Women's Artistic Gymnastics Newsletter

Ontario Championships 2016

Congratulations all athletes and coaches who competed at the 2015-2016 Ontario Championships:
- Level 6-10: April 9-12, 2016 at the International Centre (Mississauga)
- Level 3-5: June 9-12, 2016 at Quinte Bay Gymnastics (Belleville)

This season was very exciting as the first ever Level 3-5 Ontario Championships was held and both Championships had Team/Club Awards.

A special thanks to Futures and Quinte Bay and their Organizing Committees for hosting this season's Ontario Championships 800 Level 6-10 and 1100 Level 3-5 WAG athletes, judges, coaches and supporters. They did an amazing job!!

Congratulations to all of Ontario's Champions!

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QUINTE BAY GYMNASTICS

WAG LEVEL 3-5 ONTARIO CHAMPIONSHIPS

Level 3		
Age 9 A	Keren Ophir	ASF
Age 9 B	Lauren Brule	London GA
Age 9 C	Kiara MacNeil	Gym Magic
Age 10 A	Ariane Carr	Champions
Age 10 B	Robyn Lovsin	London GA
Age 10 C	Andrea Tsaurouhas	Corona
Age 11 A	Maija Alberts	Twisters
Age 11 B	Ava Donoahue	SGC
Age 12 A	Camryn Doherty	Olympia
Age 12 B	Jodyn Carter	Energy
Age 13	Breanna Chard	Champions
Age 14+	Carly VanWylick	Trillium GC

Level 4		
Age 9 A	Stella Sakellis	London GA
Age 9 B	Breanna Lucienbaker	All Star
Age 10 A	Gabriela Alvarez	Corona
Age 10 B	Danielle McNeil	Champions
Age 11 A	Tayah Davies	Dancemakers
Age 11 B	Julia Tie Ten Quee	Gemini
Age 12/13 A	Ruby Neumann	Lindsay GC
Age 12/13 B	Karolina Wawrzyczek	Champions
Age 12/13 C	Rachel O'Dell	ASF
Age 14+	Madalynn Carlos	Tumblers

Level 5		
Age 9	Nyah Creary	Gemini
Age 10	Alysha Hagstrom	Galaxy
Age 11	Lia Kaiser	Gemini
Age 12	Erika Teeter	Gemini
Age 13+	Phoebie Elliott	Port Hope

Level 3	
1st	Gemini Gymnastics
2nd	Gymnastics Energy
3rd	London GA

Level 4	
1st	Champions Gymnastics
2nd	Gemini Gymnastics
3rd	London GA

Level 5	
1st	Gemini Gymnastics
2nd	Galaxy Gymnastics
3rd	Gym Magic

Level 6	
1st	Gymnastics Mississauga
2nd	East York Gymnastics
3rd	Pickering Athletic Centre

Level 7	
1st	East York Gymnastics
2nd	Gemini Gymnastics
3rd	Niagara Acro Cats

Level 8	
1st	Milton Springers Gymnastics
2nd	Manjak's Gymnastics
3rd	East York Gymnastics

Level 9	
1st	London Gym Academy
2nd	Futurtes Gymnastics
3rd	Milton Springers

Level 10	
1st	Manjak's Gymnastics
2nd	Burlington Gymnastics
3rd	Discovery Gymnastics

WAG LEVEL 6-10 ONTARIO CHAMPIONSHIPS

Level 6		
Age 9	Daisy Allain	SGI
Age 10	Marley MacKinnon	East York
Age 11	Keilah Hagleitner	Markham
Age 12	Kezura Souphommanychanh	East York
Age 13	Sophia Nizalik	Corona
Age 14/15	Jessica Giles	Twisters
Age 16+	Alannah Waller	Dancemakers
	Jordan Kondo	Pickering

Level 7		
Age 9	Rowan Bradley	SGI
Age 10/11	Jada Yip-Janniere	East York
	Ainsley Wisson	Milton
Age 12	Jennifer Elizarov	Glendon
Age 13	Emma Afante	Gemini
Age 14/15	Kimora Richards-LaRose	Gemini
Age 16+	Jessica Turza	SGI

