



ALBERTA GYMNASTICS FEDERATION

TRAMPOLINE AND TUMBLING  
TECHNICAL ASSEMBLY  
MEETING

Saturday, July 12<sup>th</sup>, 2014  
Alberta Gymnastics Federation Office, Calgary

MINUTES

**ATTENDANCE:**

Trish Quinney – Technical Chair  
Marthe Desmarais-Moen – Judging Chair  
Eran Silberg – Coaching Chair  
Jamie Atkin – M.A.L.  
Matt Wheele – M.A.L.  
Cody McAllister - Cardston  
Stephen Hauck - Calgary Gymnastics Centre  
Taylor Gidosh– Ortona  
Jill Scambler - Ortona  
Jessica Whipp – Altadore  
Allison Lockhart - Grande Prairie Gym Club  
Jean Brooks – Exelta  
Janelle Desmarais-Moen – Airdrie Edge  
Derek Hanson - AGF

**REGRETS:**

Thunder Country Trampoline  
XFinity

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**1. Called to Order at 9:15 a.m.**

1.1 Approval of Agenda (with addition)

CGC / Airborne

Motion: “To approve the agenda”.

CARRIED

1.2 Approval of Minutes from last TTTA Meeting

Airborne / GP

Motion: “To approve the Minutes from the June 2013 TTTA meeting”.

CARRIED

## 2. Reports

- 2.1 Technical Chair - Trish Quinney  
See Attached Report  
Moving forward clubs will be fined \$25.00 per coach who is not certified in Respect in Sport
- 2.2 Coaching Chair – E. Silberg  
See Attached Report
- 2.3 Judging Chair – M. Desmarais-Moen  
See Attached Report

## 3. Business Arising from Previous Meeting

- 3.1 Review Action Items from previous Assembly Meeting  
\* All action items were completed or no longer relevant

## 4. New Business

- 4.0A Anti-Spam Law  
\* Please ensure that you and your club have responded to AGF email, everyone needs to approve AGF to continue receiving emails (ie regarding competitions and training camps)

- 4.0 2013-2014 T & T Technical Handbook

**ACTION: A working group of Marthe Desmarais-Moen and Janelle Desmarais-Moen was selected to review and update the 2013-2014 T & T Technical Handbook. Target Date of Completion Sept 1, 2014.**

- 4.1 Review of Competitive Year and Update from GCG AGM in Ottawa

Below are some General highlights of changes that will be coming for the 2014-2015 season

- 1) Synchro teams will be able to qualify to Age Group events without having to qualify as individuals
- 2) National and National Open is being renamed to either Novice and Open or Novice 12-16 and Novice 17 +
- 3) The Espoir category will be added to tumbling
- 4) P4 is considered a Pre-National level, so is not able to be changed at a Provincial Level
- 5) Proposal to have T & T Canadians in July
- 6) There will not be an Elite Canada moving forward
- 7) Proposal to move Canada Cup to March / April
- 8) Seniors will have training camp as part of the Senior National Team Trials

Specific DMT changes

- 1) Ages for National and National Open are being adjusted to what is being referred to as the "staircase". The official GCG chart will be circulated in September. National (12-18) becomes Novice 12-16 and National Open becomes Open (17+) or Novice 17+
- 2) Espoir (12-18) becomes Espoir (12-17)
- 3) Espoir Women's minimum DD goes down to 3.2
- 4) Espoir Men's maximum DD goes up to 6.0
- 5) All 4 passes must meet the minimum DD to mobilize, so that means All Alberta Cups must provide prelims and finals for P4 and up.

