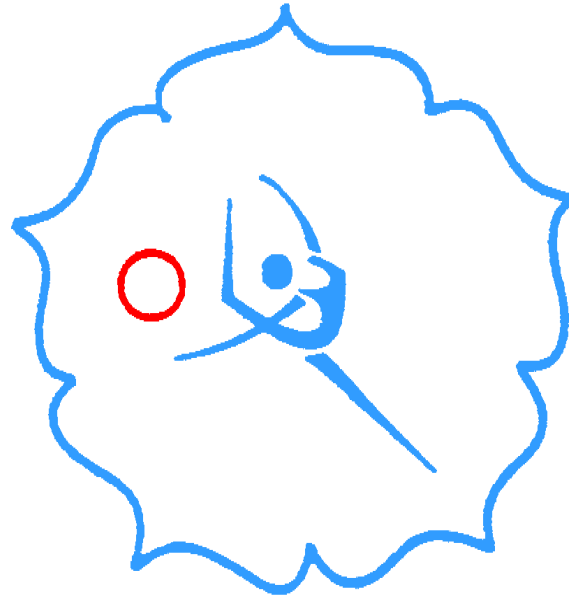


# BC Rhythmic Sportive Gymnastics Federation



## Annual Report 2011 - 2012

Sport BC



**Pacific  
SPORT**



**EVERYONE  
IS AN  
ATHLETE.**

We acknowledge the financial support of the Province of British Columbia through the Gaming Policy & Enforcement Branch.

## **Board of Directors**

<b>Board Position</b>	<b>Member</b>	<b>Zone</b>
<b>President</b>	<b>Adrienne Arnold</b>	<b>3</b>
<b>Competition Development Committee Chair</b>	<b>Megan Magid</b>	<b>3</b>
<b>RG Chair</b>	<b>Monika Alde</b>	<b>6</b>
<b>Secretary</b>	<b>Helena Higgs</b>	<b>6</b>
<b>Treasurer</b>	<b>Lori Fung</b>	<b>5</b>
<b>Director at Large</b>	<b>Adrianna Donaldson</b>	<b>5</b>
<b>Director at Large</b>	<b>Mari Mitri</b>	<b>2</b>
<b>Director at Large</b>	<b>Brie-Anne Macpherson</b>	<b>2</b>
<b>VP Finance</b>	<b>Diana Nerman</b>	<b>4</b>
<b>Director at Large</b>	<b>Sang-Hee Robinson</b>	<b>8</b>

## **Competition Development Committee**

<b>Committee Position</b>	<b>Member</b>
<b>Competition Development Committee Chair</b>	<b>Megan Magid</b>
<b>Judges Chair</b>	<b>Diana Nerman</b>
<b>Athletes Representative</b>	
<b>Zone 2 Representative</b>	<b>Brie-Anne Macpherson</b>
<b>Zone 3 Representative</b>	<b>Megan Arnold</b>
<b>Zone 4 Representative</b>	<b>Kamena Petkova</b>
<b>Zone 5 Representative</b>	<b>Daniela Todorova</b>
<b>Zone 6 Representative</b>	<b>Barb Bishop</b>
<b>Coaches Representative</b>	<b>Kate Kloos</b>

## **Staff**

<b>Sashka Gitcheva</b>	<b>Program Coordinator</b>
<b>604-333-3485</b>	<b>bcrsgf@rhythmicshc.com</b>

## BCRSGF 2012 Annual Report

# Program Coordinator Report

This was very busy year for all the Rhythmic gymnastic athletes, coaches and judged in BC. It started a bit negative by our Gaming application being decline due to having too much cash on hands, but this was turned in positive way and we created more programs with the extra funds we had. We create more programs for coached, judged and athletes. We used some funding to promote the sport under the “Increase participation program”. We had very interesting AG workshop in March.

We also purchased “Gymnaova” competitive carpet. By purchasing this carpet we will be able to host Major Canadian and International competitions, and have High performance training camps.

