from 17 teams performed in front of a packed audience, and the roars and cheers from the crowd nearly blew the roof off the gym!

A special mention to CAPTivate, Calgary Acro, Dreams Gymnastics Academy, Explosion, and North Edmonton Gymnastics Club, as they went on to participate at the 2023 World Gymnastrada in Amsterdam, and proudly represented Alberta and Canada as a part of the 18,000 total participants at the event. We are so proud of you all!

In closing, AGF is so appreciative of all of our clubs and the programming you offer. The energy and effort you all put into providing gymnastics programs within your communities do not go unnoticed, and the joy and passion you all share for our sport make a difference in every participant you have the opportunity to work with. Thank you for all that you do, and here's to the 2023-2024 season!

The 2022-2023 season provided many opportunities for our Acrobats, Coaches, and Judges to learn, grow, and celebrate their passion for acro together. In summary, we had a total of 6 clubs offering Acro programs to 112 participants, with 22 coaches, 12 judges, and 19 judges in training. The amount of energy and effort that went into creating learning and competition opportunities for our community was nothing short but incredible.

As we prepared for the upcoming season, the Acro program hosted a Coach Education Training Camp over the weekend of October 21-23, 2022 at Acrobatic Studio, with guest speaker, Sarah Thomas. This provided our coaches with a focused professional development opportunity to learn and refine their athlete development strategies and allowed our coaching community to come together and share their ideas and perspectives.

The program development continued as we prepared for our competitive season with our annual pre-season training camp, which was hosted at Salto Gymnastics Club over the weekend of February 4-5, 2023. 68 acrobats from across the province came together to work with our coaches and guest presenter, Sarah Thomas. Simultaneously, we also hosted a judging workshop with guest speaker, Trisha LeVeque, which was attended by 12 judges.

Throughout the season, our community hosted two invitational competitions (Acro in the Park by Salto Gymnastics Club, and 100% Acro by Acrobatic Studio), and AGF hosted our Acro Provincial Championships with support from Glenmore Gymnastics Club.

All competitions were well attended, and our program made a point to grow our judges by hosting judging workshops in conjunction with our events.

Nationally, we had multiple groups from Salto Gymnastics Club represent Alberta at the 2023 Acro Canadian Championships, which took place in Oakville, ON, from July 6-12, 2023. In total, the team from Salto achieved 4 Gold Medals, 3 Silver, and 1 Bronze. Congratulations to all athletes and coaches on your performances representing Alberta.

Overall, the Acro Program has grown and matured in many ways, and the community has worked very hard in planning and process development to create a sustainable sporting model that will allow current and future acrobats to enjoy our sport. The dedication shown by our athletes, coaches, judges, parents, and volunteers will continue to grow Acro, and we look forward to the 2023-2024 season!

2022-2023 was an eventful year including Canada Winter games in PEI. It is always a great opportunity to send athletes and coaches to such a prestigious event, In addition, two new competitions were held in the Province. The Grizzly Classic, hosted together by the Calgary Clubs, had a very successful inaugural year and the addition of MAG to the very established Ed Vincent Invitational hosted by Altadore. With our current yearly events and the addition of these others, our athletes and coaches had a lot of great opportunities for competition.

We did struggle a little with no MAG manager in the AGF office and was a key priority for both the program and AGF as a whole as we enter a new year. The good news is that there is movement on this and an addition should be coming shortly.

Throughout the season, our coaches were bust collaborating and planning for the 2023-2024 season. This includes a significant increase in camps, clinics and general opportunities for the community to come together to support athletes and coaches. Our current Men's Technical Assembly (MTA) as well as the greater community are working hard and making great strides in the retention and growth of our program.

Clubs

16 Alberta clubs are registered with AGF with a men's competitive gymnastics program with 97 developmental level and 338 competitive athletes registered.

Judging Development

In the 2022/23 competitive season the MAG program had 18 registered judges, all of whom were active in helping out with our competitions in Alberta. It was great to see the addition of the Grizzly Classic as a new MAG competition. All 18 of our Alberta judges actively participated in this competition making it a huge success. With the addition of an International component to in 2024, we are expecting a much larger competition and more judging attendees from across the country.

We had 18 active judges last year. Included in these numbers are 8 FIG level judges, which shows our judges' commitment to achievement at the highest level. Most of our other judges also have now successfully completed both online judging courses offered by Gymnastics Canada. We are particularly pleased that we are starting to see a number of our Open, Junior and Senior athletes giving back to the program by taking up judging for our age group competitions. It appears that most (if not all) of our judges from last year will be back to help out again in the upcoming competitive season. I also have seen a couple of new judging registrations from our athletes, so anticipate that we will grow our numbers in 2023/24.

