



## ALBERTA GYMNASTICS FEDERATION MEN'S TECHNICAL ASSEMBLY MEETING

Tuesday March 15, 2016  
12:00 PM – 1:30 PM  
AGF Office and Conference Call  
Calgary, AB

### MINUTES

#### Attendance:

|                 |  |
|-----------------|--|
| Travis Oxley    | Men's Technical Chair (Gymtastics)                             |
| Jamie Ellacott  | Judging Chair  |
| Wesley Chimira  | Provincial Representative (CGC)                                |
| Julio Ferreira  | Gymtastics (Gymt)  |
| Liang Cheng     | Capital City Gymnastics Club (CCGC)                            |
| Nadov Simenauer | Altadore Gymnastics Club (AGC)                                 |
| Merle Pyke      | Westwind Gym Club (WW)   |
| Kelly Mock      | Canmore Illusions (CI)   |
| Jason Woodnick  | U of C (UC)  |
| Rob DeAtley     | Calgary Gym Center (CGC)                                       |
| Tony Smith      | U of C and GCG   |
| Randy McMullen  | Twist and Flip (TF)  |
| Chris Michel    | Ortona (Ort)   |
| Brandon O'Neill | Ortona (Ort)   |
| Jie Wang        | Exelta Gymnastics Club (Exelta)                                |
| Perry Larsen    | Aerials Gym Club (Aer)   |
| Derek Hanson    | Men's Program Coordinator, Alberta Gymnastics Federation (AGF) |

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#### 1.0 Call to Order

The meeting was called to order at 12:05 PM

#### 1.1 Official Welcomes and Introductions

#### 1.2 Approval of Agenda

UC/TF

**MOTION:** "To approve the agenda with additions."

**ACCEPTED**

#### 1.3 Approval of Minutes of the last MTA Meeting, Sunday, January 17, 2016.

WW/CI

**MOTION:** "To approve the minutes from the Sunday, January 17, 2016 meeting."

**ACCEPTED**

## 2. Report

- 2.1 Report from Men's Technical Chair – T. Oxley  
See attached Written Report
- 2.2 Report from Judging Representative – J. Ellacott  
See attached Written Report
- 2.3 Report from Provincial Stream Representative – W. Chirima  
No Report

- 3. Business Arising from Previous Meeting  
All action items were completed or are in the process of being completed

## 4. New Business

- 4.1 Calendar of Events Update  
Westerns Team training camp will be the April 24<sup>th</sup>, 2016 from 10 AM to 3 PM  
  
Update on Provincials 2016, registrations are down 30 %, mostly in P1 and 2
- 4.2 Handbook Update  
A hard copy has been mailed to the clubs

**ACTION: T. Oxley and D. Hanson to clarify wording in handbook (Page 14, 2.4.2) to reflect that all athletes wishing to attend Canadians must participate at Provincials as a rule. Will also clarify process for requesting one off exemptions**

CGC/CCGC

**MOTION: “It is optional for all Senior athletes to attend the 2016 Provincial Championships.”**

**9 in favor  
2 abstain  
MOTION PASSED**

- 4.3 GCG Update (Tony Smith, National Team Director)  
See attached GCG report
- 4.4 Alberta Novice Team  
If a province does not possess a full Novice Team (6) to Canadians they are able to fill the team with P5's (as per the rules). Following the UCIC competition, the P5 athletes performances will be evaluated to decide if they can compete on the Novice Team to Canadians in the Team competition only and it would be mandatory that they participate in physical testing

- 4.5 Review of AGF Awards at Banquet  
The AGF Board of Directors has asked each program to review their awards at the AGF Banquet. T. Oxley to take all suggestions the MAG assembly provided and share with the Chairpersons of the other Programs
- 4.6 Reviewing the Provincial and Elite Programs (for 2016-2017)  
All clubs were actioned in the last meeting to submit ideas and suggestions regarding the Provincial and Elite levels for the 2016-2020 season to T. Oxley by March 1, 2016

**ACTION: T. Oxley to present all the suggestions that have been provided by Alberta coaches to National Team Director T. Smith**

- 4.7 Canada Winter Games 2019  
The 2019 Canada Winter Games will be held in Red Deer, Alberta. The 2016-2017 will be Year 2 of the cycle, which is when event planning and the submission of funding requests begins. A CWG working group of S. Rayment, M. Pyke and J. Woodnick was formed to begin planning.

