

Journey towards Nationals for Special Olympics Team BC



Ashley Rosenberger at the first Team BC 2014 training camp.

Special Olympic National Games will be held in BC in July 2014. To best prepare the team, SOBC sanctioned a number of training camps. The first one was held in November 2013 with the goal of improving the base line of each and every athlete and help the coaches in isolating and solving problems. Rachel Lam and Mario Lam led the technical portion of the camp. General sport preparation like nutrition, sport psychology and functional measurements were also done during that same camp.

Camp 2 was done with the Surrey invitational on Saturday and a training camp on Sunday with Mario as the facilitator. The purpose of the camp is to address the six required difficulty elements for each of the routines in Levels 1,2 and 3. For level 4 which have optional routines, the goal was to help them pick the right difficulty elements, balancing potential value to risks. We want to give immediate feedback to the coaches. Towards this purpose, instead of a score, Kate give verbal feedback to the team coach sitting on her side. This was found to be very productive. On the Sunday camp, we concentrate on HOW to teach / to accomplish the end goal as per feedback.



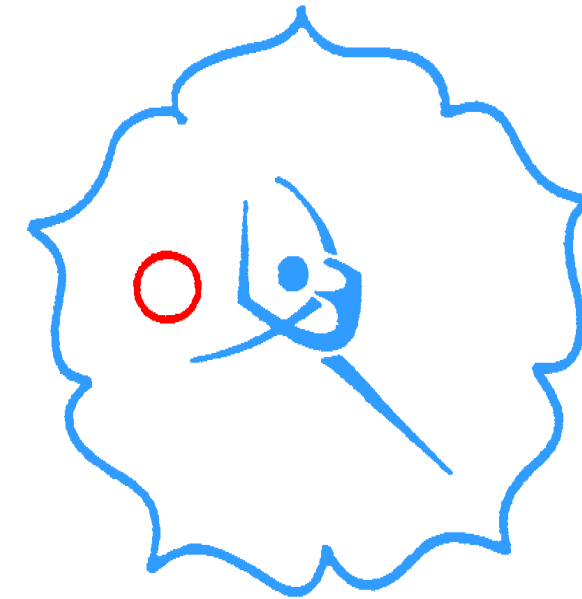
Camp 3's goal is to simulate the competition environment as much as is possible to two back to back competition days - one for qualifier for division purposes and day 2 for the actual event. It will be done in mid June in UBC - the actual venue.

Having an early camp in November made a huge difference. The athletes are measurably stronger and ready to absorb new challenges. By April's Richmond invitational, Team BC showed very inspiring improvements.

Dropbox was used as an online repository of recent training and competition videos as well as feedback and training notes. These resources are made available for the whole province for more than just Team BC - they were used in a recent SO judges course conducted by Kate Kloos.



BC Rhythmic Sportive Gymnastics Federation



Annual Report 2013 - 2014



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

Board of Directors

Board Position	Member	Zone
President	Adrienne Arnold	3
Competition Development Committee Chair	Megan Magid	3
RG Chair	Monika Alde	6
Secretary	Helena Higgs	6
Treasurer	Lori Fung	5
Director at Large	Adrianna Donaldson	5
Director at Large	Mari Mitri	2
Director at Large	Curtis Andrieotti	2
VP Finance	Diana Nerman	4
Director at Large	Sang-Hee Robinson	8
Director at Large	Kamena Petkova	4

Competition Development Committee

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

Staff

Sashka Gitcheva	Program Coordinator
604-333-3485	bcrsgf@rhythmicbc.com

ZONE 8 YEAR END REPORT

South Cariboo Rhythmic Gymnastics

What an amazing and exciting 2013-14 SCRGM had!!!

This was our first year starting a competitive level for 5 of our young athletes. The experience has been amazing with competitions, Victoria RG's Snowflake Invitational, Okanagan RG's Queen of Hearts, Olympia RG's Olympia Cup, Origami RG's All Stars Invitational, and Adagio RG's Millennium Cup. Myself & competitive gymnasts have learned lots by participating in each competitions. Coach Leanne from Adagio RG has been an amazing mentor in setting up our competitive program.

We are also training for the upcoming National Gymnaestrada in Calgary combined with the Victoria RG club. Special thanks to Barb from Victoria RG for including us in her Gymnaestrada Team & for all her support.



Sadly, this year I have 4 coaches who are graduating grade 12 and moving on to Post Secondary education. They will be very much missed, as their contribution over the past 3 years has been an amazing help.

We just held our year-end on May 23rd. It was an amazing success with parents, coaches, and gymnasts all contributing to make a very special & memorable event.

For next year we look forward to continued growth in all programs from Preschool, Recreational, Competitive, AGG, and Gymnaestrada.



Thank you for all the support we have received from Federation, Clubs, & coaches. Looking forward to great year in coming 2014-15 season.

BCRSGF 2013-24 Annual Report

ZONE 6 YEAR END REPORT

Victoria Rhythmic Gymnastics Report

We enjoyed a great year season, with many new youngsters with the retirement of our senior Gymnasts in 2013 it has been a rebuilding year.

All ages, and lots of different levels and a great deal of fun, we continue on our Gymnaestrada routine and have performed it at our mini competition, Snowflake, and will in the June year end.

