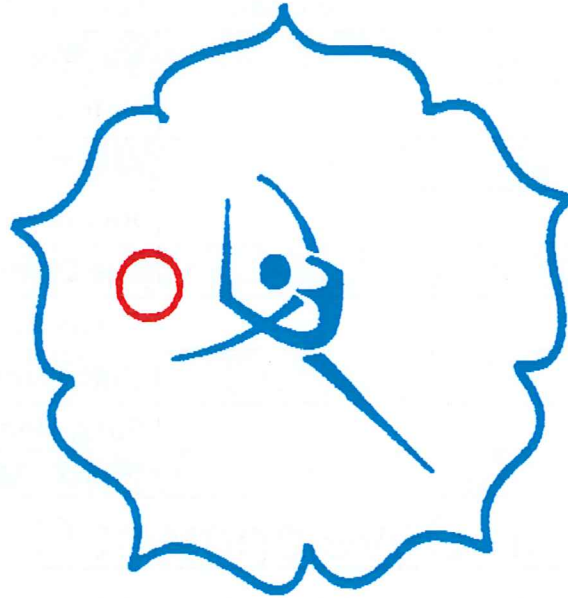


BC Rhythmic Sportive Gymnastics Federation



Annual Report 2016 - 2017



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	Lori Fung	5
RG Chair	Monika Alde	6
Secretary	Helena Higgs	6
Treasurer	Adrianna Donaldson	5
Director at Large	Joel Bernard	4
Director at Large	Sue Defeo	2
Director at Large	Curtis Andrieotti	2
VIP Finance	Diana Nerman	4
Director at Large	Sang-Hee Robinson	8
Judges Chair	Megan Magid	3

Competition Development Committee

Committee Position	Member
Competition Development Committee Chair	Lori Fung
Judges Chair	Megan Magid
Coaches Representative	Kate Klose
Zone 2 Representative	Curtis Andrieotti /Camille Martens
Zone 3 Representative	Svetlana Kalmykov
Zone 4 Representative	Kamena Petkova
Zone 5 Representative	Daniela Todorova
Zone 6 Representative	Kristy Wilson

Staff

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

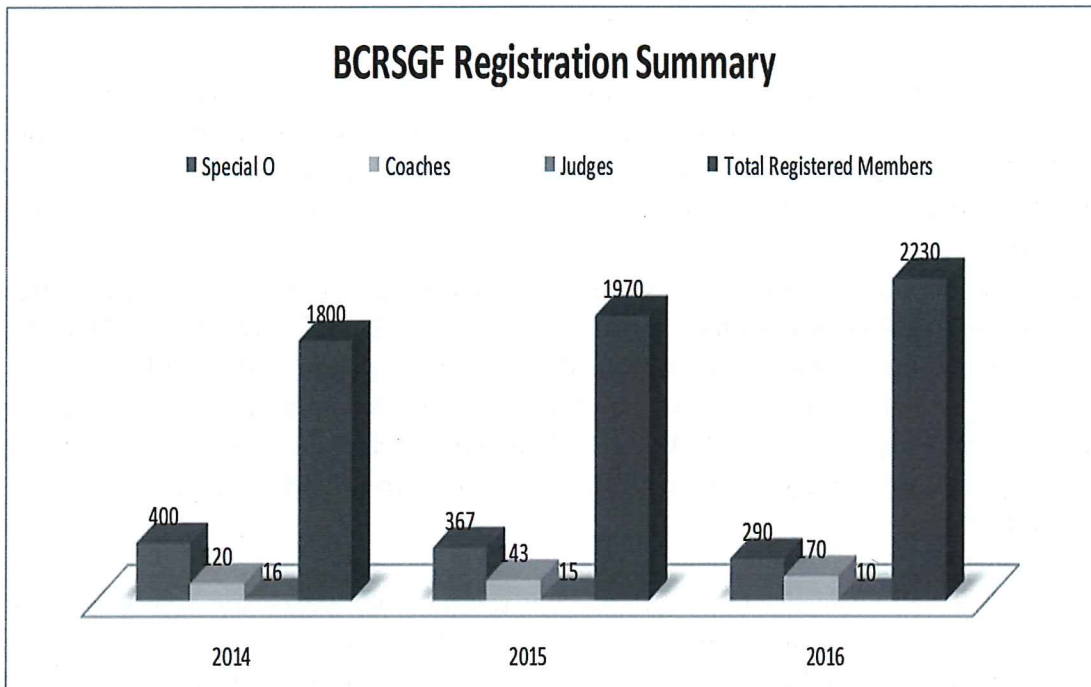
BCRSGF 2016-17 Annual Report

Program Coordinator Report

2016-18 was very busy and successful year for all the Rhythmic Gymnastics athletes, coaches and judged in BC. The funding that were provided to our PSO from the Government of BC and The Gaming Policy and Enforcement Branch gave the opportunity for us to keep and deliver our programs in BC. Our membership is growing steady each year and all the extra income we get form the membership we could use towards out programming. The biggest growth in our sport this year is in Chilliwack with more than 280 recreational athletes registered with BCRSGF.

PARTICIPATION:

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



With the help of the members clubs BCRSGF delivered Summer camps in five of our zones and run the "Ballet Program".

BCRSGF 2016-17 Annual report

Coaches – BCRSGF offered NCCP Level 1 courses in three communities in 2016 (North Vancouver, Victoria and Chilliwack). We trained in total 44 GF coaches.

Judges – In 2016 our PSO emphasized more on the Judges development as we entered new Judges cycle. We have three judges workshop and we send six Brevet judges to take the international judges course. Our judges passed judges exam and they are now certified for the new cycle. We are waiting for the NSO to develop the National judges course that we can train and rest of the BC Judges.

Hosted Competition : BCRSGF did not host any major Canadian event this year but co hosted with Club Elite BC provincial in April . Our Member clubs hosted three big invitational events:

Olympia Cup, Planet Rhythmic Invitational and Millennium cup

PERFORMANCE: We had another successful year for our BC athletes and coaches. Our BC athletes won in total 9 gold, 4 silver 7 bronze medals at the Canadian Championships. After the Canadian Championships concluded, based on the athlete's scores, Aura RG has ranked second in the Canadian team competition, and Adagio Rhythmic Gymnastics Academy took third place.

