



WAG Fall Information Sheet

2023-2024

October 16, 2023

General Information

Women's Technical Committee (WTC)

Chairperson	Jesse Jakins (term ends fall 2024)
Vice Chair	Chris Sheremeta (term ends fall 2024)
WJC Chairperson	Lisa Laundry (term ends summer 2025)
Athlete Representative	Laura-Ann Chong (term ends fall 2024)
Members-at-large	Jennifer Dober (term ends fall 2024) Nancy Beyer (term ends fall 2024) Saskia Berndt (term ends fall 2024) Tiffany Tse (term ends fall 2024) Heather Ivanitz (term ends fall 2024)
GymBC Staff (non-voting)	Momona Komagata, WAG Program Coordinator Jared Goad, WAG Provincial Performance Advisor

Meetings

Women's Technical Assembly	October 14, 2023
WAG Retreat	June 16-18, 2024
WTC Meetings	As called by the Chairperson
Team BC Selection Meetings	WCC: March 4th, 2024 / CC: May 3rd, 2024

Program Rules

<ul style="list-style-type: none"> ● Xcel Program 2022-2026 (USAG Black Binder) 	Bronze, Silver, Gold, Platinum, Diamond as per USAG. Warm-up and equipment specifications as per BC Charts.	Updates here
<ul style="list-style-type: none"> ● Development Program Compulsory 2021-2029 (USAG Green Binder) 	As per USAG. Warm-up and equipment specifications as per BC Charts (update coming soon).	Updates here
<ul style="list-style-type: none"> ● Development Program Optional 2022-2026 (USAG Navy Binder) 	Canadian Competitive Program (CCP) as per GymCan with L9 modification.	Updates here
<ul style="list-style-type: none"> ● Aspire Stream Manual 	GymCan is still in the process of finalizing the new Aspire program. BC will adopt the program after the 2024 BC Champs provided that a final manual is available then.	
<ul style="list-style-type: none"> ● High Performance Manual 	As per GymCan	Updates here
<ul style="list-style-type: none"> ● FIG CoP 	As per FIG	Updates here

Program Updates & Changes

New Division - Xcel	BC programming now includes the Xcel Diamond division. Sapphire is not available in BC at this time.
USAG Updates - Effective Dates	Canada has set dates during the competitive season when USAG updates (which are not published on a set schedule) will come into effect. This means that there may be public updates/changes that will NOT be applied in Canada until the above mentioned set dates. These dates are October 1 and March 1. Until October 1, all relevant updates are in effect as soon as they are published through USAG.
CCP L9 Modifications	GymCan is continuing to implement one (1) Canadian modification to the USAG Development Program Level 9. The modification is for Special Requirement #1 on uneven bars and reads: "Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7".
GymBC Coach ProD Day	Sunday September 24, 2023 was the inaugural edition of the yearly GymBC Coach ProD Day! GymBC offered a variety of free education sessions and we hope clubs will support their coaches' development by participating in future years as well.
Deadline to Change Categories - CCP, Aspire, HP	Athletes must declare their category by March 1, 2023. A written petition to the WTC is required for category change requests after March 1. Petitions will be considered on an individual basis and may not be granted. Athletes moving up categories immediately following BC Championships can do so without petition. Please see the WAG Operations Manual for detailed mobility.
Deadline to Change Categories - Xcel	Xcel athletes can move upwards within the Xcel program at any time. It is recommended that an athlete regularly scoring 37.4+ in the AA move up. Downward movement is limited to 1 division per season once an athlete has competed. Athletes can join the CCP program at anytime, but may not compete at BC Championships if the move was made after March 1. Please see the WAG Operations Manual for detailed Xcel mobility.
Team BC Coach Assignment	Coaches may not be assigned as Team Coach or Assistant Coach to more than 1 team. To balance this change, there is no longer a maximum number of funded coaches per club. These changes were made in an effort to ensure coach development and full support for Team BC.
Information Distribution	Updates, information and clarifications about the WAG program are distributed through the WAG News and/or the GymBC Weekly newsletter. To receive these emails, please be sure to subscribe here .
WTC Update	GymBC has undergone a Technical Committee review and updated policies have been adopted. Please see the Technical Committees Framework and Terms of Reference here .
Westerns Update	The Western PTOs have voted to change the L8 ages starting in 2024. The L8 age groups for WCC are now the same as L9: 11-14 and 15+. Additionally, please note that Aspire Youth will not be part of Westerns in 2024.