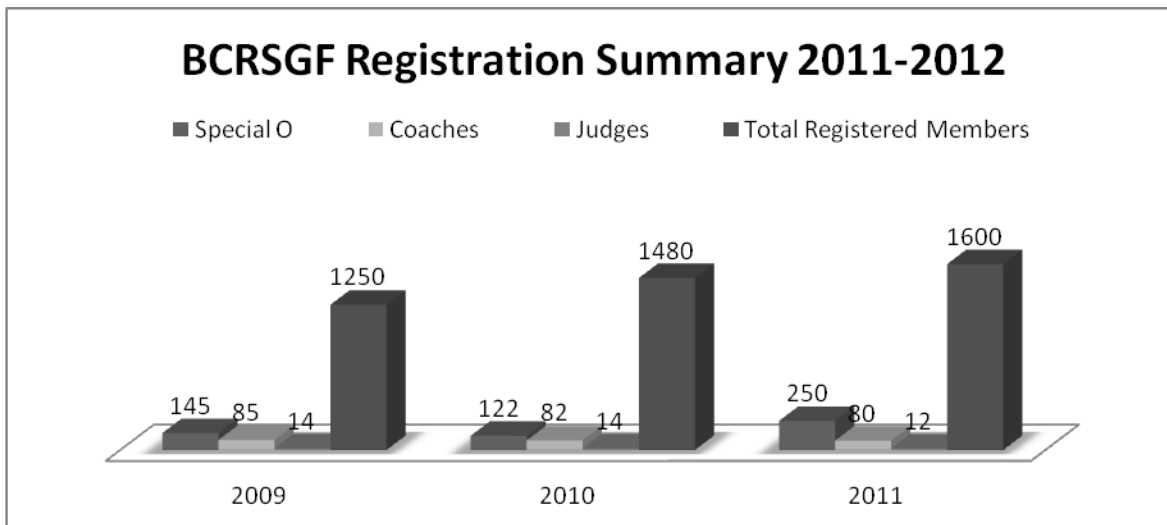
We also had this year the “Ballet Program” specifically targeted for the indentified high performance athletes, a Coaching Course NCCP Level 1, and a “Back to Basic” workshop for the Special O and Boys Program. We supported our BC athletes to travel to Elite Canada, Western Regional Championship, CIC and World Gymnaestrada.

BCRSGF Hosted Western Regional Championship in April 25- 29<sup>th</sup> 2012 in Vancouver.

### **PARTICIPATION:**

Registration numbers have increased moderately in recent years as illustrated in the following graph

We have one new club: South Cariboo Rhythmic Gymnastics, located at 108 Mile with Head Coach and owner Sang-Hee Robinson.



## **BCRSGF 2012 Annual Report**

**Coaches** – This year we had NCCP Level 1 coaching course organized in Victoria, BC. We had 9 participants that successfully passed the RG part. The facilitator was Marta Kroupa.

We are able to organized also Coaching workshops in Zone 2,3,4 5 and 6  
The workshop was established to support the developments of RG recreational and coaches in training.

**Judges** – This year we had judges workshops in Zone 2,3, 4, 5 and 6.  
The workshop but was established to give the basic knowledge and prepare Zone judges

### **PERFORMANCE**

Congratulations to all of our competitive girls on their performances of the last year.

We entered this competitive season with 4 Senior in National Team positions being held by Annabelle Kovacs, Nerrisa Mo, Jessica Ho, Kelsey Anderson, and 3 Juniors : Victoria Podolan, Kiah Ward and Shannon Code. Our BC Athletes had excellent performers at Elite Canada.

Kalsey Anderson and Jessica Ho represented Canada at Universiada 2011– in China



Nerrisa Mo, Jessica Ho and Kiah Ward competed very successfully at Pacific Rim in March 2012 in USA..