We have enjoyed the participation of the Victoria Special Olympians in our events this past year. All the best to those attending Nationals

We were blessed to have Alixis Sutton the Flexibility expert for a second time in 2014 and have booked her to help us with our training on August 15th as well. We have quite a few precompetitive kids that have travelled and participated in Olympia's and Oragami's competition Great fun, and our Westcoast Beach Carnival Routine for Calgary was well received. Ages 7 to 51 and such a blast.

Thankfully we have linked up with South Cariboo to prepare for Helsinki, and we are grateful for their participation, they have visited us a few times and will be at the June 9 performance. We all head to Calgary (20 participants 1 manager) and we will enjoy the National Gymnaestrada together. Unfortunately those retired seniors will be back for Helsinki, but Graduation festivities conflict with the Long weekend Gymnaestrada.

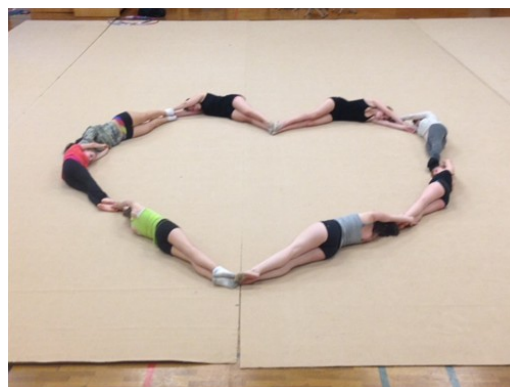


Due to timing we have not participated/lead a BC Team performance for the upcoming National Gymnaestrada, but we would offer our performance in Video and invite all members of other clubs to join with us in the unbelievable experience of World Gymnaestrada 2015 Helsinki.

I hope all is good throughout the province and wish everyone a great summer. Thank you for all of the support from our zone reps

Monika, Helena and for Marta's support in the Gymnaestrada endeavours

Submitted Barb Bishop, Victoria RG www.victoriarg.com



BCRSGF 2013-14 Annual Report

Program Coordinator Report

2013-14 was another busy year for all the Rhythmic gymnastic athletes, coaches and judged in BC. The funding that were provide to our PSO from the Government of BC and The Gaming Policy and Enforcement Branch gave the opportunity for us to keep and deliver more new programs in BC. Our membership is growing steady each year and all the extra income we get form the membership we were able to used it towards out programming.

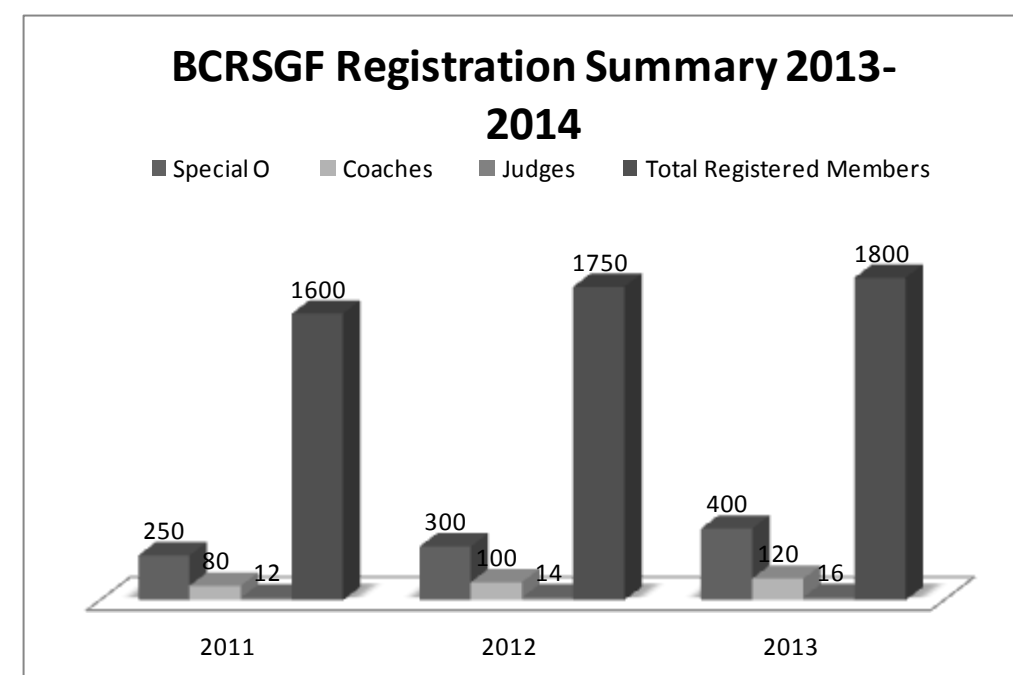
With the help of the members clubs BCRSGF delivered Summer camps in five of our zones. We run the "Ballet Program". BCRSGF offered NCCP Level 1 in Vernon, Vancouver and North Vancouver. Also run two clinics for Special O in Vancouver and Richmond. BCRSGF was also able to deliver the School program ten Different communities in BC.

Our regional coaches did numerous clinics with the target athletes throughout the year. The result of their hard work was the excellent performance of the BC athletes. We have six BC athletes on the Canadian National Team

BCRSGF co Hosted BC Provincial Regional Championship in April 12- 13th 2013 in Vancouver.

PARTICIPATION:

Registration numbers have increased moderately in recent years as illustrated in the following graph. We have one new members club on the Island. Island Rhythmic which is located in Victoria.



