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rhythmic gymnastics
ALBERTA

EXECUTIVE SUMMARY

Registered Members / Plus Affiliates members served	2200
Competitive Gymnasts	192
Coaches	60
Clubs	22
Judges	16
Westerns Volunteers	73
Events Hosted by RGA	5
Athletes Eligible to compete at Provincial Championships	95
Provincial Judges and Coaches trained	20
Club Hosted Events/Demos	25
Awards Presented	5
Attendance at Provincial Gymnaestrada	250
Foundations Coaches Trained	15
National/Brevet Judges Trained	10

Rhythmic Gymnastics Alberta has experienced an exciting, productive and successful 2014 season. All the program groups have been working hard to create and develop positive projects to promote the sport of rhythmic gymnastics in Alberta. As always, we appreciate the financial support of ASRPWF and the event support of the City of Edmonton. Without the on-going funding our gymnasts and members would not be able to have the success and enjoy the opportunities that are available.

Alberta's performance groups participated in Gymnaestrada and Mall Demos and interclub events, as well as the AGF Gymfest. The formation of the large group medleys has been the focus of this year in preparation for World Gymnaestrada. Interclub and provincial gymnasts enjoyed competitive and performance events in Calgary, Devon, Edmonton, Lethbridge and Red Deer. Thank you to our host clubs for improving the opportunities for this group of gymnasts.

Congratulations go to our competitive gymnasts, especially our national team members from the past year, Iveta Milcius (Senior National Team Group – carded until December 2013) and Hannah Parry (Senior National Team) A special thank you goes to their coaches, and to the judges who worked so hard at learning and applying the code of points at all the competitions.

Elite Canada was a highlight of the competitive year, but presented financial and volunteer challenges that have never been an issue prior to this year. We look forward to working with GCG in order to resolve some of the hosting issues that we encountered.

Judging continued to be problematic at the highest international level. Judge training and the exam was delayed for our Brevet judges until Fall 2013, and our national level judges will not be able to take a course until the 2014 season. The national course offered by GCG continues to not be recognized due to challenges with the exam. Thank you to the judges for working so hard at all the events in the face of uncertainty and training problems.

Thank you to the staff, board and volunteers who contribute to making Rhythmic Gymnastics Alberta a wonderful organization in which to grow, play and succeed.

EXECUTIVE DIRECTOR'S REPORT - DIANE GUNN

We started the year with a strategic planning session, and the spring has been very busy with Elite 2014 Provincial Gymnaestrada, numerous interclub competitive events, zone championships, provincial championships, Provincial Judge training, National Judge training, and demos and sport outreach ventures. Coach visitation for assessment of the South Alberta Medley was undertaken and completed, and we look forward to providing the same support to the North Medley. Coach seminars and choreography workshops are planned for the upcoming year.

A special thank you goes out to everyone who organized events, volunteered their time, and helped to make each event a success. Without you our gymnasts would not be developing physical literacy skills and a positive attitude towards healthy activity that will stay with them throughout their lives. To the coaches who have committed to taking courses and improving their knowledge and skills to help gymnasts achieve their very best results – thank you! Without you guiding our gymnasts we would not have the success that we enjoy in Alberta.

Thank you to our board members who have served for so long, and to whom we will have to say goodbye to for at least a one year hiatus. In particular, thank you to Sonya Golly Jahn who has been a board member for over 25 of the 35 years of ARSGF/RGA's existence. We look forward to having her mentor and support the new Recreational Development Chairperson.

A special thanks to our Brevet and national level judges who overcame many obstacles in this cycle, and who took so much time away from family and their gyms to support and guide gymnasts with their competitive goals.

RHYTHMIC GYMNASTICS ALBERTA MISSION, VISION AND VALUES

RG VISION:

“Attract Albertans to our foundation sport of Rhythmic Gymnastics to encourage lifelong activity.”

RG MISSION:

“Rhythmic Gymnastics Alberta fosters and encourages participation and the development of excellence in rhythmic gymnastics.”

RG VALUES:

GYMNAST CENTRED: Decisions are based on the emotional, physical and mental wellbeing of the gymnast.

