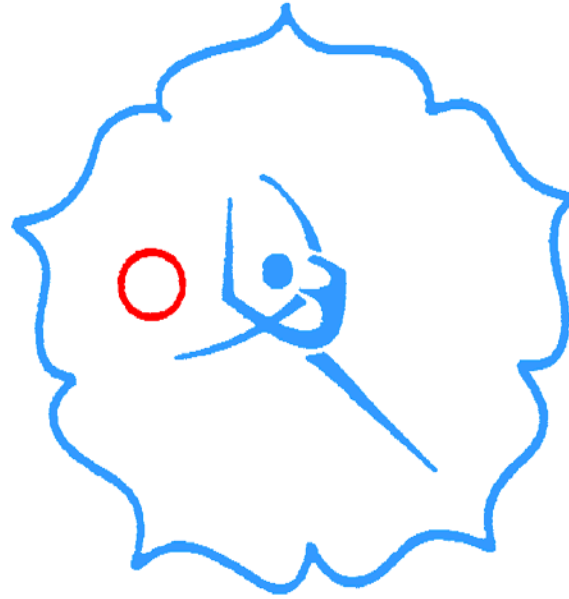


# BC Rhythmic Sportive Gymnastics Federation



## Annual Report 2014 - 2015



We

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

## BCRSGF 2014-15 Annual Report

### Board of Directors

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

### Competition Development Committee

Committee Position	Member
Competition Development Committee Chair	Kamema Petkova
Judges Chair	Diana Nerman
Coaches Representative	Kate Kloos
Zone 2 Representative	Brie-Anne Macpherson
Zone 3 Representative	Megan Arnold
Zone 4 Representative	Demetra Mnatcheva
Zone 5 Representative	Daniela Todorova
Zone 6 Representative	Angela Frattaroli

### Staff

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

## BCRSGF 2014-15 Annual Report

# Program Coordinator Report

2014-15 was very busy and successful 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.

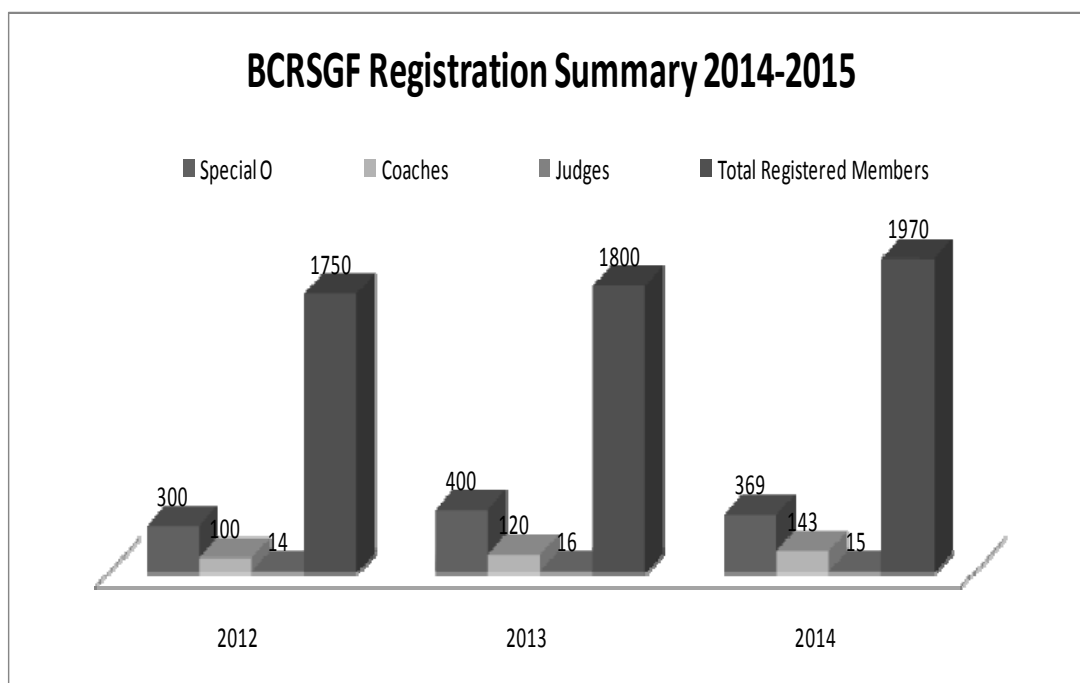
With the help of the members clubs BCRSGF delivered Summer camps in five of our zones. We run the "Ballet Program". BCRSGF offered NCCP Level 1 in Vernon, Vancouver and North Vancouver . Also run two clinics for Special O in Vancouver and Richmond. BCRSGF was also able to deliver the School program ten 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 10– 12<sup>h</sup> 2015 in Burnaby, 2015 Western Regional Championship April 22-26th in Fortius Burnaby, 2015 Canadian Championships May 21-24—Richmmond Olympic Oval Richmond.

### **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 2014-15 Annual Report**

**Coaches** – This year we offered four times the NCCP Level 1—Gymnastics Foundation coaching courses. Vancouver, North Vancouver and Coquitlam. We had 49 participants that successfully passed the Gymnastics Foundation part.