BCRSGF 2013-24 Annual Report

Coaches – This year we had NCCP Level 1—Gymnastics Foundation coaching course organized Vancouver and North Vancouver BC. We had 39 participants that successfully passed the Gymnastics Foundation part.

We had a NCCP Level 1 Theory and Rhythmic in Vernon. We had 12 coaches that passed the courses.

The course facilitators were Marta Kroupa and Kate Klose

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 – Megan Magid successfully passed the New Code of Points exam and she is the only one Brevet judge from BC that is FIG certified.

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, Lisa Hah, Chrisy Chang, Jessica Ho, and 2 Juniors : Kaley Choi and Cindy Hah. Kamena Petkova was nominated as the coach of the year by Gymnastic Canada. Our BC Athletes had excellent performers at Elite Canada.



Kalsey Anderson represented Canada at Universiada 2013– in Kazan, Russia

Annabelle Kovacs, Lisa Huh, and Kaylie Choi represented Canada at Aeon Cup in Japan in the fall of 2013

Annabelle Kovacs competed at the World Championships in Kiev .

Annabelle Kovacs and Cindy Huh competed at Pacific Rim in Vancouver 2014.

We had 68 Gymnast attended Western Gymnaetrada in Nanaimo. This is a very big increase from the 15 athletes that use to participate. From only two clubs that participated in Gymnaestrada events we have now 6 clubs.

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 2013-14 Annual Report

Olympia Rhythmic Gymnastics Report

2013-2014 was a very successful season for Olympia Rhythmic Gymnastics. Our competitive team both at the Provincial, Western & National level has continued to grow over the past few years. We began our competitive season with an international competition in Seattle. We took 10 girls from our competitive team and saw many of our girls shine in their first competition of the season. Next up was Vernon for the Queen of Hearts Invitational. Olympia was represented by 4 of our provincial girls, 6 Western stream gymnasts and 4 of our National girls. As always this competition was one of our team highlights and the girls really enjoyed the weekend. We also sent to our of our Juniors to Elite Canada in February.



March was a very busy month for Team Olympia. We began the month by hosting our own competition, Olympia Cup with over 100 gymnasts competed. Next was Planet Cup where again our club was well represented and our team enjoyed the event very much. March ended with Zone 5 competition and then we headed into provincials. At BC provincials, Nina Rogers emerged as the level 4B provincial champion! Another big highlight in April for Olympia's Jenna Chan and Emily Bernard was the opportunity to perform at Pacific Rim! The girls had so much fun participating.



We took 7 of our girls to Westerns in Winnipeg and had an excellent showing. Eryka Shultz (1st place in Free), Maya Schiller (2nd place in Free and 4B Bronze Medalist), Nina Rogers (Earned 4 Gold medals and was All-Round Western All Round Champion!!). At the National Novice level Jenna Chan was 3rd place in Hoop/4th All Round, Emily Bernard was 3rd in Rope /All Round Bronze Medalist, Isabel Todorova was 1st in Clubs, 3rd in Hoop and 4th All Round in the Junior category.

In early May many of our younger gymnasts participated in All Stars Competition In Maple Ridge and had a super time! Finally, the club with the help of our parent association are busy preparing for Nationals where we will be represented by 3 girls Jenna Chan & Emily Bernard (Novice) and Isabel Todorova (Junior). We will finish our year off with our year end gala in June, our summer camps in July/August and our 6th annual Olympia Team BBQ!

BCRSGF 2013-24 Annual Report

Our competitive season began early this year with three of our national stream gymnasts – Allie, Lena and Polly – travelling to Europe. They competed on two consecutive weekends in late October and early November, first at the Happy Cup in Ghent, Belgium and then at the 5th Pécs Cup in Pécs, Hungary. The experience was priceless and the girls made lots of memories and new gymnastics friends. The medals they brought home were great, but even better was the inspiration they got from training with and competing alongside some amazing gymnasts.



Various members of our competitive team (which consists of 30 gymnasts) attended many competitions between January and May, including the Las Vegas Invitational, Elite Canada, the Queen of Hearts, the Olympia Cup, Zone 5 Championships, the Planet Invitational, the Origami Invitational, the Jusco Invitational, both BC Provincial Championships, Western Canadian Championships and Canadian Individual Championships – in total our team attended 14 competitions over the 2013/2014 season! We are very proud of our two Western Canadian Champions, our 4 BC Champions, our medalists and our gymnasts who qualified for Nationals.