Adagio Rhythmic Gymnastics Academy FIG Junior group won Gold medal and will represent Canada at the Pan American Games in the fall in Florida, USA. Group athletes : Elena Kovacevic, Tiffany Chung, Gracie Park, Cecilia Moreno, Ana Lugonjic, and Erin Cho Siksik. The following athletes made the Canadian Nation Team Junior: Gabriela Georgieva, Polly Krivchun from Jaedyn Andreotti. Isabella Haldane and Gracie Park ranked top 15 in JR category.

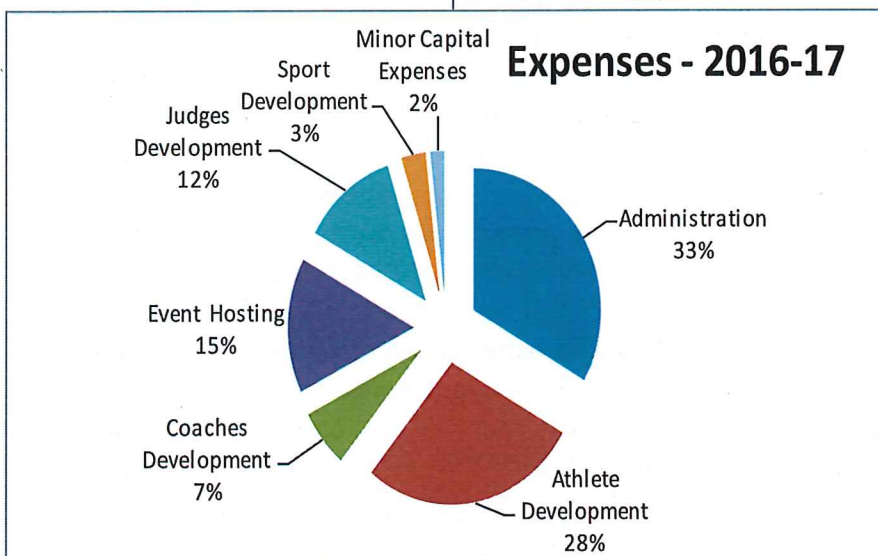
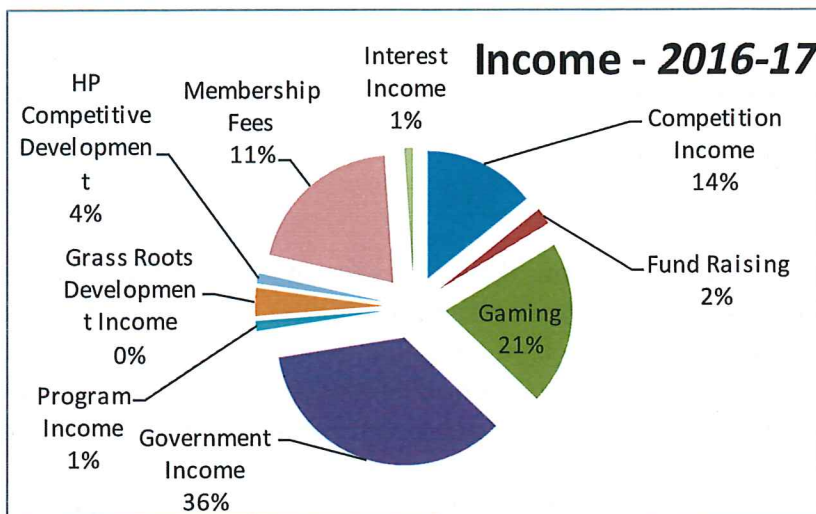
In the Senior Category Kaylie Choi, Megan Hamilton, Cindy Huh, Erika Bernard ranked top 15 at Nationals.

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 and workshops .

BCRSGF 2016-17 Annual Report

2016– 2017 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 CDC Adriana Donaldson

I want to thank to all the volunteers that helped during all the BC events in 2017

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

Respectfully submitted,

Sashka Gitcheva

Program Coordinator

BCRSGF 2016-17 Annual report

BCRSGF President's Report
ANNUAL GENERAL MEETING

June 10, 2017

Dear Members,

Each year at this time, as I reflect back upon the activities and events that have pre-occupied us over the course of the season now coming to a close, my reflections to all of you usually begins with something that essentially declares that "this past season has been the busiest and gone by more quickly than ever before"! I think though, all involved here would agree that such is the case indeed for this rapid fire 2016-17 season (that at moments felt unrelenting in its speed and its demands upon our time). I thank all of the Board Members of 2017-18 (and in particular the efforts of Joel Bernard, Diana Zoe Coop, Megan Magid and Lori Fung) for always making time in their very busy lives to contribute in a big way to the ongoing smooth functioning of our organization. But thanks to all of you for being an informed and very responsive group of volunteers in all matters brought before us...I always am amazed with your dedication to the sport and all of the girls involved, no matter the club or zone you represent. Speaking of volunteers and dedication, I can't let this moment pass us by with out speaking of the long term dedication and amazing volunteer longevity of two very special ladies who will be great missed after so many years serving on the BCRSGF Board. We have literally grow old(er) J together in rhythmic gymnastics and serving on this Board. And when I say that some years we became older faster, they who experienced those times long ago will know exactly what I mean. I am of course referring to our dear Monika Alde and Helena Higgs who have literally from the beginning given oh so much, that it will take another time and more fitting place to honour them properly. You both will be so, so missed on our Board – we will never forget the clarity, respect and sense of fair play in sport that are your hallmarks in all things. "Thank you" are two very small but heartfelt words to say to you both right now for the years and years and all of your mountain of contributions to the growth of this sport in BC. But here will be another time planned to honour both these ladies properly!