We also run the NCCP Level 2 course and we had 8 participants that took the course.

The course facilitators were Marta Kroupa and Kate Klose

We are able to organized also Coaching workshops for Special O in Zone 6,3 and 5 .

**Judges** – Megan Magid— facilitated BC Provincial judges course in December . We had 11 participants and four judges passed successfully the Provincial course.

### **PERFORMANCE**

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

We entered this competitive season with 3 Senior in National Team members. Positions being held by Kaley Choi ,Lisa Hah, and Megan Hamilton. 2 Juniors : Cindy Hah and Cassandra Valinho.

After the Elite Canada we had five more athletes that entered in the High performance athletes list Juniors Isabella Todorova, Erika Bernard , Jaedine Andreotti, Abigail Burke and Senior HaNul Seo.

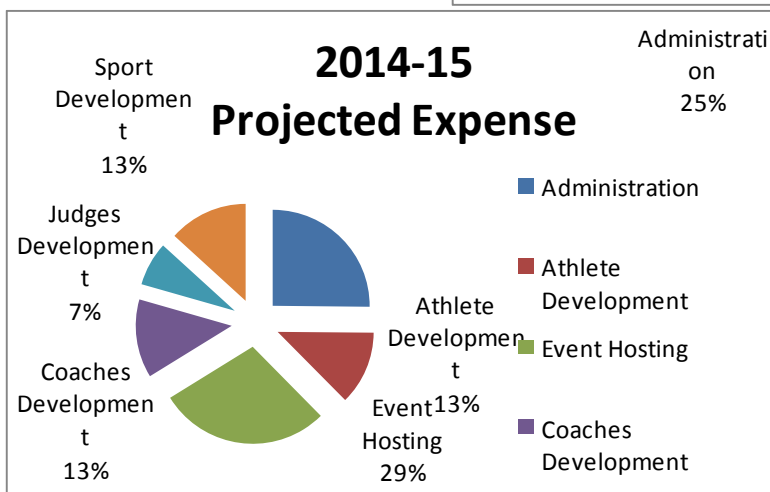
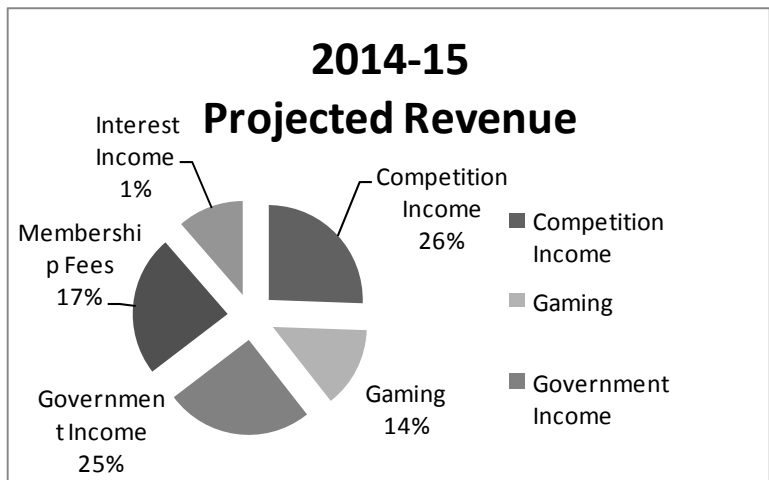
We had 98 Gymnast attended National Gymnaetrada in Alberta. This is a very big increase from the 15 athletes that use to participate. From only two clubs that participated in Gymnaestrada events we have now 6 clubs.

### **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 2014-15 Annual Report

## 2014– 2015 INCOME AND EXPENSE GRAPHS:



### **PARTNERSHIPS**

We still have a very strong Part-

nership 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 Adrianna Doanldson

I want to tank to all the volunteers that helped during all the BC events in 2014-15.

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

Respectfully submitted,

*Sashka Gitcheva*

Program Coordinator

## BCRSGF 2014-15 Annual Report

### BC RHYTHMIC GYMNASTICS FEDERATION – PRESIDENTS REPORT MAY 2014

The 2014-2015 Season has been a very busy but gratifying year for our Federation in many respects. But it has also been challenging for our staff, our volunteers and Board to keep up with .

We who have been around for many years now can sense that there is a different spirit emerging in the province and the feeling that accompanies this change we sense is nothing but positive. We see a spirit of professional co-operation at play provincially with a diverse body of volunteers representing the membership at the Board and Committee levels and we see a spirit of unprecedented co-operation at work in the positive and helpful relationships that are developing between the coaches and athletes from our various clubs. This is wonderful to see and refreshing to work with and encouraging for the future of the sport in this province.

We've undertaken some big tasks this season and I believe each event we worked on had very positive outcomes for our province as a whole and in some instances demonstrated to our member provinces across Canada and to our PSO that as a Province, we have a great spirit, great leadership and a willingness to do all of what it takes to grow and nurture our sport for the benefit of all gymnasts here and across Canada.

