

# **2022-2023 Annual Report**

EMPOWER AND INSPIRE CHAMPIONS



As we build on our successes and opportunities with our Strategic Plan, *Gymnastics Saskatchewan* is proud to continue to support, guide and lead the direction and delivery of gymnastics in Saskatchewan at all levels.

## MANDATE

Gymnastics Saskatchewan is committed to the development, celebration and promotion of gymnastics in the province. Gymnastics Saskatchewan and our member clubs enhance the lives of our participants by providing opportunities for the development of physical literacy, lifelong involvement, enjoyment, competition, and the creation of leaders and champions.

## OUR VISION

**Empower and Inspire CHAMPIONS**

## OUR MISSION

Gymnastics Saskatchewan provides high-quality, safe, inclusive and positive opportunities for the growth, development and enjoyment of gymnastics in Saskatchewan.

## OUR VALUES

Our values guide our actions, unite our members and our organization, and define our brand. At all times, we recognize that everything we do is to provide safe and meaningful experiences for our participants.

### RESPECT

We respect everyone's ideas, contributions and hard work to facilitate an environment that all members are proud of.

### INTEGRITY

We are honest, trustworthy and ethical.

### TRANSPARENCY

We share information, experiences, successes and failures openly to learn and grow our community.

### INNOVATION

We ask questions, investigate ideas and believe that anything is possible.

### COLLABORATION

We seek connections, start conversations, build relationships, and we collaborate with our gymnastics community.

### INCLUSION

We are welcoming. Gymnastics has a place for everyone.

### CELEBRATION

We recognize and value the contributions of our current and former members. We make sure our participants feel appreciated and valued.

### JOY

We use our drive and commitment to energize, engage and inspire. Passion is at the heart of our organization. Learning to flip and fly brings joy to the mind, body and soul.

## STRATEGIC PRIORITIES

**Gymnastics Saskatchewan** focuses our Strategic Plan and action plans under four delivery pillars:

**PARTICIPATION**

**LEADERSHIP**

**EXCELLENCE**

**AWARENESS**

# Board of Directors Message

With the 2022-2023 gymnastics year in the books, Gymnastics Saskatchewan saw a successful year, building, renewing, growing, and returning to a very normal operational and competitive year.

It was great to see our gymnastics clubs, including our athletes, staff and gymnastics communities once again fully engaged in the sport we love, and recognizing our clubs returning to a sense of normalcy in their delivery of gymnastics in their communities. It was wonderful to see our gymnastic community members gather in person for events, competitions and other programs following the work of all involved to get back to everyday gymnastics.

A very positive spin was seeing many competitions taking place this year, which recognized gymnastics are back to the years pre-Covid. Special events / competitions such as Elite Canada, Western Canadian Rhythmic Championships and Provincial Championships delivered special skills and opportunities for our athletes and coaches. Special thanks to our Gymnastics Saskatchewan staff, particularly Kristi Mandzuk, Dalena Juárez, Megan Bialowas, Jamie Benson and Klara Miller for their leadership in creating and actualizing these events. The success of these events and all of the club events are also a result of the huge base of volunteers that give of their time, experience and knowledge to support the delivery of the competitions. We thank all volunteers for this fine support!

Our organization were also saddened by the departure of Kristi Mandzuk and Jamie Benson. Gymnastics Sask. lost a couple of outstanding staff members, and we wish to thank them for their service over the past years and wish them well in their future endeavors. We also welcomed Meagan Bialowas and Adeena Cox to the staff and wish them great success in their work within the organization and with our gymnastics clubs and communities.

Gymnastics Canada held its annual general meeting this past September 7th – 9th in Calgary. The event gave opportunity to meet their new CEO, Andrew Price, and to get a sense of the established GymCan Board of Directors. The AGM itself was interesting as there were interesting points raised regarding the timing of the AGM and its financials. All worked out in the end and a better understanding was reached in the materials presented.

The gathering around the AGM focused on the development of key strategic plan components through meetings utilizing group discussion and processing. This exploration into the GymCan strategy and cultural change brought many ideas forward that we hope the new CEO and Board of Directors will bring forward in their planning and delivery of gymnastics in the country. Such topics of values, challenges / organizational chaos, mindsets, common purpose, social impact of gymnastics, leadership, and power to name a few of the foci were discussed and ideas around these were proposed. Generally, a decent set of meetings which involved a great deal of input for all attending. Hopefully, there will be many things gleaned from these exercises to help GymCan get back to a strong organizational operation and functionality, which can excel in sport, business and community.