#### Specific Tramp changes

- 1) Same age changes as DMT
- 2) No DD changes

#### Specific Tumbling changes

- 1) P1 – no changes but a 1 foot landing on the straight jump will no longer be judged a missing requirement (1.0 deduction) but just a landing deduction.
- 2) P2 – Compulsory routine is now ), ^, f, f, - o
- 3) P3 – Compulsory routine is now ), ^, ^, f, f, f, f, - o
- 4) P4 – Compulsory routine is now ), ^, ^, ^, f, f, f, -/
- 5) P4 is now maximum saltos of 6
- 6) Other changes to come following Canada Cup (ie bonuses for double in transition etc)

#### 4.2 Training Camps 2014-2015 (see attached calendar for dates)

- \*FAST Camp for coaches: A FAST Camp for coaches will be offered in conjunction with FAST event #1.
- \*National Training Camp: Camp will be for P4 and higher (ie all National levels) for Tramp and DMT
- \*Provincial tumbling camp: Camp this year will be for P1, P2, P3, P4 and Novice Tumbling

#### 4.25 FAST Working Group

A FAST working was selected to review and update the FAST program (Janelle Desmarais-Moen, Cody McAllister, Deanna Critchley, Eran Silberg and Jessie Whipp)

**ACTION: E. Silberg to communicate with group to initiate the first meeting in the fall.**

#### 4.3 2014 and 2015 Canadian Championships

##### Key Discussion Points for 2014:

- \*Awesome team building! Thanks E Silberg!
- \*Having the training camp on site in Ottawa was positive, new gym this year
- \*Good event, no issues, good results

##### Key Discussion Points for 2015:

- \*AGF and the ATTSA plans on submitting a bid for the 2015 Canadian Championships, it will be for T & T only and in July in Calgary

#### 4.4 2014 and 2015 Provincial Championships

##### Key Discussion Points of 2014

- \*Very good event in a new venue (Genesis Center in Calgary)

##### Key Discussion Points for 2015

- \*We need to adjust the date for Provincials to the new date of Canadians
- \* Derek Hanson will investigate Max Bell, Southland Leisure Center and both Genesis for availability for next year.

##### Key Discussion on Ortona's email regarding volunteering requirements for Provincials as it relates to the ATTSA

- \*Jamie Atkin provided a brief summary of history and benefits of ATTSA

**ACTION: ATTSA to communicate to the clubs with the required documents**

Key Discussion on equipment for Provincials

\*Historically for the last many Provincials, Airborne has been able to provide a vast majority of the equipment needed for Provincials. Moving forward, they are no longer able to do this. THANK YOU TO THE AIRBORNE CLUB !!!!!!!

\*For future Provincial Championships the equipment will be provided by several local clubs and issued a rental fee

4.5 2014 and 2015 Western Canada Cup

Key Discussion Points for 2014

\*Hosted by the ATTSA in Calgary

\*Due to the small judges costs associated with hosting the event in Calgary, AGF will not be cost sharing the judges expenses with the clubs

Key Discussion Points for 2015:

\*It is BC's turn to host

Key Discussion Point

\*To discuss if an athlete can be on the Alberta Team to Westerns and the Alberta Team to Canadians in the same year.

CGC / Airborne

**Motion: "CGC motions that an athlete can only qualify to be on Alberta team to either Canadians or Westerns (not both) but still be allowed to attend WCC as a club member".**

**MOTION DEFEATED  
(10 points in favor, 11 points opposed, 1 abstain)**

Key Discussion Point

\*To discuss if an athlete can move up a level between Provincials and WCC

Airdrie/ Airborne

**Motion: "An athlete may not move up a level from Provincials to WCC unless there is greater than an 8 week gap from Alberta 3<sup>rd</sup> Cup to WCC".**

**MOTION PASSED**

4.6 AGF Fall Coaches Retreat and AGF Fall Congress

Key Discussion Points for suggested presenters and topics

\* October 3-5, 2014 in Canmore

\*Will be a smaller "event" due to this year's AGF Fall Congress

\*Costs (hotel, food etc) will be at the club/coach/judges expense

\*Provide 1 local presenter (ie Momo from last year)

\*Technical Sessions at the local gym (Illusions or other gymnasium) if possible

**ACTION: D Hanson to investigate hotels, presenters, gym etc**

#### Key Discussion points for 2014 AGF Fall Congress

\*Reminder that the date is October 16-18, 2014 at the Delta South in Edmonton

\*Chris Chapman will return as a main T & T presenter

\*Will add a classroom session that is technical in nature, perhaps video presentations on National Trampoline and higher (ie twisting doubles etc) presented by current NCCP Level 4 participants