Beginning in the Fall, two events stood out as well organized, well run and well attended, in addition to the two big Canadian events we hosted:

BC Provincial Judging Course - Kudos to Megan Magid for all the time, work and expertise that she put into running this 2 day course. It was very well attended and having audited the course myself, I can see that we have not had a Provincial Course of this caliber and level of completeness in many years. All who took part expressed gratitude for the detailed knowledge that was shared so effectively. As a result of both written and practical examinations in Difficulty and Execution, we were able to certify some very well prepared new Club level and Provincial level judges who then were included this season on the judging panels for Zones, Provincials and even Western Championships.



Targeted Athletes Training Camp – all coaches of athletes on our target list of Juniors and Seniors were invited to take part (along with their athletes) in a once day camp held early December hosted by Adagio at the Hellenic Centre. Athletes did new routines and coaches gave each other feedback...there was a good exchange of ideas and information and athletes benefitted from the experience. Thanks to Planet, Aura, Olympia, Elite athletes and coaches for taking part.

Western Regional Championships – held at Fortius Sport Centre in Burnaby with Sashka Gitcheva at the helm, this was a well run, enjoyable and profitable event that we hosted for the western provinces. Thank you to Sashka (and her trusty band of volunteers including key volunteers Joel Bernard and Adrianna Donaldson) and to head judge Megan Magid for ensuring that this was a successful, positive and “on time” event. Thanks to all of you for the BIG job you took on and for your good spirit throughout.

Canadian National Championships – held at Richmond’s Olympic Oval, this four day event was certainly a challenge to get ready for falling so closely on the heels of Westerns. But thanks to all the preplanning and hard work of Sashka and her volunteers, I believe the consensus across the country was that this was a well run and very enjoyable event for all who participated and watched. Kudos to Sashka for organizing the special touch of Live Streaming of the entire competition by VIA Sport.

## **BCRSGF 2014-15 Annual Report**

The exposure and coverage rhythmic gymnastics received (free of charge) was truly amazing – the stats after the event were at 13,000 views from 90 countries and likely that has been surpassed in the few weeks since then. Thanks to the City of Richmond, The Vancouver Airport Hilton, Gymnastics Canada and the Provincial government for the various ways they contributed to the overall success of the event. And thanks so much to all our key volunteers who gave up 4 plus days of their busy lives to be there working and supporting our event and the athletes.

In Sashka Gitcheva's Staff Report, she will cover details of the membership and financial end of things. But suffice it to say we are in a good place on both the membership and financial front. As always a big thank you to Sashka for the enormous volume of work she takes on and completes for our sport – she is a remarkable person and we are so grateful for all you do above and beyond your job description and your scheduled hours!

I will report verbally to the Board on the positive meeting I had with new Gymnastics Canada President and CEO Peter Nichol. I am hopeful with the new national leadership and changes that they are in process of implementing that BC can look forward to our previously written concerns being addressed.

Our athletes continued to surprise and amaze us this season with their performances and with their success – congratulations to all of our clubs, coaches, officials and athletes for a job well done. We will end the season with our first ever Year End Board and Volunteer Celebration giving all those who worked so hard this year an opportunity to get together and honor each other for all the contributions made this season – thank you.

break and thank all the Board Members and volunteers who have contributed in big and small ways to the overall success of the BCRSGF events this season....we could not have managed without you!!

Respectfully Submitted June 2015

Adrienne Arnold, President

### **CDC Committee Report 2014/2015**

Submitted by CDC Chair: Kamena Petkova

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. We include the level 1 back to the provincial stream program and removed the scripts for level 1 to 3.

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 2015 Elite Canada and Group Nationals (newly open competition) were held in Manitoba this year. The BC Team again showed its strength with 9 finishes in the top 15 for the Junior and Senior categories.

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.

It is my hope that going forward into the 2015/2016 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.

Respectfully submitted,

Kamena Petkova

# BCRSGF 2014-15 Annual Report

## Competitive Development Committee Coaches Chair Report

May 25, 2015

### **NCCP Courses Hosted: April 2014-March 2015**

**It was busy year for us. We had more then 30 coaches that complete the three parts of Level 1**

GF Part 1 GF(Kate): May 24, North Vancouver 21 coaches

GF Part 3 RG (Marta): June 7th, North Vancouver , 16 coaches

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

GF Part 1 GF(Kate): October 18 and 19, Port Coquitlam 16 coaches

GF Part 2 Theory (Kate): January 3, North Vancouver, 16 coaches

GF Part 3 RG (Marta): January 4, North Vancouver , 16 coaches

NCCP Level 2 part 1(Marta) : September 20-21st Okanagan , 8 coaches

NCCP Level 2 part 2(Marta) : October 4-5 North Vancouver , 8 coaches

Special O Workshops :

September 20 ,Victoria

March 6th ,Victoria

This year we did audit to all the coaches that are active in BC and let them know what needs to be done

In order their coaches certification is up to date.





# BCRSGF 2014-15 Annual Report

## ZONE 2 REPORT

submitted by Mari Mitri

It's been another busy season at The Okanagan Rhythmic Gymnastics Club. This season the club has offered parent & tot, pre-school, recreational, gymnast, development, competitive and elite programs as well as summer camps.



### Highlights include:

In November, athletes, coaches and community members performed multiple shows of Storybook at our Vernon Performing Arts Centre. Again this year, our athletes raised funds to sponsor school shows. Yay Team! Later in the month, Coach Camille Martens and Jaedyn Andreotti headed off to the PASO Camp in Texas.

