



# Annual Report 2022/2023

---



# Agenda

---

1. Call to Order
2. Welcome and Introductions
3. Adoption of Agenda
4. Approval of the Minutes of the 2022 October Annual General Meeting
5. Financial Report
6. Department Reports
7. Facility Report
8. Capital Campaign
9. Election of Directors
10. Questions

## FLICKA GYMNASTICS CLUB BOARD OF DIRECTORS & STAFF 2023

---

### 2022-2023 BOARD OF DIRECTORS:

Tyson Carvell	President
Kendra Pydwisocki	Secretary
Ivy Cao	Treasurer
Jody Aldcorn	Director
Tamara Hung	Director
Rebecca Rowley	Director
Livia Lau	Director
Karly Stevenson	Director
Charles MacGregor	Director

### ADMINISTRATION STAFF:

Marti Farkas	Office Manager
Mercy Addo	Office Coordinator
Bianca Paludetto	Rec Programming
Steven Pollak	Accountant

### COMPETITIVE STAFF:

#### WAG:

Dorina Stan	Head Coach
Christianne Steiner	Level 3
Jared Goad	Level 3
Irina Orlova	Level 3
Jennifer Chew	Level 3
Sarah Saeni Whittred	Level 1
Jayne Carvell	Level 1

#### WAG Pre-Competitive:

Emma Szalontai	Foundation
Olivia Koenig	Foundation

#### MAG:

Xuan (James) Luo	Head Coach
Brandon Thomson	Foundation

### XCEL STAFF:

Holly Morgan	Head Coach
Christina Sgourakis	
Ashley Obsieger	

### RECREATION & INTERCLUB STAFF:

Tanya Morrow	Floor Supervisor
Julia Turitsa	Floor Supervisor
Maria Karpova	Floor Supervisor
Christina Sgourakis	
Hamid Saghafi	
Nastaran Loni	
Myla Villanueva	
Ashley Obsieger	
Sarah Saeni Whittred	
Julianne Glowacki	
Katelyn Ou	
Jayne Carvell	
Simone Soucie Degrazio	
Kirsten Kampert	
Brandon Thompson	
Adi Ilan	
Maksym Petrenko	
Maryam Khosrodoust	
Soheil Ashrafologhalai	
Charlie Ben Halevi	
Lucas Fleet	
Christina Hall	
Marek Ipatowicz	
Pia Lo	

## 2022 OCTOBER ANNUAL GENERAL MEETING MINUTES

---

### **AGM Meeting Minutes for Oct 20, 2022, 7:00 pm – Virtual Zoom meeting**

In Attendance- see attached

1. Call to Order at 7:02pm.
2. Welcome and Introductions- President Tyson Carvel introduced himself and current board members and Steven Pollak. Thanked the office staff, and coaches. Land acknowledgement.
3. Adoption of Agenda- adopted and approved by Kendra Pidwysocki (secretary).
4. Approval of the Minutes of the 2021 October Annual General Meeting- unanimous approval of minutes.
5. Financial Report- approved.
6. Department Reports- approved.
7. Facility Report- approved. Jody spoke to the MOU. Tyson spoke to Carscadden- design and development.
8. Election of Directors
  1. Kimyee Lai
  2. Livia Lau
  3. Charles MacGregor
  4. Kendra- re-elected
  5. Tyson- re-elected
  6. Karly- re- elected
9. Questions
  - What is the estimated cost to move? Tyson reply: Grants will aid in the cost to bring MM up to current standards, upgrade parking, HVAC, lighting, cosmetics etc. Flicka will pay for pit and possible expansion, Flicka will need to prioritize what is done as we don't have at present enough funds to do everything we want to do. Basically, Flicka to pay the bill minus the 'retro fit'.
  - Restricted Funds- app. 1.7M invested, 1.5M in GIC's and the gaming grants app. \$250K in gaming accounts.
  - Jody- spoke to the importance of fundraising and that the board will be reaching out for volunteer hours and planning future of events.