Events, Camps & Education

Trial Events and Championships	<ul style="list-style-type: none"> BC Winter Games Trials Deadline Elite Canada BC Winter Games Trials to Westerns / First Trials to Canadians BC Championships - Second Trials to Canadians BC Compulsory Championships GymBC Xcel Challenge Westerns Canadian Championships Final Trials to Canadians Canadian Championships 	<ul style="list-style-type: none"> January 16, 2024 February 7-11, 2024 (TBC) February 22-25, 2024 March 1-3, 2024 March 28-30, 2024 April 11-12, 2024 April 13-14, 2024 April 18-20, 2024 May 3-5, 2024 June 6-10, 2024
Training Camps & Athlete Education - Tentative Calendar	<ul style="list-style-type: none"> L5 & Beyond Camp Team BC Eligible & FIG Focus Camp Western Preparation Camp Canadians Preparation Camp FMS for Targeted Athletes Summer Camp & Olympic Watch Party 	<ul style="list-style-type: none"> October 13, 2023 October 21-22, 2023 April 17, 2024 May 16, 2024 June, 2024 July 27-Aug 3, 2024
Coach Education Sessions - Tentative Calendar	<ul style="list-style-type: none"> National Coaches Week Series GymBC Coach Pro D Day (various sessions/courses) Coach Prep: Psych Foundations Comp Season (Hybrid) CCP Code Updates (Hybrid) Demystifying High Performance & FIG (in-person) Competition Tips & Etiquette Webinar 	<ul style="list-style-type: none"> September 16-24, 2023 September 24, 2023 October 14, 2023 October 14, 2023 October 22, 2023 Recording available anytime
Judging Clinics - Tentative Calendar	<ul style="list-style-type: none"> Z2 L3-5 In Person Clinic Z2 Xcel In Person Clinic Xcel Virtual Clinic Z3-4-5 L3-5 & 6-8 In Person Clinics L3-5 & 6-8 Virtual Clinics L9 Practice and Review Z3-4-5 Xcel In Person Clinic Z2 Xcel In Person Clinic L3-5 Virtual Clinic Xcel Virtual Clinic Provincial L9-10 Clinic 	<ul style="list-style-type: none"> October 15, 2023 October 21, 2023 October 22, 2023 October 28-29, 2023 November 4-5, 2023 November 8, 2023 November 19, 2023 November 19, 2023 November 23-24, 2023 November 26, 2023 December 16-17, 2023



February 17-20, 2024
Langley, BC

Invited Categories
High Performance - Novice, Junior and Senior



February 22-25, 2024
Quesnel, BC

Invited Categories
CCP - L7 & L8, born 2009 to 2014

Please see the 2024 BCWG Technical Package for all eligibility and rules in effect.



Artistic BC Champs
March 28-30, 2024
Vancouver, BC

Invited Categories
CCP L6-10, HP NOV-JR-SR

Qualification

Qualification standards for L6 athletes only: 32.00 AA at least once, prior to registration



Compulsory BC Champs
April 11-12, 2024
North Vancouver, BC

Invited Categories
CCP L1-5

Qualification

Qualification standards for all compulsory athletes: 32.00 AA at least once, prior to registration



GymBC Xcel Challenge
April 13-14, 2024
North Vancouver, BC

Invited Categories
Xcel Bronze, Silver, Gold, Platinum, Diamond

Qualification

Qualification standards for all Xcel athletes: 32.00 AA at least once prior to registration



Western Championships
April 18-20, 2024
Langley, BC

Invited Categories
CCP L8-10

Trials
Inspire Cup
March 1-3, 2024

Training Camp
Langley Gymnastics Foundation
April 17, 2024



Canadian Championships
June 6-10, 2024
Gatineau, QC

Invited Categories
CCP L9-10, High Performance - Novice, Junior, Senior

Trials
Inspire Cup, BC Champs, Delta C&C
March 2, March 28, May 3, 2024

Training Camp
TAG Sports Centre
May 16, 2024