



ANNUAL REPORT

2024-2025

Agenda

1. Call to Order
2. Welcome and Introductions
3. Adoption of Agenda
4. Approval of the Minutes of the 2024 October Annual General Meeting
5. Financial Report
6. Department Reports
7. Facility Report
8. Capital Campaign
9. Election of Directors
10. Questions



AGM Meeting Minutes for Oct 24th, 2024

7:00 pm – Virtual Zoom meeting

In Attendance- see attached

1. **Call to Order** at 7:03pm.
2. **Welcome and Introductions**- President Tyson Carvell introduced himself. Current board members introduced. Tyson thanked the office staff, administration, leadership, service providers, board members and coaches. Land acknowledgement.
3. **Adoption of Agenda**- adopted and approved by Kendra Pidwyssocki (secretary).
4. **Approval of the Minutes of the 2023 October Annual General Meeting**- unanimous approval of minutes.
5. **Financial Report**- see attached. Ivy spoke to the financials, Flicka remains in a healthy financial position.
6. **Department Reports**- see attached.
7. **Facility Report**- see attached.
8. **Capital Campaign**- see attached.
9. **Election of Directors**
 - Carly Lyder
 - Charles MacGregor
 - Connie Buechler
 - Frankie Lorezca - by acclamation
 - Hooman Mashayekh
 - Ivy Cao
 - Kendra Pidwyssocki
 - Livia Lau
 - Linh Liu
 - Tamara Hung
 - Tyson Carvell
 - Suzanna Wasyliv - by acclamation
10. **Questions** none
11. **Meeting Adjourned** 7:33pm

FINANCE

FLICKA GYMNASTICS CLUB

Profit and Loss

Comparatives

	2025	2024
Revenue		
Recreation Program Fees	1,073,546.47	1,111,935.03
WAG & MAG Program Fees	566,411.91	508,325.70
Xcel Program Fees	316,623.66	241,878.55
Event Fees (Hosting BC Provincials)	0.00	252,689.91
Specialty Program Fees	351,932.87	312,077.45
Fundraising/Sponsorship	12,604.40	4,042.00
\$	2,321,119.31	2,430,948.64
Expenses		
Program Costs	13,596.51	14,145.60
Labour	1,350,827.21	1,218,934.09
Event Costs (Hosting BC Provincials)	0.00	86,601.74
Rent	108,340.35	105,697.89
Administration & Depreciation	624,507.74	581,237.99
Total Expenses	\$ 2,097,271.81	2,006,617.31
Private Grants	0.00	0.00
Government Grants	21,514.00	26,410.00
Interest Revenue	66,215.19	60,186.64
Gaming Grant	57,400.00	57,400.00
NET INCOME/LOSS	\$ 368,976.69	568,327.97

FLICKA GYMNASTICS CLUB

Balance Sheet

As of June 30, 2025

	Total
Assets	
Current Assets	
Cash and Cash Equivalent	1,778,086.14
Accounts Receivable (A/R)	14,649.53
Prepaid Expenses	1,035,393.70
Total Current Assets	\$ 2,828,129.37
Non-current Assets	
Property, plant and equipment	
12210 Computers & Electronics	4,135.91
12215 Foam Blocks	0.00
12220 Stationary Gym Equipment	109,143.79
12230 Non-Stationary Gym Equipment	31,778.64
12240 Tenant Improvement	511,788.23
12260 Furniture and Equipment	1,288.84
Total Property, plant and equipment	\$ 658,135.41
Total Non-Current Assets	\$ 658,135.41
Total Assets	\$ 3,486,264.78
Liabilities and Equity	
Liabilities	
Current Liabilities	
Accounts Payable (A/P)	17,365.85
Credit Card	176.74
21100 Vacation Payable	11,039.41
22000 Unearned Revenue	191,280.02
Total Current Liabilities	\$ 219,862.02
Total Liabilities	\$ 219,862.02
Equity	
Retained Earnings	2,897,426.07
Profit for the year	368,976.69
Total Equity	\$ 3,266,402.76
Total Liabilities and Equity	\$ 3,486,264.78

FLICKA GYMNASTICS CLUB BOARD OF DIRECTORS & STAFF

2024-2025 BOARD OF DIRECTORS:

Tyson Carvell	President
Kendra Pidwysocki	Secretary
Ivy Cao	Treasurer
Tamara Hung	Director
Connie Buechler	Director
Livia Lau	Director
Linh Liu	Director
Charles MacGregor	Director
Hooman Mashayekh	Director
Carly Lyder	Director
Zuzanna Wasyliv	Director
Frankie Lorezca-Finney	Director

ADMINISTRATIVE STAFF:

Marina Ricci	Club Director
Marti Farkas	Office Manager
Mercy Addo	Office Coordinator
Steven Pollak	Accountant

WOMEN'S ARTISTIC GYMNASTICS STAFF:

Dorina Stan	Head Coach & Technical Director
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
Emma Szalontai	Foundation
Olivia Koenig	Foundation
Taylor Dyck	Foundation