VOLUNTEERISM: Dedicated volunteers are the foundation for developing rhythmic gymnastics in Alberta. It is through their commitment and accomplishments that Rhythmic Gymnastics Alberta flourishes.

TEAM WORK AND RESPONSIBILITY: Success as an organization comes from shared responsibility, involving all gymnasts, officials, staff and volunteers in a spirit of partnership and mutual respect.

RESPECT: Mutual respect is demonstrated by trust, honesty and fair treatment. As we respect our diversity of individual beliefs, aspirations, skills and experiences we can build on each other’s strengths.

COMMUNICATION: Sharing information to the fullest extent possible and fostering a sense of belonging promotes a positive working environment for us to complete our commitments.

HUMAN DEVELOPMENT: Those with heart, ability or desire are given the opportunity to achieve their full potential.

OPERATIONS BEST PRACTICES: Rhythmic Gymnastics Alberta develops through efficient, effective and professional practices used by coaches, officials, volunteers and staff.

EXPERTISE: Technical and personal development provided to coaches, officials, volunteers and staff is participant-centred and values driven.

MEMBERSHIP

RGA has continued to see an increase in RG members and participants in 2014, and is recording high numbers due to the careful reporting of the AG clubs who have instigated RG programming. The marketing plan and strategic plan emphasizes the need to build awareness and knowledge of RG and Gymnastics for All, and the emphasis is on the training of coaches and recreational/community leaders in all eight Alberta zones. Collaboration and partnerships with AG clubs continue to grow, to support the development of RG in zones where there currently isn’t an RG club. We are happy to welcome Evansburg, Drayton Valley and Lac la Biche this year.

Registration has changed slightly in some of the stronger combination AG/RG clubs. These clubs continue to provide a strong basis for FUNdamentals and Active Start programming, and have now branched into the training to train (interclub competitive program.) The Brazeau and Shine Gymnastics clubs will be introducing interclub and provincial level competitors in the next season, necessitating a Level 2 course in the fall.



COMPETITIVE DEVELOPMENT – CASSANDRA CHAU

The Committee, headed by Cassandra Chau, continues to develop and promote competitive opportunities within Alberta for the various competitive levels.

Interclub competitions in Alberta are becoming increasingly popular with many new clubs recognizing this is a great introduction to those gymnasts who want to train more than 1-2 hours per week, but want to have balance in their lives for other activities. Red Deer, Arabesque Rhythmics, Rhythmicana, Capital City and Elena's once again hosted very successful adjudicated events. Numerous clubs took part in at least one of these events with average attendance approximately 100 gymnasts for the one day event.



Arabesque, AG Rhythmics, Alpha, Norglen, Parkland, Red Deer, Rhythmicana, Chinook, Capital City, University of Calgary, Vertigo, Shine and Gymfinity Lethbridge all took part. With each event, clubs and coaches continue to work together to refine the Interclub program so that gymnasts have a fun and successful experience.

We look forward to Camp RG on August 15-17 for performance and competitive gymnasts, run with the assistance of Lauren Wig.

Thanks to the hosts of North Zones (Arabesque), South Zones (Chinook) and Provincials (Red Deer Rhythmics) for hosting these events. The season is not complete, and further information will be provided in the Annual Report.

Provincial level gymnasts had excellent results in Regional and National competitions.

Thanks to Manitoba for running another successful Western Canada Regional Championships. Results are available on the RGA website. Alberta was represented at Westerns by provincial gymnasts from Chinook, ERSGA, Rhythmicana, and Gymfinity in Lethbridge who competed in Levels 3B, 4B, 5B and Provincial Novice and Junior Groups. National Level gymnasts from Chinook and ERSGA were very successful at the Western Championships, with two novices, 2 juniors and five gymnasts in Senior qualifying to attend the Canadian Individual Championships in Ottawa. Hannah Parry and Iveta Milciute completed Team Alberta qualifying to CC2013 through Elite Canada in February.