Adjourn at 7:31pm

## FINANCIAL REPORT

### FLICKA GYMNASTICS CLUB Profit and Loss Comparatives

	2023	2022
<b>Revenue</b>		
Recreation Program Fees	1,021,587.17	755,514.17
Competitive Program Fees	415,670.47	449,165.68
Interclub Program Fees	217,372.38	19,559.75
Specialty Program Fees	286,450.37	198,031.75
Fundraising/Sponsorship	5,372.12	6,090.00
	<u>\$ 1,946,452.51</u>	<u>1,428,361.35</u>
<b>Expenses</b>		
Program Costs	15,457.42	7,119.61
Labour	983,165.42	814,319.42
Rent	101,371.42	99,024.43
Administration & Depreciation	397,863.20	313,579.57
<b>Total Expenses</b>	<u>\$ 1,497,857.46</u>	<u>1,234,043.03</u>
Private Grants	0.00	14,280.00
Government Grants	25,559.00	388,496.00
Interest Revenue	45,773.25	4,682.25
Extraordinary Gain (CRA Subsidy Wage & Rent)	0.00	47,585.37
<b>NET INCOME/LOSS</b>	<u><u>\$ 519,927.30</u></u>	<u><u>649,361.94</u></u>

## FINANCIAL REPORT

### FLICKA GYMNASTICS CLUB

#### Balance Sheet As of June 30, 2023

	<b>TOTALS</b>
<b>Assets</b>	
Current Assets	
Cash and Cash Equivalent	\$2,277,091.33
Accounts Receivable (A/R)	\$39,095.09
<b>Total Current Assets</b>	<b>\$ 2,316,186.42</b>
<b>Non-current Assets</b>	
Property, plant, and equipment	
12210 Computers & Electronics	3,718.24
12215 Foam Blocks	14,678.74
12220 Stationary Gym Equipment	81,899.13
12230 Non-Stationary Gym Equipment	48,443.26
12240 Tenant Improvement	20,475.00
12260 Furniture and Equipment	2,013.81
<b>Total Property, plant, and equipment</b>	<b>171,228.18</b>
<b>Total Non-Current Assets</b>	<b>171,228.18</b>
<b>Total Assets</b>	<b>\$ 2,487,414.60</b>
<b>Liabilities and Equity</b>	
Liabilities	
Current Liabilities	
Accounts Payable (A/P)	24,446.42
Credit Card	-504.13
21100 Vacation Payable	18,369.88
22000 Unearned Revenue	116,004.33
<b>Total Current Liabilities</b>	<b>158,316.50</b>
<b>Total Liabilities</b>	<b>\$ 158,316.50</b>
Equity	
Retained Earnings	1,809,170.80
Profit for the year	519,927.30
<b>Total Equity</b>	<b>2,329,098.10</b>
<b>Total Liabilities and Equity</b>	<b>\$ 2,487,414.60</b>

## OFFICE REPORT

---

**Staffing:** Mercy Addo was hired as Office Coordinator to support the administration in April of 2023.

**Volunteer Opportunity:** Flicka is hosting the 2024 BC Compulsory Provincials and Xcel Challenge on April 11-14, 2024, and we will need many volunteers. This is the main opportunity for our parent community to complete their volunteer hours for the year.

### Grants 2022-2023:

GRANT	AMOUNTS RECEIVED IN 2023	AMOUNTS RECEIVED IN 2022	AMOUNT RECEIVED IN 2021	AMOUNT RECEIVED IN 2020
Community Gaming Grant	\$57,400	\$52,400	\$52,400	\$50,000
Canada Summer Jobs Grant	\$26,766	\$26,388	\$33,696	N/A
Jumpstart Canadian Tire Sport Relief Fund – Operational Support	N/A	N/A	\$15,000	N/A
Jumpstart Canadian Tire Sport Relief Fund – Programming Support	N/A	N/A	\$5,000	
viaSport Sport Relief Fund	N/A	N/A	\$5,000	N/A
ParticipAction	N/A	N/A	\$250	N/A
Capital Project Grant (Foam Pit in New Facility)	N/A	\$250,000	N/A	N/A
<b>TOTAL RECEIVED</b>	<b>\$84,165</b>	<b>\$328,788</b>	<b>\$111,346</b>	<b>\$50,000</b>