**ACTION: D. Hanson to coordinate first meeting of CWG working group for Year 2 planning and funding request submission**

- 4.8 AGF Congress  
D. Hanson provided an update on the upcoming AGF Congress in Calgary from October 13-16, 2016. Many presenters have been confirmed including returning MAG presenter Hideo Mizoguchi (Mizo)
- 4.9 AGF Budget  
As always if anyone is interested in the AGF MAG budget please contact Derek Hanson to set up a meeting
- 4.10 Westerns 2016 and Canadians 2016  
Managers positions are filled for Westerns (Gerard Fernandes, Alberto Romano and Chris Michel)  
Managers for Canadians are still needed, please pass on the manager applications to all potential parents and coaches

All waivers and information letters for Westerns have been circulated to the clubs. Final Team Alberta selection for Westerns will occur at UCIC, with a team ratification meeting and mandatory meeting for all approved team members occurring on Sunday March 20, 2016.

Travel for both events will be the responsibility and expense of the club, it will be the clubs responsibility to ensure that all of their athletes arrive on site by the appointed time to be determined at a later date.

- 4.11 NCCP/Police Checks and Intervention Checks
- Reminder to make sure all coaches possess their proper NCCP certifications in order to be on the floor at AGF sanctioned events.
  - All coaches registered for the 2016 Provincial Championships have all the proper certifications!
  - Reminder for all potential Alberta Team coaches to submit Police and Intervention Checks, please email Joanna Low at [techadmin@abgym.ab.ca](mailto:techadmin@abgym.ab.ca) to check your status.
- 4.12 Addition # 1 – Enhancement Funding  
D. Hanson provided a brief overview of how the AGF enhancement funding works. For further questions please contact him at the AGF office

CGC/WW

**MOTION:** “That the athlete enhancement funding structure be modified to include Provincial Level 4 athletes so that they are eligible for funding within the same parameters as currently eligible athletes. i.e.. Elite 3 under the Olympic Route in Core Funding.”

**ACCEPTED**

WW/TF

**MOTION:** “That the athlete enhancement funding structure be modified to include Provincial Level 5 under the Olympic Route in Core Funding.”

**ACCEPTED**

**ACTION:** Any changes to the Enhancement Funding document must be approved by the AGF Board of Directors, T. Oxley will present these recommendations including rationale to the next AGF Board of Directors Meeting for review and possible approval

## 5.0 Adjournment

CGC/Gymt

**MOTION:** “To adjourn the March 15, 2016 MTA meeting at 1:50 PM.”

**ACCEPTED**

Next MTA Meeting: The next meeting will occur at the 2016 Provincial Championships

#### Men's Chair Report:

From the last AGF board meeting:

- The board would like each program to discuss the awards gala.
  - o The concern is the size of venue needed and the length of the awards
  - o
  - o I will meet with the chairs to discuss this further
    - What direction does the men's program want?
- AGF is currently review other sports Concussion Policy's

#### Level's Review:

- I have received 5 different suggestions from various clubs
  - o To be review by the group

#### Judging Report:

- Jan. 31 Entry Level Course - 6 Participants
- Currently updating judges database with new contact info - currently 67 judges, trying to contact inactive judges to see if they want a refresher or if they want to be removed
- Provincial level webinar course in development, this is the 3rd level judging course
  - judges to learn D scores for levels 5, open, Elite 3/4/Novice
  - goal is to prepare judges for the National course which will hopefully be in Calgary Jan.

2017

- Judges for provincials are set
- Judges for Westerns - Kelly Mock (FIG), Merle Pyke (National), Jamie Ellacott?
- Judges for Nationals - Chris Grabowecky (FIG), Ray Heiderich (FIG), Kelly Mock (FIG), Dave Copeland (FIG), Jamie Ellacott (FIG), Mark Heiderich? (FIG)

Thanks

Jamie

# GCG Men's Artistic Gymnastics 2015 MAG Staff Report

## Senior Program

2015

**Pan Am Games - (Goal for 3<sup>rd</sup> place Team) – 261 points (14.50 avg. score)**

|  | Floor     | Pommels   | Rings     | Vault     | Parallel Bars | High Bar  |
|--|-----------|-----------|-----------|-----------|---------------|-----------|
| Avg. Execution deductions for a HIT Routine. | 1.3 -1.6  | 1.6 – 2.0 | 1.4 – 1.7 | 0.7 -1.2  | 1.5 – 2.0     | 1.8 – 2.5 |
| Required Start Values                        | 6.0 – 6.2 | 6.0 – 6.2 | 6.2 – 6.3 | 5.2 – 6.0 | 6.0 – 6.5     | 6.0 -6.5  |
| Final individual Avg. score                  | 14.8      | 14.3      | 14.5      | 14.4      | 14.5          | 14.3      |
| Team score                                   | 44.4      | 42.9      | 44.1      | 43.2      | 43.2          | 43.0      |

**Team placed 4<sup>th</sup> with 258.35 and 0.95 out of the Bronze medal**

Injuries to Zachary Clay and Jackson Payne played a considerable role in the Team outcome.