#### 4.7 Canada Winter Games

##### Key Discussion Points

\*The CWG trial (Trampoline only) will be at Exelta Gym Club in Red Deer on the weekend of Dec 13-14, 2014

**ACTION: The CWG working group to meet to finalize the selection criteria for the CWG by September 14, 2014.**

#### 4.8 T & T Coach Mentorship Program

##### Key Discussion Points

\*D Hanson reviewed the last year of the T & T Coaches Mentorship Program

**ACTION: D Hanson to inquire with B MacAulay if he feels that J Desmarais-Moen is at the point of being a graduate**

**ACTION: D Hanson to circulate application forms for 1-2 new coaches and master coaches to all T & T Member clubs, post it on the AGF webpage and add it to the Technical Handbook**

#### 4.9 Police Checks, NCCP, MED

Points of discussion: Please review the new dates, rules and timelines as approved by the AGF Board of Directors

Police & Child Welfare check (FOR THE COMPLETE POLICY PLEASE REFER TO THE AGF POLICY AND PROCEDURE MANUAL

\*By March 1<sup>st</sup> of each competitive year all AGF appointed coaches and volunteers who plan on holding positions with provincial teams for the current year must have submitted a to the AGF office a document that proves that the coach or volunteer has applied for a current PRC and IRC.

\*The completed PRC and IRC must be received by the AGF office prior to the event/competition registration deadline.

\* PRCs and IRCs are valid for a period of 3 years from the date of the completed PRC and IRC

\* For coaches and volunteers who submitted a valid PRC and IRC in 2014, a new PRC and IRC will not be required until 2017

#### NCCP Certification

\*Please remember that all coaches who applied for an exemption for the 2013-2014 season that it is only a 1 year exemption. All certification must be completed for the next season.

## MED – Making Ethical Decisions

If you took the "old" NCCP Level 1 Theory course before it changed to "NCCP Competition Introduction - Part A" you will need to take the MED course prior to the online evaluation. In order to maintain your Level 1 certification you must take the MED course and complete the online evaluation before 2015.

*If you do not complete the course and online evaluation your coaching status will change from "certified" to "trained". This may impact your coaching responsibilities. If you have completed the Gymnastic Foundations Theory OR NCCP Competition Introduction Part A, you have already completed this course.*

If you are unsure of which training you have completed, please review your transcripts at [www.coach.ca](http://www.coach.ca) using "The Locker" or contact [AGF](#).

GOOD NEWS! The MED course can be offered as a standalone workshop! Evaluation is free and can be found at [www.coach.ca](http://www.coach.ca)

### 4.10 AGF Clothing

#### Key Discussion Points

- \*4 Year contract with Triple Flip is now finished
- \*AGF has awarded the next 4 years to Skyline Athletics
- \*AGF staff and a small group of representatives from each program are currently meeting to select the design etc for the body suits, singlets and tracksuits
- \*There was no clear decision from the assembly if the Alberta Team (male) should wear shorts or longs on trampoline according to the new FIG rule. AGF staff and clothing working group will make final decision

### 4.11 AGF Budget Review

- \* D Hanson reviewed the general process and workings of the annual AGF T & T Budget. Anybody interested in more details are invited to contact D Hanson

### 4.12 2014-15 Calendar of Events

#### Key Discussion Points:

- \*Please see the attached Calendar of Events and the AGF Google Calendar
- \*PLEASE NOTE THAT THE ALBERTA 3<sup>rd</sup> CUP WILL BE USED FOR THE 2015 WCC TRIAL

### 4.13 AGF Board of Directors issue

#### Key Discussion Points

- \*At the last AGF Board of Director Meeting a proposal was brought forth from the WAG program to hire a part time Technical Assistant for the Women's Program.
- \*The assembly present was opposed to this idea

**ACTION: T Quinney to write a response to the AGF Board of Directors reflecting the T & T assemblies thoughts**

#### 4.14 Elections

- 1) A vote was held for the Chairperson Position (2 YEAR TERM).

