



2021 GYM FOR ALL TECHNICAL ASSEMBLY AGENDA
TUESDAY, NOVEMBER 2, 2021
Virtual via Zoom 8:30PM

1. Land Acknowledgment statement
2. Welcome and Vote Registration
 - Brenda Lanois – Marian Rec (3 votes)
 - Megan Bialowas – Regina Rhythmic (2 votes)
 - Prestyn Sogge – Prince Albert (3 votes)
 - Julie Levasseur – Independent
 - Kara Thorpe – Independent
 - Jamie Benson – Gym Sask
3. Review and acceptance of 2020 GFA Technical Assembly Minutes
 - Sent out to GFA committee
 - Motion to accept minutes: Megan Bialowas
 - Second: Kara Thorpe
4. Technical Regulations 2021-2022 Review & Discussion
 - When through Tech Regs
 - ACTION ITEM: Add land acknowledgement statement in event hosting section
5. Emerging Programs
 - ACTION ITEM: Survey going out to clubs before the end of November to find out what emerging programs clubs are implementing to help narrow our focus.
 - Determine what we can do to help with the programs they are implementing
 - Things like seniors (Seniors Can Move) – BC funded it through health, maters/adult, ninja, parkour, acro, Gymnaestrada in Artistic gyms, program for school to access programming in gymnastics clubs, access to clubs going into schools (maybe some kind of program like Kids Can Move) - partner gym club with school of interest; coaches go to school; school goes to the gym; more formalize, school could purchase the lesson from GymBC, 3 hr PD day, or exchange, funded by provincial government in BC but did create partnerships, outside user group programming
 - ACTION ITEM: Is there funding for schools to come to gymnastics? Where would we find funding for that? Other than Target Group for diverse populations. PHE Canada for funding?
6. Active Start Programming
 - Spring 2022 soft launch for CanGym....so sad it was delayed
 - Unprofessional for GymCanada to stop this program at the pivotal time. Clubs were expecting this, and it was a big letdown.
 - ACTION ITEM: Advertise GF Active Start course to coaches and clubs.
 - Kara has suggested to Denise revisions for the GF Active Start course. Send Kara any chants, rhymes, etc. we use that could potentially go into the revisions. Flag any reference to CDs etc. things that should be removed/edited.
 - ACTION ITEM: Reach out to GymCanada and see if we can release the best practices document while working with Active Start age kids that were



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created for the CanGym Program (bouncy surfaces, box heights, pit use, other special considerations)

- ACTION ITEM: LF meeting to educate LFs on use of LMS system, how to help coaches find information and get logged in and educating head coaches on how to access and help coaches.

7. Recreational Programming

- ESPF and ABCS document flatlined. I got zero responses. Maybe Youtube videos are the resources that coaches are looking for. Need to watch the videos being endorsed by Gym Sask. Age appropriate, level appropriate, insurance issues.
- A group of learning facilitators are considering volunteering to work on modules to create a GF Advanced Recreational course. Don't know how or when this might be organized.
- Tabata workout videos – conditioning fun activity

8. Diversity & Inclusion

- Diversity & inclusion section added to our website. Needs some more touch ups before we promote it.
 - ACTION ITEM: Go through infographics and make sure the links all work
 - ACTION ITEM: Land Acknowledgement statement starting point document, plan to have it created by the end of quarter 1. Also include calls to action related to sport. Gym Sask land acknowledgement statement in hosting document events.
 - ACTION ITEM: Connect again with Special O Sask and see where things are at courses/connection wise
- Aboriginal Coaching modules are being offered in person again. Nov 18 in Regina is the next date. More will follow. Saskatoon November 7th date created to make Regina Nov 18 course slightly smaller.
- Open Door Society running an event, request to Regina clubs to participate. WRGC set to participate.
- A significant number of newcomers were injected into Saskatoon. Saskatoon clubs may want to get in touch with organizations to see how they can reach these newcomers and advertise their gymnastics classes.
- Continue to share resources and events with clubs/coaches
 - ACTION ITEM – BOARD LEVEL?: Include information on Gym Sask website that addresses how is Gym Sask responding to the calls of action. Start with naming the calls. How our strategic plan aligns with the calls of action. What our PSO values are and if they reflect the calls of action. Align with United Nations calls to action - UNDRIP

9. Mass Routine

- Still struggling with attendance for Mass Routine workshop, timing? Covid maybe? Cost this time as opposed to free.
 - ACTION ITEM: Connect Demonda and Kara so mentorship for learning mass routines can take place.
- Only received 1 application to create this routine. Mass Routine for this year has completed revisions, will be posted, and sent out this week.
- Maybe we will gain more traction with Mass Routine during this TSG cycle?