Silver medal for Kevin Lytwyn in High bar Final with a 6.8 Start score and 15.475 final score

**2015 World Championships Goal for 12<sup>th</sup> place – 348 points (14.5 avg. score)**

Actual placing 15<sup>th</sup> place with 339.781 (14.16 avg. score)

### Evaluation

2.036 out of 12<sup>th</sup> place (0.09 per athlete)

348 points would have placed us in 8<sup>th</sup> place.

Judges evaluation was considerably stricter with E scores.

Our Team performed well, but did not compete with the confidence needed to become an Olympic qualifier. We have begun a new program of mental strength and competition goal setting and planning to help remedy the situation.

### Key Points on our performances:

1. We remained a Top 10 Team on Floor and placed third amongst the 8 Teams we will compete against at the Olympic test event. Scott Morgan scored a 14.83 and was within 0.133 of qualifying for Finals. Without the one significant landing error on Kevin Lytwyn's near flawless routine, he may have also put himself in contention for Floor final.
2. We dropped from 9<sup>th</sup> to 13<sup>th</sup> on Pommel Horse with no falls and placed 4<sup>th</sup> out of the 8 Teams competing at the Olympic Test event.

3. We dropped from 10<sup>th</sup> to 15<sup>th</sup> on Rings, and are 7<sup>th</sup> of the 8 Teams competing at the Test Event.
4. We improved on Vault (25<sup>th</sup> Place in 2014) to 13<sup>th</sup> in 2015. All the Teams at the Test event are very close on Vault
5. We improved on Parallel Bars (scored 1.5 higher in 2015) but remained in 18<sup>th</sup> place in both 2014 and 2015. All Teams at the Olympic Test event are better than us at this point, with significantly higher Start scores. We need to have Start values over 6.2 to be competitive.
6. We demonstrated no improvement on High Bar, and looked particularly flat on this event. We placed 15<sup>th</sup> in both years, scoring .066 higher in 2015. We are ranked 4<sup>th</sup> of the 8 Teams we compete against at the Test event. We are a much better High bar Team than what we've demonstrated at the past two World Championships, and again, with a better Individual Competition plan, I hope we can show the world.
7. Although we paid much more attention to landings and dismounts in training, it did not transfer to the performances at the 2015 World Championships. I anticipate that with a better individual competition plan this Team will have the confidence to show their improvement on landings at the Test event in April.
8. The execution range for our counting routines is outlined in the chart below:

| 2015 World Championships   | Floor        | Pommels      | Rings        | Vault        | Parallel Bars | High Bar     |
|--|--------------|--------------|--------------|--------------|---------------|--------------|
| Canadian Deduction ranges  | 1.6 -1.8     | 1.8 – 2.3    | 1.4 – 2.05   | 0.85 – 1.0   | 1.03 – 1.4    | 1.6 – 2.5    |
| Start value Average for counting scores                                  | 6.15         | 5.875        | 5.975        | 5.5          | 5.65          | 6.0          |
| Avg. counting score @ 2015 Worlds  | 14.33        | 13.80        | 14.2         | 14.6         | 14.375        | 13.64        |
| <b>Revised Goals for the Olympic Test Event</b>                          |              |              |              |              |               |              |
| <b>Average score needed to score 345.60 and qualify for the Olympics</b> | <b>14.45</b> | <b>14.15</b> | <b>14.35</b> | <b>14.65</b> | <b>14.50</b>  | <b>14.30</b> |

#### 2015 NOVEMBER, DECEMBER

- # 1 Priority is Mental strength and competition planning.
- # 2 Physical strength development
- # 3 Recovery and Injury management
- # 4 Stabilize new elements and introduce them into half routines by mid December

#### 2016 JANUARY

- # 1 Preparation for Elite Canada and Competition
- # 2 Strength development (Isometric strength on Rings, Power and speed for other apparatus)
- #3 injury and health management