We have been eagerly awaiting the Provincial level judging course that has been promised by GymCan for many months. We anticipate seeing one available before the competition season gets into full swing. If not, AGF will be running a Provincial level course prior to the competition season.

These are exciting times for gymnastics in Canada with our Men's team successfully qualifying for the 2024 Olympic Games with a historic 4th place during qualifying! I believe this will grow interest in Men's gymnastics, so maintaining a strong judging contingent will be of huge importance.

Domestic Competitions

Alberta athletes competed in the Canada Winter Games (PEI – February), Alberta Provincial Championships (Calgary – April), Western Canadian Championships (Spruce Grove - April), and Canadian Championships (Richmond, B.C. – May). Alberta won numerous medals in individual and team events. Participation in these events included:

- 1) **Canada Winter Games** – Alberta sent a team of 6 athlete and 2 coaches to PEI for the multi-games event. The team was 4th overall.
- 2) **Alberta Provincial Championships** 198 Provincial athletes representing all 16 clubs, took part at the Provincial Championships in Calgary, Albert hosted by AGF.
- 3) **Westerns** – – **Team Alberta was represented by** 37 Athletes at the Western Canadian Championships hosted by Spruce Grove Aerials. This year included Provincial 2-4 and Aspire categories.
- 4) **Canadians** – 24 athletes competed at the Canadian Championships. This included Aspire, Open, Junior and National categories.

MAG Highlights from Western Canadian Championships

- P2
 - Team Gold
 - Tran Nathaniel – Gold FX, Gold R, Gold VT, Gold PB, Bronze HB, Gold AA
 - Mykhailo Yatsiv – Silver VT, Silver PB, Gold HB, Silver AA
- P3
 - Team A – Silver
 - Team B – Bronze
 - Tilsyn Inch – Silver PH,
 - George Pettigrew – Silver PH, Gold R, Silver PB
 - Cooper Cooker – Bronze R, Gold HB
 - Anderson Adriaio – Gold VT, Gold PB, Gold AA
 - Xavier Lefebvre – Silver VT,
- P4
 - Team A - Gold
 - Leo Cisse – Gold FX, Bronze VT
 - Declan Kells – Silver FX, Silver HB
 - Taiki Crockett – Bronze PH, Bronze R, Gold HB, Gold AA
 - Aiden Elwilly – Gold R
 - Bryson Poon – Silver PB
 - Jude Rouleau – Bronze PB
 - Liam Daikow – Bronze HB
- P5
 - Team A - Gold
 - Isaiah Flack – Gold R, Bronze VT, Bronze PB, Silver AA
 - Isaac Hoyem – Bronze R, Silver PB, Bronze AA
- Aspire
 - Jack Murray – Gold FX, Silver HB
 - Jaydon De Silva – Bronze FX, Silver PH, Silver PB, Bronze AA
 - Majus Grabiauskas – Gold PH, Gold R, Bronze PB, Gold HB, Gold AA
 - Rory Freeman – Bronze PH, Gold PB

MAG Highlights from Canadian Championships

- Open
 - Team Bronze
 - Grayson Gutsell Vander Meulen – Silver R, Bronze HB
 - Elijah Buchanan – Bronze AA
- Aspire
 - Jaydon De Silva – Silver FX, Silver PH, Bronze R, Gold VT, Silver AA
 - Majus Grabiauskas – Silver VT, Bronze PB
 - Joshua Hands – Gold PB
 - Rory Freeman – Silver PB

The 2022-2023 season held many highlights for TG in Alberta.

- Alberta had 15 clubs this year with 273 athletes.

GP, Flips, Ortona, Phoenix, Exelta, TC, Airdrie, Pegasus, Altadore, CGC, Westwind, Sexsmith, Airborne, Cardston, Norfort

- World Championships & World Age Group Championships in Bulgaria – Nov 2022.
- Pan American Championships in Mexico – May 2023
- Western Canada Cup hosted in Alberta - June 2023
- World Cups & Invitational in Portugal - June, July – 2023
- Hosting Canadian Championships in Edmonton - July, 2023
- World Cup in West Palm Beach, USA - Aug, 2023
-

Alberta Hosting for 2022 - 2023

- 1 Invitational (Cardston)
- 2 Provincial/National Cups (Altadore, CGC)
- 1 Virtual Cup
- Provincial Championships (Held in Airdrie)
- Canadians (Held in Edmonton)

F.A.S.T.

