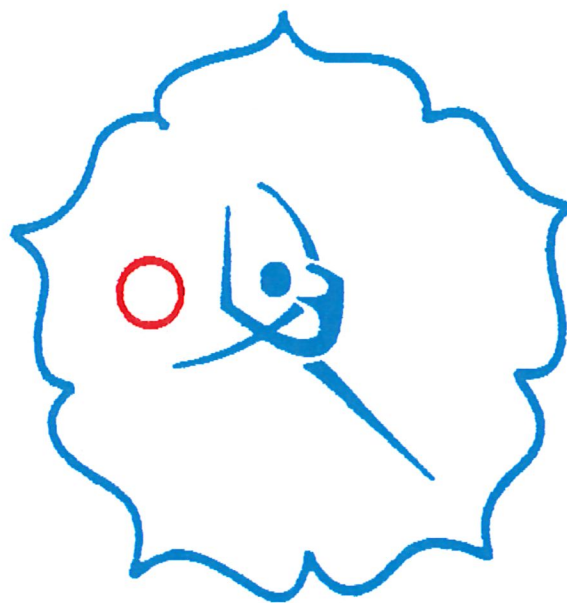


BCRSGF 2019-20Annual Report

# BC Rhythmic Sportive Gymnastics Federation



## Annual Report 2019 - 2020



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

# BCRSGF 2019-20 Annual Report

## Board of Directors

Board Position	Member	Zone
President	Joel Bernard	4
Past President	Adrienne Arnold	3
Competition Development Committee Chair	Lori Fung	5
RG Development—AGG	Alla Krivchun	5
Secretary	Angela Frattaroli	6
Treasurer	Svetlana Fedotova	4
RG Development	Sang-Hee Robinson	8
Director at Large	Carly Fetherstonhaugh	6
Director at Large—VP Development	Curtis Andrieotti	2
Judges Chair	Megan Magid	3

## Competition Development Committee

Committee Position	Member
Competition Development Committee Chair	Lori Fung
Judges Chair	Megan Magid
Coaches Representative	Katerina Goston
Zone 2 Representative	Curtis Andrieotti
Zone 3 Representative	Adrienne Arnold
Zone 4 Representative	Kamena Petkova
Zone 5 Representative	Daniela Todorova
Zone 6 Representative	Kristy Wilson
Zone 8 Representative	Sang-Hee Robinson
Athletes Chair	Ashley Lonsdale

## Staff

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

# BCRSGF 2019-20Annual Report

## Program Coordinator Report

This past year has been one which started with considerable optimism for BC Rhythmic Gymnastics Federation. We had 15 clubs registered with our PSO and 11 of them are competitive clubs. Our Membership was slightly increased by the previous year.

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. With the help of the members clubs BCRSGF delivered Summer camps in five of our 6 zones.

Some noteworthy achievements of this past year include:

### 1) Coaches Certification Courses :

- Gymnastics Foundation Course (level 1)
  - North Vancouver (18 participants) – August 2019
  - North Vancouver (12 participants) – January 2020
- Comp. 1 Course (Level 2) Course
  - North Vancouver (12 participants) - October 2019
- NCCP Level 3
  - North Vancouver (14 participants) – October 2020

### 2) Competitions :

- 2020 Elite Canada Host - 150 participants from 8 provinces
  - BC Games – we had 35 athletes from 6 Zones
- Invitational Events
  - Queen of Hearts
  - Olympia Cup
  - Planet Rhythmic Invitational, BC Provincial in April and June was cancelled due to COVID19

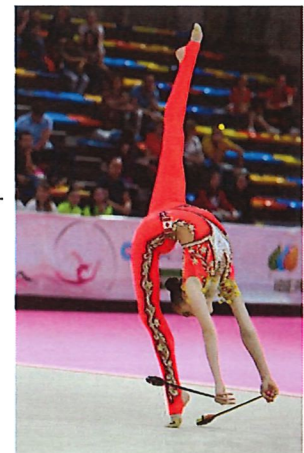
### 3) Competitive results:

While the competitive season was shorter than usual the BC athletes competed very well. In January, the competitive season started as per usually with many competitions domestic and international. We had competitions every weekend in February until March 15 when everything was closed down due to Covid 19

The following athletes made the High-Performance status after competing at Elite Canada Championships

Seniors: Polly Krivchun and Halle Moger

Juniors: Julia Oprea, Elle Dockendorff and Pari Goyal





# BCRSGF 2019-20 Annual Report

After the club's facility closure on March 15<sup>th</sup> the BCRSGF and Members clubs started to work together to come up with plan for continue serving their members. Online Zoom training started. Kate Kloss and Camille Marten developed online training course for how to deliver online classes. All active BC coaches participate at the online training. In April 80% of the clubs started offering daily Zoom classes. Unfortunately, our biggest member and most progressive club in Fraser Valley – FVRG closed the gym. We hope that this is just temporary and the club is able to reopen in the near future.