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- Often doing a lot of shoulder tapping to get people to apply to be a choreographer. Not too hard to shoulder tap. Many ideas for potential choreographers for next year already.
 - IDEA: Create a contract for someone to make a fitness/conditioning video to music and share with the clubs. Club may respond to this easier. Conditioning/fitness/multi-sport related.
 - IDEA: Provincial Championships – flash mob at the event? Music is played during dead time 30-40 seconds and anyone who knows the routine can perform it. Choreography would be simple and sent out prior to the event.

10. Challenge Cup

- RRG hosting – 25th anniversary event
- No facility booked yet
- Megan will work on Adjudicators
- May 7 or 14th depending on Provincials. We are waiting to hear GCG's schedule. I'm thinking Challenge Cup will be May 7th.
- When does save the date need to go out? Dec or Jan
- Bulletin #1 January. Intent in March and Bulletin #2 end of April.

11. Provincial Gymnaestrada & TSG

- Megan TSG update
- PG trying to find a location to host – can't get into schools or the University, trying the Regina fieldhouse next
- PG date is May 28th, hopefully in Regina. Adjudication year & Gala. Who should adjudicate? Dalena Juarez, Megan's sister, Kayla pole dancer from previous TSG cycle, Marcia Mitchke, Davlyn, anyone from Ritmo. Need a club to co-host this event. Maybe TSG will co-host as a fundraiser (canteen, baskets). Do we want a theme? No theme or Canadian Gymnaestrada theme?
- TSG – 58 athletes, halfway done routine, really great how the mentorship is going and will help grow the program.
 - Nov training camp – waiting for confirmation from the fieldhouse, otherwise not sure which facility they can use
 - Been interesting running it virtual
 - Julie attended Calgary training camp
 - Have a facility booked for Dec in Saskatoon
 - 13-mature adults, diversity, male pole dancers, family groups, differing abilities, still a little heavy on the RG side but on the track to having good representation from other disciplines
- Canadian Gymnaestrada – meeting with Bobby this week regarding Large Group routine

12. Club Networking

- Planning to resend this out to everyone soon, asking if more people want to be on it. Reached out to those currently on the list so they can update their information if need



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be and asked if they have received any phone calls to determine effectiveness of the document. Reassess after it is resent out and waiting period.

- Megan Bialowas would like to be added

13. GFA/Recreational Coach Workshops

- SMSCS – Mental Performance with Lisa Hoffert – anyone attend? Good tips for dealing with anxiety, stress, goal setting, well done sessions
- Mental health
- RG Alberta gymnastics – Kristi Skebo: kskebo@hotmail.com did strength workshop, general gymnastics fitness presenter, flexibility – passive and active flexibility – shift movement YouTube channel, online – SHIFT Movement Science and Gymnastics Education:
<https://www.youtube.com/c/SHIFTMovementScienceandGymnasticsEducation>
 - ACTION ITEM: Contact Kristi and set up some virtual workshops for our coaches
- Sport area – finding grants and successful grant writing – key words – developing physical literacy – Crystal Clark – LakeLand district
 - ACTION ITEM: Set up grant writing workshop
- Effective Use of Social Media Workshop for Clubs (sponsored ads, posting, etc.)
 - ACTION ITEM: Research to find someone to deliver this workshop

14. New Business

- None

15. Need a Member for the GFA Committee

- Didn't receive any nominations or applications.
- Small town representative – not sure who to target

16. Next GFA Committee Meeting

- Early February

17. Adjournment

- Motion to adjourn: Megan Bialowas
- Second: Julie Levasseur