A special thank you to our Gym Sask staff for their leadership in supporting each of our gymnastics communities with their advice, their planning and in providing a vast array of supports, both through communication and in the financial grants that benefit our athletes, coaches and clubs. Thank you to all our dedicated club volunteers, our expert coaches, judges and technical leaders for your hard work and dedication to your clubs, our gymnasts and our provincial programs. Special thanks to our Gym Sask Board of Directors and committee members for their stewardship and oversight of the development of gymnastics in our province. Lastly, we express our gratitude and thanks to Sask Lotteries and Sask Sport for their continued funding and support.

We wish our members continued success in growing your clubs and participation numbers. **May the upcoming season be one of prosperity and success.**



KLARA MILLER  
CEO



DALE REED  
CHAIRPERSON

# Governance & Leadership

## Gym Sask Board of Directors

Dale Reed (Chair)	Kendra Leier	Paula Hesselink
Rebecca Pion	Hillary Ibbott Neiszner	Colleen Huber
Dennis Oppenlander	Nicole Zimmer	Warren Conley

## Staff and Contract Staff

**CEO** | Klara Kesmarky Miller  
**Operations Manager** | Dalena Juárez  
**Technical, WAG, Events Director** | Megan Bialowas/Kristi Mandzuk  
**Program Manager** | Jamie Benson  
**TG Program Coordinator** | Cheryl Russell  
**RG Program Coordinator** | Dalena Juárez  
**MAG Program Coordinator** | James Goulet

**Program Coordinator for Ethics, Diversity, & Inclusion**  
| Julie Levasseur  
**High Performance Coach WAG** | Chris Baraniuk  
**High Performance Coach MAG** | Markos Baikas  
**High Performance Coach TG** | Danielle Roy  
**Team Sask Gymnaestrada GM** | Megan Bialowas  
**Team Sask Gymnaestrada Head Coaches** | Julie Levasseur and Kara Thorpe

## Volunteer Committees

Thank you to everyone who served on one of the Gym Sask committees this year:

### Gymnastics For All

Jamie Benson  
Megan Bialowas  
Julie Levasseur  
Kara Thorpe  
Amber Jones  
Brenda Lanois

### Trampoline Technical

Cheryl Russell  
Traci House  
Victoria Oppenlander  
Emily Machuk  
Danielle Roy  
Samantha Anderson

### Women's Technical

Megan Bialowas/  
Kristi Mandzuk  
Chris Baraniuk  
Toni Hansen  
Jessica Ronn  
Leigh Stoddart  
Prestyn Sogge  
Erica Tiefenbach

### Indigenous Relations

Julie Levasseur  
David Still  
Jaimee Guance  
Kara Thorpe  
Mika Dumais  
Alynn Bomok  
Rebecca Pion  
Lianne Bird