## RECREATION PROGRAM REPORT

---

### **Staffing:**

**Farewell for now:** We said goodbye to one valued staff member in 2023: Diane Steiner (Recreation Program Director).

**Newly employed coaches on staff:** Emma Szalontai, Olivia Koenig, Soheil Ashrafologhalai, Brandon Thompson, Maksym Petrenko

**Returning coaches:** Bianca Anabalon-Paludetto, Pia Lo

**Coach in training:** Floats: Christina Hall, Lucas Fleet, Charlie Ben Halevi, Marek Ipatowicz

### **Program Summary:**

**Summer Camps and Classes** were a huge success over the Summer. Families could choose Full day or ½ day options. The summer program revenue was \$160,165.

The children had the opportunity to not only improve on their gymnastics skills, but they also had opportunities to work on science experiments, cheerleading, circus fun, crafting, field trips and so much more. Canada Summer Jobs grant covered 4 full time positions in summer 2022. Summer camp leaders received valuable job experience skills over the summer in their leadership roles.

**Summer Classes:** Registration has been very strong - many families registered for the session. Several families were not able to register because we were full with extremely long waiting lists.

**Pro D Days:** We were not able to run these regularly due to staffing shortages.

**Special Needs and Inclusivity of our programs:** We are pleased to support all children and adults into our programs, including those with special needs. We currently have individuals with ADHD, Autism, Blindness, Hypotonia, Balance difficulties, Down Syndrome, and artificial limbs. We do our best to integrate all individuals young and old into our programs. An additional coach may be provided in such circumstances, or a smaller class size might be adapted.

**Fall / Winter/ Spring Programming:** Our Recreational registration is extremely successful. Registration for parents is extremely competitive with classes filling within moments of opening. We are operating at full class offerings based on both space and coach availability. Our school aged classes can include 8 children per class with the easing of covid restrictions.

**Adult Classes:** Gaining popularity with our oldest registrant at 56 years of age.

**High School programming gym rentals:** our high school rentals have returned at full capacity in the 2022 season.

**Open Gym resumed:** Summer 2022



## Numbers at a glance:

Summer 2020 (Covid Restrictions)		Summer 2021 (Covid Restrictions)		Summer 2022	
Students enrolled in camps	104	Students enrolled in camps	240	Students enrolled in camps	294
Number of camps	19	Number of camps	15	Number of camps	19
Registration capacity at	89%	Registration capacity at	99%	Registration capacity at	96%
Students enrolled classes	25	Students enrolled classes	121	Students enrolled classes	191
Number of classes	5	Number of classes	14	Number of classes	33
Registration capacity at	94%	Registration capacity at	98%	Registration capacity at	91%
Fall 2020 (Covid Restrictions)		Fall 2021		Fall 2022	
Students enrolled in classes	262	Students enrolled in classes	615	Students enrolled in classes	671
Number of classes	58	Number of classes	103	Number of classes	110
Registration capacity at	85%	Registration capacity at	96%	Registration capacity at	91%
Winter 2021 (Covid Restrictions)		Winter 2022		Winter 2023	
Students enrolled in classes	311	Students enrolled in classes	549	Students enrolled in classes	738
Number of classes	64	Number of classes	91	Number of classes	124
Registration capacity at	89%	Registration capacity at	98%	Registration capacity at	93%
Spring 2021 (Covid Restrictions)		Spring 2022		Spring 2023	
Students enrolled in classes	382	Students enrolled in classes	626	Students enrolled in classes	861
Number of classes	70	Number of classes	94	Number of classes	139
Registration capacity at	96%	Registration capacity at	98%	Registration capacity at	94%

## **WOMEN'S ARTISTIC GYMNASTICS PROGRAM REPORT**

---

Our competitive program is committed to excellence, and we are working hard to bring the best support to our athletes to achieve their goals.

