

Board Report
WAG Program Coordinator
2022-23 Season

General;

Our Invitational Programs had another successful season. All program spots have been filled with the same amount of athletes as in the previous season.

Entering the season, we had aimed to grow our base programming, the Developmental programs. However, with coaches departing throughout the season, as well as going on parental leave, the focus shifted from growth and expansion to maintaining and providing stability within the current athletes and programs.

At the end of the 2021-2022 Season, Invitational Program Coaches and Administrators conducted a program review. As part of the program review, it has become evident that certain areas would require a different approach for the 2022-23 season in order to reach the goals ahead of us.

Some of the identified areas were not limited to but include the following:

- Athlete attendance prior to meets and performances
- Athlete travel to meets and performances
- Comprehension of communication
- Athlete education
- Parent education

I am happy to announce that we have made leaps and bounds in the above areas and will continue to build on the growth we have seen throughout the last season.

Club Activities;

Education is empowerment

At Chimo, we believe education is a crucial part of an athlete's development not only within the sport but also outside the gym. We are determined to provide applicable education for athletes and their caregivers in order to provide the tools for athletes to be successful. I am proud to report that we had the biggest turnout we ever had at this year's Nutrition Education Session with *Christina Anderson, The Gymnast Nutritionist*. The two day workshop had 40 out of 46 athletes and their caregivers present. Thanks to all members who took advantage of the workshop.

Christmas Party

All Invitational Program Athletes were invited to our Annual Christmas Party. This was another fun joining together of the groups where athletes got to mingle and get to know other people in the program. Secret Santa was a hit as well as all the games played.

Club Pictures

Chimo hired Photographer *Samantha Birosh*, owner of *Calieight Fitness & Photography* to take our first annual Club Pictures on May 26th, 2023. Most athletes were present and there was a high demand on purchase of pictures.

This not only was a fun bonding activity for athletes but it also introduced them to the other Invitational Program Groups and Coaches in the lead up to the following season.

Banquet and Display

To celebrate our athletes and coaches, Chimo staff had planned a banquet and display for all Invitational Program Members. Unfortunately, this had to be canceled due to a last minute coaching course conflicting with the dates. We had tried to reschedule but due to coaches being on vacation and different start dates to the season, we were not able to find a date allowing everyone to partake in the event. We are again aiming to be hosting a banquet for the 2023-24 season.

Program Offers and Reports;

Athlete Report Cards have been circulated 3 times during the 2022-2023 season. In conjunction with the Athlete Report Cards, we continued to send out monthly newsletters, and individual emails to Members in efforts to communicate as effectively as possible.

Athlete Placement Offers and Registration packages for the 2023-2024 season were distributed on May 8th and to be returned on May 15th. For the most part, packages were returned within the desired time frame. As the registration numbers in our yearly programs are the starting point for the annual planning in all other programs, it is crucial to have registration packages returned within the timeline. Thanks to our Membership for the support in this.

Performance Highlights;

Congratulations to all athletes and their coaches on an incredible 2022/2023 season. From Athletes competing for the very first time in their career, all the way to competing and winning medals at Western Canadian Championships, athletes have proven to be competitive within our zone, province and country.

To start off the season, most athletes attended the Friendship Cup, Co-Hosted by 4 Island Clubs. Athletes were able to perform their routines for feedback and got to meet and mingle with other athletes from the Island. All proceeds of the meet were donated to the Food Banks and the Animal Shelters in all 4 communities.

For the first time, we had an athlete and coach attend a competition in the USA. This was a great experience and we are looking forward to more international competition experience across the programs in the coming years.

From then on, the competition season was tight with many competitions over a short period of time. Competitions included Invitational meets, Qualifying meets and Provincials as well as Western Canadian Championships. Athletes and staff showed great adaptability, teamwork and a great level of preparation in order to perform with excellence at a short turn-around.

Here are some performance highlights of the season:

- Total Medal count: 106
- Total of Provincial Event Medalists: 4
- Total of Provincials AA Medalists: 1
- Team Silver at Western Canadian Championships
- Individual Silver Medal on Uneven Bars at Western Canadian Championships

Looking Ahead;

With coaches returning from parental leave, we are looking to build our base programming and develop a strong foundation for the future. Continuous education and communication is again going to be one of the focus points throughout this season. It has proven that education, preparation, recovery and the inclusion of an Integrated Support Team (physio, nutrition, massages, chiro,...) play a big part in the success we have seen in the programs throughout the last year. Coaches are working endlessly to deliver competitive programming across all levels. In addition, Chimo formed the first ever Gymnaestrada Program. This performance program has the opportunity to partake in local and Provincial events. We are looking forward to what this group of athletes and coaches deliver throughout the year.

Coaches have been planning for the season and with support of our Membership, we see the program only grow and excel from here.

Saskia Berndt
WAG Program Coordinator