### Rhythmic Technical

Dalena Juárez  
Adeena Cox  
Angelina Messina  
Kelsee Douglas

### Acro Technical

Jamie Benson  
Anna Zirk  
Amanda Brodner  
Daisy Hart

### Men's Technical

James Goulet  
Markos Baikas  
Nic Hallgrimson  
Dexter Tantardini

### Awards Committee

Kelly Lang  
Kendra Leier  
Hillary Ibbott Neiszner  
Dale Reed  
Klara Miller

### HR Committee

Sheralynn Steele  
Paula Hesselink  
Rebecca Pion

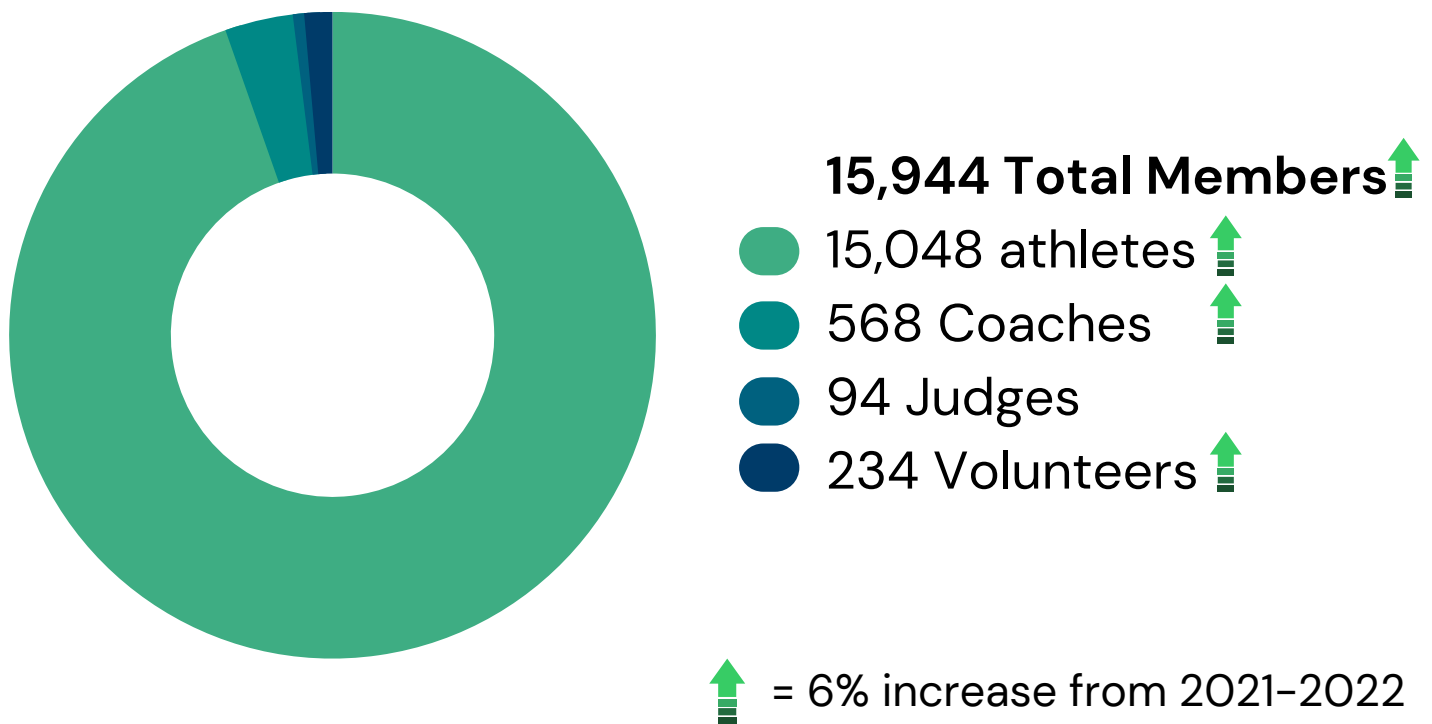
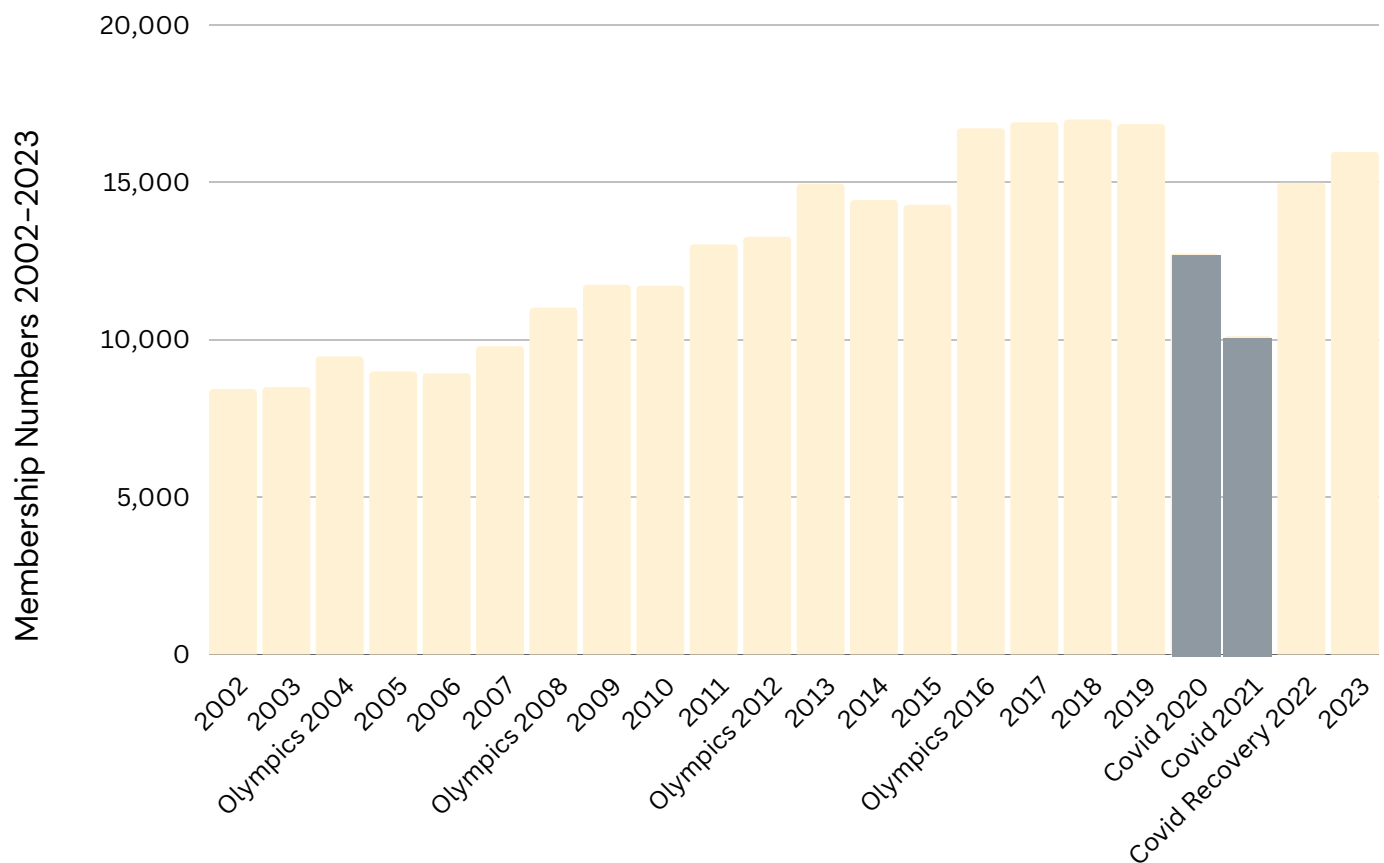
### Finance