Well at the start of 2017, all of the Brevets Judges in BC were very caught up in preparation and travels to their various courses around the world. This is outlined in detail in our Judging Chairs report but congratulations to all the successful judges, we are very proud of each of you and a huge thank you must be extended to us at BCRSGF for assisting in their course expenses, so they in turn can continue to support all our deserving athletes as they make their way up the competitive ladder in BC and Canada.

BCRSGF 2016-17 Annual Report

Right on the heels of the judging courses came Elite Canada where many, many BC athletes competed their first important competition of the season. It was indeed a challenging event to both judge and compete in as everyone familiarized themselves to the new FIG Code of Points. Let's say, we all survived and looked to better days ahead in the season. And those came with amazing results of BC athletes at Western's in Regina and Nationals in Edmonton. Congratulations to all of our BC gymnasts on their improvement and increased rankings by the end of the season – what a whirlwind year! Thanks again for all the support that BCRSGF offered our top girls – I know it is greatly appreciated.

Looking back over the many years now, I can honestly say that I've never experienced a more positive year when clubs, zones, athletes, coaches, judges felt more unified and more proud of each and every accomplishment of each and every gymnast in this province. That sort of feeling has been built up over the years and I must say that without the tremendous leadership and sense of fair play (not to mention an unparalleled work ethic) of our Program Co-ordinator Sashka Gitcheva, I sincerely doubt we would be where we find ourselves today. Thank you dear Sashka for all you do!!!!

In closing, I cannot tell you how much this growth, development and goodwill amongst coaches/athletes and volunteers in all levels of this sport means and how wonderful it feels to those of us who have gone the distance in this province to help make BC a force to be reckoned with in Canadian rhythmic gymnastics. Well done everyone – lets keep it going and aim always to be the best we can be! Thank you everyone.

Respectfully submitted
Adrienne Arnold, President

BCRSGF 2016-17 Annual report

2016-2017 Annual Report

BCRSGF Judges Chairperson Report

Pan American Championships

I was selected along with Polina Tzankova to Judge for Canada in October 2016 in Merida, Mexico for the Pan Am Championships. Congratulations to Megan Hamilton from RG Stars Okanagan and Erika Bernard from Adagio Vancouver who were part of the Bronze Medal Team Performance in the Senior Category!

Judges Courses

This season brought a new quadrennial and a new Code of Points. For this cycle the FIG opened up the judging exams to current or previous FIG Brevet Judges. In January 2017 myself and Kamena Petkova made journey to Baku, Azerbaijan for the International Judges Course and in March 2017 Diana Coop Nerman, Lori Fung and Adrienne Arnold travelled to Indianapolis to take the International Judges Course while Angela Frattaroli traveled to New Zealand to participate in the International Judges Course.

We are very proud of all of the BCRSGF Judges who participated in the International Course and who endured the long courses and challenging exams. We would also like to thank the BC Federation for providing some funding to these judges to help offset the great expenses associated with re-certifying.

The judges results are as follows:

- Megan Magid - Brevet 3 in Individual and Group
- Angela Frattaroli - Brevet 3 in Individual and Group
- Kamena Petkova - Brevet 3 in Individual and Brevet 4 in Group
- Lori Fung - Brevet 4 in Individual and Group
- Diana Nerman - Brevet 4 in Individual
- Adrienne Arnold - GCG Brevet

At this time there is no specific date for the National Judges course but we understand that GCG is working on organizing a course for National and highest Level Provincial judges this Fall (online) to give the participants the chance to have a course and exam with the goal of up-grading their current levels in judging.

Elite Canada

The Judges assigned for Elite Canada were designated by GCG as they required all provinces to put forth judges who had participated in an International Judges course prior to Elite Canada. Representing BC we had Megan Magid, Kamena Petkova, Lori Fung and Adrienne Arnold. It was a very long competition (12+ hour days) and our first time testing our knowledge and new way of judging Nationally.

BC Championships

2017 BC Championships was hosted by Club Elite with Lori Fung on duty as the Judge Responsible. The Judges committee decided that the panel would consist of the Brevets who participated in the International Judges courses - however 2 of those such judges were not available so our top 3 National Level judges joined the panel. The competition was long (due to an increase in participation) but very smooth. We are delighted to report that majority of our top 3 AA National Level finishers at BC Championships also placed in the top 3 AA at Westerns. Thank you judges for your work at BC Championships and your excellent adjudication of the BC athletes.

BCRSGF 2016-17 Annual Report

Western Regional Championships

Western Regional's was held in Regina, Sask

The assignments to Western Regional's 2017 were as follows

National Competition

Zone 5 - Lori Fung

Zone 4 - Kamena Petkova, Demetra Mantcheva

Zone 3 - Megan Magid and Adrienne Arnold

Zone 6 - Angela Frattarolli

Provincial Competition

Zone 4 Kamena Petkova and Diana Coop Nerman

Zone 3 - Megan Magid

Zone 6 - Angela Frattarolli

Shared position with Zone 5 - Lori Fung and Zone 3 -
Adrienne Arnold

Westerns was a very lengthy and difficult competition to judge - the Judge Responsible for National Level encouraged all of the judges to send the best 10 girls to Nationals in the 3 respective categories without concern to which province they are from. For the Provincial portion there were a lot of new judges who had not yet judged with the New Code of points which brought with it some challenges. Many of the BC Judges were able to mentor the new judges from other Provinces during the Provincial portion to help newer judges come to a stronger understanding of the spirit of the new COP

National Championships

National Championships were held in Edmonton, Alberta

The Assignments for Nationals were as follows:

Zone 4 - Diana Coop Nerman

Zone 3 - Megan Magid

Zone 5 - Lori Fung

Nationals was also a very long competition and with selection various upcoming strategic events on the line it was very important for both the athletes and judges to do their best. There was a number of score inquiries from coaches across the country at this event which reflected the high pressure of selection for the upcoming International events.

Moving Forward

The recommendation of the judges committee over the past few years has been to gradually re-view some of the policies which exist for our judges, and establish new protocols. One of those areas we

now monitor is a database of all judges' performance at competitions. We plan to schedule a judging workshop for the fall of 2017 (after the National Course) to certify existing judging candidates as well as a new group of provincial level judges drawn from the ranks of retired national and national team members, as this is the primary area where we hope to focus recruitment for new officials in the future. Currently there is no standardized GCG Canadian provincial exam at this time.