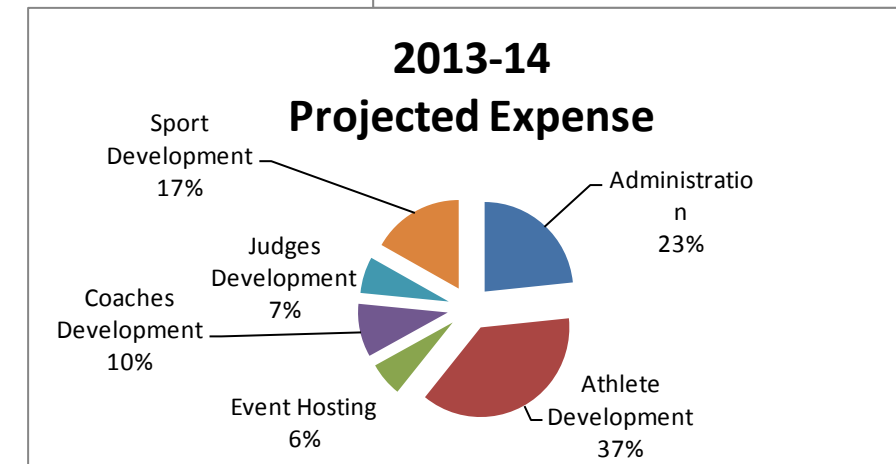
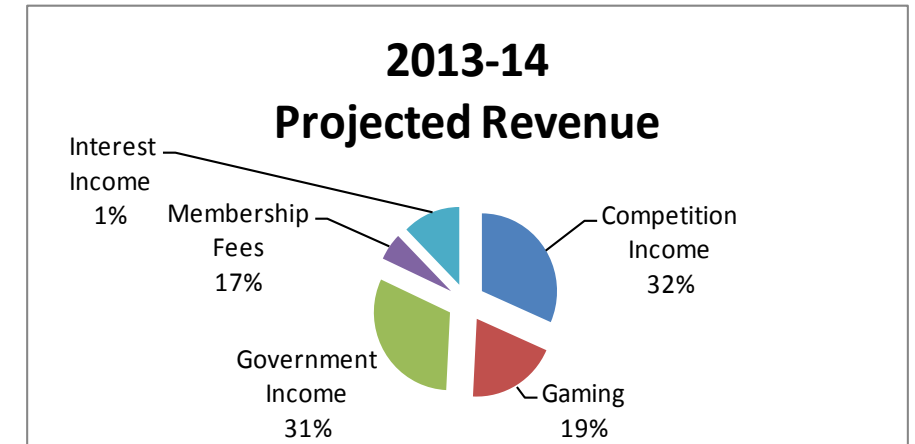
The jewel of our season was the 13th annual Planet Rhythmics International Invitational held in March. This year, once again, our competition had an international flavour, bringing together 225 gymnasts from 13 clubs and 4 countries (Russia, Hungary, Canada and the USA).

Our club continues to expand at both the competitive and recreational level. This year we were very pleased to be able to open our third location: a large, dedicated studio space which serves our rhythmic gymnastics program as well as our developing aesthetic gymnastics program. Our annual holiday and year-end galas joyfully showcased our recreational, precompetitive and competitive gymnasts.

It's been a great year all-round!

BCRSGF 2013-14 Annual Report

2012– 2013 INCOME AND EXPENSE GRAPHS:



PARTNERSHIPS

We still have a very strong Partnership with Gymnastics BC and Special O.

I would like to thank the Board of Directors for their enormous support during this year, and especially the president, Adrienne Arnold, VP Finance Director Diana Zoe Coop and Treasurer Lori Fung .

I want to tank to all the volunteers that helped during all the BC events in 2013-14.

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

Respectfully submitted,

Sashka Gitcheva

Program Coordinator

BCRSGF 2013-24 Annual Report

BC RHYTHMIC GYMNASTICS FEDERATION – PRESIDENTS REPORT MAY 2014

This year has flown by so quickly for all of us I am sure. There have been meetings to attend with our funding partners, reports to file to show our programs are ever expanding and in general to demonstrate the growth and stability and organization of our sport in this province. The feedback we are getting from those meetings with the government and our funding partners is that we are a highly functional, active, growing and successful sport in this province. With my view spanning now over twenty five years of volunteerism in Rhythmic Gymnastics in both BC and Canada, I can certainly attest (as can a handful of other colleagues involved in BC) to the favorable position in which we now find ourselves in comparison to even just ten years previous. In my opinion it really all gets down to a few things – the unusual and ongoing strong commitment of our dedicated volunteers who hold together and guide this ship, to our very supportive parent volunteers who show up year after year to assist in running our large events, to our amazing staff person Sashka Gitcheva (who does it all), to our now many talented and extremely dedicated professional coaches who put in more hours than any of us can imagine developing their athletes and finally but not to be minimized, the dedication, talent and will of our incredible athletes that continue to astound all of us with their performances at all levels of the sport. We are a force to be reckoned with across the board and our results across Canada over and over drive that point home.

Positive highlights continue to be the success of our athletes at regional, national and international events and the continued development in our clubs of strong participants at recreational, performance, Special O, and both provincial and national stream competitive levels. Thanks to our very talented Coaches and Judges for all the work and support they offer our athletes at all levels. A special “thank” also in the area of development must be extended to the BC Provincial Government for their financial support and the recognition and commendations they have expressed to us with regard to our sport development model.

Membership and Club numbers have both increased this year indicating that the sport is continuing a growth in popularity in BC. A special thanks to Aura Rhythmics for hosting the Western/National Stream BC Provincial Championships and to Adagio Rhythmic Academy for hosting the Provincial Level athletes’ BC Provincials in conjunction with their Millennium Cup International Invitational. Both the events were very well run and successful. We are looking forward to hosting Western Regional’s next season in a new facility in Burnaby and we have also put in a bid for Nationals next season which we would again host at the Oval in Richmond. Nationally GCG is going through some big staffing changes and as I understand, changes in general. I will attend the National Meetings June 13-15 in Ottawa and will have a fuller understanding of things to come. I wish all members the best and a good restful summer break ahead. Challenges as always await us each season, but with continued good will, co-operation and good communication, we can look forward to the continued growth and development of this beautiful sport in BC and Canada.