### **Staffing:**

Flicka has 5 full-time Competitive Program coaches. With the support of the BOD - are working continue to complete their education, taking educational, professional, and judging courses.

Current Competitive Coaching Staff:

- ChPc Level 4 certified - Dorina
- Level 3 certified – Criss, Irina, Jenny, Jared

Our competitive staff are up to date with all of Gymnastics Canada coaches' requirements.

### **# of Athletes in Program:**

- We had a total of 69 athletes in our program Level 1 to Level 10 and High Performance (HP) an increase of 8 athletes compared to the previous season.

### **Achievement:**

#### ***At provincial level:***

- All CCP Level 1-10 as well as HP have been able to qualify for the provincial championship where they received multiple medals.

#### ***National level:***

- 2 athletes CCP Level 10 (Jayne Carvell and Lila Campbell-Stephen) qualified for the Westerns Championship where Jayne captured 3<sup>rd</sup> place on uneven bars and the Team won the competition.
- 5 athletes participated in the National championship (Jayne Carvell, Lila Campbell-Stephen CCP 10; Chloe Watkins HP Novice, Sophie Parenti and Shallon Olsen HP Senior). Shallon won the gold medal on Vault champion and has become Canadian Champion on this event for the 9<sup>th</sup> time.

#### ***International level:***

- Shallon Olsen was the gold medalist on vault in the Romgym Trophy in Bucharest, Romania.

Based on the HP results we are in the top 3 High Performance club finalists for the Gymnastics BC Annual Award.

The new High Performance BC Award was named after our Shallon Olsen.

I am very proud of our athletes and our coaching team.

Thank you to the Board of Directors for all their support!

## **MEN'S ARTISTIC GYMNASTICS PROGRAM REPORT**

---

We had 17 athletes in total this past season in the MAG Program.

Our MAG team participated in 4 competitions this past season. All the boys did great job throughout the season. We had one athlete, Lucas McLelland, win the All-Around Provincial Championship in the Level 1 category.

### ***2023/2024 Season:***

The program has expanded to 23 athletes.

While a few boys left the program a new MAG Pre-Competitive group was created by pre-comp boys with currently 9 boys in the group. Brandon Thomson has been helping coach this larger group since the start of the season.

### ***Plans for the upcoming competition season:***

- Ilya Tomin has been preparing for the BC Winter Games trials on December 9<sup>th</sup>.
- The Competitive group will participate in the same 4 events as last year. Competition sign-up form will be sent to families shortly.

My goal is to further expand the program to 30 boys this year with Coach Brandon's help.

## **XCEL PROGRAM REPORT**

---

### **Staffing:**

- Holly - Xcel, returned for the 23-24 season.
- Christina - Xcel, returned for the 23-24 season.
- Ashley - Xcel, returned for the 23-24 season.

### **# Athletes in Program:**

We had 30 athletes in the Xcel program in June 2022. We have grown the program to 58 athletes for the 23/24 season. We have 9 athletes in our PreXcel program. We have adopted the latest level of Xcel, the Diamond level where two athletes will eventually compete later this season.

### **Competitions Attended:**

Xcel athletes in the 22/23 season attended competitions on about a monthly basis (offering about 7 competitions) with two of those being away-competitions to choose from. These tend to be our most popular ones as families enjoy making a weekend out of it. Athletes were expected to attend 3 competitions per year. We will continue to offer about the same number of competitions this year, increasing to 9 competitions offered, three of them being the "away" events. We have asked Xcel athletes to increase their participation in competitions this year; attendance at 3 or more competitions in bronze and silver groups is mandatory and 4 or more at our highest level of Gold/Platinum/Diamond athletes. We are also offering an international event in Las Vegas this competitive season.

