



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 50th 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

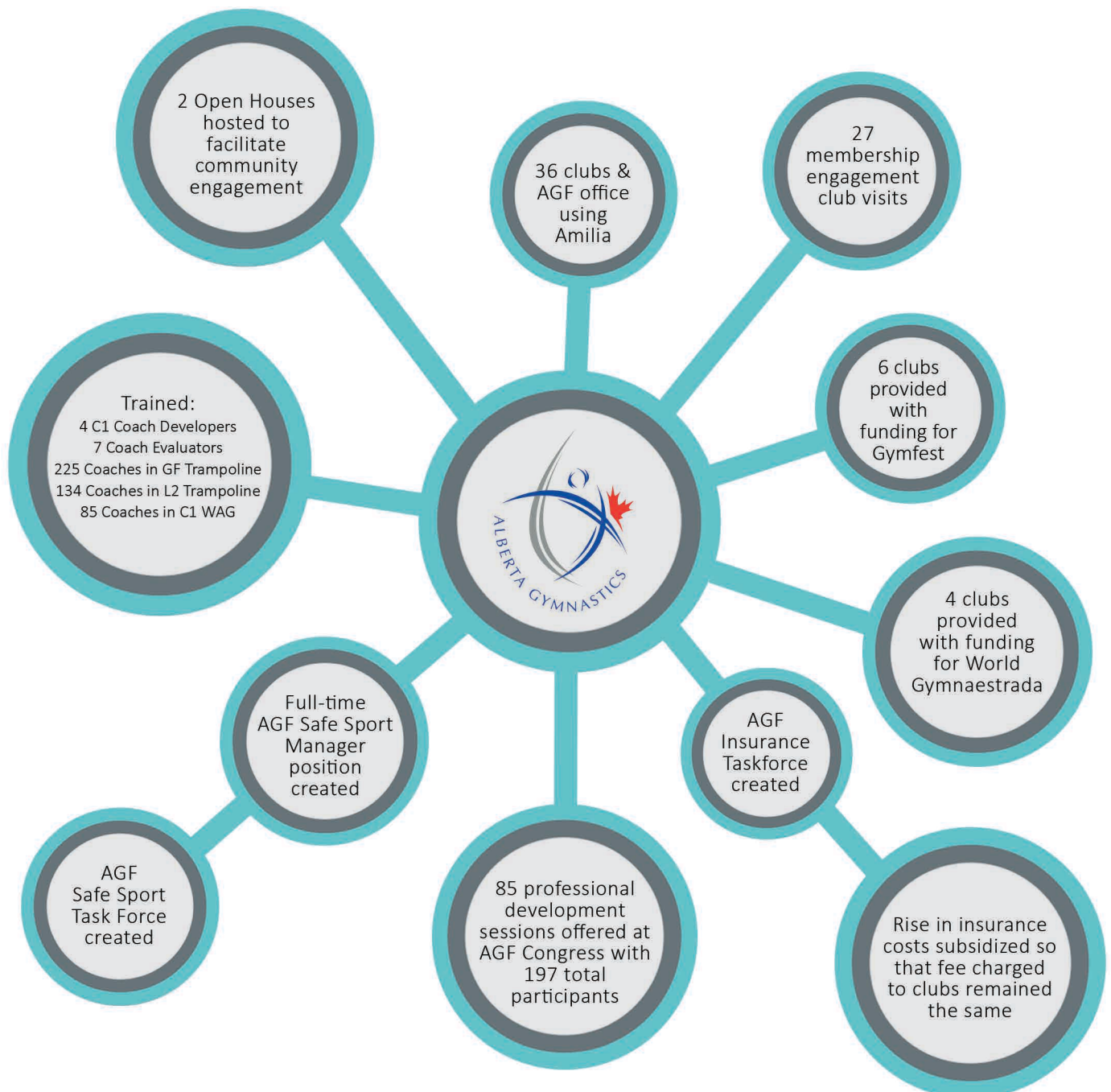
AGF Membership	2015-16	2016-17	2017-18	2018-19
Total Individual Members	51,027	52,386	46,967	44,101
Total Member Clubs	85	84	83	81
Competitive Clubs	51	49	56	58
GFA Only Clubs	34	35	27	23
WAG Athletes	1,409	1,707	1,921	2,113
MAG Athletes	282	261	319	360
Acro Athletes	79	75	121	180
T&T Athletes	362	269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