Respectfully Submitted,

Adrienne Arnold, President

BCRSGF 2013-14 Annual Report

Between Provincials and Westerns Kamena and Cindy competed at the Pacific Rim competition, and then headed to Daytona, Florida, in May for the Junior Pan Am Championships, where Cindy made all 4 finals with her best competition of the season.

As you all know Aura Rhythmics is relocating next year after 18 years at Talmud Torah school, due to renovations and rebuilding of their existing gym. Once the gymnasts are settled in the new space we look forward to seeing everyone at our facility.



At this time we would like to thank the BCRSGF for the continued support provided to the athletes in the club. The dedication of Executive Director Sashka Gitcheva has been instrumental in all BC athletes having the provincial support necessary to train, compete, and travel in the past season. Best wishes for a great summer for everyone.

Respectfully submitted,
Diana Coop Nerman
Zone 4 representative

ZONE 5 YEAR END REPORT

Planet Rhythmics Annual Report

2013/14 was another very successful season for Planet Rhythmics! We started the year with our signature August summer camp: running alongside the ocean, working with apparatuses, stretching by the sea, tanning and strengthening, dancing and having fun!

BCRSGF 2013-24 Annual Report

ZONE 4 YEAR END REPORT, MAY 24TH, 2014

Zone 4 athletes, coaches and families had a satisfying and successful year in sport. The culmination of months of hard work sees 10 Aura athletes qualify to Nationals next week in Ottawa, making Aura the most of any club in Canada. This is a testament to the work not only of the coaches, but also the gymnasts, who have been motivated and dedicated from the start of the season.

Kamena, Annabelle Kovacs, Lisa Huh, and Kaylie Choi earned an assignment to Aeon Cup in Japan in the fall of 2013 via their ranking at Canadian championships last season. This was an exciting competition to participate in, and gave the athletes a chance to compete alongside the top ranked athletes worldwide. Annabelle then a prepared with Kamena and travelled with Teresa Orr, Svetlana Joukova, and Patricia Bezzubenko to World Championships in Kiev. After their return everyone in the club began training new choreography and routines, and the next competition all national athletes competed at together was Queen of Hearts in Vernon. This was a fantastic competition, and a real boost before re ranking at Elite Canada in Edmonton.

Many thanks to the Vernon community and Okanagan Rhythmics for their support. The competition also served as the Zone 4 Championships for all the Aura National Stream girls. The Western stream athletes and all Provincial bound girls competed at a very enjoyable zone championships held at our Musquem training centre at the end of February.

March saw Kamena, Cindy Huh, Annabelle Kovacs, and Megan Hamilton of Okanagan Rhythmics enroute to Budapest, Hungary for a prestigious international event for juniors and seniors.



Aura then headed to Westerns in Winnipeg in April after a good Provincial showing with 15 athletes qualifying to Westerns. Thanks to all the coaches, parents and judges from across the west who made both National Stream Provincials, (hosted by the parents and athletes of Aura), and Westerns, memorable competitions for the girls. We know how hard you worked on those successive very long weekends.

BCRSGF 2013-14 Annual Report

CDC Committee Report 2013/2014

Submitted by CDC Chair: Megan Magid

The CDC Committee met 2 times this season. The main technical topic of discussion for the CDC Committee this season was a slight re-vamp of the BC Provincial Stream Program (Interclub – 3) to bring it more in line with the GCG Technical Program. For the upcoming season we need to continue to look at ways to make the New Code of Points work better for our developmental (interclub-Level 3) athletes as there is definitely a gap in this area as the New Code of Points is not geared towards grassroots development, but rather elite level National and International Athletes. We need to seriously look at ways to use the spirit of the Code of Points but have the rules geared more towards fundamental apparatus and body skills to insure the building blocks for the future of these young athletes is in place. After judging the recent May 16th BC Championships it became very apparent that a new developmental system for the work with apparatus needs to be implemented. I have made notes on proposed changes and am looking forward to presenting them at our last meeting of the season in June 2014. Another initiative which came out of the CDC this season was new BC Team Jackets. Thank you to Diana Coop Nerman and Sashka Gitcheva for all of your work on coordinating the design and purchase of these new team jackets - all of the BC Team Members have been wearing them proudly this season!

I am happy to report that we continue to have success in the mandatory participation at Zone Competitions (and the submission of the official computer results). Thank you to all of the Zones for your efforts in this area. The 2013 Elite Canada and Group Nationals (newly open competition) were held in Alberta this year. The BC Team again showed its strength with 3 finishes in the top 10 for the Junior and Senior categories. The 2014 BC Provincial and National Stream Championships, hosted by Aura, was again a huge competition with all of the athletes who were planning on attending Westerns 2014 in attendance. Thank you to Sashka Gitcheva who almost single handedly ran the event (scoring, line judging, awards, set up, judges food) you are truly amazing and to Aura and your volunteers for taking on the hosting of this event. Member clubs continue to organize Invitational Invitational's which offers great opportunities for BC athletes to compete with athletes from across Canada and around the world on their home turf. Thank you to Adagio Rhythmic Academy for hosting the Level 1 Invitational and Level 2-3 BC Championships on May 16th at the Richmond Olympic Oval. It was especially wonderful to see SCRG (South Caribou Rhythmic Gymnastics) participating in their first ever BC Championships - we are really thrilled to see the development in Zone 7! With the implementation of the recommendations of the LTAD we did see a decline in attendance in the Level 1 Invitational Category and it again became clear that the Level 2-3 BC Championships is a very small competition and not able to stand on it's own and be financially viable.