Nicole Zimmer  
Klara Miller  
Hillary Ibbott Neiszner

### Nominations/Board Development

Paula Hesselink  
Bev Dickinson  
Dale Reed

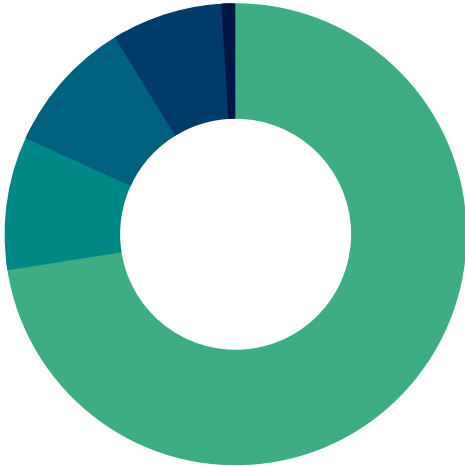
# Membership Stats



# Membership Stats

## Competitive Athletes

(1211 total)



- 878 WAG athletes
- 113 MAG athletes
- 114 TG athletes
- 94 RG athletes
- 12 Acro athletes

## Recreational Participants

(14,559 total)



- 10,700 female participants
- 3,859 male participants



# Member Clubs

10	Allan Gymnastics Club	Allan
2856	Amazing Adventure	Regina
48	Asquith Gymnastics Club	Asquith
77	Assiniboia Gymnastics Club	Assiniboia
503	Battlefords Gymnastics Club	Battlefords
68	Biggar Gymnastics Club	Biggar
63	Bohemka Rhythmic Gymnastics Club	Esterhazy
244	Calico Gym Club	Humboldt
1932	Can-Am Gymnastics Club	Saskatoon
129	Carnduff Gymnastics Club	Carnduff
49	Carrot River Gymnastics Club	Carrot River
55	Channel Performance	Saskatoon
24	Cowessess Cubs Gymnastics Club	Cowessess
219	Esterhazy Energizers Gym Club	Esterhazy
311	Estevan Gymnastics Club	Estevan
268	FlipSide - Exploring Movement	Deer Valley
321	Gelico Gymnastic Swift Current	Swift Current
54	Grenfell Gymnastics Club	Grenfell
96	Gymnastics Adventure Inc.	Regina
349	Gymtastiks of Moose Jaw	Moose Jaw
	- Immediate Fitness LTD	Regina
173	Kindersley Gymnastics Club	Kindersley
46	Kyle Gymnastics Club	Kyle
102	La Ronge Gymnastics Club	La Ronge
173	Leaps & Bounds Gymnastics Club	Melville
29	Line 19 Gymnastics Club	Loreburn
30	Maidstone Gymnastics Club	Maidstone
75	Maple Creek Gymnastics Club	Maple Creek
121	Marian Gymnastics Club	Saskatoon
1190	Marian Recreational Gymnastics	Saskatoon
188	Meadow Lake Gymnastics Club	Meadow Lake
158	Moose Mountain Jumpers Gym Club	Carlyle
224	Nipawin Tumblers	Nipawin
134	Outlook Gymnastics Club	Outlook
58	Pense Gymnastics	Pense
47	Perfect Balance Gymnastics Club	Hudson Bay
21	PPK Gymnastics	Peepeekisis
812	Prince Albert Aerials	Prince Albert
1174	Queen City Gymnastics	Regina
114	Regina Rhythmic Gym Club	Regina
210	Ritmo Gymnastics	Saskatoon
102	Rosetown Gym Club	Rosetown
99	Ross Gym & Fit	Wawota
271	Springers Gymnastics	Yorkton
35	T&T Adventure	Regina
1466	Taiso Gymnastics Club	Saskatoon
109	Tisdale Twisters Gymnastics Club	Tisdale
35	Turn-A-Row Gymnastics Club	Wadena
59	Unity Gymnastics Club	Unity
187	Valley Gymnastics Centre	Waldheim
177	Wascana Rhythmic Gymnastics Club	Regina
408	Weyburn Gymnastics Club	Weyburn
42	Whitewood Gymnastics Club	Gull Lake
41	Zero Gravity Gymnastics Club	Swift Current