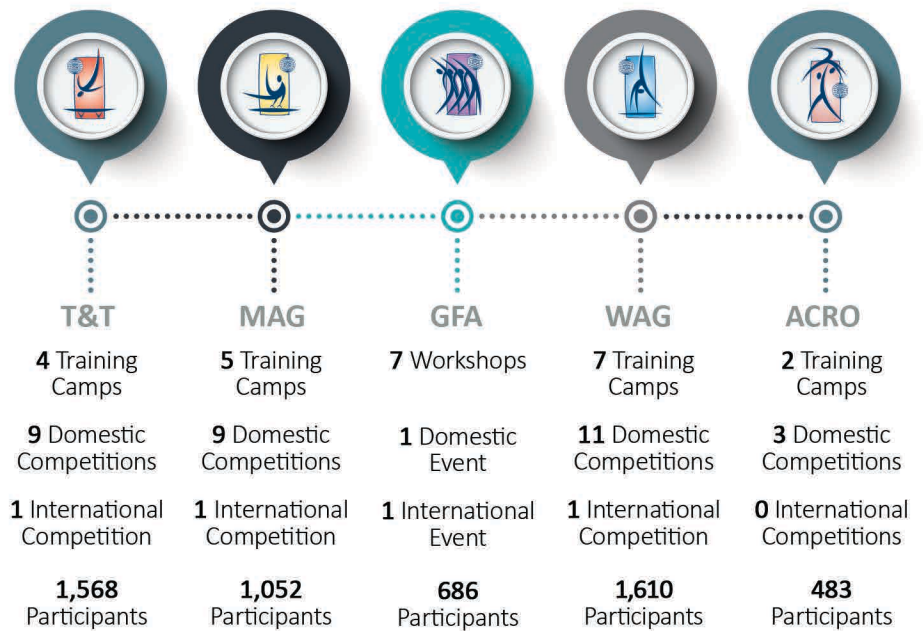


Athlete Support & Leadership

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



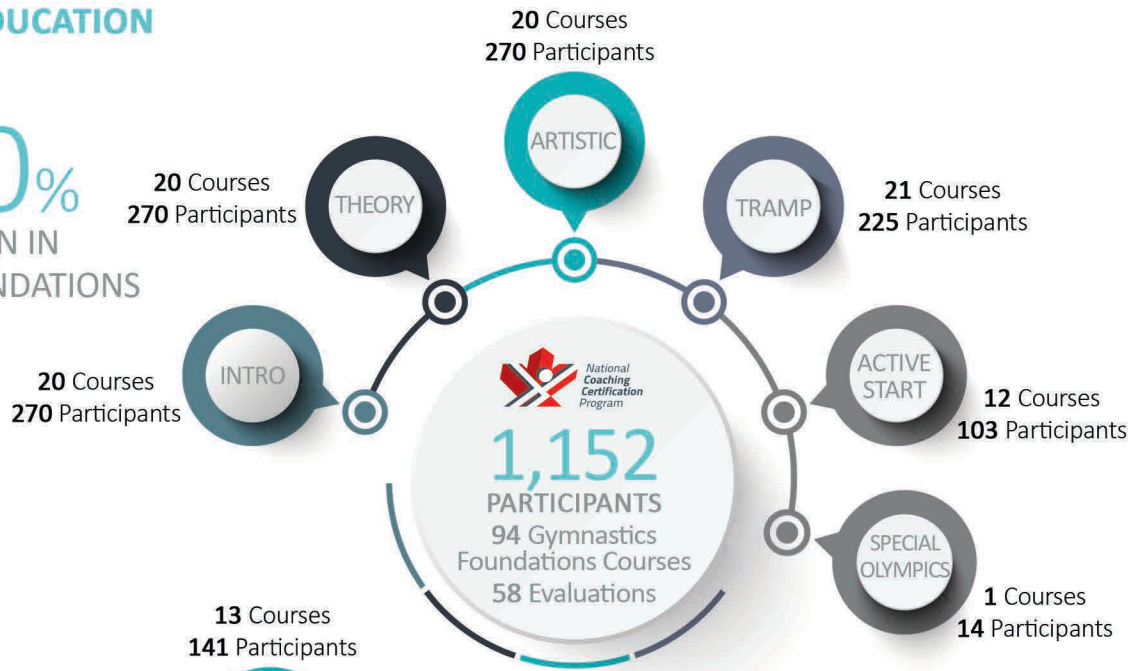
COACH MENTORSHIP



↓ **15.8%**
MENTORSHIP PROGRAM
PARTICIPATION

NCCP COACH EDUCATION

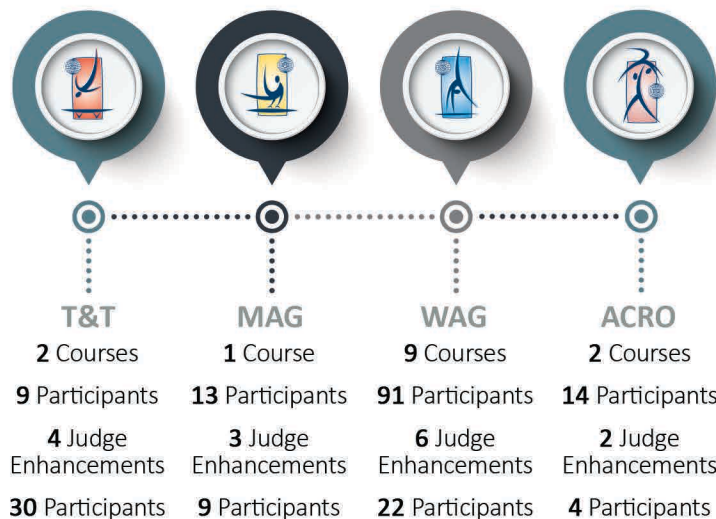
↓ 6.0%