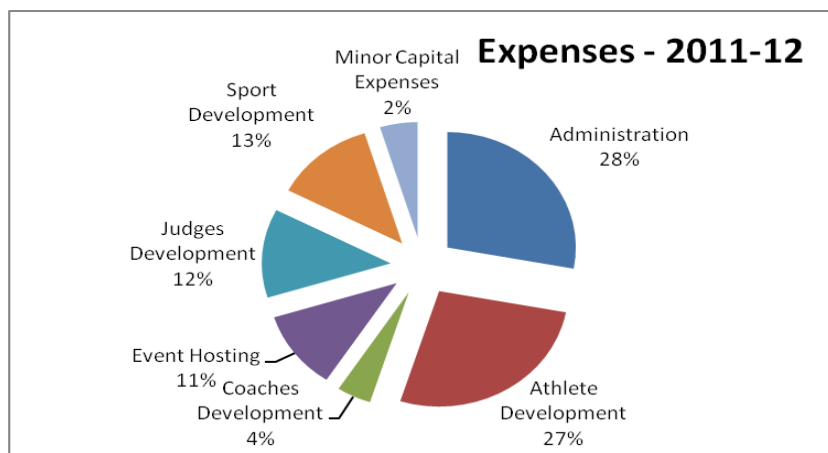
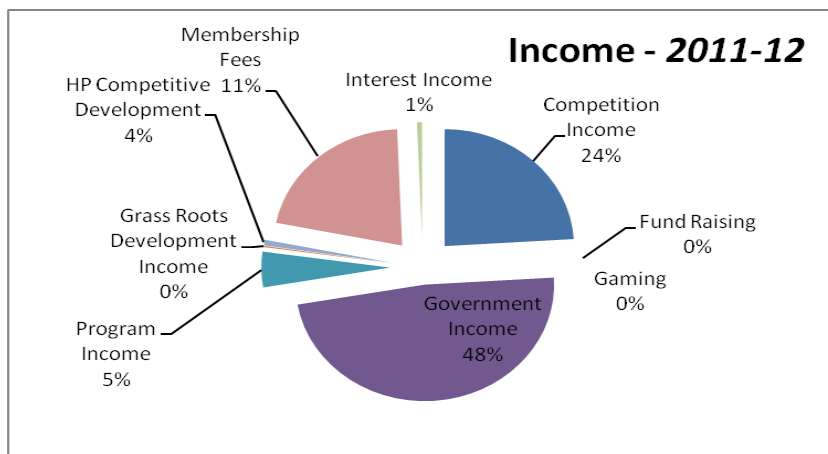
Two clubs from BC, Victoria Rhythmic and Club Excel attended the 2011 World Gymnaestrada in Switzerland with a total of 22 athletes. BCRSGF assisted with their funding.

### **SUSTAINABILITY**

We have increased our membership over the past few years, but still we need to try to register all athletes that are involved in any way with rhythmic gymnastics. For example, fields that we still do not keep 100% track of in terms of participants are: recreational athletes, summer camps, workshops and school programs.

# BCRSGF 2012 Annual Report

## 2011– 2012 INCOME AND EXPENSE GRAPHS:



### **PARTNERSHIPS**

We still have a very strong Partnership with Gymnastics BC, and in 2010-11 our partnership with Special O became stronger. Mario Lam and I met with Shawn Fevens, Manager, Sport and Youth Development, and discussed the ways the two organizations can help each other.

In closing I would like to thank the Board of Directors for their enormous support during this year, and especially the president, Adrienne Arnold, and VP Finance Director Diana Zoe Coop. I appreciate their weekly input, and assistance with preparation of reports, and attendance with me at the government meetings.

I look forward to the new season, and the growth of our beautiful sport.

Respectfully submitted,

*Sashka Gitcheva*  
Program Coordinator

## Zone 2 Report

~submitted by Mari Mitri

Zone 2 has had a busy year!

Kelowna Rhythmics, with Coach Svetlana Rasseko, continues to offer recreational classes twice per week to a group of 15 at L' École de l'Anse-au-Sable. Svetlana also has a small recreational program started in Winfield. In total her program has 21 athletes

Okanagan Rhythmics athletes and coaches Camille Martens and Brie-Anne MacPherson have been extremely busy. Tanya Wiise and Tammy Andreotti have also joined the coaching team. The club is now able to offer parent & tot, preschool, recreational, performance, development, competitive and elite programs as well as summer camps. Programs are full and we have a waitlist!

Season highlights include:

§ In August, Kelsey Anderson, a member of the Canadian Senior National Team competed at The Universiade in Shenzhen, China.

§ Athletes and local actors performed multiple shows of "Alice in Wonderland" at the end of November at the Vernon Performing Arts Center.

§ In January, a team of athletes travelled to Victoria for The Snowflake Invitational.

February brought our local Provincial and National Stream athletes together for our Zone 2 Championships. We also hosted The Queen of Hearts Invitational which brought athletes from BC and Alberta to Vernon.



March saw Kiah Ward, Victoria Podollan and Kelsey Anderson compete at Elite Canada. Kiah also competed at The Pacific Rim Championships in Everett, Washington. Our entire competitive team traveled to the Planet Invitational in Vancouver.