### **Results:**

Xcel athletes have placed top 8 in almost every competition, and we have placed on the podium at many events in many categories. We have had one athlete score a perfect ten on two events at two different competitions this year, we are very proud coaches! We are thrilled to advance athletes safely and successfully within the Xcel program and look forward to a thrilling competitive season in 2024.

### **Plans for the 2023-2024 Season:**

- We have built the Xcel program up to almost 60 athletes spanning across 9 training groups, meeting our goal from last year's end of season.
- We have increased training hours and training days to meet our athlete's personal goals within the sport and to safely progress through the required skills on the varying events.
- We are excited to have our very own teamwear tracksuit with matching duffle bags! We can't wait to look cohesive, and we followed a similar styling and details as the CCP team so that we look like a cohesive club as well, bringing us together to represent Flicka positively and professionally.
- We have a strong and collaborative coaching team that supports one another in professional development and personal growth. We are also looking at attending coaching development workshops together and continuing to advance our coaching certifications. We meet regularly to discuss athlete progress, areas for focus/further refinement and to touch base authentically.
- We are confident as a team in knowing the Xcel code of points and structure and we are all looking forward to a successful season ahead with many personal achievements.
- One of my own personal coaching goals was to attend an international event with my athletes, so I am thrilled to be offering this to my athletes this competitive season!

## **FACILITY REPORT**

---

### **LICENCE**

On May 1, 2022, the Club entered into a Licence Agreement with the North Vancouver Recreation & Culture Commission. Pursuant to the Licence, the Commission granted to Flicka a licence to use and occupy the Club's premises at Harry Jerome for a term ending on June 30, 2025, subject to earlier termination by either party upon the provision of written notice. The commercial terms and conditions of the Licence (including the licence fee payment terms) are substantially similar to those agreed previously between the parties. The Licence also contains a covenant that the parties will work together to relocate Flicka to its new proposed facility in the Mickey McDougall facility in due course.

### **BUILDING PLANS**

Carscadden Stokes McDonald Architects and the City of North Vancouver have been supporting Flicka as we work on the details of relocating our club from Harry Jerome to the Mickey McDougall facility.

In August 2022, we were pleased the city received Federal Funding to retrofit the Mickey McDougall Community Centre. This funding will allow the City and Flicka to significantly upgrade the facility, improve energy efficiency, and enhance accessibility. It ensures that the club will have a location in the urban center of the North Shore for future generations. We are grateful to MP Jonathan Wilkinson, City of North Vancouver Mayor Linda Buchanan, and Council, and the City's Strategic and Corporate Services Department for their support and dedication over the past five years. Their support at all levels made this generous grant possible.

In addition to the updates performed by the city, Flicka will be responsible for modifying Mickey McDougall to meet the club's needs. Carscadden was commissioned to prepare Design Details & Costing estimates to provide a realistic estimate of the project cost. The proposed design includes renovating and adding to the existing recreational building. Along with the gymnastics areas, new features such as a floor pit, staff office, viewing lounge, performing arts studio, and additional storage rooms will be constructed.

The design, renovations, additions, and Class B Estimates are divided into two phases. Phase 1 involves renovating Mickey McDougall to meet the club's immediate needs. In Phase 2, a new structure would be added to MM that provides the space required to resume and potentially exceed the programming Flicka provides today. Today, the Phase 1 Class B estimate is \$2,000,000 while the Phase 2 estimate is \$4,710,00. The estimates include structural, architectural, mechanical, and electrical building costs along with site work, demolition, and a contingency.

We are in regular communication with the City and Carscadden, and we anticipate further refining the project scope as well as additional contingencies to be added to the estimates above.

### **CAPITAL CAMPAIGN**

The objective of the capital campaign is to help Flicka raise the funds required to complete the renovations to Mickey McDougall that are necessary for the facility to be suitable and safe for our Club to run its business as usual. The ultimate goal is to create an establishment suited to continue to serve our athletes and other groups in our community who benefit from our space. The Board is engaging with fundraising consultants and will be reviewing proposals that outline the investment and timeline to implement the systems and infrastructure that are required to launch Flicka's fundraising campaign.