2016 FEBRUARY, MARCH,

February 4-7 Elite Canada (Halifax)  
February 12-14 U of Minnesota, 5 Team meet (Minneapolis)  
February 18 -21 Baku World Challenge Cup (Azerbaijan)  
February 22-28 Stanford camp and Team competition (Palo Alto, Cal.)  
March 12 -19 UC Camp and competition vs USA and China (Calgary)

- #1 Routine stabilization and Competition plan finalization
- #2 Perfect dismounts and strength hold positions
- #3 injury and health management

2016 APRIL

April 6 – 10 Pacific Rim  
April 12-15 Test event Training camp  
April 16- 24 Olympic Test Event, (Rio, Brazil)

- #1 Routine stabilization and Competition plan
- #2 Perfect dismounts
- #3 injury and health management

2016 MAY, JUNE

May 31 – June 5 Canadian Championships and Olympic Trials (Edmonton)  
June 25 - 30 Final Olympic Team Selection (Gatineau)

- #1 Routine stabilization
- #2 Perfect dismounts
- #3 injury and health management

2016 JULY, AUGUST

Olympic Games - August 6-8 - MAG Team Competition

2016-2020

Beginning in the summer of 2016, Senior Training Camps will attempt to include all potential 2020 eligible National Team members who are on track to accomplish Start Value targets for 2020.

With the proposed New COP, (4 element Groups @ 0.5 each) Difficulty scores will drop approximately 0.5 per event, 0.4 on Vault.

Development Goals

The GCG Level 1,2 and Elite 3 programs will be revamped to better prepare the athletes and coaches for Elite 4, Novice and Junior. This project will be completed by Sept. 1, 2016.



Training Camps – Coach centered for 2016-17

Quadrennial evaluation ...Pathways documents, training camps and training schedules

## Junior Team update and proposed schedule

Markos

### **June 21 - 25 US Region 5 training camp**

**Location:** Michigan University

Nistor Sandro from Gold Medal gym Club in ON will be participating with his 2 gymnasts David Sandro and Ryan Oehrlein. At this camp have been also invited gymnasts from Mexico and Colombia. For us is the 1<sup>st</sup> time we will be attending this camp and we will wait for Report from Nistor. If the camp it has positive outcome we will be considering for some of our athletes in the future.

### **July 6<sup>th</sup> second qualifications for Junior Japan**

**Location:** Future gymnastics club Mississauga ON

5 gymnasts has been selected and invited

*Chris Kaji, Richmond gym club BC*

*Samuel Zakutney, Nepean Corona gym club Ottawa ON*

*William Emard, Laval excellence QC*

*Anthony Tawfik, Futures gym club Mississauga ON*

*Ryan Oehrlein Gold medal gym club, Milton ON*

### **July 7<sup>th</sup> -14<sup>th</sup> 2015 All stars Junior Olympic camp**

**Location:** Futures gymnastics club, Mississauga ON

Gymnasts has been invited from Western, Eastern championships and national championships The gymnasts who will be invited to this camp is athletes who have been identified from the national coaching staff (Tony and Markos) with the highest skill level and potential

The focus of this camp is to maintain strong basics, work on key element high level skills on all apparatus and prepare athletes in to the junior category.

### **20215 Sept 22 - 23 All Japan Junior**

**Location:** Yokohama Japan

Arrival of Delegations Sept 18

Departing of Delegations Sept 25

#### **Brief report**

Results: Samuel Zakutney AA 11<sup>th</sup> with 78,450 - 3<sup>rd</sup> on HB and 4<sup>th</sup> on PB

Anthony Tawfik 15<sup>th</sup> AA with 75,500

### **Oct 18 - 26 2015 International training camp/Comp GER BEL CAN**

**Location:** Ghent Belgium

Athletes will be selected from Western/Eastern, National championship/training camps. Max 6-8 athletes

Number of coaches 3-5

The focus of the camp is to gain coach and athlete experience. Keeping our gymnasts and coaches motivate in order to have better possibility for reaching our goals.

**Competition brief report.** This is was another great experience for our young athletes and coaches. We had very good compliments from both federations Germany and Belgium for our young gymnast. At the friendly competition our athletes took the 1<sup>st</sup> place. The format of the competition was all gymnasts competing and best 3 scores count to the team result. Some gymnasts only compete few of the apparatus.