In April, BC Provincials were attended by all our athletes heading to Westerns. Kiah Ward traveled to Pesaro for the Junior World Cup. April also brought a team of athletes, Provincial and National Streams, to Westerns in Vancouver. At West-

erns 4 of our athletes qualified to Nationals. Okanagan is now the Home of the 2012 Western Canadian

- o Level 3B Silver Medalist, Amy Palmer
- o Level 4B Champion, Emma Jotie
- o Level 5C Champion, Emily O'Quinn

Early May saw our younger athletes gain experience participating in Sunshine Cup (a fun non-competition) at home. As well, athletes attended Nationals in Regina.

June will see Okanagan hosting "Happy Camp Weekend," a fun club event for all level athletes.

# BCRSGF 2012 Annual Report

## Zone 5 Reports

### Olympia Rhythmic

We had a successful year. Our team took a part of many competitions - San Diego Invitational, Happy Cup, Spring Fling Rhythmic Gymnastics Invitational, Queen of Harts Invitational, BC



Provincials, Westerns, Planet Rhythmic Invitational, Elite Showcase, Zone Competition and our gymnasts had a great results!



We had 2 gymnasts from qualified for Nationals Championship in Regina.

We had courses for recreational coaches and new Zone judges! Olympia RG organized very helpful Sports workshop with Sport Dietitian, Sport Psychologist and Sport Physiotherapist. Our Annual Year end shows and Summer camps are coming!

### Planet Rhythmic

The season 2011-2012 was a rather interesting for Club Planet Rhythmics; our competitive team traveled and competed a lot.

We started our competitive year in December with **Happy Cup** in Gent, Belgium, where our Canadian team (Allie Donaldson and Polly Krivchun along with two girls from club Questo) placed 5<sup>th</sup> out of 20 participating countries. Polly made finals in free hand and received the Miss Personality award.



In January our team traveled to San Diego, participating in **San Diego International Invitational** competition. We traveled with four gymnasts from the competitive group: Allie Donaldson, Lena Kudelsky, Angelie Jones and Nicole Zilberman. They brought home 5 gold medals and a couple of bronze ones too. The girls did great, and were very excited to visit the beautiful, warm and sunny San Diego.

Our National stream athletes also traveled to compete at **2012 Spring Fling Invitational** in Ohio. Polly came 1 in AA level 7 child. Lena got medal for her ball routine.

We found that competitions in America have a very positive impact on the girl's motivation, and their future results.

## BCRSGF 2012 Annual Report



**11<sup>th</sup> Planet Open Championships** in March was an International Invitational event for the second year in a row. 210 participants from 11 clubs from Russia, Croatia, USA and Canada made it to our event. It was a very nice and friendly event with strong international participants, 12 international and national level judges on the panel and iPads as the prizes for AA Juniors and Seniors.

For results and pictures, visit [www.planetr.ca](http://www.planetr.ca)

**Westerns 2012** was a great event for Planet! For the first time ever, our club had a Western Champion in the pre-child category - Polly, 4th place in AA child - Isabel. Allie and Lena got second places in clubs and ball junior events and qualified to Nationals!!

**Nationals** in Regina provided our juniors Lena and Allie with a very good experience. They placed Lena 16 and Allie 19 in AA from 29 participants. We are ready to recover and jump into a new year with a new Code of Points.

## Zone 8 Report

May 2012

South Cariboo Rhythmic Gymnastics

Coach: Sang-Hee Robinson

South Cariboo Rhythmic Gymnastics, as a new club, had an amazing 2011 - 2012 season. Gymnasts participated in many different activities, from themed classes and all that built up to the big finale. We also joined Gymnastics Week of Canada by participating in the coloring contest, cartwheel-a-thon, and bring-a-friend-to-class day.

During the month of March, we went to Maple Ridge to learn more about AGG. All the participants were very excited with the opportunity, as they learned new skills, and came home enthusiastic to learn more.

We decided to include the PRISM program to encourage regular attendance and gymnasts' skill development. As the end of the year approached, each individual gymnast was tested. This proved to be very successful, encouraging, and helpful to the children.

To top off this wonderful year, we will host the year end Gala, to which each gymnast will perform for parents and community to show what they have learned and accomplished. Also, we have the opportunity to perform in a number of community events.

In the coming year, we would like to give gymnasts more opportunity to join in different events, such as competitions, gymnaestrada, and workshops.