Due to some unresolved judging issues we would like to re-visit our current rotational systems, judging lists, reports, and modifications to current assignment criteria. We will institute some new amendments to the manual to reflect the changing needs of our membership. These will be brought to the judges at the Assembly. The Judges Assembly will take precedence in the early fall to elect the new Judges Chair, and the committee members.

I wish all the hardworking and committed BC judges a wonderful summer break, and hope we return in the fall with renewed energy and purpose.

Respectfully submitted,
Megan Magid, BCRSGF Judges Chairperson

CDC Chairpersons Report

Submitted by Lori Fung C.M., O.B.C. – Zone 5 Rep

This year we all faced a lot of challenges with the new code of points, but in the end I think things ran smoothly. Our biggest challenges were trying to initiate the new code rules to our provincial programs and it appears more work will be needed for this in the next 3 years. The reason for this is that the code is geared for a very high level of athletes and does not translate well for our more beginner levels. Hopefully GCG will initiate a change for our Provincial (Western) levels and we can align our Provincial program accordingly.

Thank you to Adrienne who put together our Interclub and Level 1 program. Although this was clearly done, there was a complaint that one of the invitational competitions did not follow the rules correctly and did rank the athletes which is not to be done at this level. This must be strictly enforced to all clubs hosting events in BC. Children are placed in levels with certain expectations and when the rules are not followed it creates a bad situation. I have written to the club and hope this will not happen again.

All in all it has been a very busy but productive season and I look forward to further work by our committee.

Respectfully submitted.

Lori Fung C.M., O.B.C.

Coaches Chair Report

Kate Kloos

May 2017

This has been a relatively quiet year in terms of new coaching issues (to my knowledge) and direct NCCP delivery, but a heavy year 'backstage' in preparations for changes in the future. There is still a fundamental misunderstanding of what RG is at the national level, which becomes a constant educational process for those of us working with GCG. While we still have a long way to go, I can confidently say that those working with GCG have been making an active effort to better understand RG and more effectively meet the needs of RG athletes, coaches and clubs.

NCCP Programs June 2016-May 2017

A brief overview of the NCCP courses and evaluations that took place in 2016/2017. • Coaches Through Foundations RG: 44 (in X courses in Victoria, Vancouver and Chilliwack) • Coaches Certified in Foundations RG: 5 • Coaches Through Level 2 Technical: 0 (next course planned June 2017 in Chilliwack) • Coaches Certified Level 2: 1 • Coaches Through Level 3 Technical: 0 (no planned courses) • Coaches Certified Level 3: 2

BCRSGF 2016-17 Annual Report

Please note that if a coach has not provided his/her contact information (including NCCP number) or has not paid for the course, the coach's name will not be included on the course roster, and won't be included in these numbers.

Professional Development events were also hosted in Chilliwack (Class Management, Choreography Basics, and Intro to Martial Gymnastics) which engaged 21 coaches.

Coach Developer Team

Our current Learning Facilitator Team for Foundations consists of myself, Marta Kroupa, Mimi Pan and now Brie MacPherson, who completed her training in December of 2016. When GCG updates the Competition Introduction and Competition Development programs (old level 2/3), we will go through an application process to nominate potential LFs to GCG. Marta and I are both planning to attend the Master Coach Developer Training in Victoria (hosted by viaSport/CAC and GCG) in October 2017.

Currently, our only Coach Evaluators for Foundations are myself and Marta. To enable more coach evaluations, we are hoping to have at least one Foundations Coach Evaluator trained in the major regions of the province. We believe Brie and hopefully Tammy will complete the training from the Okanagan, and Demi from Vancouver. Ideally, we would have one Coach Evaluator from Victoria and one more from the Vancouver area. Evaluations can still be done by video, but having in person evaluators is the preference. We are hosting the training for this in Creston on June 17, Chilliwack on June 27 and July on July 9 (with Gymnastics BC, course space pending). Please contact me if you have a Coach Evaluator suggestion. As with Learning Facilitators, when the new courses are completed, we will select Evaluators for those roles.

NCCP Foundations Updates

Throughout the last year, I have been working on a committee with Gymnastics Canada that is providing guidance on necessary updates to the Foundations programs. While larger changes will be made to the program with CanGym is ready to launch, the list of some of the changes we can expect to the Intro course by January 2018 include:

- Elimination of images which inaccurately depict RG
- Elimination of activities which require equipment not available in all gymnastics settings.
- Reduction of activities that are not fundamental to all gymnastics disciplines
- Reduction in the amount of technical/biomechanical terminology

To accomplish these updates, GCG will require all Learning Facilitators to be re-trained, to ensure those delivering the course have a better understanding of how the content is meant to be received by the coach. GCG will also be providing the RG community the opportunity to update the RG course, based on the changes to the Intro course, at some point in the next six month. Ideally added to this course will be some more detail on body preparation (including flexibility training) as well as information on teaching fundamental RG body skills.

BCRSGF 2016-17 Annual report

NCCP Competition Course Creation

Along with the Competition Development courses, GCG is still set to update Competition Introduction (formerly Level 2/3). The main difference in these courses is that they are not meant to build on one another, but rather will be specifically designed to work with target groups of athletes. Foundations targets developmental programs, Competition Introduction will target Provincial to Regional level athletes and Competition Development will target Regional to National level athletes (with International athletes targeted in HP coach training, such as the Advanced Coaching Diploma). The process of developing these courses should begin this year, with GCG collecting RFPs for those interesting in contributing to the course.

CanGym Revitalization

With my work within the NCCP and coach education, I have also been working on a committee with GCG to revitalize the old CanGym program. This program has been in place for decades in the artistic gymnastics community, as a developmental program that awards badges to gymnasts when completing a specified group of skills. As artistic gymnastics has evolved a great deal over the years, the program is in need of some updates, both to the content and the delivery methods. GCG envisions this new program to be multi-disciplines, including RG and trampoline, and eventually including all other gymnastics disciplines. RG will have its own 'stream' which will include all developmental levels, preparing gymnasts to enter a competitive program or continuing in recreational or gymnaestrada programs.

