

Acrobatic Gymnastics Newsletter

July 2018

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Review of 2017-2018 Competitive Season

ACRO Tour 2018

February 21-25, 2018, Team Ontario in Acrobatic Gymnastics went to Las Vegas, USA to participate in "Vegas Acro Cup" international tournament. The team consisted of Level 7 Women's Pair (Melena Yazdiani & Malak Mohamed – Oakville GC), Level 7 Women's Group (Julia Woitowicz, Maya Predonovich, & Tianna Guilbeault – Gymnastics Mississauga), Level 6 Women's Pair (Karolina Kopec & Selena Mekhaeil – Oakville GC), Level 5 Women's Pair (Janine Gomg & Isla Sheridan – Oakville GC), team coach – Alyssa Belford, team manager – Suzie Owen, and judge – Nancy Carss. The team showed excellent results winning 3 golds:
 Gold: Gomg & Sheridan – WP L5 (28.267)
 Gold: Kopec & Mekhaeil – WP L6 (28.600)
 Gold: Yazdiani & Mohamed – WP L7 (34.500)
 6th: Woitowicz, Predonovich, & Guilbeault – WG L7 (31.100)



For full competition results [click here](#).

Ontario Acrobatic Athletes on World Stage

Pan American Championships - Daytona Beach, USA



In October of 2017 Canadian Team travelled to Daytona Beach, USA to participate in Pan American Championships. This was the first Pan American

event for Canada in Acrobatic Gymnastics. The Acro team consisted of Kristian Diana and Maxwell Hendershot (Oakville GC) – 11-16 Men’s Pair; Mila DiSalle and Theo Rotts Chan (Oakville GC) – 11-16 Mixed Pair; Alexandra D’Souza, Erin Oswald, and Charlotte Penner (Oakville GC) – Junior Women’s Group; Mikaela Pingol and Juliana Summers (Oakville GC) – 12-18 Women’s Pair; Lola Gray, Piper Lafayette, and Cassandra Lerner (Oakville GC) – 11-16 Women’s Group; Allison Attard, Emmauelle Shemko, and Ally Swanepoel (Oakville GC) – 12-18 Women’s Group; Ashlee Chan, Kiara-Carin Kacvinsky, and Kiana Wilson (Oakville GC) – 12-18 Women’s Group; Karyzza Guillermo and Nikki Krigos (Gymnastics Mississauga) – 11-16 Women’s Pair; and Ava Gokiart and Evelina Merkulov (AB) 11-16 Women’s Pair.

Our athletes did exceptionally well winning three gold, one silver, and three bronze medals. Canadian Acro results:

Gold: Diana and Hendershot – 11-16 MP (26.250)
 Gold: Di Salle and Rotts Chan – 11-16 MxP (26.300)
 Gold: D’Souza, Oswald, and Penner – Junior WG (26.510)
 Silver: Pingol and Summers – 12-18 WP (25.970)
 Bronze: Gray, Lafayette, and Lerner – 11-16 WG (26.250)
 Bronze: Gokiart and Merkulov – 11-16 WP (26.650)
 Bronze: Attard, Shemko, and Swanepoel – 12-18 WG (25.950)
 5th: Chan, Kacvinsky, and Wilson – 12-18 WG (24.070)
 5th: Guillermo and Krigos – 11-16 WP (25.500)

For full competition results [click here](#).

Vegas Acro Cup

February 21-25, 2018 athletes from East York Gymnastics Club and Oakville Gymnastics Club travelled to Las Vegas, USA to take part in “Vegas Acro Cup” international tournament. Athletes from both clubs won a total of 11 gold and 4 silver medals:

Gold: Swaminath & Yang – EY – WP L5 (28.800)
 Gold: Fedoration, Morel, Borg – OAK – MG L5 (28.200)
 Gold: Manning, McDonald, Damad – OAK – WG L5 (27.200)
 Gold: Marttila, Provost – OAK – MxP L5 (27.433)
 Gold: Kim-Leay, Quinn, Meneses – OAK – WG L6 (27.733)
 Gold: Diana, Swan – OAK – WP L6 (28.400)
 Gold: Lam, Avila, Fiore – EY – WG L7 (35.950)
 Gold: Wondolf & Lee – EY – WP L7 (35.300)
 Gold: Riccio, Johannsen, Ajmal, Sousa – OAK – MG L7 (32.300)
 Gold: Tessarolo, Vince – OAK – WP L7 (34.750)
 Gold: Potts, Wolfond, & Manel – EY – WG Youth (26.600)
 Gold: Lam & Fiore – EY – WP Youth (26.200)
 Silver: Figurski, Walker, Silvestri – EY – WG L5 (26.733)
 Silver: Salamo, Lombardo – EY – WP L5 (27.533)
 Silver: Adamopoulos, Lee, Prebeg – EY – WG L6 (27.533)
 Silver: Potts & Manel – EY – WP Youth (26.100)
 4th: Avila & Preberg – EY – WP L6 (27.133)
 6th: Tessarolo, Nunez – OAK – WP L5 (26.267)

For full competition results [click here](#).