Thanks to Camille Marten initiatives, BCRSGF Facebook and Instagram were revived from the death. Our HP athletes took over the Instagram for few weeks and share their daily life during The quarantine.

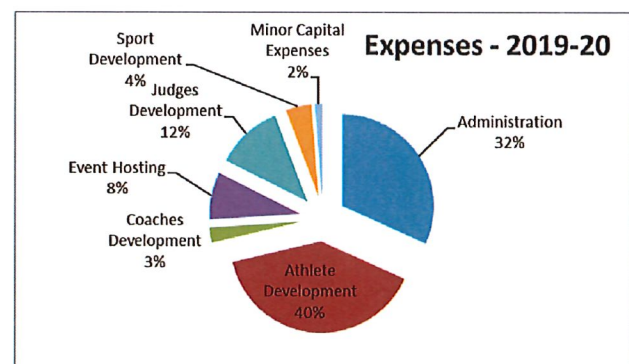
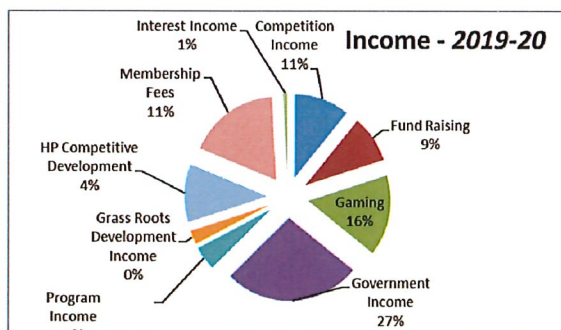
Thanks to Camille we were able to offer free weekly activities to all BCRSGF members. All those activities united all the clubs, coaches, and athletes and give them hope. Weekly BC Connect newsletter was sent to all the clubs.

At the end of May with ViaSports Guideline the BCRSGF Board was able to develop BC Rhythmic Gymnastics Back to Play document that was sent to all clubs.

We are going to finish this season with slowly reopening the gyms and all athletes, coaches, and gym owners are looking forward the upcoming summer camps.

Fanatically we are also finishing the year in positive note. As we hosted few competitions during the year we were able to end the year with small income.

## 2019– 2020 INCOME AND EXPENSE GRAPHS:



I want to thank the BCRSGF Board of Directors for their support during the uncertain few months and most I want to thank Camille for stepping forward and lead all of us for the past few months.

4  
Gratefully submitted,

Sashka Gitcheva



# BCRSGF JUDGES CHAIR REPORT 2019- 2020

Submitted by Megan Magid

**Meeting Of BCRSGF Judges Committee October 24<sup>th</sup> 2019**

## Agenda

### I. Current BCRSGF Judges List

a. Chair confirmed list of BC Judges for 2019-20 Season and shared with members

b. BC Invitational's Judges Assignments for 2019-20

Chair will verify Dates and send letter out with list of events being held and asking for Judges' availability. Discussion ensued with members expressing concern that with the proliferation of club hosted invitational events, there now seemed to be little accountability to BCRSGF being followed – for example:

- No request being sent to BCRSGF to assign right number of judges for event (minimum of 2 per each panel – total 8 judges)
- Payment to BCRSGF for event Sanction Fee (as per rule passed few years back)
- Extremely long days for athletes coaches and judges (days should be finished by 8:30 pm, no later including Awards)
- Adequate break times for judges meal to be built into schedule
- Schedule approved by BCRSGF within 2 weeks of close of registration
- \*NOTE: since BCRSGF agreed previously that all competitive athletes in BC must attend one of these events in lieu of Zone Competition, BCRSGF must be assured that they are running in accordance with generally accepted standards for such competition in order to promote sport image properly and maintain a proper environment for BC athletes

c. BC Provincial Champs Assignments - all eligible judges will be asked

d. Old business – the Chair recounted matters concerning two BC Judges who were under discipline during the 2018-19 Season.