A TOTAL OF 8 NEW CLUBS JOINED US  
THIS SEASON, WHETHER BRAND NEW OR  
FINALLY RETURNING AFTER COVID

# Program Highlights

## GYMNASTICS FOR ALL

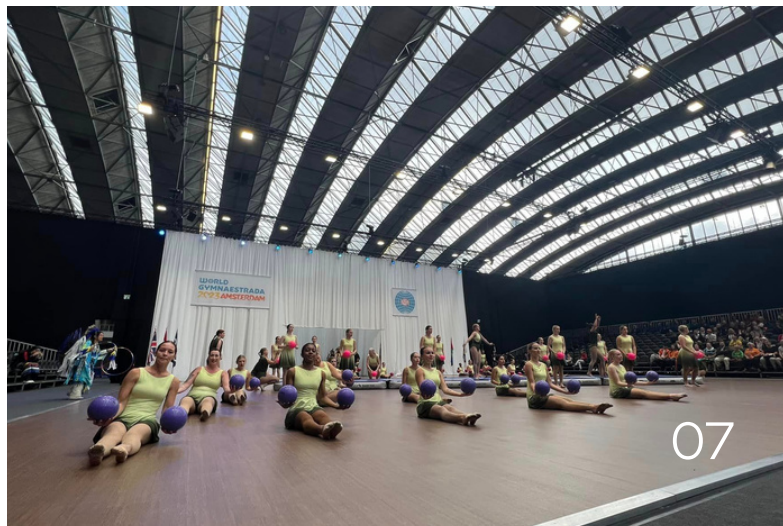
- Through 10 Associate Member groups and our clubs, 19,824 children (school age and active start) took part in “outside user group” gymnastics programming at various clubs across the province.
- Programs offered included gymnastics instruction for school groups, day cares, cross training, bring a friend days, and drop ins.
- Clubs offered Birthday Parties for a total of 8,343 children.
- Target Group grants from Gym Sask assisted targeted populations (youth at risk, indigenous, individuals with a disability, newcomers) to access gymnastics programming at their local club.
- 9 competitive athletes from financially disadvantaged families were provided with Gymnasts First funding to assist with payment of their club fees.

## GYMNAESTRADA

- Team Saskatchewan Gymnaestrada (TSG) attended the World Gymnaestrada in Amsterdam in August 2023, with full participation and collaboration from the Indigenous community (Peepeekisis Cree Nation).
- Saskatchewan coaches led Canada’s large group performance at World Gymnaestrada.
- Provincial Gymnaestrada and Challenge Cup were both held in Regina.

## ACRO

- Saskatchewan’s Level 9 Women’s Trio were named Canadian Champions.
- 2 competitive clubs with two invitationals held.
- 2 judges at Levels 5/6.







The 2023 provincial championships welcomed back the Special Olympic category after many years.