BC continues to be a force to be reckoned with on the Competitive Scene regionally, nationally and internationally, with many of our athletes taking top placements at the events they participated in. This season BC has 3 Seniors and 3 Juniors in the High Performance Pool – Congratulations to Annabelle Kovacs, Kaylie Choi, Cindy Huh, Cassandra Vallinho and Megan Hamilton.

BC was again the largest contingent at the 2014 Western Regional Championships held in Winnipeg, Manitoba. Team BC again dominated the field in all competitive categories winning the majority of the AA Titles and many medals in each level of competition – congratulations to all of the Team BC Members. The 2014 National Championships are just around the corner (May 27-31, 2014) and we are expecting strong placements for our talented Novice, Junior and Senior Athletes when they test their mettle at the Raven's Nest at Carleton University in Ottawa.

It is my hope that going forward into the 2014/2015 Season that all of the clubs in BC can foster a positive presence on the BC scene and work together in a constructive and inclusive way. A huge thank you to Sashka Gitcheva and President, Adrienne Arnold for their tireless work on behalf of the BC Federation – you can always count on Sashka and Adrienne to go the extra mile in the best interest of the Federation - thank you as well to Judges Chair Diana Coop Nerman and long time Board Member Lori Fung for all of your input and time and efforts!. In closing I would like to extend a special thanks to my fellow CDC committee members for another productive season of development and excellence in BC.

Respectfully submitted,
Megan Magid

BCRSGF 2013-24 Annual Report

Competitive Development Committee Coaches Chair Report

Submitted by: Kate Kloos

May 25, 2014

NCCP Courses Hosted: July 2013 – June 2014

GF Part 2 Theory (Kate): October 6, Vernon, 5 coaches

GF Part 3 RG (Marta): October 5, Vernon, 9 coaches

GF Part 1 Intro (Marta and Kate): January 4/5, Vancouver, 15 coaches

GF Part 1 Intro (Kate): May 24/25, North Vancouver, 17 coaches (8 RG coaches)

GF Part 3 RG (Marta): June 8, North Vancouver, estimated 18 coaches

GF Part 2 Theory (Kate): June 15, North Vancouver, estimated 18 coaches



New NCCP Program

We are still facing many challenges with the new Gymnastics Foundations program, which replaces Level 1 in our NCCP programs. Most RG clubs and head coaches still do not understand the new program, often resulting in the coaches not participating in the programs at all. Coaches have expressed concerns over how GCG is expecting them to deliver recreational classes, as it is quite different than the norms at many of their clubs.

While there admittedly some challenges with the new Foundations program, specific to rhythmic, we are doing the best we

can, and for the most part, Marta and I both agree that the content of these courses will help our coaches to deliver safe, appropriate, effective and enjoyable classes at a recreational level.

That being said, we are seeing an improvement in expressions of interest for coaching courses, and the coaches who are attending the courses are very receptive to the course content. I would hope that we can see this energy continue as we continue forward.

Special Olympics Coaches

As per the CDC motion, as long as we have a course that will run independently of SO coach registration (usually 8 coaches), all SO coaches can participate in any BCRSGF hosted NCCP course for the cost of books only. SO coaches have been taking advantage of this offer, and we hope that more SO coaches will participate in NCCP training next season. SO coaches make up a large portion of our coaching population, and most enter their coaching positions with no gymnastics or dance background. SOBC does not require that coaches take their sport-specific training, so many locals are not able to pay for courses that are not required. I hope that in supporting these coaches in NCCP training, they will be better able to support the SO athletes who are representing BC in the National and World Games.

To further coach training, Mario Lam has been making great efforts to keep the SO community connected with the RG world, and help to bridge the gap that coaches have in identifying skill progressions. Coaches were invited to sit at the judges table at both the Surrey and Richmond invitational competitions, to receive verbal and written feedback about the National level athletes, and had some opportunities to discuss training strategies to correct the errors.

BCRSGF 2013-14 Annual Report

To wrap up the season we are thrilled to debut our brand new Adagio Rhythmic Academy website and blog as well as moving to a new business model of on-line registration. We are also looking at fresh new ways to bring the sport of Rhythmic Gymnastics to Vancouver Families - stay posted!

2014 Summer Camps for Recreational and Competitive athletes are also in place for Adagio Rhythmic Academy programs in North Vancouver, Lower Mainland Community Centre Programs, "Summer at Saint Georges" and the 4 week Vancouver Competitive Camp in Vancouver - we are excited to welcome guests from South Caribou Rhythmics and from US clubs to our Vancouver camps this year!

We look forward to closing this amazing season with our Annual Year End Show – Parade of Champions, June 13th 2014 to celebrate all of the achievements of our wonderful athletes, coaches and supporters. We wish the other Zones and BCRSGF Members a wonderful summer break and look forward to seeing everyone again in the 2014-2015 Season!

News from Origami Rhythmics:

It was a busy but overall a successful season for us.

The club is growing, now we have over 100 gymnasts (recreational and competitive athletes).