GCG Judges Course and Exam waiting for GCG to organize

## BC Games Judges assignments Elite, Westerns and Nationals

### Judge Recruitment, Education & Mentorship

#### November 2019 Judges Assembly

\*Agenda for BCRSGF Judges Assembly November 28<sup>th</sup> 2019

City Square Boardroom 12:00 pm – 1:00 pm

1. Welcome
2. Sign in and Attendance list
3. Approval of current BCRSGF Judges Roster
4. BCRSGF Judges Rules and Regulations
  - a. Reports/Correspondence 2019 season
5. Dates of upcoming competitions in 2020
  - a. Number and Level of Judges for BC Invitational's
  - b. BC Provincials (April) and (June)
6. Judges Courses
  - a. Recruitment of Judges (former athletes)
7. Judges Chairperson (2019 - 2020)
8. Judges Committee (2019 -2020)
9. Next Assembly date November 2020
10. Meeting Adjourned

## INVATIONALS BC: 2020

- Queen of Hearts 2020 – Jan 24-26, 2019 in Vernon.
- Olympia Cup 2020- Feb 7-9 2019 in Burnaby
- Vancouver Winter Cup – Feb 28-29
- Planet Invitational 2020 – **Cancelled** Mar 13-15 North Vancouver
- Millennium Cup 2020 – **Cancelled** April 25-26 Creekside
- All Stars 2019 - **Cancelled** May 2- 3<sup>rd</sup> 5<sup>th</sup>

## BC & NATIONAL COMPETITIONS: 2020

- **Elite Canada** - Feb 12-16, Qualifying Sr, JR, Nov Born 2008, Junior and Senior Groups –*Burnaby, BC*
- **BC Games**- Feb 20-23 Fort St John
- **BC Championships** - April 3-5<sup>th</sup> –*Richmond Oval* Nat Sr, **Cancelled** Jr, Nov, National & Western Groups & Western Stream 3A(w), 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C
- **Western Regional Championships Cancelled** Jr – Apr 7-10<sup>th</sup> *Calgary* Nat Sr, Jr, Nov, 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C & National and Western Groups
- **Nationals – Cancelled** May 19 -24– *Quebec*, Qualifying Sr, Jr, Nov, Senior, Jr, Nov Groups
- **BC Provincial Stream Championships Cancelled** – June 6<sup>th</sup>– *Creekside* Level 1 A- Level 3A Prov –
- **BC Cup– June 7<sup>th</sup>– Cancelled** *Creekside* Interclub- 6B

## *BCRSQF Criteria for ESPOIR Judges 2020*

1. Age Eligible: minimum 16 years of age as of date of course and maximum 23 years of age, as of date of course.
2. Competed nationally during the last ( 2 ) FIG Cycles ( 2013-2016) and or (2017-2020)
3. Competed National Level Junior or Senior Individual in Canada for at least (1) Full Season during one or both of the last two FIG Cycles 2013-2016 or 2017-2020.
4. Coaches who take the course in the hope of working their way up the Judging levels can continue to coach at the Recreational, Interclub, Level 1, Level 2, Level 3 BC Provincial Levels only.

If in future they wish to pursue the higher levels of coaching by training athletes at the Regional or National Levels, they will relinquish their spot in this ESPOIR Judges Pool.



5. \* Note reason for Criteria #4 is the consensus is that this succession plan for developing new coaches for BC's future is to draw a strict line separating Judging from coach responsibilities. Our aim is to promote independence in judging and to create a community of new young Judges who are not wearing two hats by coaching the levels of gymnasts they are judging via very the successful USA Rhythmic Judging model

# BCRSGF 2019-20 Annual Report

## **Olympia RG Year end Report May 31st**

---

We had a short but memorable competitive season! We started the new season with 5 weeks of Summer Camp in July and August. For two weeks we had a visitor coach from Russia. The camp accommodated all levels of training and was a great opportunity to learn new techniques and apparatuses, preparing for the new season. As always the peak event of the camp was the Annual Barbecue organized by the club.

In December, the club hosted Olympia Holiday Gala and this was probably one of our biggest events so far.

We started the competitive season early in December with a small competition in Seattle. In January we attended Gym Power in Edmonton and LA Lights in Los Angeles where our Western and National stream athletes and our new Junior Group tested their new routines.