Level 8		
Age 9	Lily Sihapanya	Global
Age 10/11	Marnie Ferguson	Manjak's
Age 12/13	Alana Ricketts	Tristar
Age 14/15	Abigail Lam	Tristar
Age 16+	Marina Rose	Niagara Acro Cats

Level 9		
Age 10-12	Lenee Dimkin	Global
Age 13/14	Megan Lithgow	Milton
Age 15+	Kayla Sanidad	London GA

Level 10		
Age 11-14	Dahlia Solorzano-Caruso	Galaxy
Age 15+	Kathryn Doran	Oakville

Aspire 1	Bora Dodaj	East York
Aspire 2	Bailey Inglis	London GA

Novice HP	Juliette Chapman	Tumblers
Junior HP	Kelly Johnston	Manjak's

2016 Eastern Canadian Championships

Hosted May 6-8, 2016 in Laval, Quebec at the Laval University. This was the second year using the USAG JO rules and Ontario athletes shone.

Amazing results for both individual athletes and Teams. Congratulations to all athletes and coaches!

Team Awards

1st Place Teams:
Level 7 (11-12)
Level 7 (13-14)
Level 7 (15+)
Level 8 (13-14)
Level 8 (15+)
Level 9 (11-13)
Level 9 (14-15)
Level 9 (16+)
Level 10 (12+)
Aspire 1
Aspire 2

2nd Place Teams:
Level 8 (11-12)

All Around Champions

Level 7 (11-12) – Jada Yip-Janniere (East York)
Level 7 (13-14) – Chloe Lin (East York)
Level 7 (16+) – Jessica Turza (SGI)
Level 8 (13-14) – Alana Ricketts (Tristar)
Level 8 (15+) – Abigail Lam (Tristar)
Level 9 (11-13) – Skylar Ellis (Futures)
Level 9 (14-15) – Juliana Abas (Alliston)
Level 9 (16+) – Kayla Sanidad (London GA)
Level 10 (12-15) – Madison Hughes (Dynamo)
Level 10 (16+) – Morgan Tong (TriStar)
Aspire 1 – Emma Trollip (Burlington)
Aspire 2 – Bailey Inglis (London GA)

2016 Canadian Championships

Ontario captured Gold in Level 10 (11-13) and Level 10 (16+) Team!!

	Level 9 (10-12)	Club
1	Lenee Dimkin	Global
2	Chloe Burridge	London GA
3	Nyla Morabito	Niagara Acro Cats
4	Victoria Comazzolo	Manjak's
5	Kelsey Lee	Futures
Ind.	Vanessa Bryk	Futures
Ind.	Justice Balfour	East York
	Team Coach	Global
	Team Coach	London GA

	Level 10 (11-14)	Club
1	Dahlia Solorzano-Caruso	Galaxy
2	Hannah Scharf	Northern Stars
3	Taryn McEvoy	Rose City
4	Paulina Vedenin	Gemini
5	Katarina Lozic	Manjak's
Ind.	Hope Moxam	Futures
Ind.	Carly Au	Futures
	Team Coach	Galaxy
	Team Coach	Northern Stars

	Level 10 (15+)	Club
1	Kathryn Doran	Oakville
2	Melissa Temkov	Burlington
3	Lindsay Chia	Rose City
4	Madeline Straker	Manjak's
5	Serena Baker	Bluewater
Ind.	Kayla Folz	Sudbury Laurels
Ind.	Breanna Ho	Gemini
	Team Coach	Oakville
	Team Coach	Burlington

Upcoming Events

- **2016 Olympic Games**
  Aug. 5-21 (Rio, Brazil)
- **Gymnastics Ontario Coaching Congress**
  Aug. 26-27 (Milton)
- **Pre-Competitive/Aspire Training Camp**
  Aug. 28 (Milton)

Canadian Championships Continued …

There were also many successes for the All-Around and Event Final competitions. Congratulations to all athletes and coaches!!!