As of now, the committee has met once in person and has had many (many!!) phone meetings to determine the direction and philosophies of the program, and we are now turning our attention to the content. GCG will be hiring a contractor to manage the program development specifically. We are expecting to see drafts of the program in the fall.

My hope for this program will be to develop a template that will be easily transferable to other gymnastics disciplines (eg. martial gym) as the discipline progresses and is ready for such a program. I also hope that Special Olympics will be able to make sure of this program.



BCRSGF 2016-17 Annual Report

Zone 2 Report

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

Highlights include:

In October, Coach Camille Martens and Jaedyn Andreotti headed off to the training camp hosted by USA gymnastics at the Lake Placid Olympic Training center. Then Tammy Andreotti took a group of athletes to a national training camp in Montreal.

In November, athletes, coaches and community members performed multiple shows of Scrooge at our Vernon Performing Arts Centre. Again this year, our athletes raised funds to sponsor school shows. Earlier in the month Tammy Andreotti and Megan Hamilton went to the Pan American games down in Mexico and came back with a bronze team medal.

In January, a team of athletes traveled to the Edmonton to Compete in an early competition. We had our Okanagan Rhythmics Association (ORA), hosting a successful 'internal event' due to timing of the judges certification -The Queen of Hearts.

February our team travelled to Olympia Cup in Vancouver. Some other athletes went to Slonny Cup in Toronto and trained there as well.

In March, Mid-month, Okanagan athletes traveled to Elite Canada in Markham. Megan Hamilton qualified to The Senior National Team Pool and Jaedyn Andreotti and Isabella Haldane to The Junior National Team Pool. Jaedyn and Isabella also travelled to Vienna, Austria and then to Marbella, Spain for the Junior competition associated with the World Cup.

April began with a team heading to Provincials in Vancouver and Westerns in Regina, bringing home many top 8 finishes. A strong team of 13 Provincial and National Stream athletes traveled to Regina for Westerns bringing home many top 8 finishes and qualifying 8 athletes to Nationals.

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



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

BCRSGF 2016-17 Annual report

Zone 3 Report

June 2017

Submitted by Megan Magid – Zone 3 Representative
Home of Adagio Rhythmic Academy, Origami Rhythmics, Grace Rhythmics,
Fraser Valley Rhythmics and Rhythm Gym

News from Adagio Rhythmic Academy:

It was very exciting to have our own Erika Bernard as part of the Canadian Team at the Pan Am Championships in Merida, Mexico in November 2016 - Erika together with the Canadian Team of Megan Hamilton (Okanagan, BC) and Athena Tsaltas (Ont) captured **the team Bronze Medal** for Canada! Megan Magid along with Polina Tzankova were assigned as the Canadian Judges for the event. Thank you BCRSGF and Gymnastics Canada for this incredible experience. We were excited to again be a part of the BCRSGF "TAG" Camps which brought together the top Junior and Senior Athletes in our province for 2 different Camps (Seniors Camp and Juniors and Novice Camp) This was a very valuable experience where BC's top judges and coaches get together in a friendly atmosphere to give feedback on the new routines for 2017 - this was especially helpful as all of the athletes and coaches were showing their new work based on the technical changes to the New Code of Points for the next quadrennial.

Our December 2016 Annual Holiday Gala entitled "*Wings of Angels*" 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.



January 2018 brought with it International Judging courses for all Brevet Judges. Megan Magid travelled to Baku, Azerbaijan to partake in the course along with 9 other Canadian Judges. It was an intense and stressful course but the beauty of the country and the hospitality of the hosts made it a memorable experience. Megan is now Certified Brevet 3 in both Individual and Group.

This was a very short and super busy season with the New Code of Point in en force and Judges re-certifying and the bulk of the National Level Season happening within a 2 month period! Our National, Westerns and Provincial Stream Athletes kicked off the season with *Zone 3 Championships-Millennium Cup* mid February at Creekside Community Centre. It was great to have participation from our BC Clubs - Grace Rhythmics, Origami, Aura, Okanagan, Planet and Elite Gymnastics as well as some US teams. In March, right before Elite Canada our National and Westerns Stream participated in the *Planet Rhythmics Invitational* which was a great opportunity for our athletes to compete thank you Planet your care and hospitality! Concurrent to this Erika Bernard attended the *Baltic Hoop Competition* in Riga, Latvia. It was a very valuable competitive experience for Erika and she was awarded the prestigious *Miss Elegance* award for her performances

BCRSGF 2016-17 Annual Report

At Elite Canada in March 2017 - Erika Bernard (SR) qualified to Canada's National Team Pool through her Competition A and B ranking! For our FIG Group placed 2nd AA and placed 1st in their 10 Clubs Routine. Keileen Nguyen in her first year in the Senior Category finished in 17th place AA just narrowly missing the top 16 Senior High Performance Pool and Julia Isabel Oprea participated in the Novice event and placed 6th AA, 5th in Free, Bronze Medal for Hoop and 6th in Ball.

On the Provincial, Westerns Competitive front, Adagio Rhythmic Academy took many top placements at the 2017 BC Championships In 3A, 6C, Novice and Junior we had **BC All Around Champions** as well as many gold, silver and bronze medals in event placements. For the 2017 Western Regional Championships Adagio had the **Western Regional Champions in Novice**, Julia Isabel Oprea, and **Western Regional Champion in Junior**, Gracie Park, and **GCG Junior Group Champions and FIG Junior Group Rope Routine Champions** as well as **Silver AA in Junior**, **Bronze AA in 4C and 5C** and many top 8 finishes.