# 2023 Provincial Champions

Rhythmic	Women's Artistic	Men's Artistic	Trampoline & Tumbling
<p>Eloise Kadotchnikov</p> <p>Xinyan Guo</p> <p>Anvita Sankar</p> <p>Maggie Sullivana</p> <p>Kyla Montan-Sheppard</p> <p>Kasandra Frew</p> <p>Brooklyn Rann</p> <p>Chloe Cain</p> <p>Callie Osterbeck</p> <p>Aliya Johannson</p> <p>Nadia Pion</p> <p>Veronika Kostenko</p> <p>Aryanna Liu</p> <p>Allison Ma</p> <p>Kamilla Frew</p> <p>Anastasiia Vasylyshyn</p> <p>Holland Neiszner</p> <p>Sophia Woitas</p>	<p>Kendall McCleary</p> <p>Amy Jorgensen</p> <p>Kaiya Duchek</p> <p>Eva Peppler</p> <p>Serenity Meadows</p> <p>Sophie Pollock</p> <p>Petal Meadows</p> <p>Aryanna Naphin</p> <p>Alia Paatterson</p> <p>Julia Sutherlaand</p> <p>Madison Klassen</p> <p>Kenzie Medernach</p> <p>Cadence Seibel</p> <p>Milah Dyck</p> <p>Marie Millette</p> <p>Anne Vien</p> <p>Ember Dorward</p> <p>Dasia Swallow</p> <p>Emma Wosminity</p> <p>Kendall Johnston</p> <p>Ashlynn Meyer</p> <p>Quinn Stroeder</p>	<p>Moey Miakhil</p> <p>Nate Guikoski</p> <p>Evan Schuler</p> <p>LP Devink</p> <p>Brody Benson</p> <p>Noah Royer</p> <p>Isen Young</p> <p>Evritt Knibbs</p> <p>Dawson Brooks</p>	<p>Quinn Turner</p> <p>Zakayden Clarke</p> <p>Alex Potts</p> <p>Cohen L'abbe</p> <p>Halle Pipko</p> <p>Connor Wehage</p> <p>Wilson Reimche</p> <p>Jami Reschke</p> <p>Nix Pepper</p> <p>Ashley Anaka</p> <p>Ruby Baiton</p> <p>Briar Mathewson</p> <p>Myla Gawley</p> <p>Nicolas Reznikov</p> <p>Sam Wilson</p> <p>Eb Campbell</p> <p>Miley Wehage</p> <p>Kirsten Lenius</p> <p>Addis Deobald</p> <p>Victoria Hall</p> <p>Aquinnah Barlow</p> <p>Meghan Wiebe</p> <p>Anike Steenkamp</p> <p>Emily Pepper</p>

# Program Highlights

## WOMEN'S ARTISTIC

- 1 carded athlete & National Team Member.
- 3 Canada Winter Games medals.
- 3 medals at Canadian Championships.
- Sask First training camp held with guest international level coach.
- Several medals at Western Champions, and 3 Western Champions declared.
- High Performance coach in place, in partnership with Marian Gym Club.

## RHYTHMIC

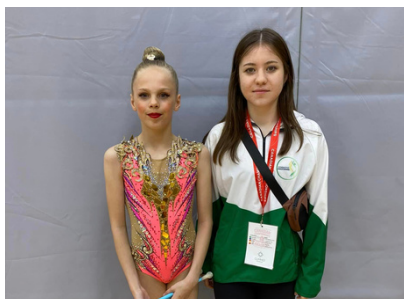
- Many top 3 finishes at Western Championships, 3 Western Champions.
- 1 athlete qualified to Canadian Championships.
- Provincial training camp held for competitive levels.
- 2 active competitive clubs attended invitationals across the country.

## TRAMPOLINE & TUMBLING

- 2 Senior National Team Members.
- 2 individual Canadian champions, 8 national medals.
- 2 Canada Games medals.
- 1 Western Champion.
- High Performance coach in place.

## MEN'S ARTISTIC

- Canadian Champions on High Bar, 3 national medals.
- 1 Canada Games medal.
- Two Western Champions.
- MAG team members attended training camps in Greece, Ontario and Quebec.
- High Performance coach in place, in partnership with Taiso Gym Club.





## Western Champions

**Kasandra Frew** – WRGC – RG – LV3C – Club & Choice

**Sophia Woitas** – WRGC – RG – LV5 Duo – AA

**Holland Neiszner** – WRGC – RG – LV5 Duo – AA

**Rebecca Graham** – Can-Am – LV4 – DMT

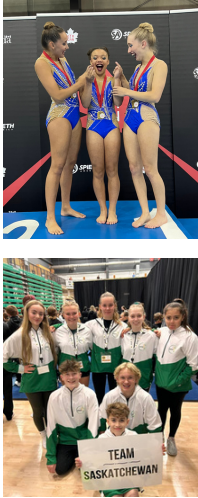
**Helena Degirolamo** – Marian – WAG – Level 8 – Vault