ALL AROUND

Level 9 (11-13)	
Justice Balfour (East York)	7th T

Level 10 (12-15)	
Paulina Vedenin (Gemini)	1st
Taryn McEvoy (Rose City)	2nd
Dahlia Solorazano-Caruso (Galaxy)	3rd
Hope Moxam (Futures)	7th
Carly Au (Futures)	8th

Level 10 (16+)	
Melissa Temkov (Burlington)	1st
Madeline Straker (Manjak's)	3rd
Lindsay Chia (Rose City)	6th

Novice HP	
Jenna Saroretto (Futures)	2nd
Emma Spence (Dynamo)	3rd
Juliette Champan (Tumblers)	4th

Junior HP	
Ana Padurariu (Gemini)	1st
Sayge Urban (Dynamo)	2nd
Brooklyn Moors (Dynamo)	3rd

Senior HP	
Megan Roberts (East York)	5th
Sabrina Gill (Manjak's)	7th
Maegan Chant (World Class)	8th

Vault

Level 9 (11-13)	Vanessa Bryk (Futures)	5th T
Level 10 (12-15)	Taryn McEvoy (Rose City)	1st
	Dahlia Solorzano-Caruso (Galaxy)	2nd
	Paulina Vedenin (Gemini)	7th
Level 10 (16+)	Kayla Folz (Sudbury)	2nd
	Madeline Straker (Manjak's)	3rd
	Melissa Temkov (Burlington	4th
	Lindsay Chia (Rose City)	6th
Novice HP	Emma Spence (Dynamo)	1st T
	Leah Tindale (Manjaks)	4th
Junior HP	Brooklyn Moors (Dynamo)	1st
	Kelly Johnston (Manjak's)	2nd
	Sayge Urban (Dynamo)	6th
Senior HP	Megan Roberts (East York)	5th T
	Sabrina Gill (Manjaks)	7th
	Kirsten Peterman (Revolution)	8th

Bars

Level 9 (11-13)	Kelsey Lee (Futures)
	Vanessa Bryk (Futures)
Level 10 (12-15)	Paulina Vedenin (Gemini)
	Taryn McEvoy (Rose City)
	Dahlia Solorzano-Caruso (Galaxy)
Level 10 (16+)	Kathyrn Doran (Oakville)
	Melissa Temkov (Burlington)
	Madeline Straker (Manjak's)
Novice HP	Jovie Richardson (Bluewater)
	Leah Tindale (Manjaks)
	Kiera Wai (East York)
	Emma Spence (Dynamo)
	Rachael Riley (Bluewater)
Junior HP	Ana Padurariu (Gemini)
	Kelly Johnston (Manjaks)
	Sayge Urban (Dynamo)
	Megan DiPiertro (Dynamo)
	Alexis Didomizio (Burlington)
Senior HP	Megan Roberts (East York)
	Sabrina Gill (Manjaks)

Beam

Level 9 (11-13)	Justice Balbour (East York)	2nd
Level 10 (12-15)	Paulina Vedenin (Gemini)	1st
	Hope Moxam (Futures)	2nd
	Carly Au (Futures)	8th
Level 10 (16+)	Lindsay Chia (Rose City	2nd
	Melissa Temkov (Burlington)	3rd T
Novice HP	Jenna Sartoretto (Futures)	1st
	Juliette Champan (Tumblers)	3rd
	Kiera Wai (East York)	7th
	Jada Niles (Futures)	8th
Junior HP	Ana Padurariu (Gemini	1st
	Jade Chrobok (Gemini)	2nd
	Brooklyn Moors (Dynamo)	3rd
	Sayge Urban (Dynamo)	4th
	Megan DiPiertro (Dynamo)	6th
	Amy Bladon (Bluewater)	8th
Senior HP	Megan Roberts (East York)	4th
	Maegan Chant (World Class)	5th
	Sabrina Gill (Manjaks)	6th
	Kirsten Peterman (Revolution)	8th