The F.A.S.T. (Foundational Acrobatic and Strength Testing) program is for our pre-competitive athletes. Continually growing our program has more than half of Alberta clubs participating with approximately 100 + registered athletes. (3 F.A.S.T. events were hosted along with one F.A.S.T. camp/coaching clinic)

Education / Training Camps for Athletes, Coaches and Judges in Alberta

- Virtual Alberta Coaches Retreat (November) for coaches & Judges
- Provincial DMT & Tumbling training camp (Ortona)
- National DMT & Tumbling training camp (Airdrie)
- Western Canada Cup AB training camp (Exelta)
- Canada Winter Games Training Camp (Pine Valley)
- Canadians Training Camp (Exelta)

Competitions & Training Opportunities

- | | | |
|--------------------|----------------|---|
| Elite Canada | – Montreal, QC | (9 AB clubs participated, 20 medals) |
| Western Canada Cup | - Edmonton, AB | (18 Gold medals from Alberta athletes, 2 athletes in top 3 AA) |
| Canadians 2023 | - Edmonton, AB | (85 Member team, 30 individual medals and No team medals presented this year) |

World Championships & World Age Group Championships 2022 held in Sofia Bulgaria

- | | |
|---|---------------------------------|
| - Nolan Zurek (Phoenix) Worlds & WAGC | - Luke D'Hont (CGC) WAGC |
| - Mitchel Pederson (CGC) Worlds | - Tristan Bloom (Phoenix) WAGC |
| - Mark Armstrong (CGC) Worlds | - Jack Johnson (Exelta) WAGC |
| - Abby Thompson (CGC) Worlds | - Claire Jackson (Pegasus) WAGC |
| - Zoe Phaneuf (CGC) Worlds | - Jeremy Meyer (CGC) WAGC |
| - Keegan Soehn (Thunder Country) Worlds | - Gavin Gibbs (Phoenix) WAGC |
| - Zachary Blakely (Phoenix) Worlds | - Zayden Rabie (Altadore) WAGC |
| - Mckayla Dalgetty (GCG) WAGC | - Lola Rose Brassard (CGC) WAGC |
| - Sam Ibach (Phoenix) WAGC | |
| - Simon Neufeld (Phoenix) WAGC | |

2023 Canadians Individual Highlights -

1. Nolan Zurek (Phoenix) – DMT – Senior – SILVER
2. Gavin Gibbs (Phoenix) – TUM – Junior – SILVER, DMT – L6 15-16 – BRONZE
3. Tristan Bloom (Phoenix) – TRA – Junior – BRONZE, TUM – L6 – SILVER
4. Makena Schmidt (Phoenix) – DMT – L6 15-16 – SILVER
5. Sara More (Phoenix) – TUM – L7 – GOLD
6. Samantha Ibach (Phoenix/CGC) – TUM – Senior – BRONZE
7. Riley Moore (Phoenix) – TUM – L7 – SILVER
8. Abby Thompson (CGC) – TUM – Senior – GOLD
9. Lola-Rose Brassart (CGC) – TUM – L6 – BRONZE
10. Joey Couture (CGC) – DMT – L7 – GOLD
11. Mitchel Pedersen (CGC) – TUM – Senior – BRONZE
12. Tyler Champagne (CGC) – SYN – L5Mixed – GOLD
13. Zoe Phaneuf (CGC) – SYN – L5Mixed – GOLD
14. Ella Novotny (CGC) – DMT – L5 14U – SILVER
15. Keegan Soehn (Thunder Country) – SYN – Senior – GOLD
16. Cody Cyman (Thunder Country) – TRA – Junior – GOLD, DMT – Junior – SILVER
17. Brooklyn Olsen (Altadore) – DMT – L7 – GOLD
18. Freya Weatherhead (CGC) – DMT – L6 14U – BRONZE
19. Erik Fritz (CGC) – TRA – L5 17+ – GOLD
20. Neleigha Smith (CGC) – TRA – L5 14U – BRONZE
21. Ella Griffiths (Thunder Country) – DMT – L5 15-16 – GOLD
22. Addison Leary (Airdrie) – DMT – L5 15-16 – SILVER
23. Yannick Lanquetin (Pegasus) – TRA – L5 14U – SILVER, DMT – L5 14U – BRONZE, TUM – L5 14U – BRONZE
24. Ollivia Newman (Pegasus) – TUM – L6 – GOLD
25. Sara-Kim Proulx (Pegasus) – TRA – L6 15-16 – GOLD

Judging

- 38 registered judges in Alberta this year
- 1 Provincial Level 3/4 Courses in Edmonton
- 11 Judges passed the course, and need to complete their shadowing requirement in April of 2023
- 1 National level judge upgraded at Canadian Championships

T&T Technical Committee

Eran Silberg (Co-Chair)
Trish Quinney (Co-Chair)
Dmytro Troyan (Coaching Chair)
Jessica Walper (Judging Chair)

Derek Hanson (MAL)
Sheila Downie (MAL)
Craig Theodore (Athlete Representative)

The 2022-2023 competitive season has been a very busy and successful season for our WAG program. The women's program continues to grow and improve within our province and the country. We continue 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

We currently have 40 clubs registered with AGF with a Women's Competitive Program.