**Danica Signarowski** – Springers – WAG – Level 10 – Floor

**Rylee Miller** – Can-Am – WAG – Level 10 – Bars & AA

**Tristan Marquis** – Taiso – MAG – P5 – Floor, Pommel, High Bar, AA

**Isen Young** – Taiso – MAG – P5 – Parallel Bars



## Canadian Champions

**Wilson Reimche** – Can-Am – TG – LV6 – Trampoline

**Cohen L'Abbe** – PA – TG – LV5 – DMT

**Noah Royer** – Taiso – MAG – Next Gen – High Bar

**Katie Thompson** – GA – Acro – Level 9 – Women's Trio

**Chloe Debruyne** – GA – Acro – Level 9 – Women's Trio

**Jerusha Weekes** – GA – Acro – Level 9 – Women's Trio

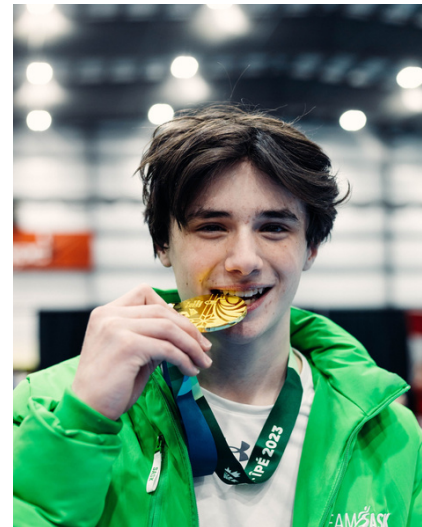


## Canadian Winter Games

### (Gold Medallists)

**Rylee Miller** – Can-Am – WAG – Level 10 – Floor

**Jordan Carroll** – Taiso – MAG – Pommel Horse



## National Team Members



**Amy Jorgensen** – WAG Senior  
Marian Gym Club, Saskatoon



**Hannah Metherral** – TG Senior  
T&T Adventure, Regina

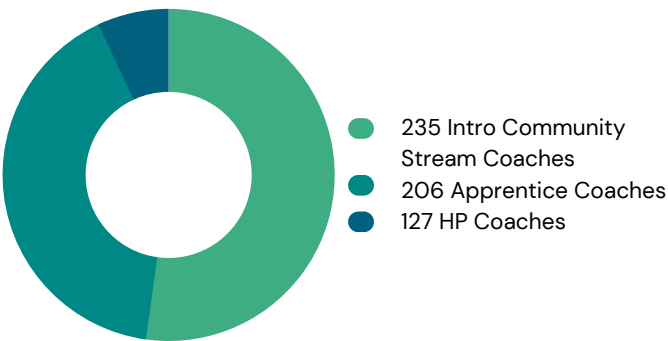


**Ashley Anaka** – TG Senior  
Can Am Gymnastics, Saskatoon

# Coaches

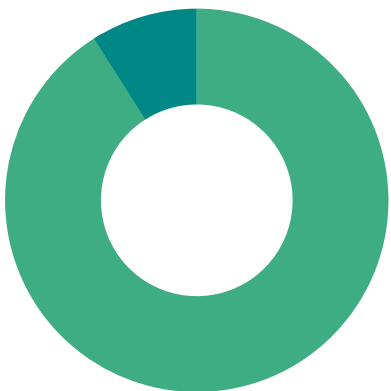


## 568 Total Coaches



## Events

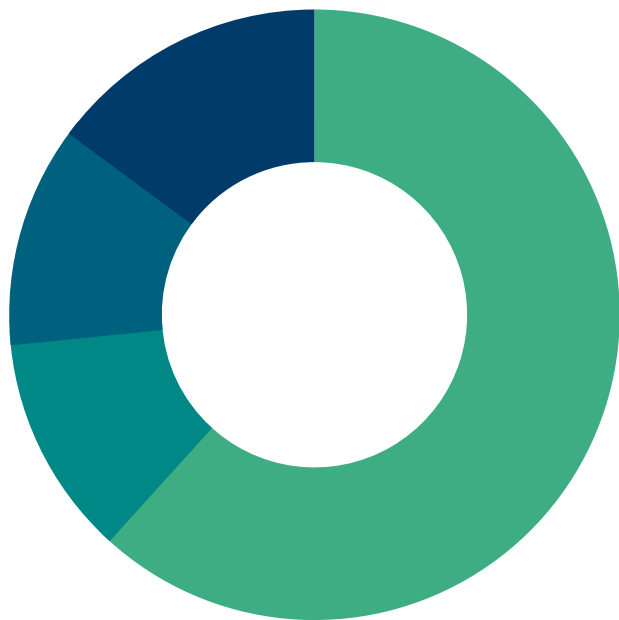
- 62 coaches from 4 disciplines participated in provincial championships
- 10 coaches attended Western Championships with Team Sask
- 10 coaches attended Canadian Championships with Team Sask
- 2 coaches represented Canada or Team Sask at an international event



- 91% female
- 9% male

Leaders in Women in Sport – **91%** of our coaches are female!

# Judges



**94 Total Judges**

- 58 WAG
- 11 MAG
- 11 TG
- 14 RG



6

International/FIG judges

18

National level judges

58

Provincial level judges

15

Interclub judges



# Education & Training

## Coaches

433 coaches attended in person NCCP courses.  
21 Coach developers and learning facilitators running courses.