In January, a team of athletes traveled to the Seattle Cup. Later in the month, another team headed off to LA Lights.

February had our Okanagan Rhythmics Association (ORA), hosting a successful Zone 2 Championship coupled with The Queen of Hearts Invitational. Athletes from BC, Alberta and Saskatchewan attended. Megan, Kelsey Anderson and Coach Camille Martens headed off to Estonia at month's end to compete in The Miss Valentre Invitational.

In March, teams travelled to Olympia Cup and Planet Invitational in Vancouver. Mid-month, Okanagan athletes traveled to Elite Canada in Winnipeg. Megan Hamilton qualified to The Senior National Team Pool and Jaedyn Andreotti to The Junior National Team Pool J. Jaedyn and Camille also travelled to Lisbon, Portugal for The Lisbon International Tournament. We held a fun "In the Zone" event for the Level A and Interclub athletes in our gym.

April began with a team heading to The Spring Fling in Columbus, Ohio. Later that month, our teams headed out to Provincials and Westerns in Vancouver, bringing home many top 8 finishes. 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.

Sunshine Cup was held in May for local competitors. Later in May, athletes headed off to Calgary for a training camp with Chinook Rhythmics and then to Nationals in Vancouver.

All in one, a year of many successes!  
Thank you to BCRSGF and GCG for the opportunities!



## **BCRSGF 2014-15 Annual Report**

### **~ZONE 3 REPORT - JUNE 2015**

SUBMITTED BY MEGAN MAGID – ZONE 3 REPRESENTATIVE  
HOME OF ADAGIO RHYTHMIC ACADEMY, ORIGAMI RHYTHMICS AND GRACE RHYTHMICS

#### **News from Adagio Rhythmic Academy:**

The Hellenic Centre was the location for the first BCRSGF Team Camp in December 2014 for National Level Juniors and Seniors - it was a great initiative with almost all BC Team Members and their coaches in attendance it was an important and useful kick start to the Season. The sharing and feedback was great for the athletes and coaches alike.

Our December 2014 Annual Holiday Gala performance was attended by over 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.

To say this was a busy season is an understatement with participation in 12 competitions in 6 months! Our National and Westerns Stream Athletes kicked off the season with 2 International Invitational's. First up was Seattle Cup in January 2015 hosted by Seattle Rhythmic Gymnastics. We took 11 of our National and Westerns Stream athletes to this event as a great ice-breaker competition to start off the season. Next up was Las Vegas Invitation also in January 2015 where we brought 10 of our Westerns and National Stream athletes. This was a packed competition with a huge field of Level 9 Junior spanning over 4 rotations! All and all a very worthwhile and exciting competition for the girls. We wrapped up January travelling to Vernon for the Queen of Hearts Invitational - another great competitive experience and wonderful hospitality!

Zone 3 Championships was hosted by Adagio Rhythmic Academy at the Hellenic Centre. Zone 3 Championships is the largest Zone Competition in the province with a full 2 day event with athletes from the 3 member clubs as well as guest competitors from Zone 4 and 5

At Elite Canada in March 2015 - Erika Bernard and Hanul Seo qualified to Canada's National Team Pool through their Competition A and B ranking in addition, Gracie Park qualified to competition B in Hoop - congratulations! March finished with the participation of 20 of our athletes at Planet Rhythmics Invitational - it was a lovely competition with lots of extra thought and prizes for the gymnasts efforts - Thanks Planet!

In April Erika Bernard travelled to Kalamata, Greece with myself travelling as the Canadian Judge. It was an amazing experience for Erika to participate in her first FIG International European competition. Erika placed an amazing 4th AA and 2nd in Clubs in the preliminaries!!!! On the Provincial, Westerns Competitive front, Adagio Rhythmic Academy took top placements in many categories at the 2015 BC Championships Level 3C, 5C, 6B and Senior Level 9 BC Champions as well as many gold, silver and bronze medals in event. For the 2015 Western Regional Championships Adagio had the largest contingent showing a lot of depth with 3 of our girls becoming Westerns Regional Champions in Level 5C, 6B, and Junior Level 9 as well as many top 3 medals and top 8 AA finishes.



## BCRSGF 2014-15 Annual Report

Millennium Cup was hosted in May at the Richmond Oval. It was fantastic 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 and well run



event competition with over 175 athletes from clubs representing BC, USA and New Zealand in attendance. The cash prizes and gifts at the awards ceremonies added excitement and spice!

2015 National Championships brought qualification of 7 of our 9 National Level Athletes to this prestigious event.

Two of our National Level Junior gymnasts, Erika Bernard and Juna Kim are travelling with coach Ashley Lonsdale to Spain in June to participate in Vitry Cup - Good Luck!

2015 Summer Camps for Recreational and Competitive athletes are also in place for Adagio Rhythmic Academy programs in Lower Mainland Community Centre Programs, "Summer at Saint Georges" and the 4 week Vancouver Competitive Camp in Vancouver.

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. The 2014-2015 season also brought 2 new additions to our coaching staff - we are thrilled to welcome Daniela Rincon and Flavia Suarez both of these professionals are a wonderful fit to our team.