Nominations were Trish Quinney and Eran Silberg. After the votes were counted. Trish Quinney was re-elected

- 2) As Eran Silberg was not elected as Chairperson he let his name stand as Coaching Chair, elected by acclamation (2 YEAR TERM)

- 3) A vote was held for the M.A.L. position (2 YEAR TERM).

Nominations were Matt Wheele and Taylor Gidosh  
After the votes were counted, Taylor Gidosh was elected.

AGF, the TTTC and the TTTA would like to thanks Matt Wheele for his many years as committee member

#### 5. Adjournment

- Next TTTA Meeting to be held at AGF office in Calgary on July 4, 2015

**Airborne/ Ortona**

**Motion: "To adjourn the TTTA meeting at 4:45 pm July 12<sup>th</sup>, 2014."**

**CARRIED**

Minutes recorded by D. Hanson

<b>Trampoline &amp; Tumbling Technical Assembly</b> <b>Chair report – July 12, 2014</b>
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- **General information**

- 11 clubs in the province
- 240 + registered T & T athletes (Provincial & National) –up previous year

- **Hosting Events**

- This year Alberta was extremely active in the hosting department:
  - 2 invitationals
  - 3 Provincial / National Cups (Airborne, Airdrie & Phoenix)
  - 4 F.A.S.T events (Airdrie, Cardston & Altadore, CGC)
  - Provincial Championships @ Genesis Wellness Centre (ATTSA)
  - Western Canada Cup @ Genesis Wellness Centre (ATTSA)
- Congratulations to all Clubs that hosted as well as the ATTSA for an enormous amount of time and effort that was put in for Provincials & Westerns.
- AGF / ATTSA will continue to submitting bids for appropriate events (Canada Cup/Elite Canada/ Nationals or Westerns) when the rotation is in the west.

- **Education / Training Camps – see Coaching& Judging reports**

- Alberta Coaches Retreat in Canmore in Sept. Continues to exceed expectation.
- **CWG 2015** – the focus for this year from AGF & ASRPW was athlete centered.
- Judging clinics & recertification held both north & south – thank you Marthe.

- **Travel to Clinics / Competitions/ Athletes**

- Athletes, Judges and Coaches traveled to:
  - Shore to Shore in Canada. China, Great Britain, Portugal, Belgium, Japan, USA,
- Western Canada Cup
  - Alberta Team Coaches: Ryan Sheehan (Phx) & Janelle Desmarais-Moen (Air)
  - Manager – Charity Henfrey
  - Alberta Team aggregate - GOLD
- Canadian Championships were held in Ottawa – 43 Athletes & 8 coaches attended
  - Team Managers: Dorothy McPhalen , Jean Brooks & Michelle Pederson
  - Eran Silberg organized team activity in Ottawa – A+ for all. Thank you!!
- Alberta Highlights from 2014 Canadians (Ottawa – 2<sup>nd</sup> year)

- **Individual Highlights**

Keegan Soehn	(Thunder Country)	Senior Men’s DMT	Gold
Lexi Giesbrecht	(CGC)	Women’s Senior DMT	Gold
Kalena Soehn	(Thunder Country)	Women’s Espoir Trampoline	Gold
Brody Atkin	(Airdrie Edge)	Men’s Espoir DMT	Gold
Beatrice Prcic	(Airdrie Edge)	Women’s National Open DMT	Gold
Ryan Sheehan	(Phoenix)	Men’s Senior DMT	Silver
Arden Oh	(CGC)	Women’s Junior DMT	Silver
Keegan Soehn	(Thunder Country)	Men’s Senior Trampoline	Silver
Alexandra Forest	(Phoenix)	Women’s National Tumbling	Bronze
Loic Cremer	(Phoenix)	Men’s National Open Tumbling	Bronze



Hailey Macaig	(Airdrie Edge)	Women's National Open Trampoline	Bronze
Mackenzie Kyfuik	(Airborne)	Women's National DMT	Bronze
Hailey Macaig	(Airdrie Edge)	Women's National Open DMT	Bronze

- **Team Highlights**

Women's Trampoline	Silver
Women's DMT	Silver
Men's DMT	Silver

- At each event Judges, Athletes and Coaches brought back information, motivation and gained experience.
- Once again we have the best Managers in the WORLD!!! (Thank you to all those that provided support for westerns, Nationals and international events this year) We cannot do what we do without the Management to back us up and show us the way.