In February we hosted the biggest Olympia Cup to date with 300 gymnasts from Canada, USA, Mexico and Japan. This was a great preparation for Elite Canada. We were happy to have some of the top Canadian gymnasts performing at our event.

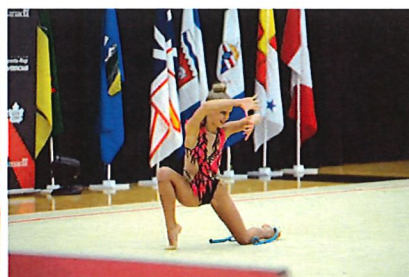


We attended Elite Canada with 5 athletes and our new Junior Group.

Our Junior Pari had an amazing competition. She advanced to Finals and made the High Performance Team in Canada with 8<sup>th</sup> result AA, 2nd in ribbon and 4rd in clubs at the qualification. At finals she finished 12 AA and 7<sup>th</sup> with ribbon.

We were proud of all of our participants - Margi, Tsubaki, Jessie, Veronica. Special salute to Margi, finishing 12th in rope at qualification as she had to deal with a growing pain injury for such long time.

Our Junior Group - Daphne, Ana-Mariya, Jocelyn, Ayana and Elizabeth had a great debut as a group and won 3 medals in their first ever Elite Canada. They finished with silver medals All around!



# BCRSGF 2019-20 Annual Report

Our next competition was BC Winter Games at St. Fort John at the end of February. This was such fun and an inspiring event for our 5 little stars and head coach Sammy.

Anne Yee took all 4 gold medals in level 3C. Emily and Claire won medals in their categories. Sasha and Alex both finished in top 6!

We prepared for upcoming competitions but unfortunately everything was canceled because of the pandemic.

We will finish the season with online classes and a virtual year end party for the team!

We want to thank all volunteers, coaches, judges, gymnasts and friends that made Olympia Cup successful and a well organized event!

Also a big thank you to BCRSGF and Camille Martens for all amazing workshops that you offer free of charge during the pandemic.

Now we are looking forward to going back to training in the Summer and to start planing our Summer camps and new RG season!





# BCRSGF 2019-20Annual Report

## **Planet Rhythmic Gymnastics - Year end report**

---

The 2019-2020 season for Club Planet Rhythmics was an incredibly unique and successful season.



Our annual summer camp, held in July and August, featured a masterclass by World Games medalist and two times Asian Champion Elizaveta Nazarenkova. During this time, gymnasts from our club learned new body and apparatus technique, learned a variety of short routines with various apparatus and gained insight from a world class gymnast.

In October, our Junior AGG Group travelled to Tallinn, Estonia, for the World Cup Championships, where they exceeded all expectations by placing 9th and advancing to the finals. Congratulations gymnasts and coaches Alla Krivchun and Nataliia Kalkan for this exceptional result!

Second-year senior Polly Krivchun and coach Natasha Korkh started off the competitive season in November by representing Canada at the International Christmas Nitra Cup in Slovakia. This competition marked Polly's highest ball score of 2019, advancing her to finals in two events.



In December we drove down to Redmond, Washington to attend the La Luna Invitational, where all four members of our team - Alisa Vedrova, Tianna Alves, Milana Volik and Polly Krivchun received the AA trophy in their categories.

Polly began the 2020 calendar year with Las Vegas Invitational, where her results out of 18 FIG Senior Level 10 Gymnasts were: Silver in Ball with personal best score. Silver in Ribbon with personal best score

And Bronze All Around with personal best AA score.

Well done Polly!!!

Attending the Los Angeles Lights Invitational in January is a tradition in our club - 6 Planet girls attended the competition with coaches Ania, Natasha and Alla where they received inspiration from the range of high performance athletes in attendance. Polly Krivchun competed against the top ranked seniors in the world and received the highest score of her life in clubs - 19.7!

LA Lights result highlights:

Tianna Alves gold AA - level 5

Alisa Vedrova bronze AA - level 5

Bernice Mai freehand - gold medal level 7

Lexi Han rope - gold medal level 7

Jillina Weng clubs - gold medal level 7

# BCRSGF 2019-20 Annual Report

In early February, team Planet brought a team of 52 competitors to our favorite local invitational - Olympia Cup, where our athletes won the AA in 10 categories! Thank you club Olympia for hosting and preparing our national stream team to compete the following weekend at Elite Canada 2020.