We look forward to closing the 2014-2015 season with our Annual Year End Show – Parade of Champions, June 19<sup>th</sup> 2015 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 2015-2016 Season!

### **News from Origami Rhythmics:**

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

The club is growing, now we have over 120 gymnasts (including recreational and 42 competitive athletes).

During the 2014-2015 season:

- 1) We had a great Christmas Show in December 2014,
- 2) First year we have a National stream gymnast
- 3) Participated at 10 competitions in 2014-2015 season (Queen of Hearts, Olympia Cup, Zones 3, Planet Rhythmics, BC Provincial for Nationals & Westerns in April, All Stars, Canadian individual championship, BC Provincials Levels 1-3 in June.) + 2 invitationals in USA.

4) Hosted 4th All Stars invitational where over 90 gymnasts from various clubs took part (Planet, Olympia, Origami, Victoria RG, ).



## BCRSGF 2014-15 Annual Report

### ZONE 4 REPORT :June 2015

After a lengthy search, Aura Rhythmics finally found two beautiful permanent training gyms to call home. We are very thankful for the management team at the Richmond Olympic Oval who have supported our inclusion as a Sport Partner, and provided our athletes with dedicated training space. This has made a tremendous difference for all our coaches and athletes.

We also secured a new Westside gym at Norma Rose Pointe School close to UBC. This is a great space in a brand new facility, and we thank the school community, and the VSB, for their efforts to help us establish a space which has added a new dimension to the growth of our club.

We recognize the accomplishments of Senior National Team member Annabelle Kovacs. After training with Patricia and Maria in Spain, the team headed to Commonwealth Games in Scotland last summer, and won the Team Gold Medal for Canada. This was followed by Senior Pan Ams in Toronto, and World Championships in Turkey. Annabelle has had a wonderful sport career, and she has now completed the first year of her Business Program in Commerce at UBC. We miss her, but are very happy that she qualified as a Provincial judge, and we have the pleasure of her company at competitions and gym visits!

The year has flown by, and there were many great moments. Kaylie Choi, Cindy Huh, and Lisa Huh held their positions on the National Senior Team, and Abigail Burke joined them as part of the National Junior Team pool. Travels involved all the Juniors and Seniors to the Las Vegas Invitational, Queen of Hearts, and Elite reranking in Winnipeg. Kaylie, Cindy and Lisa also headed overseas to Kalamata, Greece with coach Kamena in April.

Demetra Mantcheva became a National Judge, and will, hopefully, become a Youth Olympic Judge for the next cycle. Demi has worked tirelessly with all the Western stream and National athletes alongside Kamena this season. Shoutouts to Megan Mori, Anais Poirier, and Carmen Fung for great performances this year. To Karen Salazar....congratulations on your outstanding performance at Westerns 2014.

Page 2

Good work by all our athletes who participated in a most successful Western Regional Championships for Aura girls. We look forward to your continued development, and future successes in our sport.

And we would also like to acknowledge our wonderful coaches Gina Mikhlin, and Ada Stantcheva, for their dedicated work with all our new pool of young talented athletes. Special thanks to Yimei Wu for coming in to the gym from retirement to help at key moments throughout the year, and be there for the girls at competitions.

Congratulations to Lisa Huh, who will represent Canada at the University Games in South Korea in July. This is a dream come true for Lisa and her family, and they will be there to cheer her on! Lisa's father competed at the Winter University Games in Bulgaria in 1989 for the Korean hockey team, so this is an extra special moment for the whole family. Lisa joins Hannah Parry, Brevet judge Judit Berecz, and RG team coach Judy Martens, as Canada's team to the Games.



## BCRSGF 2014-15 Annual Report

Summer Camp begins for 4 weeks in August at Norma Rose Pointe School on the UBC lands. New choreography and music, and lots of positive energy will be on the program. Aura welcomes athletes from other provinces and countries at the Summer Camp along with our team of 60 competitive and precompetitive gymnasts.

At this time we would like to say a big thank you to all of our athletes, parents, and extended families. We could not have done this without your commitment and your dedication to your daughters.

We are looking forward to the upcoming season. All of our National Team and eligible National Stream athletes are on SPARTS hours, and train from 2pm at the Oval. Integrated levels begin at 4 and 5 pm until 8pm. We welcome visitors from other clubs, and would be happy to host other high performance athletes for a training day at the Oval.

Best wishes to all clubs across BC for a relaxing summer. Congratulations on the achievements of all our athletes across the province. See you in September!



## **BCRSGF 2014-15 Annual Report**

### **Zone 5 Report 2014-2015**

Zone 5 continues to flourish with three well established clubs serving recreational, precompetitive and competitive gymnasts. The competitive teams from Olympia, Planet and Elite travelled to a variety of domestic and international competitions during the past season including: San Diego Invitational, LA Lights, Las Vegas Invitational, Miss Valentine, the Queen of Hearts, and the Millennium Cup. In addition, all clubs sent large teams to both the provincial championships and Western Canadian Championships. Planet, Olympia and Elite were ably represented by 6 athletes at Elite Canada in March. Cassandra Valinho (Elite) and Isabel Todorova (Olympia) obtained HP status and direct entry into Canadian Individual Championships.