Floor

Level 9 (11-13)	Lenee Dimkin (Global)
Level 10 (12-15)	Paulina Vedenin (Gemini)
	Dahlia Solorzano-Caruso (Galaxy)
	Katarina Lozic (Manjaks)
	Hope Moxam (Futures)
	Hanna Scharf (Northern Stars)
	Carly Au (Futures)
Level 10 (16+)	Melissa Temkov (Burlington)
	Lindsay Chia (Rose City)
Novice HP	Juliette Champan (Tumblers)
	Jenna Sartoretto (Futures)
	Leah Tindale (Manjaks)
	Avery Rosales (Tumblers)
Junior HP	Brooklyn Moors (Dynamo)
	Sayge Urban (Dynamo)
Senior HP	Sabrina Gill (Manjaks)

EVENT FINALS

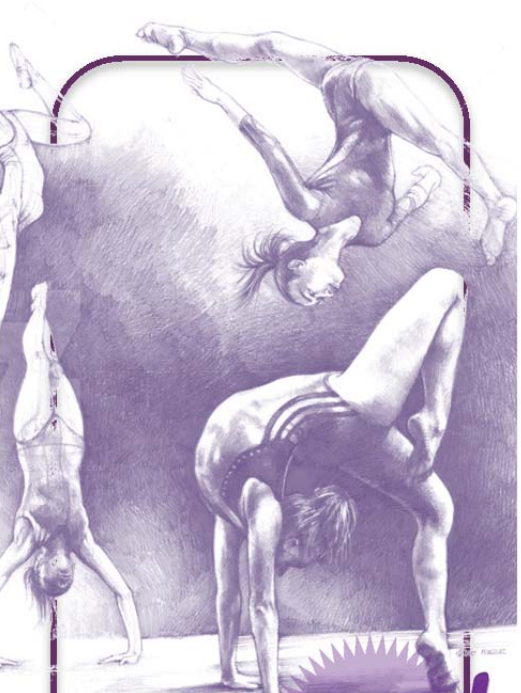
GYMnastics nastique CANADA

Gymnastics Canada Gymnastique Global NEWS Edmonton 2016 Championships

GYMNASTICS ONTARIO SPORT STARTS HERE

Milton Springers
August 26-27, 2016

"Better Coach"
"Better Athlete"
"Better Gymnastics"



Thank You!

Futures Gymnastics for hosting the Team Ontario Training Camps

2016 Coaching Congress/Training Camp

Congress- August 26-27 at Milton Springers Gymnastics featuring clinicians from USA, Netherlands and Canada, including Patrick Kiens, Anne Josephson, Nick Blanton, Toni Norman and Craig Smith. There will be something for everyone.

Pre-Competitive & Aspire Training Camp – August 28 at Milton Springers
Coaches and athletes will get a unique in gym training opportunity with work with clinicians from Congress and Ontario in preparation for upcoming season. Information and Registration will be circulated shortly.

2016-2017 Season

Gymnastics Ontario Membership
We have moved from ivr.net to Amilia for our membership registration. If your club has any questions regarding Amilia or Membership registration please contact Kristina, Memberships Services Manager at:

Membership Services
membership@gymnasticsontario.ca

amilia NEW! MEMBER LOG IN

Competitive Season
This season marks the start of a fully open qualifying system: what does this mean?

- Clubs are responsible for securing their own qualifying competitions for Level 3-5 and Level 6-10.
- Registration for competitions will be done directly through the host clubs.
- Call to Meets will communicate a club's registration fees, deadlines and refund policy, awards, etc.
- Gymnastics Ontario will still require clubs to register with GO via Beyond the Scores (BTS) to set the categories for the season as follows:

beyond the scores

Competition Registration for GO
"16-17 Level 3-5 GO Registration"
"16-17 Level 6-National GO Registration"

This season's qualifying meets will be held between:
Level 6-10: November 19 – March 5
Level 3-5: November 19 – April 30

Tour Selection: November 11-13
Level 6-10 Ontario Championships: April 6-9
Level 3-5 Ontario Championships: June 1-4

- Maximum 4 qualifying meets allowed
- Minimum 2 qualifying scores to be eligible for Ontario Championships
- Best 2 scores averaged and ranked for qualification to Ontario Championships

Calendar to be released first week in August. Clubs will be given time to review calendar before registration opens for the season.