Alberta sent a large team to Edmonton for Elite Canada. The athletes who qualified under the old Elite Qualified rules, and received maximum funding to the event were National Junior Team members Hannah Parry and Iveta Milciute, as well as seniors Katarina Yakimchuk, Amanda Greenwell and Junior Nina Pavlovic. In addition Brooklyn Fedoretz Maxwell, Madeleine Fraser, Abigail Lim and Gayle Laird attended.

JUDGING – NATASHA PAVLOVIC

This year was continued to be challenging for judges and required continued upgrading and training that was problematic. Judges have continued to be positive and enjoy working at invitationals such as Las Vegas, Queen of Hearts, Millennium, and Planet competitions. There was application made for major FIG competitions, and Judit and Olya both had the option to attend the Izmir Turkey competition, but declined due to prior commitments. Judit has now been assigned to the Aeon Cup in October. Full funding for major FIG events is provided by RGA to develop and maintain excellence in judging.

Westerns was not an easy competition, as the date and timing made it difficult for the provincial judges to commit to attend, and the national judges who might have been able to help were not permitted to receive their exam in a timely fashion and were delayed a year in their progression due to GCG decisions.

This year Canadian Championships 2014 was in Ottawa and Alberta was represented with 2 Brevet Judges and one National judge, with a National judge who was asked to be on-call.

RECREATIONAL DEVELOPMENT – G4A11 – SONYA GOLLY-JAHN

The Recreational Development committee, headed by Sonya Golly-Jahn is achieving results and the growth throughout the province is evidence that we are taking recreational gymnastics and gymnastics for all programming very seriously. CS4L and Physical Literacy ties to gymnastics continue to be promoted in schools and day cares, with regular presentations at conferences, including Special O events.

Provincial Gymnaestrada was hosted over two days in Edmonton, thanks to the efforts of the Alpha and Sprites clubs. The new RGA music system was a bonus that made the process easier and less expensive to the organizers. Both large medleys performed on both days, while other groups chose to come one or two days, depending on their team's preference. Next year there will be firm guidelines on the size of the groups permitted to attend and recommendations on the level of gymnastics skills and it will go back to being a one-day event.

We are now working with our AG, Trampoline and Acro partners from AGF to ensure a smooth working partnership for National and World Gymnaestrada choreography development. These partnerships are improving, and cross-training across specialties and disciplines is helping to make the RG and Acro routines in particular more interesting at the World Gymnaestrada level. Medley choreography, meetings, practices and contracts have all been arranged and are moving forward on the two year cycle leading to the largest team, culminating shortly in Calgary for the National Gymnaestrada. The two year time frame and commitment to work for that period of time is not part of the artistic, acro or tumbling culture, so working relationships have at times been strained. Thanks to Kristi Skebo in the North Medley, and Lindsay Oliver and Rhonda Helmeczi for their work in maintaining the required two year schedule.

Alberta North Medley has 70 gymnasts and the Alberta South Medley has 50 gymnasts. There are other larger groups, including Elena's and Rhythmicana, which are focused on city/outdoor performances, and will be choosing to be evaluated in Calgary for this opportunity. The majority of funding is focused on the preparation, travel commitments, training costs, and evaluation of the two major medleys, as they are required to work in the most lengthy, diverse, and challenging planning and choreography process.

Rhythmic Gymnastics Alberta Canadian Gymnaestrada participants remains puzzled at the lack of information forthcoming about the immediate Canadian Gymnaestrada, and look forward to having a complete schedule in place so that volunteers can choose their assignments quickly and efficiently. Comments have also been made that the cost for those doing indoor/city performances is too high for those who only get one floor time.

COACHING DEVELOPMENT – CRYSTAL BROWN

Crystal Brown led the coaching programming this year. The five trained Level 3 candidates still have not been officially told by GCG about how they can complete their assignment, although unofficially Marta Kroupa has provided the OK to have evaluation tapes and material sent to her. This delay has severely challenged the enthusiasm and interest in some of these coaches, and we look forward to a speedy resolution that will recognize their continued efforts to complete this project. Thank you to Kristi Skebo, our Level 3 evaluated (and Active Start certified) coach, for helping GCG with an example of the reworked assignment. Olivia Jack, Jennifer Thai, Natasha Pavlovic and Kara Coville will all look forward to completing their program by the end of this year.