PAGU Acro Technical Committee

PAGU’s first ever Acrobatic Gymnastics Technical Committee was approved at the 2017 PAGU Congress in Lima, Peru. Gymnastics Canada announced that Nancy Carss will be Canadian representative on this committee. Nancy is a FIG Brevet Judge in Acrobatic Gymnastics and has proven to be an invaluable asset to the Canadian Acro program. Not only has she taken on a key role in training and developing domestic level judges, but has also dedicated her technological expertise to create a computerized scoring system for Gymnastics Ontario’s acrobatic competitions.

Gymnastics Ontario congratulates Nancy and wishes her the best of luck!

Maia International Acro Cup

An annual Maia International Acro Cup was held in Portugal on March 1-4, 2018. A team of athletes from Oakville GC attended this event and showed a strong performance winning two medals. Theo Rots-Chan and his partner Mila DiSalle (MxP AG1) won silver all around with a total of 53.550 points. AG1 Men's Pair, Kristian Diana and Maxwell Hendershot scored a total of 50.350 points winning bronze.

- 5th: Penner, D'Souza, Oswald – WG Junior (53.810)
- 5th: Ceconi & Perretta – WP Youth (25.700)
- 6th: Chan, Kacvinsky, Wilson – WG Junior (52.850)
- 6th: Downie & Provost – WP AG1 (52.100)
- 6th: Pingol & Summers – WP AG2 (50.750)
- 7th: Baksa-Wiltshire, Ceconi – WP AG1 (52.100)
- 9th: Gray, Lafayette, and Larner – WG AG2 (51.210)
- 11th: Beram, Charette, and White – WG AG1 (51.800)
- 13th: Nunez & Boubou – WP AG1 (49.950)
- 22nd: Attard, Shemko, and Swanepoel – WG AG2 (49.020)

For full competition results [click here](#).

10th FIG Acrobatic World Age Group Competition - Antwerp, BEL

Twenty-eight Canadian athletes along with three coaches and two judges went to Antwerp, Belgium (April 1-11, 2018) to represent Canada at 10th FIG World Age Group Competition. According to Gymnastics Canada this was the largest delegation yet to be participating at this event.

- **11-16 Mixed Pair:** Mila di Salle, Theo Rots-Chan – Oakville GC
- **11-16 Men's Pair:** Kristian Diana, Maxwell Hendershot – Oakville GC
- **11-16 Women's Pair:** Ava Gokiert, Evelina Merkulov – Calgary, AB
- **11-16 Women's Pair:** Mira Boubou, Vanessa Nunez – Oakville GC
- **11-16 Women's Group:** Olivia Beram, Marie-Eve Charette, Sydney White – Oakville GC
- **11-16 Women's Group:** Amelia Magdich, Brenley Martin, Ana Zorrilla – Calgary, AB
- **12-18 Women's Pair:** Mikaela Pingol, Juliana Summers – Oakville GC
- **12-18 Women's Group:** Allison Attard, Emmanuelle Shemko, Ally Swanepoel – Oakville GC
- **12-18 Women's Group:** Lauren Bligh, Camille Calvo, Emma Carlton – Calgary, AB
- **13-19 Women's Group:** Ashlee Chan, Kiara Carin Kacvinsky, Kiana Wilson – Oakville GC
- **13-19 Women's Group:** Alexandra D'Souza, Charlotte Penner, Erin Oswald – Oakville GC
- **Coaches:** Greg Boosey, Scott Middleton, Jennie Miller
- **Judges:** Nancy Carss, Debbie D'Souza





Di Salle and Rots-Chan placed 4th in finals with a total of 27.250 points, missing the podium by only 0.100. Bligh, Calvo, and Carlton also took 4th place with 27.350. Diana and Hendershot placed 6th in finals with a total score of 25.100points. Grokiert and Merkulov placed 9th in finals with 26.150 points.