During the 2013-2014 season:

- 1) We had a great Christmas Show in December 2013,
- 2) Participated at 7 competitions in 2013-2014 season (Queen of Hearts, Olympia Cup, Zones 3, Planet Rhythmics, BC Provincial for Nationals & Westerns in April, All Stars, BC Provincials Levels 1-3 in May.
- 3) Hosted 3rd All Stars invitational where over 90 gymnasts from various clubs took part (Elite, Planet, Olympia, Origami, Victoria RG, South Cariboo RG).



BCRSGF 2013-24 Annual Report

Level 5C for Cameron Sprague (Gold Medal for Choice, Silver Medal for Clubs), Caroline Taylor (Bronze Medals for Rope and Clubs), Samantha Hai (Silver Medal for Choice) and Mikayla Bruendl out of 16 athletes, 3rd AA for Marie Sion in Level 6B (Silver Medal for Ball and Bronze Medal for Choice).



In the National Categories for Novice Juna Kim Placed 9th AA (8th in Free), Gracie Park 11th AA (7th In Hoop) and Cecilia Moreno 12th AA out of 27th Athletes and All 3 of our Novices Qualified to Nationals. In the National Junior Category Erika Bernard was 2nd AA and Gold Medallist for Ribbon and Bronze Medal for Ball, Maria Liaskas was 8th AA and 5th in Ribbon, 6th in Ball and 8th in Clubs, Hannah Wang placed 13th AA with an outstanding 4th place in Hoop in her first year in the Junior

Category, in the Senior National Category Hanul Seo placed 5th AA (Silver Medal in Clubs, 5th in Ball and 4th in Ribbon) and Joanna Zajackowski was 7th AA with (Silver Medal in Hoop and 5th in Ribbon).

Millennium Cup was hosted May 17-18th at the Richmond Oval. It was great competition to prepare the girls qualifying to Nationals as well as the final competitive event of the season for our Westerns Stream Athletes. It was a very friendly competition with clubs representing BC, Western Canada and USA in attendance.

Adagio Rhythmic Academy Maple Ridge and Coquitlam had a great season with National Senior, Jenna Little, qualifying to Nationals in her first year in the National Senior category and Erika Bernard winning AA BC Provincial Championships Junior National Title as well as Placing 2nd AA at Western Regional Championships (with a Gold Medal in Ribbon) and Gracie Park Placing 3rd AA at BC Championships in the National Novice Category and qualifying to the 2014 Nationals. Olivia Sun, Christina Xie, Eszter Benedek and Amelia Helmus all medalled at the BC Championships and Eszter and Amelia also medalled at the Western Regional Championships. We are excited to welcome a new coach to the Coquitlam Program in September to kick start the 2014-2015 Season.

2014 National Championships brought qualification of 8 of our 10 National Level Athletes to this prestigious event. Many personal bests were achieved and lots of wonderful memories were made this season as the Adagio Rhythmic Academy athletes continue to work hard and improve under the guidance of their coaches.



BCRSGF 2013-14 Annual Report

High Performance Coaches

Personally, I've had little communication with our HP coaches and what their needs are. I would encourage those coaches who are working with National Team and National athletes to please let the federation know what we can do to better support them.

Recommendation July 2014 – June 2015

NCCP:

Gymnastics Foundations: As the courses this year have been well attended, I would suggest BCRSGF make an attempt to run these courses (all three parts) twice annually; Once in the lower mainland, and one other (Victoria, Vernon, or other, as needed). Ideally, we would offer one set in the fall (eg. GF Intro Part 1 in September/GF Theory Part 2 and GF RG Part 3 in December) and the other in the spring. Trying to have some consistency in when we offer the courses can help clubs and coaches better plan their coach training.

Level 2 Theory (Intro to Comp Part B): I would suggest BCRSGF hosting this 1.5 day course, in the fall of 2014 or spring of 2015, given the success of GF in the previous year. While BCRSGF does not need to host a course, there are not many courses running in the province, and this is another possible revenue source for the federation, as we can open registration to other sports.

Level 2 Technical: As previously mentioned, with the success of GF in the previous year, it makes sense to run a Level 2 Technical in the fall of 2014 or spring of 2015.

Level 3: No plan, until after a successful level 2 technical has been hosted.

Other suggested coaching courses/workshops:

For the spring of 2015 (or late fall, even), I'd encourage the federation to consider offering the following workshops to our coaches:

Recreational Development: Aimed at helping coaches working with recreational level athletes, to keep ideas fresh, and to further develop the ideas they would have gotten in their GF courses

Performance Development: Aimed at helping coaches who are working with groups who are primary performance based, while not competitive (gymnaestrada).

Provincial Competitive: Aimed at helping coaches working specifically with provincial level competitive athletes, learning how to best make use of the COP, scripting, etc.

Special Olympics: Aimed at helping SO coaches put together group daily lesson plans, seasonal plans, how to incorporate more fitness activities in their programs, and how to assess how well a skill is being performed, and what exercises can help correct the errors.

The more that we are able to support our coaches in their development, the stronger our province can be as a whole.

BCRSGF 2013-24 Annual Report

ZONE 2 REPORT

~submitted by Mari Mitri & Curtis Andreotti

It's been another busy year!

Kelowna Rhythmics, with Coach Svetlana Rasseko, continues to offer small recreational programs in both Winfield and Kelowna. This is welcome news as the Kelowna francophone school, L'École de l'Anse-au-Sable, had originally ended its arrangement with Kelowna Rhythmics and later changed its mind, offering Friday evenings.