Our novices attended their first ever Elite Canada, and after 3 days of competition girls collected 2 medals: gold for Milana's free routines with the highest score of her life 14.0, and a bronze for Lexi's rope. Polly ranked in the top 8 senior in Canada with 2 breathtaking routines - ball and clubs, scored 18.3 and 18.4 accordingly; this was her 5th Elite Canada. The event was completed by the novice group performance "monkey barre" choreographed by Ania Korkh and was a huge hit amongst judges and audience members!

In the beginning of March 4 girls from Planet competitive team (Polly, Jillina, Bernice and Sophie) with their coaches Natasha and Alla travelled to Estonia for Miss Valentine. The highlights included watching world class gymnasts that competed in the Grand Prix, making new international friends, and participating in Alexandra Soldatova's master class.



Shortly after Estonia, Polly Krivchun travelled to Regina where she held a master class for Wascana RG. Polly's masterclass was "enthusiastic, intense, fresh and motivated!"

Due to Covid-19, Planet Invitational 2020 was cancelled only several days before the event. We hope to see everyone in attendance next year!

Club Planet Rhythmics has been holding online classes, where our competitive teams are finding creative new ways to expand their physical and mental game strength. Some of the activities include - comparing and contrasting RG through history, improv and dancing, attending online masterclasses, planning for next season, and staying connected with our friends. We are staying positive and finding the silver linings and opportunities through the unprecedented times





# BCRSGF 2019-20 Annual Report

## *South Cariboo Rhythmic Gymnastics 2019-2020*

Zone 8

Report by Sang-Hee Robinson

What a time of challenges we are facing as we enter 2020! Testing our patience and tolerance during uncertain times, trying to stay as positive as possible for our club's future, and yet still unknown waits...

No one saw that our 2020 would be where most of the world's population stayed home for uncertain length, confronted with a global virus threat. Since February, we saw so many changes in our lives – staying home with unknown tomorrow, schooling and training at home through computer monitors, and counting days with hopeful heart.

SCRG started rough season which was affected by local economic changes. Despite the rough start, we stayed positive and strong as we moved forward, especially looking forward to BC Winter Games in Fort St. John and other provincial events for our athletes to participate.

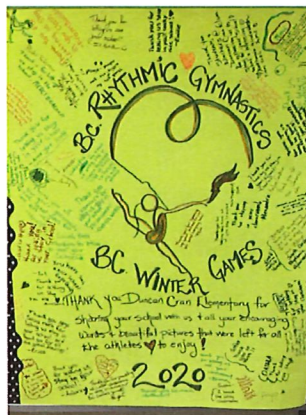
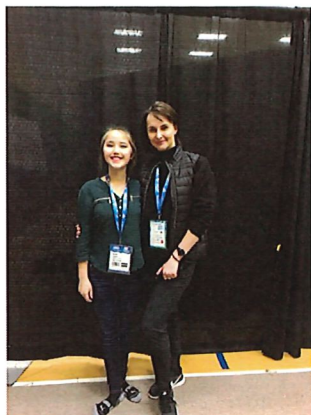
It seems so unreal that BC Winter Games moved forward and had a huge success before everything changed.

SCRG BC Winter Game team members & coaches watched their training progress from the day one and were very proud how well they competed in front of many judges, as most of the members it was their very first competition. This goal could not be achievable without Coach Angela Frattaroli from Island Rhythmic Gymnastics who dedicated her precious time, effort, and love for the sports and for our girls. SCRG's Coach, Sarah





# BCRSGF 2019-20 Annual Report



These are other special events before the BC Winter Games.

In August, we had three special coaches from Island Rhythmic Gymnastics who came up for summer camp. We are always privileged to have these coaches who love to share their precious time, effort, and love of the RG sports with our gymnasts. They learned many new skills, conditioning & stretching exercises, ballet, musical interpretation, and new routines. We are very grateful for their dedication.



# BCRSGF 2019-20 Annual Report

In September, we had very special memoir moments by participating in the celebration of 'Gymnastics BC 50<sup>th</sup> Anniversary'. It was held at BC Place and performed during BC Lions halftime show. There were over 300 performers from many BC clubs and covered almost entire football field. It was fun and amazing experience for all the members of all ages. Thank you to Gymnastics BC for amazing opportunity and fun routines.



As our main focus is to ensure the safety and health for all the members, it is very encouraging to see so many of us 'working together' through this uncertain time. Thank you for all the hard work trying to keep 'us' together.