Funding to support coaches to Westerns, Elite Canada and Canadian Championships was provided to the clubs, as was support for Provincial Coaches. Master Coach and Official support was also provided to Judit Berecz and Olga Khabarova.

Two RG specific Foundations courses were offered in Calgary, one in Edmonton, and one in Drayton Valley. In addition an introduction to RG was provided to recreational leaders in Lac la Biche. The Introduction to Gymnastics Foundations was offered in Red Deer. The concept of working and registering through AGF for the introduction and theory courses is now filtering through to the new coaches. Now that we have Shaunna Cline and Heather Palmer certified in portions of the Foundations program, and Kristi and Michelle actively giving courses, we look forward to offering more intro and theory courses to the RG community.

Use of The Locker, the new CAC on-line process for registering coach training, continues to improve the response time and ability for the PSOs to get timely recognition for our coaches. The professional development points process is not clearly defined, and we have been receiving calls in the office as to why and how this program will be administered. Even something as simple as the “self-report” coaching process has caused some questions, as you get one point for coaching for a year, but does that mean a season or 12 months? Currently you have to check off every month that you coach to do the self-report. Courses, workshops and other means of professional development do not have an option for self-reporting.

MARKETING – DEREK FRASER

Derek Fraser headed the Marketing function this year, and contributed advice and counsel on a number of different initiatives. His knowledge of the NFP sector is invaluable. Clubs were again offered a rebate on club advertising, and many RG clubs took advantage of this initiative. The difficulty presents itself when we have overlap with major AG clubs. RG funding will only promote the RG portion of the advertising, and must link or have ties to Rhythmic Gymnastics Alberta. This marketing incentive should be continued.

Thanks to Facebook and now Twitter, there is more action and interest in RG in Alberta and across the world.

Twitter feed, joint advertising and other event focused advertising campaigns are being used, and there has been a sponsorship power point presentation developed to assist in fundraising and fund development.

CAMP RG



Camp RG was a huge success – thanks to the organizational skills and imagination of Kristi Skebo and Brie- Anne MacPherson.

LTAD OVERVIEW AND IMPLEMENTATION

Long-Term Athlete Development (LTAD) is a seven-stage training, competition, and recovery pathway that guides an individual's experience in physical activity and sport through childhood, teenage years, and adulthood. The LTAD serves as a new way of thinking on how to best deliver sport and physical activity to Canadians and is the paradigm on which the Canadian Sport Policy and the new Alberta Sport Policy will be based. Coaches, parents, administrators and club volunteers are encouraged to familiarize themselves with the language, and how it fits into their active start, recreational and competitive training. For more information on the seven stages of the LTAD please go to: http://www.gymcan.org/site/files/about/gcg_ltad_final_en.pdf for the complete outline of how gymnastics fits into Active Start, FUNDamentals, Specialization (Learn to Train), Train to Train, Train to Compete and Train to Win categories, and then transition into Active for Live.

PRISM REVISIONS

The Rainbow, Red, Orange and Yellow PRISM video is almost completed, and we are waiting for voice over to be completed on the DVD. The professional filming process, and the reordering of the key rhythmic skills was an important part of this revision. Our mandate is to produce materials that meet the LTAD, Active Start and FUNDamental guidelines. As a foundation sport all our basic activities promote physical literacy, and these are identified in the new programming. Partnering with Gymnastics Canada will continue to ensure RGA's revenue stream, but will improve our distribution of the PRISM program throughout the world.

ELITE CANADA 2014 REPORT

Elite Canada was held at the Kinsmen Sports Centre in Edmonton and was hosted and organized by Rhythmic Gymnastics Alberta. We had the participation of many local rhythmic groups as well as clubs from around Alberta who provided volunteers necessary to make the event a success. Special thanks to our new volunteer coordinator, Cathy Bishop, and to our remarkable co-meet directors, Vivian Greenwell and Lori Parry. Their work was invaluable, and it was a pleasure to work with them. There were many key volunteers, but a special thanks to our current president Debbie Chelle and Marketing Chairperson Derek Fraser for their valuable assistance and willingness to take on any task from vacuuming to music to scoring to announcing.

