

Women's Artistic Gymnastics Newsletter



To all our
2022-2023
Host Clubs



WHAT A YEAR! FINISHING OFF A STRONG SEASON WITH RECOGNIZING THE ATHLETE, COACH AND CLUB SUCCESSES!

ONTARIO CHAMPIONSHIPS

April saw two Ontario Championships where just under 1900 Women's Artistic gymnasts from all over Ontario competed at the Level 6+ Ontario Championships in London, Ontario and Level 3-5 Ontario Championships in Alliston, Ontario.

A special thank you to Forest City Gymnastics and Alliston Gymnastics, all the clubs in attendance, and the coaches and judges for all their hard work and dedication and coming out this past weekend to support gymnastics.

Congratulations to the all the athletes & coaches and to the following Ontario Champions!



2023 WOMEN'S ARTISTIC Level 3-5 & Level 6+ ONTARIO CHAMPIONSHIPS

CLUB/TEAM

Level 3		Level 4		Level 5	
1st	TGI	1st	Gemini	1st	London GA
2nd	Oakville	2nd	TGI	2nd	TGI
3rd	East York	3rd	East York	3rd	Gemini
Level 6		Level 7		Level 8	
1st	Tryumph	1st	Gemini	1st	Gemini
2nd	Gemini	2nd	Trillium	2nd	Burlington
3rd	Burlington	3rd	Twisters	3rd	SGI
Level 9		Level 10			
1st	Manjak's	1st	Manjak's		
2nd	Burlington	2nd	Futures		
3rd	Revolution	3rd	East York		

ALL AROUND



GYMNASISTICS
ONTARIO
SPORT STARTS HERE



AGC

ALLISTON GYMNASTICS CLUB

Level 3			Level 4			Level 5		
Age 9 A	Ellie Wink	Kanata	Age 9-10A	Pearl Chlipsham	Kanata	Age 9-11	Alexa Mitchell	T-Dot
Age 9 B	Lynn Harvey	ASF	Age 9-10 B	Ava Malcolm	Gemini	Age 12-13 A	Ysabel Jackman	London GA
Age 10 A	Aylah Pesner	Corona	Age 9-10 C	Emily Chee	East York	Age 12-13 B	Marta Xhafa	T-Dot
Age 10 B	Mackenzie Coxe	All Star	Age 11 A	Cameron Cheung	TGI	Age 14+ A	Kayla Presseault	Cornwall
Age 10 C	Sasha Bucek	Guelph	Age 11 B	Izabella Delazzari	TGI	Age 14+ B	Audrey Townsend	London GA
Age 11 A	Clara Buitenhuis	TGI	Age 12 A	Nava Mallakin	East York			
Age 11 B	Isla Morgan	Oakville	Age 12 B	Lucy Rukundo	Corona			
Age 12-13	Kate Beaudry	Percision	Age 13 A	Jordan James	Gemini			
Age 12-13	Claire Andrews	Gym Magic	Age 13 B	Hallie Quest	Trillium			
Age 12-13	Hazel Holliday	East York	Age 14+ A	Maanya Shah	Futures			
Age 14+	Layla Chouinard	Galaxy	Age 14+ B	Alyssa Tozman	Scarborough			