D'Souza, Penner, and Oswald placed 11th in qualification round with a total of 54.360 points. Chan, Kacvinsky, and Wilson scored a total of 51.500 points in the qualification round placing in 22nd spot. Attard, Shemko, and Swanepoel scored 50.670 point in preliminaries. Pingol and Summers placed 17th teams with a total of 50.850. Beram, Charette, and White scored a total of 52.150 points in the qualification event and placed 17th, followed by teammates Magdich, Martin, and Zorrilla with total of 51.650 in 21st place. Boubou and Nunez came 23rd with ta total of 51.850 points.

For full competition results [click here](#).

Turin Acro Cup

July 4-6, 2018, athletes from East York GC travelled to Italy to take part in 2018 Turin Acro Cup. Ontario Youth athletes showed a very strong performance:

Gold: Manel, Potts, & Wolfond – WG Youth (54.00)

4th: Fiore & Lam – WP Youth (51.650)

For full competition results [click here](#).

Congratulations to all athletes, coaches, and judges for amazing results!

Ontario Champions and Medalists

Ontario Championships - Oakville, ON

April 28 – 29, 2018 Oakville Gymnastics Club hosted Ontario Championships in acrobatic gymnastics where Ontario's provincial stream athletes fought for the Ontario Champion title. Below are listed AA Champions and medalists in all provincial streams:



<p>L5 Individual W 8-11: 1st – Ria Swaminath (East York GC) 2nd – Sara Majidi (East York GC) 3rd – Annie Yang (East York GC)</p>	<p>L5 Individual W 12-13: 1st – Maya Borg (Oakville GC) 2nd – Peyton Morel (Oakville GC) 3rd – Sophia McDonald(Oakville GC)</p>	<p>L5 Individual M 8-11: 1st – Benson Chan (Gymnastics Mississauga) 2nd – Emerson Wong (Oakville GC)</p>
<p>L5 Individual M 12-13: 1st – Paul Ionescu (Oakville GC)</p>	<p>L5 WP age 8-11: 1st – Annie Yang/Ria Swaminath (East York GC) 2nd – Janine Gong/Isla Sheridan-Jonah (Oakville GC) 3rd – Maayan Salamo/Sofia Lombardo (East York GC)</p>	<p>L5 WP age 12-13: 1st – Sarah El Redy/Yara El Redy (Gymnastics Mississauga) 2nd – Rebecca Yuhasz-Bell/Maya Taylor (Georgian Bay Phoenix GA)</p>