Olympia and Planet each hosted international competitions this year. Olympia had 140 gymnasts from 10 Canadian and American clubs; Planet hosted 250 gymnasts from Canada, the US and Dubai. Both were very successful events and the clubs are planning to host them again next year. In addition, Planet hosted the Zone 5 Championships at Capilano University on February 22, 2015. There were over 75 athletes registered. Olympia hosted the BC Western and National Stream Provincials in Burnaby in April. The parents of both clubs worked tirelessly to help ensure that these events ran as smoothly as possible.

This year several athletes and former athletes from each club took coaching courses and achieved NCCP 1, and in some cases, NCCP 2 certification. These new young coaches and coaches-in-training are bringing great enthusiasm and energy to their respective gyms.

This summer Olympia and Elite will be holding summer camps for new and returning athletes. We look forward to another year of expansion of our recreational programs through  
14  
community outreach, and the consolidation of existing programs which support athletes of all levels and abilities.

# **BCRSGF 2014-15 Annual Report**

## **ZONE 6 REPORT**

### **Victoria Rhythmic Gymnastics Report (submitted by B. Bishop)**

VRG 2014/15 year included all ages, and lots of different levels and a great deal of fun. We are preparing for Helsinki, having purchased the tickets and counting down the days to the World Gymnaestrada. Our team has fundraised and appreciates the grants provided by BCRSGF for their travel expenses.

#### **PROGRAMS**

We have increased number of Recreational Gymnasts with programs at Shoreline, Doncaster, and Vic West Y. In the fall we will be increasing the number of locations and are hopeful to have our own facility by October 2015.

As I finish up this report 7 of our gymnasts, are participating this morning with the Victoria SO at the BC Gymnastrada at the Cloverdale Fairgrounds. We have enjoyed the participation of the Victoria Special Olympians in our events this past year.

We were fortunate to obtain two grants from Via Sport in the area of Girls only (part of the school program) and recently Fab/over 55, which will see a couple of workshop days and recruitment of an Adult program. Our team of 6 coaches lead a intro/fun RG and Gymnastics for All, 30 minute program to students of 6 Victoria Schools, Doncaster, Quadra, Marigold, Torquay, View Royal, Sir James Douglas, touching over 1000 Gymnasts. We hope to obtain further local support to extend this program to many more children in the Victoria Area. We also intend to increase our programs and incorporate Acro Gym, Gymnastics for all, and Vibrant Health (adult programs)

With Kristy's leadership our competitive gymnasts have seen our gymnasts competing at at Olympia's and Oragami's competition. Gymnasts in levels of pre comp to Level 6, and we are excited to increase # of competitors in the 2016 season.

#### **THANK YOU...**

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 20 Year End](#) performance.

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 Alde, Helena Higgs and Judging of Marta Kroupa, and Angela Frattaroli and BCRSGF's support in the Gymnaestrada endeavours

#### **A HOPEFUL FUTURE**

A few hopeful items that we as a club and coach would hope to host/participate in - Level A/B coaching courses and training of club level judges as well. I hope that we can spearhead the initiation of a Provincial World Gymnaestrada Team for 2019. We will provide a video diary of our trip to Helsinki, after our return. We Hope to host an international Gymnaestrada in Beautiful Victoria BC in the near future.

[www.victoriarg.ca](http://www.victoriarg.ca) (please note new website address)

### **Island Rhythmic Report**

We are now running 3 programs from the same facility. By the end of the session our girls will have performed in 4 shows in the community.

# BCRSGF 2014-15 Annual Report

## Elite Gymnastics RG Club Report 2014-2015

Elite Gymnastics RG, previously known as Club Elite Rhythmics, has expanded tremendously since its first year in operation. □The club has experienced growth within all of its programs, including recreational, precompetitive, interclub and competitive levels. The numbers in the precompetitive and interclub programs have doubled since last year and are continuing to grow. This year, our competitive girls attended several competitions in Canada and the US; Seattle Cup, Queen of Hearts, Zone 5 Championships, La Luna, Provincial and Western Championships, and Millennium Cup. We are also very pleased to announce that we have several athletes attending The 2015 National Championships in Vancouver, BC., and the Vitry Cup in Spain to finish off the year. We are proud to announce that Cassandra Valinho had also made the High Performance Team as a first year senior at Elite Canada. The coaches are very pleased with the result of the transition of the club to new ownership, and are continuing to accomplish the goal of creating a club that involves all levels of rhythmic gymnastics.

We are looking forward to a restful summer as we make preparations for the next season.

Regards,  
Katerena Goston





# BCRSGF 2014-15 Annual Report

## Planet Rhythmics Club Report 2014-2015

2014-2015 has been a very busy and outstanding season for Club Planet Rhythmics.

Polly Krivchun brought home the trophy as the Canadian National Champion in the Novice category at the Canadian National Championships in Ottawa in May of 2014.

Our annual summer camp was held in August, where gymnasts of all ages enjoyed various activities which included learning new apparatus skills, running and conditioning along the seawall, interpretive dancing and perfecting body technique for the upcoming season.