GYMNASISTICS
ONTARIO
SPORT STARTS HERE



FCGC
FOREST CITY GYMNASTICS CLUB

Level 6			Level 7			Level 8		
Age 9-10	Alyssa Briggs	Kanata	Age 9-10	Juliana Downe	KW Gym	Age 11-12	Hailey Nguyen	Niagara Acro Cats
Age 11-12 A	Emma Rowat	Trillium	Age 11-12 A	Lydia Pyzowski	Glendon	Age 13-14 A	Dalia Weisz	Ottawa GC
Age 11-12 B	Lorelei Attersley	Gemini	Age 11-12 B	Ella Lau	London GA	Age 13-14 B	Paige Field	Gemini
Age 11-12 C	Emily Goddard	Tristar	Age 13-14 A	Stella Lakins	Trillium	Age 15+ A	Isabella DiManno	SGI
Age 13-14 A	Zoe Murray	Tryumph	Age 13-14 B	Charlee Sage	Trillium	Age 15+ B	Ashley-Elizabeth Lynch	Futures
Age 13-14 B	Cecily Kirkwood	Ottawa GC	Age 13-14 C	Eva Fuentes	East York	Age 15+ C	Mila Simpatico	Tristar
Age 13-14 C	Chloe Lau	Kawartha	Age 15+ A	Erynn Clarke	East York			
Age 13-14 D	Jordan Cheam	Guelph	Age 15+ B	Olivia Tufts	Lindsay GC			
Age 13-14 E	Taya Hukari	Burlington	Age 15+ C	Olivia Coe	Ottawa GC			
Age 15+ A	Aliya Maciejko	Galaxy						
Age 15+ B	Arielle Halili	Gyros						
Age 15+ C	Julia Teng	AIM						
Age 15+ D	Madeleine Long	TGI						
Level 9			Level 10					
Age 11-14	Jessica Hayashi	Burlington	Age 12-15	Kylee McQueen	Alliston			
Age 15+	Emma List	Manjak's	Age 16+	Nyla Morabito	Manjak's			





PROGRAM UPDATES

- Technical Rules and Regulations updated of over summer.
- Judging assignments for qualifiers and invitationals will be completed by host clubs (with assistance from CCJ) - more information to come.
- Compulsory program – text errors will be applied this season.
- Erratas/Clarifications are status quo (3-4 times per season).
- Coach Debriefs will continue for all competitions except Tour and Ontario Championships and after qualifying period only for Xcel and compulsory levels.
- Digital coaching lds continued so please ensure your coaches have theirs/access to theirs.

BEGINNER JUDGES COURSE



September 23-24, 2023

Registration via Uplifter coming in July.

This course is a 2 day online course delivered through Zoom and Didacte.

Attendance is mandatory for both days

2023 EASTERN CANADIAN CHAMPIONSHIPS

Congratulations to all athlete and coaches for their excellent performance at the 2023 Eastern Canadian Championships!!!

Our 2023 Eastern Canadian Team Awards!!!

Level 7 (11-12) – Silver with a team score of 114.741
 Level 7 (13-14) – Silver with a team score of 112.725
 Level 7 (15+) – Gold with a team score of 113.675
 Level 8 (11-12) – Gold with a team score of 114.117
 Level 8 (13-14) – Gold with a team score of 114.083
 Level 8 (15+) – Silver with a team score of 113.125
 Level 9 (11-14) – Gold with a team score of 108.709
 Level 9 (15+) – Silver with a team score of 107.706
 Level 10 (12-15) – Gold with a team score of 106.092
 Level 10 (16+) – Silver with a team score of 108.440

Our 2023 Eastern Canadian Champions!!!

Stella Lakins (Trillium) – Level 7 (13-14)
 Olivia Coe (Ottawa GC) Level 7 (15+)
 Paige Field (Gemini) Level 8 (13-14)
 Taya Macey (Gemini) Level 8 (11-12)
 Maya Baugh (Revolution) Level 9 (11-14)
 Sydney Wigle (Manjak's) Level 10 (12-15)
 Ella Power (Manjak's) Level 10 (16+)

2023 CANADIAN CHAMPIONSHIPS

Congratulations to all CCP and High Performance athletes and coaches for their fantastic team and personal successes at the 2023 Canadian Championships!!!

Our 2023 Canadians Team Awards!!!

Level 9 (11-14) – Silver with a team score of 216.547
 Level 9 (15+) – 4th with a team score of 218.108
 Level 10 (12-15) – Gold with a team score of 219.133
 Level 10 (16+) – Gold with a team score of 226.095

Our Top 2023 Individual Results!!!