Facility:

Kinsmen Field House was a new venue to host our events. Difficulties with delivery of the required Gym Nova carpet, as well as the problems with taping made the setup problematic and frustrating to GCG staff and RGA staff. The venue had large practice and competition space, a volunteer room, change rooms, washroom facilities, on-site medical, security, parking, on-site catering. Staff at Kinsmen were very accommodating and pleasant. We had respectable spectator turn out, both in terms of parents accompanying their children but also other individuals interested in the sport. The lighting was bright, and heating was reasonable for the event. Challenges came about when the judges complained about walking to the Kinette room and the volunteer enclosure became the judge's area by request by GCG and the judges. Problems with electricity, cleanliness and food safety were all an issue due to the requested change.

Setup:

Setup was difficult, cold, and very challenging. Thanks to the Bishop family, Marieve Millaire, Teresa Orr, and Cathy Haines for their assistance in a process that took MUCH longer than it should have due to problems with an untaped carpet provided by GymNova.

Organizing Committee:

Meet Directors: Lori Parry and Vivian Greenwell RGA

Meet Coordinator: Diane Gunn

Registrar: RGA

Treasurer: RGA

Volunteer Coordinator: Cathy Bishop

Scoring: David Parry & a host of others (thank you!)

Awards and Trophies: Tashya Fedoretz-Maxwell

Medical: Dr. Ashley Todd, Dr. Jennifer Webster, , with support from Elite Athletic Therapy

Participants:

Gymnasts:	95 individuals gymnasts and 33 group gymnasts
Coaches/Managers:	20
Judges:	16 National and Brevet –note that 3 judges had not qualified under the current code
Judge Responsible:	Daniela Arendasova
Judge Administrator:	Gail Whittemore
Hotel:	Booked by HTG – very awkward and transportation issues due to distance and lack of coordination with the host committee-increased transportation costs due to that, and decreased income due to HTG “cut”. RGA has still not received their payout by HTG/GCG.

Marketing and Social Responsibility:

We advertised our event in local community newspapers and sent out press releases to all major television stations. We had local media come to tape the event and we also had some print media in local sporting news following the event. A donation of \$250 was made on behalf of Hole's Greenhouses and the Enjoy Centre to the Red Cross Calgary Flood Fund.

Judging and Scoring:

The scoring system developed by Mario Lam worked well had a few glitches which were hard to fix during the fast paced competition. GCG requires a manual that explains their requests prior to the competition so that volunteers are not unduly stressed by unreasonable requests and demands that are outside of their normal operations and training. We had a very capable group of volunteers to work on the scoring system throughout the competition, but they faced a couple of restarts, a printing problem, and an internet connection problem that was facility related.

Accommodation:

Preference had been stated for the Westin and Courtyard by Marriot, as they are within walking distance even in inclement weather. Because of the HTG choice to go to the Coast Edmonton Plaza, this increased the budget for transportation by over \$1000.

Food Services:

Judges pre-ordered meals and they were generally brought in a timely fashion. There were some complaints.

The venue had Moo's cafeteria food available on site, and due to the change in the judging accommodation for food service, the volunteers and coaches were left without a place to access coffee and soup and snacks.

Finances:

This was financially the most troubling competition held in Alberta. The revenue decreases and expense increases due to GCG and HTG made the profit on this event \$736.00, which is totally unreasonable and unrealistic to waste time on hosting for the future. Different choices need to be made, since the venue was almost \$13000 with the required staging, curtaining, and carpets, but the revenue from registration was only 16K. Without grants we would have lost money, and we cannot afford to have the loss of the hotel commission for these events. ASRPWF and City of Edmonton grants helped immensely as it would have been difficult to finance a competition with this many opportunities for coaches and gymnasts without their support. Financial report is still being finalized and will be submitted once completed, as there was a delay in receipt of the City of Edmonton funding.