Vernon's Okanagan Rhythmic Gymnastics Club, with head coach Camille Martens, has had another successful year. This season the club has offered parent & tot, preschool, recreational, gymnast, development, competitive and elite programs as well as summer camps. Programs are full and we have a waitlist!

Highlights include:

In July, Kelsey Anderson, along with Olympian Kelsey Titmarsh and Coach Tatianna Katsenkava of Ontario, competed at the Universiade in Kazan, Russia.

In October, Marta Kroupa joined Camille Martens in delivering Level 1 coaching courses.

In November, athletes, coaches and community members performed multiple shows of Aladdin at our Vernon Performing Arts Centre. Again this year, our athletes raised funds to sponsor school shows. Yay Team!

In January, a team of athletes traveled to the Las Vegas Invitational. From Vegas, a group of athletes continued on to compete at LA Lights Invitational.

February began with our Okanagan Rhythmics Association (ORA), hosting a successful Zone 2 Championship coupled with The Queen of Hearts Invitational. Athletes from BC and Alberta attended. Mid-month, Okanagan athletes traveled to Elite Canada in Edmonton where Megan Hamilton qualified to The Junior National Team Pool J. From Edmonton, Junior Megan Hamilton and Senior Kelsey Anderson, along with Coach Camille Martens, headed off to the F.I.G. KFK Gracia Cup in Budapest, Hungary.

It was a brief stay at home in March for Megan Hamilton, who headed back to Hungary with Coach Kamena Petkova, Junior Cindy Huh and Senior Annabelle Kovacs from Aura Rhythmics, to compete in the MTK Cup Junior International Tournament held alongside The World Cup in Debrecen. At the end of March, almost our entire competitive team travelled to Vancouver for The Planet Invitational.

April began with Provincials held in Vancouver attended by all of our athletes headed to Westerns. Sunshine Cup, held at our gym, provided younger athletes with opportunity to gain competition experience. A strong team of 18 Provincial and National Stream athletes traveled to Winnipeg for Westerns bringing home many top 8 finishes and qualifying 5 athletes to Nationals.

Happy Cup was held in May for local competitors. Later in May, 6 athletes will head to Nationals in Ottawa.

The season will come to an end in June with fun events for athletes and parents and our Gymnaestrada Team off to Calgary.



BCRSGF 2013-14 Annual Report

Zone 3 Report - June 2014

Submitted by Megan Magid - Zone 3 Representative

Home of Adagio Rhythmic Academy, Grace Rhythmics and Origami Rhythmics

News from Adagio Rhythmic Academy:

Our December 2013 Annual Holiday Gala performance was the largest event ever with 500 + parents, athletes, volunteers and coaches in attendance - it was an exciting showcase of development from newcomers to rhythmic to the top National Level Athletes in the club.

Our National and Westerns Stream Athletes kicked off the season with 2 International Invitationals. First up was Seattle Cup January 12, 2014 hosted by Seattle Rhythmic Gymnastics. In Level 7 Palas Scandolari won Gold in Ball and Amelia Helmus won Gold in Ribbon, in Level 8 Cecilia Moreno was the AA Champion, while in Level 8 JrB Caroline Taylor was first in Rope, Hoop and Clubs and Cameron Sprague was 1st in Ball and 2nd and Clubs and Mikayla Brunedl was 2nd in Ball and 3rd in Clubs and Rope, in Level 9 Jr Erika Bernard was 3rd AA (2nd in Hoop and 3rd in Ball and Clubs), Maria Liaskas was 5th AA (Bronze medal in Ribbon) and Hannah Wang was 6th AA, for Level 9 Sr Hanul Seo was Gold Medallist AA (Gold in Hoop, Ball, Ribbon), Joanna Zajackowski was Silver Medallist AA (Gold in Clubs, Silver in Ball), Jenna Little was 4th AA (Silver in Ribbon) and Sarah Benjamin was 5th AA (Silver Medal in Hoop Bronze in Ball). We took 16 of our National and Westerns Stream athletes to this event as a great ice-breaker competition to start off the season. Next up was LA Lights January 24-26, 2014. Hanul Seo was 8th AA in Level 9 Senior out of 31 competitors and received a Bronze Medal for Clubs and 5th for Ball.



Zone 3 Championships was hosted by our club and was held March 9-10th 2014 at the Hellenic Centre. Zone 3 Championships is the largest Zone Competition in the province a full 2 day event with over 89 athletes from the 3 member clubs.

On the Provincial, Westerns Competitive front, Adagio Rhythmic Academy took top placements in all categories (Level 3B-Level 9 Senior) at the 2014 BC Championships and had the largest and strongest contingent at the 2014 Western Regional Championships showing a lot of depth with top 8 finishes in Level 3B (Erin Cho Sik-Sik placing 4th AA and Bronze Medal in Free, Vanessa Chan 5th AA and Sophia Chong 6th AA and Bronze Medal in Hoop out of 19 athletes), 6th AA for Cloe Fix in Level 3C (Bronze Medal for Free), 2nd AA for Eszter Benedek in Level 4C (1st Place in Rope), 3rd AA for Palas Scandolari (1st Place in Ribbon) and 4th AA for Amelia Helmus (Bronze in Choice) in Level 5B in competition against 26 athletes, 2nd, 3rd and 5th and 6th AA in