The competitive season began in January for various members of our Western and National stream athletes, as they traveled to competitions in San Diego, Las Vegas, and Los Angeles. These events helped our team to try out their new routines for the upcoming events of the season, and also provided them with the opportunity to travel abroad, make friends from all over the world, and watch some of the world's top gymnasts compete live.

In February, Allie Donaldson and Polly Krivchun represented Planet Rhythmics at the Miss Valentine Invitational, and returned with a gold medal and several top 8 rankings in their respective categories. A team of ten Planet athletes traveled to Vernon in February, which was a first experience of traveling out of town for a few of our Western stream girls. The Queen of Hearts Invitational hosted by Okanagan Rhythmics had a fun and supportive atmosphere which all of our athletes enjoyed.



Many members of our largest ever competitive group attended various competitions in the Lower Mainland which included Olympia Cup, All-Stars Invitational, and Millennium Cup. Thank you to clubs Olympia, Origami and Adagio for hosting such wonderful events, where our gymnasts had opportunities to shine on the carpet and bring home trophies, medals, and various special awards and prizes.

This year our club hosted two competitions: the Zone 5 event in February, and the 14th Annual Planet Rhythmics Invitational Competition in March. The latter event continues to grow in size every year, and this season we welcomed competitors from 14 clubs, including teams from Canada, USA and the United Arab Emirates. We look forward to welcoming everyone next March for our event.



The Planet team was also represented by Mia Zurkovic, Lena Kudelsky and Allie Donaldson at Elite Canada in Winnipeg, and by a team of 18 gymnasts at the Western Canadian Championships! A total of twenty medals was awarded to Planet competitors, which included seven gold medals, three silvers and ten bronze! Polly Krivchun became the all-around Western Champion of the novice category. Our novices Michelle and Polly, seniors Allie and Lena, and junior Mia qualified to the Canadian National Championships! Congratulations to our fantastic team and their hard working coaches Natasha Korkh, Ania Korkh and Ekaterina Gaevsky.

Our club continues to expand at the recreational, competitive and AGG level, thanks to our dedicated athletes, parents and coaches. We look forward to closing our competitive season with our annual End of the Year Show on June 14th.

## BCRSGF 2014-15 Annual Report

### **Olympia Rhythmic Gymnastics Club Report 2014-2015**

Olympia Rhythmic Gymnastics had another successful year and we are very proud of all our gymnasts! All showed incredible progress and success throughout the 2014-2015 season.

Our first competition was Seattle Cup in January and Olympia was off to an excellent start with 3 All Around Champions. Eryka Schulz - Level 3C AA Gold; Jenna Chan - Novice AA Gold; Isabel Todorova Junior AA Gold and also a special award for Highest AA score and Highest Score in Hoop for Junior.

Next up was LA Lights for which we took our two National Novices and Juniors! Isabel - Junior was 6th AA in a very strong category! This competition was a great experience for our team and the girls enjoyed competing with girls from all over the world!

Next we traveled to Vernon, BC for the Queen of Hearts Invitational. It was held January 31- February 1, 2015. We took a total of 16 gymnasts to this competition. It was a very successful competition for us; with the girls winning a total of twenty-four gold, seven silver and six bronze medals. All in all it was a great event.

Following Vernon Olympia hosted its 3rd Annual OLYMPIA CUP with over 140 gymnasts attending from 10 clubs.

Our next huge highlight came at Elite Canada where Isabel Todorova finished 3rd All Around in the Junior category. She also won another bronze medal in rope, 4rd ball, 5th hoop and clubs and qualified directly to the National Canadian Championships. Nina at her first Elite Canada performed with 4 consistent routines made a great impression at Junior National category.



We also had a great representation by our Provincial, Western and National level gymnasts at Planet Cup where Olympia girls earned medals in almost all categories! Isabel won the Junior event!



At Zones and BC Provincials Olympia continued to build on previous successes highlighted at BC provincials with a sweep of the podium in the 3B category winning Gold, Silver and Bronze AA and a second provincial title with our 4C category. Novices came 3rd & 4th AA with medals in multiple categories.

Olympia had an amazing Westerns! Some highlights: All national level girls qualifying for Nationals. Nina won silver medal in rope and bronze medal (hoop), 4rd AA in Junior category. Emily - silver medal in hoop, 4th AA, Jenna - 5th AA, 4th in free in Novice category, Phoebe - 7th ball - Senior. Eryka won silver medal in free and its 3rd AA in Lv. 3C category. Ivana is Western champion - Lv. 3B with gold in ball, bronze in free! Ana finishing 2nd in level 3B AA with gold medal in free and silver (hoop). Pari - the youngest gymnast from our team came 4th in ball - Lv.3B. Maya sweeping all apparatus (ball, rope, ribbon) and the AA gold in 4C, Devana - 6th in ball, ribbon - Lv 5B. Our pre-Novice group is Western Champion! All 5 of our National Stream girls advanced to National!

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Last, many members of our provincial team competed in the All Stars event in May! This event was so much fun for our little ones and we saw so much determination and progress with so many!

Our club will wind up its season with Nationals, BC Provincials for Lv 1-3, our Year End Gala on June 15th followed by Summer camp and our annual Olympia BBQ! Olympia RG also hosted BC provincials this past season and was actively involved with Westerns and Nationals through our parent volunteers.