- **Raising the BAR (AGF)**

- Board has been quite active this year:
  - Policy with coaches & Managers continues; police checks & child welfare checks AGF Board of Directors approved
  - Effort to ensure that all coaches have the proper certification (complete, not partial) for access to the floor at AGF events.
  - AGF received requests from coaches for exemptions this year (fast, prov & nat)
  - New for Clubs in 2014-2015: fine to a Member Club of \$25 each for any coach who performs coaching duties at a Member Club if that coach has not completed Respect in Sport certification as required in the AGF Policies and procedures.
  - Proposal for judging honorariums submitted by Marthe Desmarais-Moen

- **TTTC**

- TEAM – Marthe Desmarais-Moen (Judging), Eran Silberg (Coaching), Matt Wheelie (MAL) and Jamie Atkin (MAL) have provided leadership, support, enthusiasm, work ethic, humor and countless hours of their time to this committee. For this I am most grateful and appreciative.
- AGF staff: Thank you to all the AGF staff & Derek Hansen as he continues as the T & T program coordinator. Derek continues to provide an abundance of knowledge with his extensive background in T & T.

- **Capitalizing on Cooperation**

- “A+ to the ATTSA – under the continued leadership of Brett MacAulay. Thank you to the committee for the countless hours put in and dedication to seeing our sport prosper and grow.
- Once again - I am encouraged to see the Effort and Willingness of all Alberta coaches & Judges to Share, Assist, and provide Encouragement and Knowledge to our community.

Submitted by: Trish Quinney

# **COACHES REPORT**

## **TTTA – JULY 12<sup>TH</sup> 2014**

**BY ERAN SILBERG**

### **TRAINING CAMP RECAP**

#### **CWG Training Camp (AT EDGE) – September 28-29, 2013 (Athlete Focus)**

- Very positive feedback from this camp
- Janelle, Stephen, and Sarah organized and lead the camp
- Nutritionist and Psychologist presented over the 2 day camp
- 29 Athletes Registered (GOOD!)

#### **Coaches/Judges Retreat (CANMORE) – October 4-6, 2013 (Coach Focus)**

- This continues to be a fantastic investment (in my opinion)
- Consistently has good turn out, produces positive interactions and good conversation
- Taping session on Friday was excellent and Chris Chapman was very technical and provided some good insight from the national trampoline team
- 23 coaches from 9 clubs registered (GOOD!)

#### **Provincial Level Camp (AT ORTONA) – October 27-28, 2013 (Athlete Focus)**

- Derek and Arek led sessions on tumbling
- Nychole and Stephen led sessions on trampoline
- Camp split into one day of tumbling (Saturday) and one day of trampoline (Sunday)
- Slight scheduling error did not allow facilitators lunch on Sunday
- 38 kids registered for tumbling and 39 for trampoline from 8 different clubs
  - o ORT, PHO, EXE, EDG, AIR, CGC, ALT, XFN

#### **FAST Coaches Camp (AT CGC) – Nov. 30 – Dec. 1, 2013 (Coach Focus)**

- 15 coaches from CGC, EDG, AIR, and ALT participated
- We had 6 athletes participate as presenters
- Each club brought up some unique aspects of their FAST program
- We reviewed how to time 10 bounces in a consistent method
- Krista led a session on tumbling, Brett led a session on tramp, and Jamie on body position and awareness

#### **Pre-Canadians Training Camp (OTTAWA) – May 27<sup>th</sup>, 2014 (Athlete Focus)**

- Similar to the last 3 years, we did not have a training session all together in Alberta before leaving for Canadians
- Most athletes trained on Sunday at their respective clubs and everyone flew out on the Monday
- We had a light training all together at Unigym in Ottawa where they athletes did a bit of trampoline and some mounts on DMT and some basic tumbling rhythms and end skills

- This training was to keep everyone active and moving so they didn't have too many days in a row off
- The team building turned out to be great fun. The coaches helped run a Minute 2 Win It competition. The athletes got to try 20 different games to earn points towards an eventual winner.
- The camp this year was very cost effective and in the end, I felt it met the main goals of the camp (athlete/team coach interaction, team building, cross club interaction, fun!)