<p>L5 MxP age 8-11: 1st – Lauren Marttila/Ethan Provost (Oakville GC)</p>	<p>L5 WG age 8-11: 1st – Arabella Figurski/Madison Walker/Alyssa Silvestri (East York GC)</p>	<p>L5 WG age 12-13: 1st – Ella Federation/Maya Borg/Peyton Morel (Oakville GC) 2nd – Madison Manning/Amytis Damad/Sophia McDonald (Oakville GC)</p>
<p>L5 WG age 14+: 1st – Olivia Boffo/Chloe Dufour/Sara Majidi (East York GC) 2nd – Baylee Christink/Hope McCoy/Kiera Edmond (Olympia GC) 3rd – Anna Ivantchenko/Alyssa Ivantchenko/Alexandra Ivantchenko (Gymnastics Mississauga)</p>	<p>L6 WP age 12-13: 1st – Karolina Kopec/Selena Mekhaeil (Oakville GC) 2nd – Sophia Avlia/Madison Prebeg (East York) 3rd – Amelia Laliberte/Hannah Elshaer (Gymnastics Mississauga)</p>	<p>L6 WP age 14+: 1st – Jordan Diana/Gabriella Swan (Oakville GC)</p>
<p>L6 MP age 12-13: 1st – Krill Lin/Peter Lin (East York GC)</p>	<p>L6 MxP age 12-13: 1st – Lea Kaufman/Matteo Sanchez (Gymnastics Mississauga)</p>	<p>L6 WG age 8-11: 1st – Paulina Adamopoulos/Danielle Lee/Capri Prebeg (East York)</p>
<p>L6 WG age 12-13: 1st – Cassidy Quinn/Sara Meneses/Alexandra Kim-Lemay (Oakville GC) 2nd – Katie Merifield/Hannah Gilmore/Julia Valenti (Olympia GC)</p>	<p>L6 WG age 14+: 1st – Cosima Ceconi/Anna Terwindt/Olivia Kopec (Oakville GC) 2nd – Danica Pejic/Jane Carty/Lilah Rosevear (East York GC)</p>	<p>L7 WP age 8-13: 1st – Aubrey Tessarolo/Skyla Vin (Oakville GC) 2nd – Samantha Nugent/Amanda Fletcher (Gymnastics Mississauga)</p>
<p>L7 WP age 14+: 1st – Annie Wolford/Daniele Lee (East York) 2nd – Meleana Yazdiani/Malak Mohamed (Oakville GC) 3rd – Carylie Rands/Paige Ballantyne (Georgian Bay Phoenix GA)</p>	<p>L7 MP age 14+: 1st – Charlie Rickards/Antonio Sanchez (Oakville GC)</p>	<p>L7 WG age 8-13: 1st – Mira Lam/Chloe Fiore/Sophia Avila (East York GC)</p>
<p>L7 WG age 14+: 1st – Mehak Deol/Emma Shapland/Natalie Rup (Gymnastics Mississauga) 2nd – Julia Woitowicz/Maya Predovich/Tianna Guilbeault-Hornling (Gymnastics Mississauga) 3rd – Addison Felhaver/Ashley Newman/Hanna Van Dierdonck (Olympia GC)</p>	<p>L7 MG age 8-13: 1st – Adrian Riccio/Mikka Johannsen/Feroz Ajmal/Ethan Sousa (Oakville GC)</p>	<p>Youth WP: 1st – Kali-Marie Potts/Leah Manel (East York GC) 2nd – Mira Lam/Chloe Fiore (East York GC) 3rd – Madaline Perretta/Annabel Ceconi (Oakville GC)</p>
<p>Youth WG: 1st – Kali-Marie Potts/Leah Manel/Annie Wolford (East York)</p>	<p>AG1 11-16 WP: 1st – Mira Boubou/Vanessa Nunez (Oakville GC) 2nd – Emelia Ceconi/Katelynn Baksa-Wiltshire (Oakville GC)</p>	<p>AG1 11-16 MP: 1st – Kristian Diana/Max Hendershot (Oakville GC)</p>
<p>AG1 11-16 MxP: 1st – Milla Disalle/Theo Rots-Chan (Oakville GC)</p>	<p>AG1 11-16 WG: 1st – Olivia Beram/Sydney White/Marie-Eve Charette (Oakville GC)</p>	<p>AG2 12-18 WP: 1st – Juliana Summers/Mikaela Pingol (Oakville GC)</p>
<p>AG2 12-18 WG: 1st – Ally Attard/Emma Shemko/Ally Swanepoel (Oakville GC) 2nd – Anna Pouin/Aleksandra Pouin/Diona Sulemani (Gymnastics Mississauga) 3rd – Lola Gray/Piper Lafayette/Cassandra Larner (Oakville GC)</p>	<p>Jr 13-19 WG 1st – Charlotte Penner/Erin Oswald/Alexandra D'Souza (Oakville GC)</p>	

For full results, [click here](#).

Congratulations to all athletes, coaches, and judges for amazing results!

Special Remarks

Gymnastics Ontario would like to thank **Woodbridge Academy of Gymnastics** for hosting Ontario Cup in 2017-2018 season. I also would like to extend a special thank you to **Oakville GC** for hosting Ontario Cup and Provincial Championships. The head coaches, **Don Holmes** and **Alex Zimilis**, meet directors, **Philippa Durbin**, **Michelle Hernandez**, and **Suzie Owen**, and volunteers from the 2 clubs did an amazing job in organizing and running the events.

Gymnastics Ontario would also like to thank all the coaches and judges for the hard work that was done in the 2017-2018 season. Ontario athletes keep thriving on domestic and World arenas because of your strong efforts to raise beautiful gymnasts!

GO Updates

[2018 Acro Technical Assembly Minutes](#)

2018 - 2019 Tentative Events Calendar

Camps, Courses and Clinics

Provincial Training Camp L5-7 – October 2018

Judge/Coach Maintenance Clinic – October 2018

Beginner Judges' Course – October 2018

Provincial Level GO Events (tentative dates):

- ON Cup 1 – December 8, 2018 – host will be announced shortly
- ON Cup 2 – January 26-27, 2019 – host will be announced shortly
- Provincial Championships – April 27-28, 2019

Gymnastics Ontario is still missing a host for Ontario Championships. If your club is able to host the event, kindly submit your bid as soon as possible.

[2019 ACRO AERO Ontario Championships Bid to Host](#)

National Level GO and GCG Events:

- Canadian National Championships – TBC by GCG

For more information about all GO, GCG and invitational competitions please visit [GO Calendar](#).

2018 Coaching Congress

2018 Coaching Congress will be held in Milton Springers Gymnastics Club on August 24-25, 2018. The sessions offered will include Nutrition, Sport Psychology, Conditioning and more. For more information please [click here](#).