2017 National Championships brought qualification of 7 of our National Level Athletes and our 6 member FIG Junior group members to this prestigious event. Our High Performance Senior, Erika Bernard, struggling with a foot injury, still maintained her High Performance Ranking in the Senior Category. Keileen Nguyen, had a personal best event where in she became the **Senior Open National Champion** and also joined the Senior High Performance Pool (top 16 Seniors). Gracie Park followed in Keileen's footsteps and also became a **National Champion in the Junior Open** Category and also joined the Junior High Performance Pool (top 16). Our Novice, Julia Isabel Oprea, was so focussed and composed and delivered her most consistent (no drops) competition of the season and Ranked **3rd AA in the Novice Category** placing 4th in Free, Bronze Medal in Hoop and Ball and 4th in Clubs. In the FIG Junior Group it was a very tough competition between BC, Manitoba and Ontario for Selection to the Pan Am Championships. After 4 routines and in a nail biting finish our Junior FIG Group Placed 1st AA and were crowned the **Canadian National FIG JR Group Champions** and earned a berth to represent Canada at the Pan Am Championships in October 2017 in Daytona Beach , Florida! We want to take a moment to extend a big thank and acknowledge the collaborative efforts of Lori Fung and Elite Gymnastics Athlete Tiffany Chung in the group project. Also a heartfelt Thank You so much to all of the BC clubs who cheered loud and proud at Nationals for the Group competition the girls could feel your love and support!



BCRSGF 2016-17 Annual report

We are excited to start renovations to our new facility in Burnaby which is centrally located for our Rhythm Gym and Adagio Classes. Adagio East will open August 2017 and will make physical literacy and rhythmic gymnastics available to students from the surrounding areas of North Vancouver, North Burnaby, East Vancouver, Coquitlam and New West. 2017 Summer Camps for Recreational and Competitive athletes are also in place for Adagio Rhythmic Academy at Hellenic Centre 3 week Vancouver Competitive Camp and 2 week beginners Camp. In addition we have our long running "Summer at Saint Georges" Rhythmic Camp and 2 week Competitive and Beginners Camps at our new location in Burnaby.

In many ways 2017-2018 was a challenge and big adjustment with a new Code of Points and a new way of Judging. In spite of this it was wonderful to see our athletes accept the many challenges and work together with their coaches to make many personal bests along the ways.

We look forward to finishing up the 2017 season with our Annual Year End Show – Parade of Champions, June 9th 2017 entitled "*Metamorphosis*" 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 2017-2018 Season!



BCRSGF 2016-17 Annual Report



FVRG 2016/2017 Club Report



New Gym and Head Coach!

Fraser Valley Rhythmic Gymnastics opened a newly renovated 4600 sqft gym dedicated to rhythmic gymnastics and coach education in September of 2016 which enabled us to more than double our program offering and welcome a new Head Coach, Mimi Pan, to our phenomenal coaching team of 6 fantastic coaches.

Over 800 Gymnasts!

- 111 Gymnasts from the ages of 4-15 years participated in year long programming with FVRG, ranging from introductory to Provincial Stream Competitive level programming.
- 257 additional gymnasts participated in sessional introductory level programming at our home gym.
- 226 students were coached via FVRG Community Schools Outreach programming
- FVRG introduced over 250 pre-school and elementary school aged children to rhythmic gymnastics via our free field trip programming between the months of September and November of 2016.

Special Recognition

FVRG's Director of Sport Development, Kate Kloos, was awarded the Community NCCP Coach Developer Award and was featured as a prominent community member in our local newspaper. Our Executive Director, Natasha Chappell, was honored by the City of Chilliwack with a Community Sport Hero Award.



Zone 5 Report

Home of Elite Gymnastics , Olympia RG and Planet RG

Elite Gymnastics Year End Report 2017—May 26th, 2017

Elite Gymnastics started the year of with a summer training camp that lasted for 4 weeks in August. The camp was intended for athletes of all levels: from precompetitive to provincial level to the "Elites". During this time, the athletes got a chance learn new apparatus and develop new skills. Toward the end, decisions on levels and training schedules were set.

Our official training year started during the second week of September. Finalizations on levels were done in the month of September while new skills are continuously being developed. Choreography and routines are further worked on from the months of October through December. In December, our 3 Juniors went to camp with all other juniors from BC for routine development and input from other coaches and judges.

In December, we hosted a Christmas show at our gym. This gave the entire club to come together just before the holidays and enjoy performances from our precompetitive, interclub and competitive programs. Elite Gymnastics took a winter break from the last week of December to the start of school in January 2017.

We had two first major events happening at the same time to start our competitive year. The first was Hawaiiin Sunset invitation hosted in Maui, Hawaii. We took three athletes: Junior (Tiffany Chung), 3D (Rachael Le) and 3B (Sadie Koshan). This was a great event for a first major international competition and great way to showcase the routines and body suits. Plus the sun and the beach never hurt a competition. At the same time, Millennium Cup, hosted by Adagio was held. Both western and national steam girls competed at this event. Both events did a fantastic job and our athletes had an amazing time.

Our second event was La Luna Invitation in Seattle, USA. We took our entire Western and National competitive team. The event was run over one day, which was an opportunity for athletes to prepare for long days of travel and competing.

At the start of March, Lori Fung was in Indianapolis to complete the brevet-judging course. She successfully passed both individual and group portions of the exam. Yay!!

Next was Elite Canada, in Toronto. We sent one Junior (Tiffany Chung) for whom this was a great preparation for next year.



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At the start of April, we hosted the Zone 5 championships. Planet, Olympia and Fraser Valley were present for the event. Our advanced recreational group, precompetitive and interclub groups had performed during the event. The head judge was Lori Fung, who kept the competition running smoothly and on time. Victoria Kolganov came first AA in the novice category. Tiffany Chung came in second AA. At zones, all competitive levels must compete, which meant that for some of our athletes this was their first major competition.

The following weekend, we also hosted Provincials. The event was at the Richmond Oval over three days. I was the meet director for the event and ensured all volunteers, food and music were run smoothly. There were no major concerns. One correction to take note is to post the signed scores in more visible places for all coaches and athletes to see.

Westerns were held in Regina. Victoria Kolganov came 6th AA, with her free and ball being one of her best scores. She qualified for Nationals in Edmonton. Ashley Cruz came in 6th as well, and this was her first major competition as a 3B. She was very consistent.