### **January 12 - 17 2016**

Junior Team Cup (**Ricky Deci Invitational**)

Location: Huston Texas

Countries: USA, JPN, CAN CHI, COL, GB

Athletes who have been qualify (Samuel Zakutney, Anthony Tawfik, Jesse Tyndall, William Emard,

Chris Kaji

Coaches: Markos Baikas, Zhaohui Huang, Adrian Belan, Frank Szabo

### **Brief report**

Great hospitality on Thurs evening 7-10pm it was the banquet at Golf club restaurant which is we had a great dinner and presented some small gifts for all the head and assistance coaches along with the gymnasts. Were also few motivation speeches during the dinner

The training gym it was provided by the organize club (Fun Fitness) and Mr Mizoguchi owner of the club. They provide each federation with 15 passenger vans for transportation. (excellent idea)

Excellent competition facility and very well organized. The only think they should had not have compete for event finals the US level programs because it took long time. 4:45 – 11pm.

**Competition.** ( Results have been attached) Day one, team and AA were ok for our boys with few mistakes. Day 2 apparatus finals we had a bit of a problem completing routines except on Rings. It looks like the boys were either out of breath or not enough international experience and nervures. We were also the youngest team

Technically and skill wise our athletes are not to bad at all we are very competitive with lot of the top countries. We did have many complements and they have approach us and invite us to work together. I will follow by phone call more details about invitations and explain and comparing our athletes with other top gymnasts from different countries.

I think our biggest problem is that at this age gymnasts is on the growth period and not enough physical preparation. Our level of skill is good but it also needs a good physical preparation in order to have enough repetitions and be able to prevent injuries. The higher the level of skill and routines at this age the more forces will need to apply and all muscles needs to be ready to take these forces and reps.

The thought is to lower the SV on some of the apparatus and paid attention more on quality. Have athletes work at clubs on individual skills and half routines at with higher level of skills and demonstrate at training camps and by videos

We did have a meeting with all athletes and coaches and we discussed lot of these things about future skill preparation and routines.

### **February 5-7 2016 Elite Canada**

Location Halifax NS

### **March 17 - 20 UCIC**

### **April 8 - 10 2016 Pacific Rim**

Location: Everett Washington

### **May 4-8 2016 Western Championships**

Location: Richmond BC

**May 6-8 2016 Eastern Championships**

Location: Quebec City

**Summer 2016**

**East Camp**

**West Camp**

**All Star camp**

**2020 Olympic Hopefuls camp**

Other things and ideas to be discussed and planed for the near future

- US region training camp
- Colombia would like to come to Canada for training camp. This is can be arranged during or after our main camp in July
- Junior Pan Am championships (3 days training camp before departure)
- Junior Berlin team cup
- Training camp with GB sometime between Sept 2016 - Feb 2017 Age 1999 - 2003
- All stars/junior camps and comp. (2017 international junior camp/Comp in Canada during world championships) I have briefly talked about this with some of the top countries that we might be able and everyone has lot of interest. GB US COL FRA RUS JPN GER
- Have junior coach participating additional provincial training camps and be with coaches and athletes who are in the age group team and also recruiting other coaches and athletes. Expenses might be able to be arranged and covered by the PSOs. Example in ON (Futures gym club) In QC at NTC with having invite NS and PEI - In BC at most convenience club for all athletes. - In AB, Edmonton or Calgary and invite SK and MB also

Physical Testing from 2014-15

|           | Junior        |                             | Novice        |                             |
|-----------|---------------|-----------------------------|---------------|-----------------------------|
|           | Score Range   | Average of Top 6 or Top 50% | Score Range   | Average of Top 6 or Top 50% |
| E.C. 2014 | 21.67 – 37.98 | 35.39                       | 22.62 - 35.93 | 34.26                       |
| C.C. 2014 | 27.07 – 41.80 | 39.76                       | 20.85 – 40.06 | 37.02                       |
| E.C. 2015 | 29.30 – 37.90 | 35.92                       | 32.10 – 38.63 | 37.25                       |
| C.C. 2015 | 35.15 - 42.95 | 39.93                       | 25.65 - 39.41 | 37.60                       |

|               | Elite 4       |                             | Elite 3       |                             |
|---------------|---------------|-----------------------------|---------------|-----------------------------|
|               | Score Range   | Average of Top 6 or Top 50% | Score Range   | Average of Top 6 or Top 50% |
| Eastern 2014  | 22.33 - 40.03 | 38.95                       | 18.65 – 33.58 | 30.76                       |
| Westerns 2014 | 19.43 – 40.30 | 33.28                       | 14.2 – 34.95  | 32.99                       |
| Eastern 2015  | 27.9 – 40.56  | 39.44                       | 21.85 – 31.50 | 31.15                       |
| Westerns 2015 | 21.9 – 37.2   | 33.68                       | 13.25 – 35.9  | 31.08                       |