PARTICIPATION IN
GYMNASTICS FOUNDATIONS



↑ 74.5%
PARTICIPATION IN
COMPETITION COURSES

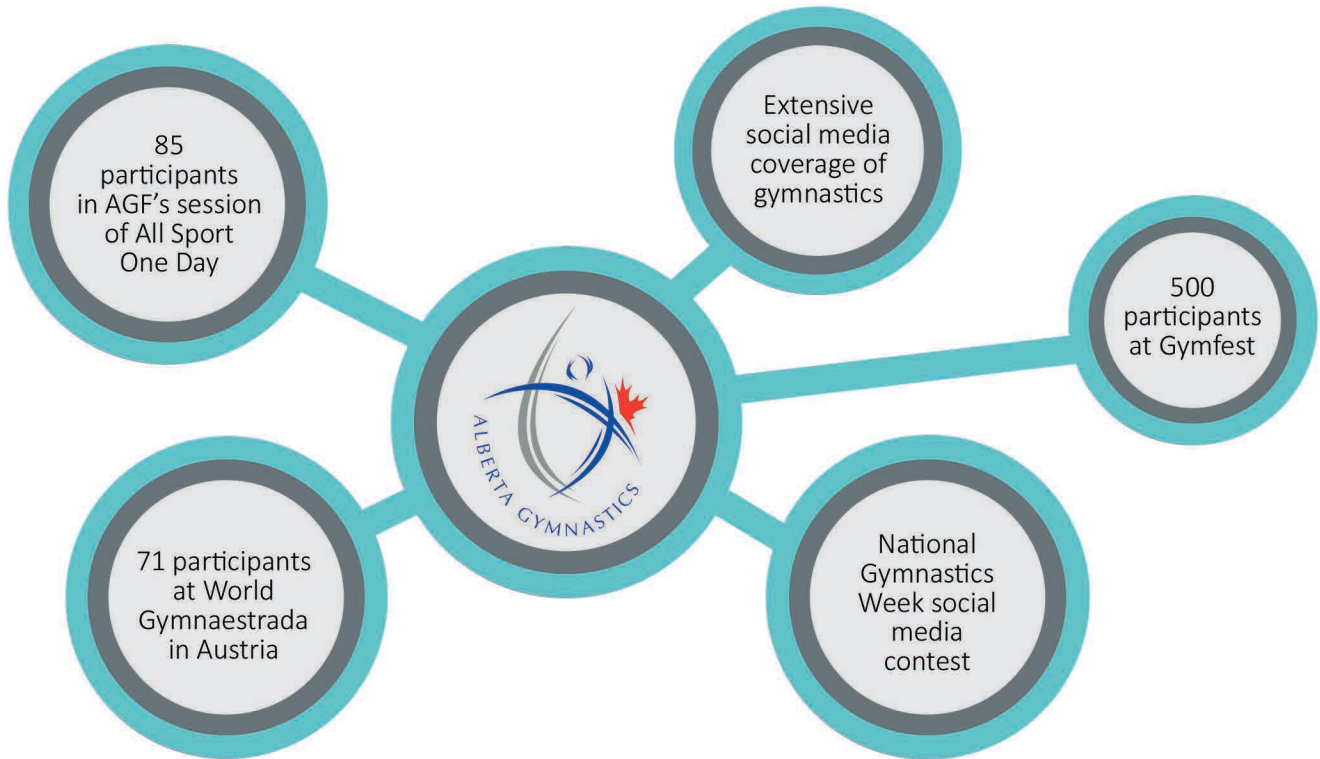
JUDGE EDUCATION & LEADERSHIP

↓ 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

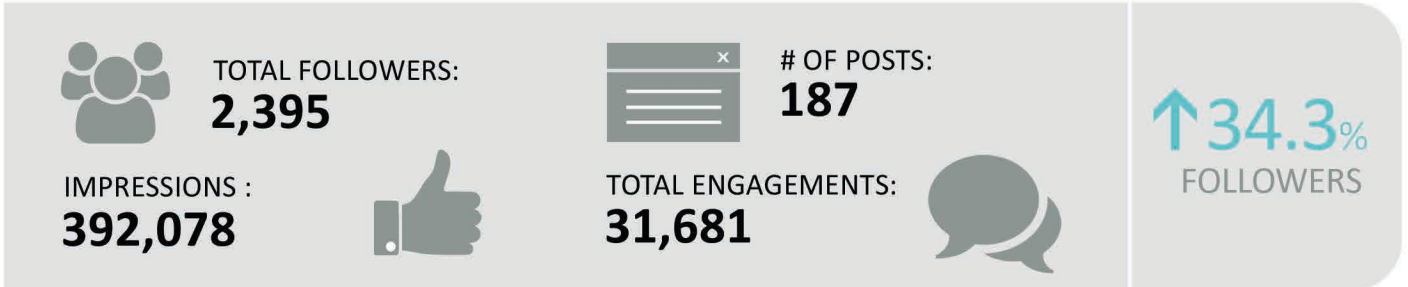
- The AGF website was updated to include multiple options for complaint/misconduct reporting, best practice guidelines for members, and resources (helplines) to support individuals in distress. These resources can be accessed at abgym.ab.ca/Safe-Sport.
- A series of webinars were hosted to provide club 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.