- 10 Gymnastics Foundations Intro courses
- 10 Gymnastics Foundations Theory courses
- 9 Gymnastics Foundations Artistic courses
- 4 Gymnastics Foundations Trampoline courses
- 5 Gymnastics Foundations Active Start course
- 1 Gymnastics Foundations Rhythmic course
- 1 Competition 1 Trampoline courses
- 2 Competition 1 WAG courses
- 2 Competition 1 Theory course
- 1 Competition 1 Rhythmic course
- 2 Competition 2 WAG courses

**Did you know that Gym Sask significantly subsidizes the cost of training and certifying our coaches?**

Registration Revenue from NCCP Courses/Coaches	\$22,833
Actual Cost of Courses	\$55,384
Gym Sask Subsidy to the NCCP	\$32,551

## Judges

7 judges attended a Canadian Championship.  
11 Judges attended a Western Championship.  
51 Judges attended Provincial Championships.

WAG National Clinic 11 in attendance  
WAG Provincial Clinic 52 in attendance  
TG National Clinic 10 in attendance  
TG Provincial Clinic 10 in attendance  
RG Provincial Clinic 15 in attendance



# Event Hosting

- 4 discipline Provincial Championships held in Saskatoon, hosted by Taiso Gym Club, with 410 athletes competing.
- Artistic Elite Canada hosted in Saskatoon, with a total of 317 participants (athletes, coaches, judges).
- Sask Winter Games held in Regina, with 45 WAG athletes, 15 coaches and 8 judges.
- Rhythmic Western Championships hosted in Regina, with 280 athletes, 30 coaches, and 12 judges.
- Provincial Gymnaestrada held in Regina, hosted by TSG.
- 14 well attended in-person club invitationals held in province.



**Thank you to all our volunteers!**

## Social Media (Facebook & Instagram)

- 258, 526 unique users reached
- 25,971 profile visits
- 432 new followers

## Marketing

- Ongoing posts as events occurred
- Substantial coverage of Team Sask at World Gymnaestrada. TSG was also recognized by the FIG with a feature article.
- Advertising campaign initiated with Bell Media on all major platforms to direct the public to website & club directory.

# Social Media



# Safe Sport & Risk Management



- Collaborated with PTOs across Canada to develop educational videos on what Safe Sport looks like, set to be published in Sept 2023.
- Continuous partnership with Sask Sport on the creation and implementation of Safe Sport policies for all member clubs.

# Financial Review

\$2,276,562

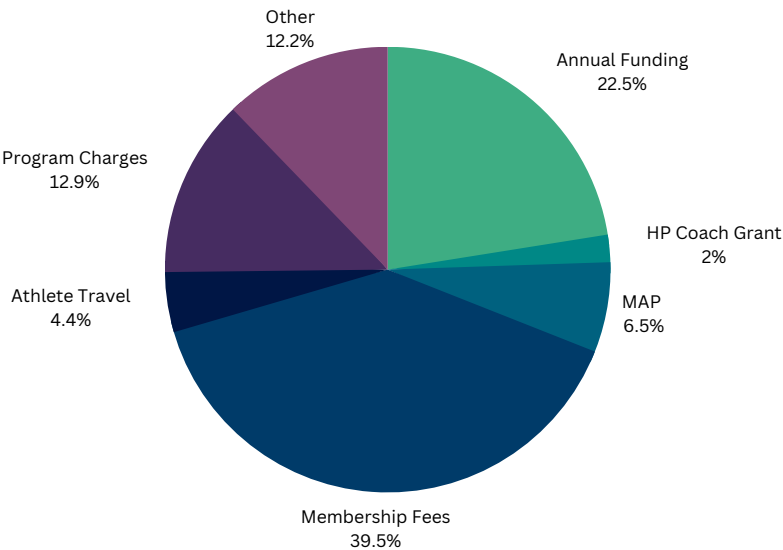
## TOTAL REVENUE

### SASK LOTTERIES REVENUES

Sask Lotteries Annual Funding	\$509,500
High Performance Coach Grant	\$ 45,000
MAP Grant	\$ 147,900
Hosting Grants	\$10,500

### SELF HELP REVENUES

Membership Fees	\$ 894,452
Athlete Travel Charges	\$ 98,672
Program Charges	\$ 293,441
Other	\$ 277,097



\$2,054,716

## TOTAL EXPENSES

### ADMIN

Staff and Provincial Office	\$299,997
CAPACITY AND INTERACTION	\$366,073

Meetings, Recognition, Insurance,  
Uniforms, Communications

### PARTICIPATION

Coaching, NCCP, Staffing  
Officials

Athletes – Provincials – Invitationals,  
Training, Intro Programs, GFA

### EXCELLENCE

Coaching HP, Coaches Travel  
Officials Clinics, Travel  
Sask First Athlete Training & Sport Med  
Athlete Competitions  
Athlete Assistance

### MAP GRANTS

### OTHER

Gymnastics Canada Fees,  
Future Best Grants