As we get our lives back to 'somewhat normal' with 'new normal' standards, as many clubs are trying to go back to gym, we hope and pray everyone will be safe and healthy mentally, emotionally, and physically.

Have an awesome summer and hope you make many beautiful memories.

Thank you

Sincerely

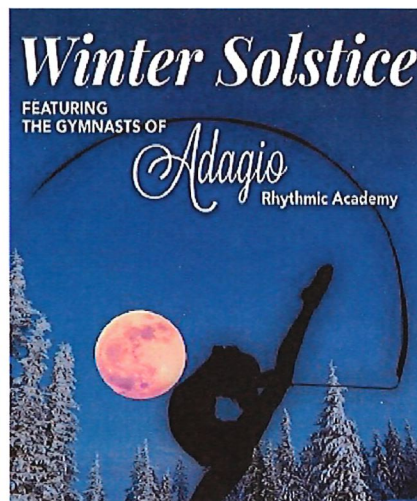
Sang-Hee Robinson

# BCRSGF 2019-20 Annual Report



INTERNATIONAL RHYTHMIC GYMNASTICS ACADEMY

## 2019- 2020 Season



November 23 2019



## *Annual Holiday Show*

Matinee Performance and Evening performances  
Featuring 150 Athletes & 350 Friends and Families



# BCRSGF 2019-20 Annual Report

## *LA Luna December 7-8<sup>th</sup> Seattle*



### Seniors

Erin ChoSiksik 2<sup>nd</sup> AA - Silver Hoop and Ball – Gold Clubs – Bronze Ribbon

Alexanne Laovie 4<sup>th</sup> AA – Bronze Hoop- 4<sup>th</sup> Ball, Clubs & Ribbon

Dixie Cable 5<sup>th</sup> AA- 4<sup>th</sup> Hoop – Bronze – Ball 5<sup>th</sup> Clubs & Ribbon

### Junior Level 10

Julia Isabel Oprea 2<sup>nd</sup> AA 1<sup>st</sup> Rope, 3<sup>rd</sup> Ball, 2<sup>nd</sup> Clubs & Ribbon

### Junior

Erica Lee 3<sup>rd</sup> AA, Rope 3<sup>rd</sup> Ball 1<sup>st</sup>, Clubs 2<sup>nd</sup> & Ribbon 3<sup>rd</sup>

### Hopes

Natalie Ching 2<sup>nd</sup> AA- Rope 2<sup>nd</sup>, Ball 3<sup>rd</sup> Clubs & Ribbon 2<sup>nd</sup>

# BCRSGF 2019-20 Annual Report

## Las Vegas International Jan 16-20 2020



Erin ChoSiksik 7<sup>th</sup> AA - 5<sup>th</sup> Hoop, Ball Bronze – 15<sup>th</sup> Clubs – 8<sup>th</sup> Ribbon  
Dixie Cable 14<sup>th</sup> AA- Hoop 16<sup>th</sup> –Ball 13<sup>th</sup> -Clubs 12<sup>th</sup> & 9<sup>th</sup> Ribbon  
Alexanne Laovie 15<sup>th</sup> AA – Hoop 15<sup>th</sup>, Ball 12<sup>th</sup>, Clubs 15<sup>th</sup> - Ribbon

### FIG Junior

Julia Isabel Oprea Top Ranked Canadian  
11<sup>th</sup> AA 11<sup>th</sup> Rope – Ball 11<sup>th</sup>- Clubs 12<sup>th</sup> – Ribbon 10<sup>th</sup>

### Junior

Erica Lee – Top ranking Canadian out of 78 participants  
Natalie Ching- 6<sup>th</sup> AA the Canadian athletes ranking  
Lily Tang 9<sup>th</sup> AA the Canadian athletes ranking

# BCRSGF 2019-20Annual Report

## Queen of Hearts January 24-27



### Seniors

Erin ChoSiksik 4<sup>th</sup> AA - 4<sup>th</sup> Hoop, Ball Silver- Clubs 5<sup>th</sup> - 6<sup>th</sup> Ribbon  
Dixie Cable 5<sup>th</sup> AA- Hoop 5<sup>th</sup> - Ball Bronze - Clubs 5<sup>th</sup> & Bronze Ribbon  
Alexanne Laovie 6<sup>th</sup> AA - Hoop 6<sup>th</sup>, Ball 5<sup>th</sup> Clubs & Ribbon 7<sup>th</sup>