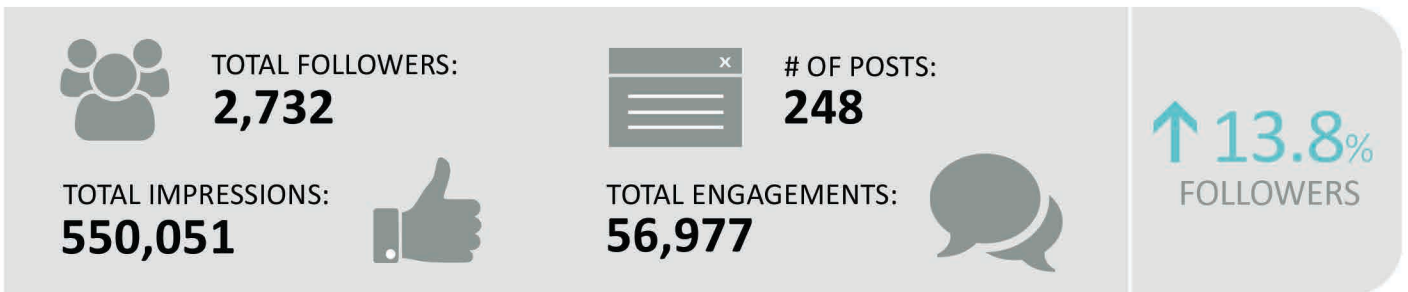
Communications & Social Media

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

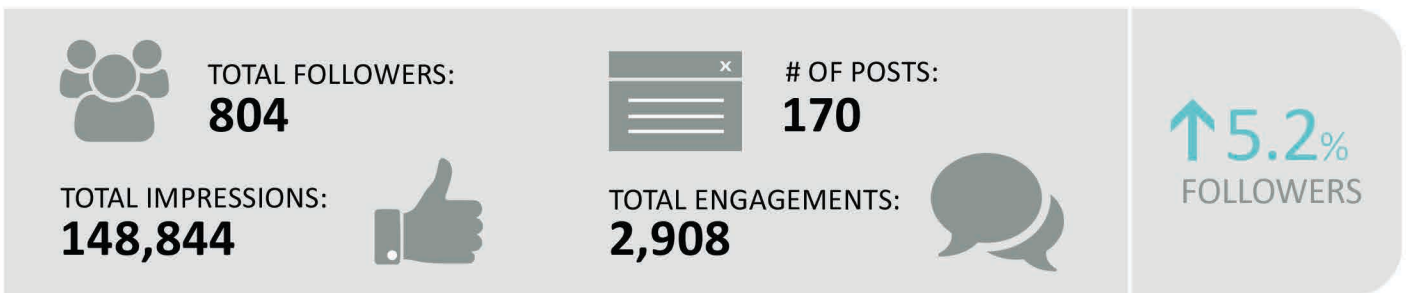
INSTAGRAM *Instagram Story posts not captured in the stats below. Not available for full year.



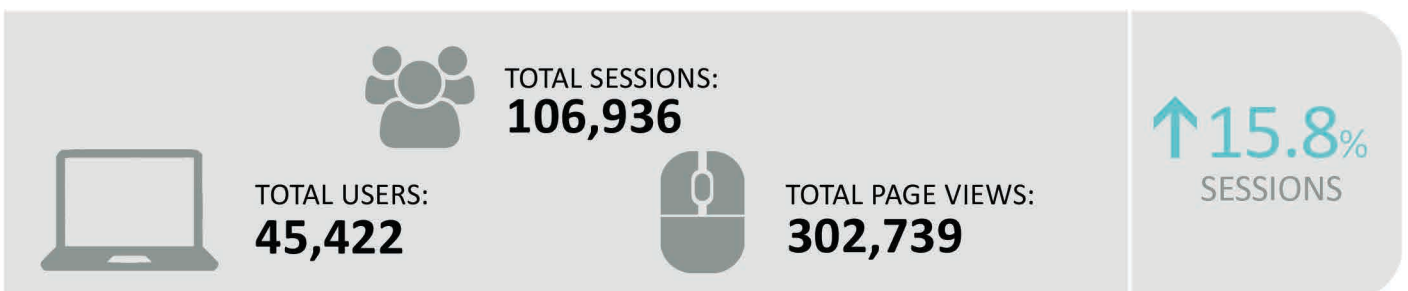
FACEBOOK



TWITTER

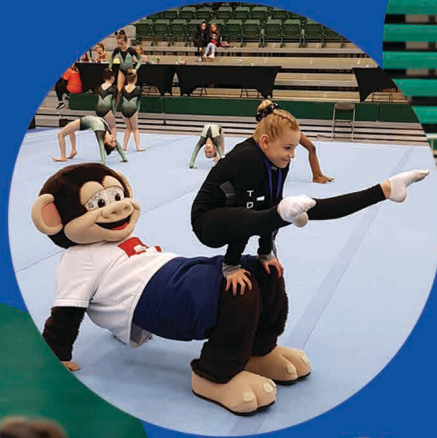


WEBSITE | ABGYM.AB.CA





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

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



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

TOTAL MEDALS	6 GOLD	6 SILVER	2 BRONZE
---------------------	---------------	-----------------	-----------------

Canadian Championship Highlights

Women



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

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

Western Canadian Championship Highlights

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

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 – 15th | Parrallel Bars – 13th
High Bar – 7th

Damien Cachia (U of C Gymnastics Centre)

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

Wolfe Gazer (U of C Gymnastics Centre)

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

MEN'S ARTISTIC GYMNASTICS



Canadian Championship Highlights

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

Western Canadian Championship Highlights

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



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	–	–	–	–
TOTAL	\$3,537,791	100%	\$3,193,975	100%

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%
TOTAL	\$3,548,585	100%	\$3,137,930	100%

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.

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. 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. 17 – 19	Artistic Provincial Championships / WAG Trials to Canadians Acrobatic Provincial Championships	Edmonton, AB	MAG WAG ACRO
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