Thank you.

Sincerely

Sang-Hee Robinson



## BCRSGF 2012 Annual Report

### 2011-2012 MartialGym annual report

At the end of the season in June, it marks the successful completion of 10 years of the MartialGym program.

With a humble start of the program in a small basement at Killarney Community Center where a gymnast can almost touch the ceiling with a jump, MartialGym is now being offered in 5 locations in Greater Vancouver. Furthermore, two rhythmic gymnastics clubs in Alberta have started to offer the MartialGym program in the 2011-2012 season. Aside from young child and youth of both genders, MartialGym in BC is offered to adults as well as seniors, the oldest participant is over 80 years old. In Ontario, the MartialGym program has been adopted by the Special Olympic Ontario Federation. The program is offered in many communities like Windsor, Burlington, Welland, Waterloo... for a few years.

In February 2012, we hosted our second “Back to Basics” workshop and performance event. It was well attended not only by athletes our club, Cassy from Alberta brought her team to participate in the event. It was an awesome experience for everyone involved.



An introductory non-certification coaching workshop for MartialGym was held a week before the “Back to Basics” event. It was well attended by our advance gymnasts as well as adult participants. They all had a chance to try out their new skills helping out during the workshop portion of the “Back to Basics” event.

**AGG Seminar  
March 23-24, 2012,  
Maple Ridge, BC**

On Friday, March 23 and Saturday, March 24, Adagio Rhythmic Academy Maple Ridge hosted an educational and technical/practical seminar to help promote the sport of Aesthetic Group Gymnastics (AGG). Evelyn Koop was the course conductor along with coach/gymnasts Dora Yudeikin and Alexandra (Sasha) Yukashova from Evelyn Koop's Kalev Rhythmic Gymnastic Academy in Toronto.

This training seminar provided both gymnasts and coaches with the opportunity to learn more about the sport. This workshop helped the coaches develop the knowledge and skill set needed to implement a program in their own clubs throughout the province of BC. In addition, participating clubs were provided with CDs of AGG music and corresponding DVDs of AGG routines which had been choreographed by top-level AGG experts. To complete the process, participating clubs were registered as members of the CAGG (Canadian Federation for AGG).

Evelyn Koop decided that the best approach for the AGG workshop was an immersive learning method. Rather than starting at the bottom and introducing the technical aspects of the sport and followed by the body movements, participants very quickly learned entire routines. This approach proved to be successful as participating clubs were able to walk away with practical experience and actual routines. From there, it was much easier for clubs to move forward and introduce AGG into their programs.

**Day 1, Friday March 23:** Coaches came together and received basic information about Aesthetic Group Gymnastics such as handouts, information sheets and basic judging criteria. The coaches then received their CDs and DVDs. Led by Dora and Sasha, coaches participated in learning and experiencing firsthand the fundamentals of AGG movement. Next, the coaches, based on their student population, were broken into groups and given routines to learn. It was a very casual atmosphere where everyone was free to ask questions and work together. The majority of the evening was spent learning routines. At the end of the evening the coaches were left inspired and much more capable with the movement specific to AGG.

## **BCRSGF 2012 Annual Report**

**Day 2, Saturday March 24:** Both coaches and their gymnasts actively took part in a full day of AGG. The day began with a traditional AGG-style warm up led by Evelyn Koop and her assistants. Following warm up, the clubs were placed into groups and each club was taught a routine geared to the level of the gymnasts involved. Once again, it was a very casual learning environment with open dialogue, questions and answers.

The goals set out by the seminar were accomplished. Participants came away with knowledge and understanding and actual skills and routines for the future. They left the seminar feeling both empowered and inspired.

The generosity of the BCRSGF enabled the AGG seminar to be so successful. By supporting the seminar and providing a grant, there were fewer barriers to participation, leading to greater enrolment and involvement from clubs throughout the province. Furthermore, one cannot overlook the contributions, both financial and personal, made by Evelyn Koop. The AGG seminar would not have been possible without her complete dedication to the sport and her support of our BC gymnasts who share her passion.

Hopefully, continued support for seminars such as this one will continue to provide gymnasts from a wide age grouping and a diverse skill set with the opportunity to take part in rhythmic gymnastics in a meaningful way that promotes team building, health and lifelong fitness for women.

# **BCRSGF 2012 Annual Report**