### FIG Junior

First place All around Julia Isabel Oprea  
Rope 1<sup>st</sup> & Ball 2<sup>nd</sup> Clubs & Ribbon

### Junior

Erica Lee 1<sup>st</sup> AA  
Rope 5<sup>th</sup>, 2<sup>nd</sup> Ball, Clubs and Ribbon 1<sup>st</sup>  
Natalie Ching 2<sup>nd</sup> AA- Rope 1<sup>st</sup> and Ball, 4<sup>th</sup> Clubs & 2<sup>nd</sup> Ribbon  
Sophia Habibiniya 5<sup>th</sup> AA - Rope and Ball 3<sup>rd</sup> Clubs 8<sup>th</sup> and Ribbon 6<sup>th</sup>  
Lily Tang 7<sup>th</sup> AA Rope 7<sup>th</sup> Ball 8<sup>th</sup> 7<sup>th</sup> 5<sup>th</sup> Clubs Ribbon 7<sup>th</sup>

### Novice

Selina Lalaj 4<sup>th</sup> AA Free 4<sup>th</sup> - Rope and Hoop Bronze Clubs 4<sup>th</sup>

### Westerns Stream

6B Tiffany Lee Champion AA  
5C Grace Lam Silver AA  
5B Barbara H Bronze AA  
5B Alexa Wong 4<sup>th</sup> AA  
5B Isabella Tai 5<sup>th</sup> AA  
4C Noelia Lalaj 2<sup>nd</sup> Silver AA  
4C Hailey Whittaker - Bronze AA  
3B Avis Chan AA Champion



# BCRSGF 2019-20 Annual Report

## Elite Canada



*Junior Group AA 4<sup>th</sup>*

*Finals 2<sup>nd</sup> Silver Hoops*

*Juniors*

*Julia Isabel Oprea 10<sup>th</sup> Competition A out 45 Juniors*

*Erica Lee 26<sup>th</sup> AA and 3<sup>rd</sup> with Ribbon*

*Natalie Ching 38<sup>th</sup>*

*Competition B*

*Julia Isabel Oprea*

*Rope 4<sup>th</sup> Ball 14<sup>th</sup> Clubs 8<sup>th</sup> Ribbon 8<sup>th</sup>*

*Erica Lee Ribbon 13<sup>th</sup>*

# BCRSGF 2019-20 Annual Report

## Winter Cup



*We did not know this might be the last competition of the year 2019-2020.*

*The pandemic ushered us into seeing new ways of communicating and training*

*It taught us resilience and patience*

*We learned that we could do hard things*

*As a Province and as a Federation we came together*

*Working with each other and helping each other*

*Sharing our experiences and supporting everyone along the way*

*A Very Heartfelt Thank You to Camille for your amazing initiatives which kept all of the BC athletes feeling cared for and bringing us all so much closer  
Much Gratitude to Sashka for Keeping us Safe and for always Coming up with so many creative ideas to help and support all our Member Clubs in BC*





# Island Rhythmics Year-end Report

## Gymnasts and Events

This summer we had the joy of going to work with South Cariboo Rhythmics. All 3 of our core coaches went to 100 Mile House and had a really lovely time. Thank you to the gymnasts, coaches and parents for such a fantastic atmosphere!

We had an increase in registration in our performance program. We welcomed new gymnasts from Spain and Korea to our team and moved some recreational gymnasts up.

Our December show raised almost \$400 for the Victoria Women's Transition House Society. The Society collaborates, advocates and educates to address and prevent intimate partner violence and abuse of women and children through supportive shelter, housing, counselling and other community-based services.

For the first time, our entire team competed at Olympia Cup. We had a blast! Thank you to the organizing committee for the great event!

We prepared a gymnaestrada routine for the Provincial Gymnaestrada but the season ended before we could perform it.

We moved to online classes when the provincial directive for physical distancing was called. To provide engaging classes for our gymnasts we connected with friends in Canada and throughout the world. COVID took us out of the gym but gave us a chance to strengthen bonds with friends near and far.



## A Special Homage to Fraser Valley Rhythmics

As this gym year is coming to an end, I want to pay homage to the Fraser Valley Rhythmic Gymnastics Club, its coaches, administrators, parents and gymnasts.