Training Camps

AGF hosted 5 Canadian Competitive Program training camps, 2 Xcel training camps this year, as well as a Canada Winter Games and Canadians Team Training Camp. Expert Coaches from across Alberta and guest presenters from Canada and the United States came to present at the camps. There were two CCP 1-5 camps and two CCP 6-7 camps held in the fall, one in the north and one in the south for each camp. The level 8-10 camp was a huge success with over 80 athletes registered.

Judges Development

Alberta registered 64 judges this season including Brevet, National, Optional, Compulsory, and Xcel judges. All optional judges were required to complete a course this year due to the changes in the Code of Points. We hosted multiple online and in person courses to certify judges as well as to help judges earn CPE hours.

Competitions

Alberta athletes competed in the Canada Winter Games (PEI – February), Alberta Provincial Championships (Calgary – April), Western Canadian Championships (Spruce Grove - April), Alberta Xcel Championships (Lethbridge – April), Alberta Compulsory Championships (Airdrie – May) Canadian Championships (Richmond, B.C. – May). Alberta won numerous medals in individual and team events. Participation in these events included:

- 1) Canada Winter Games – Alberta sent a team of 6 athlete and 2 coaches to PEI for the multi-games event.
- 2) Trials to Westerns – Hosted by the Exelta Gymnastics with almost 120 athletes in levels 8-10.
- 3) Alberta Provincial Championships – Over 350 athletes from levels 6-10 competed at Provincials hosted by AGF.
- 4) Alberta Xcel Championships – Over 400 athletes attended the Alberta Xcel Championships hosted by West Wind Gymnastics. This is more than 150 more athletes than the previous year!
- 5) Alberta Compulsory Championships - Over 400 athletes attended the Compulsory Championships hosted by Airdrie Edge Gymnastics.
- 6) Westerns – 50 athletes competed at the Western Canadian Championships
- 7) Canadians – 26 athletes competed at the Canadian Championships

WAG Highlights from Western Canadian Championships

- CCP 8 (14+ years)
 - Team Gold
 - Brooke Wildeman – Bronze BB, Gold FX, Gold AA
 - Madison Nikiforuk – Silver VA, Gold UB, Bronze AA
 - Emma Leung – Bronze UB
 - Cate Holm – Silver BB
 - Naomi Nernberg – Gold BB
- CCP 8 (13 years & under)
 - Team Silver
 - Everleigh Ramier – Bronze FX
 - Isis Adeniyi – Bronze VA, Bronze FX
 - Jordyn Visser – Silver FX
- CCP 9 (11-14 years)
 - Team Gold
 - Alyssa Macey – Gold VA, Silver UB, Silver BB, Gold AA
 - Skye Stanton - Silver AA
 - Gillian Kwan – Gold BB
 - Brooke Drummond – Bronze UB

- Hannah Clarke – Gold UB
- CCP 9 (15+ years)
 - Team Gold
 - Madison Galenza – Gold BB, Silver FX, Gold AA
 - Camryn Boulton – Gold FX, Silver AA
 - Julianne Tardif – Bronze BB, Silver AA
 - Kaitlyn Chapman – Bronze FX
 - Maiya Houben – Bronze UB
 - Jada Vergie – Gold VA, Gold UB
- CCP 10 (12-15 years)
 - Team Silver
 - Aila McKinley – Silver FX, Silver AA
 - Londyn Gahr – Silver UB
 - Ella Wetteskind – Bronze BB
 - Cassandra Principe – Bronze VA
 - Sara Wong – Bronze FX
- CCP 10 (16+ years)
 - Team Bronze
 - Melania Buhaj – Bronze AA
 - Amelia Gauvin – Silver UB
 - Alexandra Forbes – Silver VA
 - Delaram Ghasemi – Bronze BB

WAG Highlights from Canadian Championships

- HP Athletes
 - Zoe Kramer (Novice) – Bronze on FX Day 1
 - Jenna Timmons (Senior)
- CCP Level 9 (11-14 years)
 - Team Gold
 - Alyssa Macey – Gold BB, Gold AA
 - Gillian Kwan – Bronze FX, Bronze AA
 - Rebecca Lee – Bronze BB
 - Valentina Heinz – Silver BB
- CCP Level 9 (15+ years)
 - Team Bronze
 - Madison Galenza – Silver BB, Bronze FX, Gold AA
- CCP 10 (12-15 years)
 - Team Bronze
 - Emma Orr – Gold BB
 - Aila McKinley – Bronze VA
- CCP 10 (16+ years)
 - Team Silver
 - Reese Grolla – Gold BB, Bronze FX, Bronze AA