

2023 GYM FOR ALL TECHNICAL ASSEMBLY AGENDA

SATURDAY, NOVEMBER 4TH, 2023

1:00PM – DELTA HOTELS SASKATOON DOWNTOWN, SASKATOON, SK

1. Welcome and Vote Registration

- Motion: Kara Thorpe
- Second: Denae Woytas

Kara	Thorpe	Independent
Brenda	Lanois	Marian
Chelsey	Salmaso	Can-Am
Denae	Woytas	Bohemka
Sherrie	Franklin	QCGC
Jillayne	Keck	RRGC
Julie	Levasseur	Independent
Jennifer	Schwitzer	Bohemka

2. Acceptance of 2022 GFA Technical Assembly Minutes

- Motion to accept minutes: Jennifer Schwitzer
- Second: Brenda Lanois

3. Technical Regulations 2023-2024 Review

- a. New mass routine – Mass Beach Towel created by Kara Thorpe
- b. Provincial champions at provincial Gymnaestrada – still included.
 - i. Event may be too big with provincial champions performing.
 - ii. Not included in the last two years -- athletes weren't really disappointed to not perform.
 - iii. Decision that it no longer needs to be included in the technical regulations.
- c. Mass routines a Provincial Gymnaestrada – currently required for all clubs in attendance to participate.
 - i. Exception if a club is attending for the first time.

4. Programming

- a. Emerging programming – Acro
 - i. Marian – very rec
 1. Hard to retain those acro athletes.
 - ii. Peepeekisis – may be starting an acro program.
 - iii. QCGC – national program trio currently training, may run drop-in intro
 1. Target tumbling class athletes?
 2. Need coaches.
 - iv. Amy from Can-Am ran acro workshop last year.
 - v. Not really any coaching courses or certification
 - vi. New NCCP content is still awaiting approval.
 - vii. Want to be able to have these athletes compete in province.
 - viii. Is there funding GymSask can provide to get these programs running?
 1. Outcomes: incentive for coaching offset

- ix. should we start it as a recreational/performance-based program or inter-club level? – performance opportunities like provincial Gymnaestrada / compete a provincial championships
- x. partnership with a coach from another province who can coach them at competitions.
- xi. Not much equipment needed but still a significant expense for the equipment that is required (ex. hand blocks)
- b. Parkour
 - i. Marian has rec programming (6-7 & 8-10)
 - 1. Classes are full with an even split between boys and girls
 - 2. Haven't had a regular coach.
 - ii. There was a parkour course in Saskatoon a few years ago.
 - 1. Foundations book available from Calgary – but can't be shared with coaches who haven't taken the course / can use it within your club.
 - iii. Introduction / pilot course – not NCCP
- c. CanGym Active Start programming.
 - i. Hasn't been looked at much... still appears to have a lot of gaps.
 - ii. Coaches having trouble setting up lesson plans.
 - iii. Almost too grassroots
 - iv. Good background information but not a lot of that is available for people to access.
 - v. Marian piloted the program – the pilot program had more information.
 - vi. Clubs are nervous about buying the membership due to the lack of information and the difficulty using it.
 - vii. Ask Denise/Marie-Pier – possible zoom call with SK coaches with an intro to the program.
 - viii. RG portion is not easily accessible.
- d. CanGym in general
 - i. Gymsask has moved to stickers for those badges that have run out.
 - ii. Possibly move to stamps.
 - iii. Can-am orders badges from a company in Albert at \$0.50 each.
 - iv. Bohemka using CanGym RG program.
- e. Recreational programming
 - i. Recreational coaches conference – opportunity to recruit and support recreational & GFA coaches and recreational & GFA programs.
 - ii. PD points for rec coaches
 - 1. Coaching workshops
 - 2. Need support to help mentor young coaches.
 - iii. Coaching congress – annual?
 - 1. Possible committee to organize it.
 - 2. Info for coaches, business management, etc.
 - 3. Bring in professionals from different areas.

5. Ethics, Equity & Inclusion

- a. Marian – has a non-ambulatory athlete.
 - i. Was a surprised – how do we prepare for athletes like this.
- b. QCGC – used to run an adaptive class.
 - i. Wascana rehab reaching out to them looking for it.
 - ii. Would run early in the morning when the gym is quiet.
 - iii. Physio therapist is recommending to autistic kids to take gymnastics.