Our provincial stream athletes attended Origami All Starts Invitational in North Vancouver, hosted by Origami in the first weekend of May. A few of our provincial level athletes attended the event. Barbara Henriques received a special award of Miss Flexibility; she was very excited. Leanne Li, Level 5A had a great competition with a personal best in her routines.

Right before National, Adagio Club hosted their very first Cherry Blossom Event. This event was like no other; the main focus of the event was to allow the athletes to compete in teams, rather than individually. This was a great opportunity for Victoria to perform her routines once again before going to Nationals. Tiffany Chung was placed in the Junior National rope routine to compete at Nationals.

Nationals 2017 was in Edmonton, Alberta. This was the first Nationals for Victoria as a novice. Her best routine was her free, with a score of 9.200. Tiffany Chung was part of the Junior National Team that came in 1AA; we are very proud. This means the group qualified to the Junior Pan American Games in Florida in the U.S.A.

Our next major event is the Junior BC Provincials and BC Cup, hosted in Victoria, June 3-4th. Our last planned event for the year is Las Vegas Invitational hosted by EuroGymnastics in Las Vegas, Nevada, June 9-11th. For this event, Rachael Le, Victoria Kolganov, Tiffany Chung and Claire Guo will be in attendance.

Elite Gymnastics will close off the year with a year end show, where the athletes will be able to choreograph their own group routines, try new skills and perform some of their best apparatus routines for family and friends. A few days later, a potluck dinner will be hosted to bring all athletes together before summer vacation.



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Olympia Rhythmic Gymnastics Year End Report

We started the new season in August with 4 weeks Olympia Summer Camp. It accommodated all levels of training and was a great opportunity to learn new apparatuses and techniques, preparing for the new competitive season. The peak event of that camp was the barbeque organized by the club which brings together all the friends and families of current and previous gymnasts.

In December, the club hosted the first fun event of the competitive year, the Olympia Holiday Gala. The girls have fun choreographing acts that showcase their newly acquired skills and bodysuits. For some it is a chance to present new routines, for others to perform group routines, and for all to give their best performance in front of family and friends. RG Santa was again in attendance, rewarding all with gifts. A similar Gala concludes the competitive year in June and is a wonderful celebration of the hard work that led to the accomplishments of both competitive and recreational gymnasts.

We started our competition season with our 6th annual Olympia Cup with over 230 gymnasts from all levels from 15 clubs from Canada and USA. This was a 2 day event held at Fortius Gym in Burnaby. Big thank you to all of our volunteers, parents and coaches that make the event a big success!

In March we also attended Planet Invitational in North Vancouver with girls from all levels. As always it was a fantastic event and the club enjoyed participating

Next was Elite Canada in Toronto. We had a good presentation from our 5 gymnasts. For 3 of them this was their first ever Elite Canada.

The Zone 5 Championships was hosted by club Elite and was a wonderful event for Olympia, Planet and Elite. We had a large team at this competition and great results.

BC Provincial for Nationals & Westerns competition was in April. All our team showed good and consistent routines. The highlights were Margaret in Level 3C and Aleksandra - level 5B winning the BC Championships, Pari -3rd AA at Novice category, Ana-Mariya - 2nd AA in Level 3A, Ana-Natalija and Greta 2nd and 3rd AA in 4A category!

Next was Western Regional Championships in Regina. Starting from Level 3B we have Tsubaki taking Gold AA, our youngest gymnast Veronica - 5th rope and ball, 8th AA, PinnYee 6th AA and Gold in Choice. Level 3C where Margaret takes Gold in free and silver AA. Elizabeth -7th free, 8th hoop. Level 5B where Aleksandra takes home 2 Gold medals for choice and AA and Nicole - 7th ball, 6th choice.

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The Novices had a terrific competition with Pari finishing her first westerns as national gymnast 3rd AA and winning Gold in ball, Daphne - 3rd hoop, 7th AA, Ivana - 4th hoop, 5th ball and 8th AA. Juniors Jenna - 4th hoop, Maya and Nina performed some of their best routines and had a good learning experience. 4 Olympia athletes advanced to Nationals. The team won total of 13 medals from Westerns!

The last stop before Nationals was All stars competition hosted by Origami Rhythmics. Our team had a lot of fun attending this well run and very friendly event.

Nationals - In their first national competition in Novice category Pari finished top 15 and Daphne was 9th in free routine.

We want to thank all of our coaches, parents and gymnasts for their hard work, determination and support! We look forward for the Summer break and the new season!



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Planet RG proprot

The 2016-2017 season was a particularly successful year for our club; As Planet Rhythmics continues to grow our competitive, pre-competitive, recreational and AGG programs, we now offer a new training location in Burnaby for our youngest athletes.

In August we held our annual intensive summer camp held at the Planet Rhythmics Studio and at the beautiful Ambleside beach. Our gymnasts and international visitors spent the month learning new apparatus skills, running and conditioning along the seawall, interpretive dancing and perfecting body technique.

Some highlights of our competitive season included:

The National training camp in Montreal, where Pauline and Alexa met 60 other seniors, juniors and novices from Canada and were trained by a world class expert - we hope to attend this camp in the future!

In February, Pauline and Natasha travelled to Tartu Estonia, where she competed against 51 participants at the Miss Valentine Competition - her best result was 11th in hoop. From Estonia, they travelled directly to Moscow for the prestigious Alina Cup in Moscow where she placed 17th in clubs amongst the strongest juniors in the world. Later on in the season, Pauline competed in at the FIG World Cup in Bulgaria.

Throughout the season, our gymnasts attended several local invitational competitions, including Millennium Cup, Olympia Cup and All Stars Invitational. Thank you to our fellow Vancouver clubs for hosting well-organized and friendly events!