### ZONE 8 YEAR-END REPORT

#### South Cariboo Rhythmic Gymnastics

South Cariboo Rhythmic Gymnastics had another great season in 2014-15. Despite of challenges of the beginning of school year with strikes, gym usage changes, we have had steady growth & development in our membership and in our programs.

Some of our gymnasts participated in Adagio's summer camp and came home with exciting new skills, routines, and friendships.

Our club performed at different venues and events throughout the community to delight of all attendance.



In our second year in competitive levels, we have achieved great results in 3 different competitions. In our competitive programs, we now have not only individual competitors, but also group competitors including AGG. Our competitive program doubled from last year and will continue to provide fun, challenging classes for next season.



In February, we combined the Zone 6 & 8 championship with the Victoria RG club who has been very supportive and encouraging. We practiced & prepared for National Gymnaestrada event in Calgary, continuing to work together for our 15<sup>th</sup> World Gymnaestrada in Helsinki, Finland in July. Team members are very grateful that the Victoria RG club has included us as their part of their family and looking forward to the event in coming July.

In March, we participated in Planet RG Invitational, which was an amazing event. Our competitive gymnasts who participated came home with great results and memories. Watching other gymnasts from many clubs provided their desire to do better and want to continue their next challenges.

In May, we participated in Millennium Cup, which received positive & encouraging results. It was a great way to end their competitive season after their hard work and preparation. They had great time with familiar faces and made new friends.

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We will be finishing our season 2014-15 with year-end gala on May 22nd. It will be special moment for every gymnast and an opportunity to shine like stars & jewels.

As the season ends, we are excited to offer, provide, learn, and grow in many different aspects of Rhythmic Gymnastics for the coming new season.

We would like to say thank you to everyone who has put positive effort into BCRSGF and to our club. We wish you wonderful summer and look forward to report our trip back from Finland.

From Sang-Hee Robinson  
Head Coach of SCRG

### Special Olympics 2015

2015 is a year of preparation for Special Olympics BC. Team BC did awesome at the Nationals Games 2014 but no one qualified to World Games 2015 in LA. 2016 is the start of a new 8 year cycle for Special Olympics RG, all their compulsory routines will change. So 2015 is a huge opportunity to sharpen the skills, to raise the understanding of the sport, to get every athlete stronger, more flexible and to become better performers. Rhythmic Gymnastics for Special Olympics is growing in BC with more new locals (clubs) and gymnasts in existing zones. Furthermore, there are now RG in as far as Castlegar and up north in Ft St John. In 2015, there were six fun competitions all over BC of which 4 were done in combination with a workshop – Victoria, Castlegar, Surrey, Fort St John.

We want to thank you the following judges who volunteered during this last year: Kate Kloos, Marta Kroupa, Diane Bissenden, Erika-Leigh Howard, Kaylie Choi, Nancy Mclelan, Tasha Chappell, Emily Ross, Alysha Petersen, Barb Tull, Helena Higgs, Izmet Barranco and Mario Lam.

While in-person workshops are great, they are not always financially feasible for 1-2 persons. Videos we accumulated over the last 2 years (from SOBC Games and SOC National Games) were put to productive use in the training of new officials over the internet, thereby removing some of the distance, time and budget constraints.

Ultimately, the true heroes are the coaches who volunteered and tirelessly helping the athletes through their highs and lows.

The following picture is of Burnaby Special Olympics taking part in the gala of Western Regional Championship leading the crowd through a fun dance routine.



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### RG CHAIR REPORT

We have six clubs in BC that have Gymnaestrada Teams.

Victoria RG and South Cariboo will participate at the World Gymnaestrada in Helsinki this summer.

Team Victoria Rhythmic Gym leaves Vancouver on the 10th, and returns on the 19th. There are 12 participants and 2 supporters.

The routine is combined with South Cariboo 5 participants. = 17 participants and 2 supporters

They received \$2400 (\$200 per participant) from BCRSGF for travel costs.

They are the only BC Rhythmic Gymnastics routine. There are about 5 or 6 Artistic teams.

They will do a video diary leading up to the trip, and they plan to provide BCRSGF and Gymnastics BC with program to start a Provincial Routine for World Gymnaestrada 2019. Alberta has North and South performances, Saskatchewan has the most amazing Provincial team and Manitoba has Manitoba Fusion.



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## MartialGym 2015

MartialGym has gone beyond British Columbia into Alberta! Mario and Hayley Lam conducted a MartialGym workshop over 2 days in Alberta in the fall of 2014. There are now boys' recreation classes in both Alpha Rhythmics and AG Rhythmics. We hope that the programs will continue to be adopted by other clubs and provinces.

MartialGym has a very diverse participant base. A side from the children's and adults program, we are now offered classes specifically designed for 55+ to combat falls. The oldest participant is close to 90 years old and everyone is having a blast.

MartialGym for Special Olympics is also alive and well in Ontario. In fact, athletes were allowed to compete at the provincial qualifier! Some of MartialGym's first generation of athletes is still training and performing. In fact, three of them performed at the Western Regionals



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