### **Pre-Western Canada Cup Provincial Team Camp (AT EXELTA) – June 12<sup>th</sup>, 2014 (Athlete Focus)**

- All 9 athletes, 2 coaches, and 1 manager attended
- Camp was very similar to the last few years in terms of content
- There was 2 hours of mock meet style training, where the athletes moved through events and presented their routines to the team coaches
- Then the team had lunch, went back to Cross Iron Mills for the team building, decorated their banner, and had dinner together
- The training camp worked out, with a few minor difficulties.
- Securing a date and venue was difficult and ended up being very last minute.
- The athletes managed to make the best of the training.
- The team building activity (Battlefield Live at Cross Iron Mills) was spectacular!!!
- The athletes, coaches, and Charity loved the event.
- It was great for team cohesiveness and great fun!

### **Conditioning / Cross Training Camp – Summer 2014 (CANCELLED)**

## **POSSIBLE TRAINING CAMPS 2014/2015**

**Tumbling Camp – Fall 2014**

**Coaches Technique Camp – Fall 2014**

**Coaches & Judges Retreat – Fall 2014**

**Provincial Camp – Fall 2014 / Winter 2015**

**FAST Camp – Fall 2014 / Winter 2015**

**Pre-Canadians / Pre-Westerns Training Camp – May/June 2015**

**Other Proposals???**

# **JUDGES REPORT**

## **TTTA – JULY 12<sup>TH</sup> 2014**

### **BY MARTHE DESMARAIS-MOEN**

#### **Judges by the Numbers:**

- 50 registered judges:
  - o 5 FIG
  - o 14 National
  - o 31 Provincial (includes 6 at the P1 level)

#### **Out-of-Province Competitions:**

- Elite Canada, BC – sent four judges
- Canadian Championships, Ottawa – sent six judges
- Westerns, Calgary – sent 13 judges (have made agreement with BC when they are hosting, they will supply two of Alberta's judges, and when Alberta is hosting, we will supply an extra two judges for BC)
- Canada Cup, New Market – it is upcoming and we will be supply five judges

#### **Judging Courses:**

- Great, great year!
- We now have provincial T&T judges in Grande Prairie, in Cardston, in Edmonton, Calgary and Red Deer!
- Courses held:
  - o National course in the fall in Calgary (only invited P1 judges)
  - o Fast Track course in the fall in Airdrie
  - o Beginner course in the fall in Calgary
  - o Fast Track course in Edmonton in the winter
  - o P1 course in Edmonton in the winter (only invited Provincial judges)
  - o P1 course in Airdrie in the winter (only invited Provincial judges)

#### **Clinics/Workshops/Retreats/Recertifications:**

- Retreat in Canmore was a success. Thank you to the ATTSA for supporting the National and P1 level judges to attend.
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#### **2014-2015 Upcoming Season Plans:**

- The expectation is that we will lose a small number of judges due to some leaving the sport, some moving, job expectations. I believe offering only one course in the fall in the Edmonton area and one in the Calgary area will suffice this year (only have one beginner course that would include athletes, coaches and parents). We can always be flexible in these bigger centres if our numbers drop dramatically and there is a need to quickly introduce additional judges. We can then look at the following year to have the four courses if needed.

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- There has been a lot of interest from the Cardston/Lethbridge area for people starting to get involved in judge. Because of this, I believe that there should be one course offered in the south part of the province to start building a bigger base for judges in the hopes that there may be the opportunity for hosting events in the south of the province in the coming years. I will work closely with the clubs from this area to see how we can start building a bigger base of judges for them.
- There will need to be a clinic in the fall/winter as there will be some changes as the New Year begins.