In March, our club hosted the 16th Annual Planet Rhythmics Invitational Competition in March, which was the remains as the largest invitational event on the west coast of Canada! This season we welcomed 250 competitors from 14 clubs, including teams from Canada, USA and Puerto Rico! At BC Provincials in April, Planet gymnasts took home 2 AA gold medals in levels 6A (Kelly Li) and 5B (Anya Tretiakov), 2 silver, 2 bronze medals, and many other top 8 awards.

6 Planet athletes travelled to Regina for Western Regionals, where our top result was by Alexa Hartvikson, who won the gold for her hoop routine and placed 2nd AA in the novice category.

The final competition of the season was Elite Canada in Edmonton, where Alexa had a personal best ranking of 4th in hoop and finished 8th AA. Pauline secured her spot on the Junior Canadian National Team, with an excellent performance during finals - a silver medal in ribbon and bronze in ball.

A special 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 25th.



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Zone 6 Report

Home of IRGC and Victoria RG



ISLAND RHYTHMIC GYMNASTICS CLUB



NUMBER

We increased our performance team to 13 participants this year
We maintained our recreational base

PROGRAM

We increased our program to 3 days of training (9 hours total)

EDUCATION

COACHING

We sent two new coaches to do their NCCP 1

We sent two coaches to Vancouver for a workshop on AGG in the fall hosted by Planet Rhythmics

JUDGING

We sent our head coach/ Brevet judge to Auckland New Zealand where she obtained a FIG Brevet 3 for both group and individual granting her the third highest Brevet level in Western Canada

We sent our Brevet judge to The Koop Cup, a FIG competition

We sent our Head coach to Toronto where she followed the international AGG judging course and obtained her international judging certification in AGG

PERFORMANCES

North Island University for a physical education course given by Marta Kroupa

Zone 6 championships

Victoria Performing Arts Festival

Harlem Globetrotters Opening in Victoria

The Harbour Cats Ovarian Cancer fund raiser (in June)

OTHER

Our head coach was invited to choreograph routines in Alberta. One of her choreographies earned the gymnast multiple special awards for dance and choreography at various events.



Danielle Frattaroli

BCRSGF 2016-17 Annual report

Zone 8 Report

South Cariboo Rhythmic Gymnastics 2016-17

South Cariboo Rhythmic Gymnastics had very busy and full season in 2016-17 with all the wonderful gymnasts. It is always encouraging to see when the club is busy and full with many events and activities.

SCRG coaches attended various workshops and seminars, which were offered by different clubs around BC in 2016. Coaches attended AGG workshop, which was offered through Planet RG in September 2016. It was very well received and learned many techniques. SCRG will try to offer AGG programs again in 2017-18 seasons. Coaches also attended Choreography workshop, which was offered by Fraser Valley RG in Chilliwack in November 2016. It was fun and coaches received very helpful knowledge. Our "Little Ninjas" boys' rhythmic gymnastics' coach, Nathania Hindmarsh, also received amazing workshop by Mario Lam of the Martial Gym in Fraser Valley RG. Her participation in the workshop helped broaden her knowledge on men's rhythmic gymnastics with proper techniques, creativity, and fun skills with apparatus. SCRG will continue to take part in workshops that are helpful to not only coaches, but also gymnasts and parents.

In 2017, SCRG competitors participated Zone 8 competition, which was combined with Zone 4. Thanks to Aura club to include us in their events. They also participated in Olympia Cup by Olympia Club in February and All Stars Invitational by Origami Club in May. Each competition was very well received by competitors and parents. It is always great opportunity for each gymnast to be inspired and walk away with "next" challenges.



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In April 2017, SCRG offered special performance for local seniors. It brought so much joys, laughter, smiles, and special memories when they were younger. It was special bonding moment from one generation to another.

May 12th, SCRG had yet another wonderful year-end show at the South Cariboo Arena. It was packed with spectators and delightful showcases. Audience cheered, laughed, and clapped through the whole show. It was special moment for every gymnast and an opportunity to shine like stars. They showed their achievements as an individual and as a team.

We have 2 upcoming events. May 27-28th, we are travelling down to Kamloops for BC Gymnaestrada. Our gymnasts are very excited and looking forward to special workshops and performances. June 3-4th, we will be heading down to Victoria for BC Provincial Championships with 11 competitors as final competition of the season.

At this opportunity, we would like to express sincere gratefulness and thankfulness to so many people who helped, encouraged, and shared the knowledge, in many events and in many different ways. Thank you.

We wish you great and safe summer. Will see you again in new season.

Report by
Sang-Hee Robinson



BCRSGF 2016-17 Annual report

My name is Nathania Hindmarsh from South Cariboo Rhythmic Gymnastics and I have the pleasure of teaching three recreational classes; Teddy Bear for girls, ages 3 1/2 - 5, Jewels for girls ages 5-7 and Little Ninjas for boys, ages 4-7. Both my Teddy Bear and Jewels class are introductory rhythmic gymnastics classes that offer fun yet structured teachings of dance and rhythmic gymnastics skills. During each class, students have the opportunity to move to music, play games and learn fun skills with balls, hoops, scarves, ribbon and jump ropes, while also learning coordination, balance, spatial awareness and teamwork. In my Little Ninjas class I teach basic martial rhythmic gymnastics introductory skills in a fun play centered environment. Gymnasts are taught proper basic tumbling skills; develop core strength, flexibility, and balance through a series of exercises and games. We also work on hand/eye coordination while focussing on working with our rings, jump ropes and sticks, adopted from the Japanese stick gymnastics. This season I worked with ten energetic boys ranging from ages 4 - 7 and they were an absolute delight to teach! I also had an opportunity to go down to Chilliwack back in December 2016, and took part in boys rhythmic martial gymnastics work shop taught by Mario Lam. The program was very helpful in continuing to help facilitate classes for the community of 100 Mile House. Mario came equipped with fun and insightful tips on how successfully run these classes. I would love to see more workshops put on in the area of men's rhythmic gymnastics in the near future. Overall, I had a very fun and successful rhythmic gymnastics season ending with each class showcasing what they learned by performing two routines per class at our year-end gala. Each year the gala is well received in the community and we are given very positive feedback.

Sincerely,
Nathania Hindmarsh (SCRG coach)