This club, that was obliged to close because of the Corona Virus, was a very important part of our community. Open far away from Vancouver, it was one of the few clubs that extended the reach of our sport. The child of the dream of a former BC gymnast who loves our sport for itself and not for the glory she got out of it, the club developed in a new, interesting, future oriented way with a strong emphasis on inclusion and respecting the new vision that is developing in sport in Canada and in the world.

We, at Island Rhythmics, learned a lot from Fraser Valley Rhythmics. We reached out to Kate many times to know how to approach many situations. Kate was highly competent. Completing her PHD and working for Via Sport for years, Kate is an administrator, educator and coach who was always open to share all this knowledge, experience and work.





## Coaches, Judges and Specialists

This year we maintained our coaching compliment and welcomed two junior coaches to our coaching team.

We continued to work with our team's strength trainer and physical therapist, Rachelle, to develop injury prevention and appropriate strength training programs. Rachelle developed a specific program for our athletes to do at home during physical distancing and presented it to the gymnasts just before we moved to online classes.

We also had the joy of learning from and working with special guests through virtual classes including a coach from New Zealand and a current Cirque du Soleil artist as well as an international AGG specialist.

We are currently preparing our year end presentation with the help of an author from Vancouver and a movie and theatre professor from the University of Calgary.

We would like to thank Quiana, Clara, for their great work switching from in-person to virtual training. Their passion and professionalism has been uplifting to say the least.

Our head coach was head judge at one BC event. She was scheduled to be head judge at another BC event and was also assigned to by GCG to judge at the Pacific Rim Championships in New Zealand before they were cancelled.

## Homage continued...

Fraser Valley's head coach, Mimi Pan, also a former BC gymnast, brought on the BC competitive scene a very well trained, polished and cohesive team. It was a young club, a young coach, and it was the beginning of a solid, principle based, future.

All our gymnasts and coaches may have had a difficult time getting used to online classes, but they had these classes, and soon they will go back in the gym. Fraser Valley's gymnasts do not have this chance right now, and may never have that again. When I think about the passion, the work, the dedication of all those children, and the care, the vision, the knowledge and love Kate, Tasha, Mimi and all the Fraser Valley team put in what they were building in Chilliwack, it's very clear that we have lost something we really needed to have in our Federation

I hope that the Federation has and will continue to reach out to Kate and her team to express our appreciation and offer help, if she decides to bounce back and restart in one way or another.

Danielle Frattaroli  
Former GCGRG Program Director  
Island Rhythmic Gymnastics Club Technical Director

## Administration

We would like to take a moment to thank our Board and administrator. Their prudent financial management over the last 7 years helped us weather the storm of COVID with savings that allowed us to ensure our coaches retained their salary throughout the whole isolation period. It also allowed us to bring in specialists.  
Thank you!

Another big thank you to Sashka for all her help and support this year.



# ANNUAL REPORT

*The first year of West Coast Rhythmic Gymnastics Club*



## *Highlights*

**NEW BOARD FORMED  
WITH BARB BISHOP'S  
RETIREMENT**

**NEW NAME, NEW  
LOOK: WEST COAST  
RG CLUB**

**REC & COMPETITIVE  
PROGRAMS OFFERED**

**2020 BC GAMES  
PARTICIPATION**

**VIRTUAL CLASSES  
OFFERED - COVID**

**MAJOR FUNDRAISING  
EFFORTS**

## **West Coast RG's 2019-2020 Season**

### **LOTS OF CHANGES AND CHALLENGES**

This season, with the retirement of Barb Bishop, a group of parents and coaches from Victoria Rhythmic Gymnastics Club stepped up to work together to breathe new life into a club that has been operating in Victoria for over 35 years. With a new name and look, West Coast Rhythmic Gymnastics Club started out the season strong offering both recreational and competitive programs. We participated in the 2020 BC Winter Games in Fort St. John. The WCRG team undertook major fundraising initiatives from September to March to be able to continue to offer programming. We also switched from in-person to virtual classes due to the COVID pandemic.





## AWAY EVENTS

We were able to participate in two competitions before the COVID pandemic. We were pleased to send a team of to represent zone 6 at the BC Winter Games in Fort St. John.

We also were grateful to send a small team to Aura's zone competition. We appreciate the welcome from other clubs to participate in their wonderful events.



## HOME EVENTS

We hosted three lovely events in our own gym, including the Annual Snowflake Show, Zone Meet and a Spring Fling with opportunities for all of our participants to perform.