- c. Need more data as to who is running adaptive programming in the province.
- d. What is the priority? Has to come from the organization side.
- e. Can advertise to facilities.
 - i. Work with them to develop classes – what do the kids need?: quiet gym, not to be touched, etc.
- f. Gymsask branding to send out to physio therapist, adaptive therapists,
 - i. Benefits of gymnastics
 - ii. How to reach out to Gymsask & clubs
 - iii. Social media for clubs to share.
 - iv. Education for coaches to become comfortable with working with those athletes.
- g. Target group grants
 - i. Clubs want to use the grants to reduce fees and costs to run the programs.
- h. How can we recruit new members to these programs?
 - i. Workshops and shows in schools and community centers to showcase gymnastics -- Opportunity to meet people face to face and build relationships.
 - ii. Special registration for Indigenous communities to register their club and get started.
- i. Special Olympics membership – need to clarify who this includes.
 - i. Need one for recreational and one for competitive.
 - ii. Maybe change the title
- j. Send info out to clubs about what is offered for these groups.
 - i. Clubs and coaches need to be more aware of what is available.
- k. Autism Saskatchewan has lots of interest in gymnastics programming.

6. Mass Routine

- a. Fundamentals – mass beach towel
 - i. Kara to create.
 - ii. No mass routine workshop
 - iii. Video, script, music to be posted to website.
- b. Not always a priority for all clubs
 - i. Kids not excited because of a lack of variety
 - ii. Often messy
 - iii. Maybe don't run mass routines every year?
 - iv. Some clubs don't attend Provincial Gymnaestrada because they don't want to do the mass routine.
 - v. Alternative: Small sequence that everyone learns and performs at the end of the show – could be run workshop years when everyone learns it at the workshop
- c. Should the mass routines be available but not mandatory at Provincial Gymnaestrada?
- d. Older athletes not really interested but younger athletes still enjoy them
- e. Provincial Flashmob instead? – can be used at events and done anywhere on the floor or in their seats.
- f. Still need something that brings everyone together.
- g. Timeline for selection process and choreography...

- i. Maybe should be done more in the summer so it's available to start using in the fall
- h. Could keep the two youngest routines and scrap the older categories.

7. Challenge Cup

- a. RRGCC to host
- b. Jillayne to organize.
- c. Can information be sent out sooner?
 - i. Possibly invite clubs from other provinces
 - ii. Can send out a save the date.
- d. Date: May 4th, 2024
- e. target August/September for save the date for the future.
- f. target Nov for technical requirements to be send out
- g. BC creating a sister event and team from Chilliwack attend SK Challenge Cup

8. Provincial Gymnaestrada

- a. Can we run it as a province rather than full responsibility on one club?
 - i. Have each club provide a certain number of volunteers.
 - ii. Share profit among the clubs.
 - iii. Core committee based on the host city – they divide the profits.
- b. Timeline – is the end of May the best time?
 - i. Later with the hope that artistic clubs would participate.
- c. Potential venue -- Moose Jaw Fieldhouse
- d. Charge more to offset facility costs.
- e. Reach out the rec parents for volunteers.

9. New Business

- a. Timing of coaching courses
 - i. Number of facilitators makes it challenging.
 - ii. Need to train more facilitators.
 - iii. Can we set guaranteed times that courses will run every year?
 - 1. Helps plan for facility and facilitator availability.
- b. Active start course available to be delivered online.
 - i. Kara can run
 - ii. 2-days at 3-4hrs each day
- c. Theory courses available online
- d. Need LF training.
 - i. Run by Master Coach developers.
 - ii. Full weekend
 - iii. Coaches used to apply to GymSask
 - 1. Need to do the NCCP core training for LFs online.
 - 2. Then contact GymCan to let them know we are ready for GymCan specific training – MCD needs to lead it
 - 3. Co-facilitation first then facilitate on your own and evaluated by an MCD to be certified.

10. Elect a Member for the GFA Committee

- a. Dena appointed.
- b. Jillayne applied.

11. Next GFA Committee Meeting

- a. Meeting sometime in the new year

12. Adjournment

- a. Motion: Kara
- b. Second: Brenda