2016-2017 Season Continued on next page …

GYMNASTICS ONTARIO
SPORT STARTS HERE

2016-2017 Season

Competitive Age Definition
GO is aligning the age definition with GCG. An athlete`s competitive age is their age as of **December 31, 2017.**

Born 2010 = 7 years old
Born 2009 =8 years old
Born 2008 = 9 years old
Born 2007 = 10 years old
Born 2006 = 11 years old
Born 2005 = 12 years old

Program Structure Overview (minimum ages)

ODP
Age 6 (born 2001) = Physical Abilities (PA)
Age 7-9 (Born 2010) = PA and Skills

Invitational
Age 7 (Born 2010) – Level 1-7
Age 8 (born 2009) – Level 1-8

Qualifiers
Age 9+ (born 2008)
Level 3-5 & Level 6-10

*Minimum age for Tour Selection is 14+
*Athletes who don`t make HP status move to Level 10

Flip would like to Introduce GO's New Recreation Program Manager

2016-2017 Women's Technical Committee (WTC)

Chair:	Dave Brubaker
Coaching Rep National:	Paula Johnson
Coaching Rep 6-10:	Kathy Kline
Coaching Rep 1-5:	Dawn Izzard
Member-at-Large:	Toni Norman
Member-at-Large:	Jessica LeBlanc
Member-at-Large:	Amanda Pepin
Judging Chair:	Cheryl Donoghue

Olympics Trials

The top eleven women's artistic gymnasts in Canada competed at Olympic Trials in Gatineau, QC, June 28 & 30th. Four of these gymnasts fighting for one of the five spots on the Canadian team headed to Rio were from Ontario: Megan Roberts (East York), Maegan Chant (World Class), Kirsten Peterman (Revolution) and Sabrina Gill (Manjak's). Megan Roberts was named as an alternate.

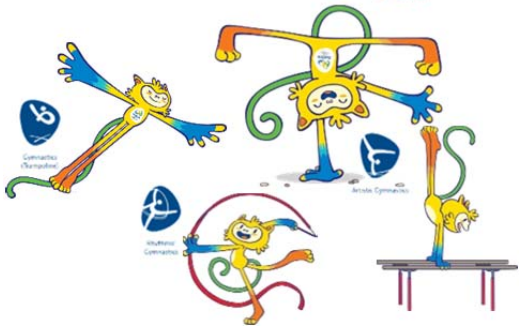
Enjoy watching and cheering on Team Canada in Women's, Men's and Trampoline!!! Good luck to all the athletes and coaches!!

Elena Davydova (Gemini) will represent Canada as the Canadian Judge for 2016 Rio Olympics!

Rio2016 Olympics

16 DAYS 06 HOURS 23 MIN 08 SECS

to the Olympic Games



https://www.rio2016.com/en

There are many people who made contributions to the Women's Program. I would like to take this opportunity to thank all the coaches and clubs for their support. Special thanks to the following group of people!

Dave Sandford, Jenna Gleza, Julie Arsenault-Howick, Cheryl Donoghue and Gymnastics Ontario Staff

WTC Committee Members
Dave Brubaker, Cheryl Donoghue, Dawn Izzard, Paula Johnson, Jen Kraemer, Kathy Kline, Jessica LeBlanc and Amanda Pepin

Judging Sub-Committee
Tracey Anderson, Susan Baier, Suzanne Banta, Cheryl Donoghue, Kristiina Holopainen, Shelley Lefler, Kim Mitchell, Christopher Scott, Lynne Smiley

OCP Working Group
Cheryl Donoghue and Shelley Lefler

ODP Working Group
Suzanne Banta, Krista Dales, Barb Dring, Paula Johnson, Dawn Izzard and Jessica Leblanc