Addison Graham (Ottawa GC) – Novice – 7th All Around
 Reese Wilson (Gemini) – Junior – 6th All Around
 Gabrielle Black (Oakville) – Junior – 7th All Around
 Ava Steward (Gemini) – Senior – 2nd All Around
 Jenna Lalonde (Ottawa GC) – Senior – 3rd All Around
 Cassie Lee (East York) – Senior – 4th All Around
 Clara Raposo (East York) – Senior – 8th All Around
 Ryley McNinch (Manjak's) – CCP 9 (11-14) – 2nd All Around
 Beilun Wu (Manjak's) – CCP 9 (11-14) – 3rd All Around
 Aniyah Broomfield (Scarborough Gym Elites) – CCP 9 (15+) – 3rd All Around
 Samantha Croft (East York) – CCP 9 (15+) – 5th All Around
 Diana Chan (ASF) – CCP (15+) – 6th All Around
 Seren Jackson (Manjak's) – CCP 10 (12-15) – 1st All Around
 Annika Kim (East York) – CCP 10(12-15) – 3rd All Around
 Kylee McQueen (Alliston) – CCP 10 (12-15) – 4th All Around
 Saige Sommerfreund (London GA) – CCP 10 (12-15) – 5th All Around
 Nyla Morabito (Manjak's) – CCP 10 (16+) – 1st All Around
 Jenna Sartoretto (Futures) – CCP 10 (16+) – 4th All Around
 Jada Yip-Janniery (Oakville) – CCP 10 (16+) – 5th All Around



UPCOMING EVENTS

August 19-20, 2023



More
2023-2024
Calendar
dates
available
in August



MORE DATES TO KNOW for 23-24:

2024 Eastern Canadian Championships
May 9-12, 2024
Newfoundland

2024 Canadian Championships
June 2-9, 2024
Quebec

DEVELOPMENT CAMPS

Thank you to all the clubs who hosted camp in our 2022-2023 Season: Barrie, East York, Dynamo, Ottawa, and TGI.



Starting 2023-2024 season our first camp will happen in conjunction with Coaching Congress in Milton. This camp is for those interested in, working towards or are currently training the Aspire Program, Novice, Level 9 (11-14), Level 10 (12-15). Registration will be available through Uplifter.

Bid to host for those interested in hosting a development camp in the 2023-2024 season at your home gym the information and application will be available in August. Stay tuned!

2023-2024 CALENDAR

Qualifying Period - November 17-19, 2023 to March 15-17, 2024 (14 weekends)

Level 10, Youth and HP Competitions:

- December 8-10, 2023 (all), February 16-18, 2024 (Level 10 & Youth), March 8-10, 2024 (all) and April 26-28, 2024 (HP)

TOUR SELECTION - November 10-12, 2023 (Hosted by Gymnastics Mississauga)
Tour Selection scores do not count as qualifier score

ONTARIO CHAMPIONSHIPS

Level 6-10 & Youth Ontario Championships → April 11-14, 2024 (Hosted by Ottawa Gymnastics Centre, conjunction with MAG)

Level 3-5 Ontario Championships → May 2-5, 2024 (Hosted by Muskoka Limberettes)

OPEN DOORS



If you are passionate about gymnastics and have a zest for learning, you won't want miss this amazing opportunity! Starting in 2023-2024 we hope to offer coaches development opportunities with the Open Doors initiative. More information to come soon.

Some of the top coaches in the province will be graciously offering to open up their door and welcome you to come into their gyms to ask questions, watch a training session and just get a general feel for what they do on a daily basis to be successful with their athletes. These open houses are for coaches only and will offer a range of information and guidance in specific areas of expertise and allow development for up-and-coming coaches wanting to learn.

This is also a great opportunity for networking and build community! Maybe you need help teaching your first tsuk on vault, or maybe you need somewhere to teach your first tsuk because your gym doesn't have a vault into a pit landing. Meeting these expert coaches as well as others who are looking for some wanting to learn, will help grow your professional social circle and give you many more contacts to help increase your knowledge-base and expand the possibilities of obtaining new information.

Information will be sent to clubs. Coaches must be a GO member and register through Uplifter.