MEN'S ARTISTIC GYMNASTICS STAFF:

Xuan (James) Luo	Head Coach
Brandon Thomson	Level 1
Charlie Ben Halevi	Level 1

XCEL STAFF:

Christina Sgourakis	Program Coordinator
Bianca Anabalon-Paludetto	Program Coordinator
Ashley Obsieger	Level 1
Simone Soucie Degrazio	Level 1
Alessia Macri	Foundation

RECREATION COACHING STAFF:

Tanya Morrow	Floor Supervisor
Julia Turitsa	Floor Supervisor
Maria Karpova	Floor Supervisor
Christina Sgourakis	Level 2
Hamid Saghabi	Level 2
Ashley Obsieger	Level 1
Julianne Glowacki	Level 1
Jayne Carvell	Level 1
Simone Soucie Degrazio	Level 1
Katelyn Ou	Foundation
Kirsten Kampert	Foundation
Adi Ilan	Foundation
Maryam Khosrodoust	Foundation
Soheil Ashrafologhalai	Foundation
Christina Hall	Foundation
Pia Lo	Foundation
Taylor Dyck	Foundation
Meghan Duff	Foundation
Ashley Seatter	Foundation
Rowan Bullock	Coach in Training
Amelia Thompson	Coach in Training
Kira Lorezca-Finney	Coach in Training
Shani Ilan	Coach in Training
Cecilia Kim	Coach in Training
Aaron Porter	Coach in Training
Sydney Rattray	Coach in Training
Rowan Bullock	Coach in Training

ADMINISTRATION

Staffing Update:

- Overseen by an HR Committee the Board approved a new Organizational Structure creating both a Club Director and Technical Director role that report directly to the Board. Dorina Stan was appointed to the Technical Director role and after an extensive search, the Club hired Marina Ricci as Club Director. Marina brings a broad background in business, human resource management, marketing, event planning, and fiscal management.
- Mercy has assumed the role of Marketing and Communications Coordinator.
- Marti continues to serve as Office Manager.
- In addition to coaching WAG, Coach Jared has taken on the role of Gym Scheduling Coordinator to ensure optimal use of gym space.

Grants 2024-2025:

	2024-2025	2023-2024	2022-2023	2021-2022
Community Gaming Grant	57,400	57,400	57,400	52,400
Canada Summer Jobs Grant	21,514	\$20,193	26,766	26,388
Capital Project Grant (New Facility)	N/A	N/A	N/A	250,000
TOTAL RECEIVED	\$78,914	\$77,593	\$84,165	\$328,788

Fundraising:

	2024-2025	2023-2024	2022-2023	2021-2022
TOTAL RAISED (net)	\$6,028	\$2,020	\$2,685	\$1,425

Upcoming Volunteer Opportunity:

We are scheduled to move to our new home in Spring 2026. We will need all hands-on deck to help us move everything from Flicka to the new location.

NEW FACILITY & CAPITAL CAMPAIGN

1. Project Overview

Flicka Gymnastics is preparing to transition its operations to the Mickey McDougall Community Recreation Centre early spring 2026, following the closure of the existing Harry Jerome Recreation Centre.

To support the Flicka program and ensure the long-term sustainability and success of the new facility, renovations and upgrades to the Mickey McDougall building are essential.

2. Project Development and Partnerships

Flicka Gymnastics is working closely with the City of North Vancouver and Carscadden Stokes McDonald Architects. Together, we have completed the design development and contract documentation stages of the project.

Construction of the new facility is now well underway, and our primary objectives remain:

- New foam pit, the offices, and the viewing area
- Mitigating overall risks associated with the transition.
- Ensuring a safe and optimal training environment for athletes and coaches.

Carscadden Stokes McDonald Architects will continue to provide contract administration and post-construction support throughout the remaining phases of the project.

3. Current Status

- Design Development: Completed
- Contract Documentation: Completed
- Construction: In progress
- Next Milestone: Facility transition and program relocation (Early Spring 2026)

We are encouraged by the collaboration and ongoing commitment of all project partners and are grateful for the continued support of the City of North Vancouver, Carscadden Stokes McDonald Architects and Holaco Construction Ltd.

4. Capital Campaign

To support the renovations and expansion of the Mickey McDougall facility, Flicka Gymnastics has launched a Capital Campaign with a goal to raise \$750,000.

- Feasibility Study: Conducted by Compton Fundraising
- Campaign Status: Officially launched and actively receiving donations
- Purpose: To enhance facility infrastructure, expand training areas, and create a vibrant community hub for gymnastics

Community support and engagement have been strong, and we are optimistic about achieving our fundraising goals.

5. Conclusion

Flicka Gymnastics is thrilled to have reached this important phase in the Mickey McDougall project. The combined efforts of our partners, and donors continue to drive progress toward the successful relocation and long-term growth of the club.

We extend our sincere appreciation to the City of North Vancouver, Carscadden Stokes McDonald Architects, and all supporters who have helped make this transition possible.

RECREATION PROGRAM REPORT

1. Overview

Flicka Gymnastics Club offers inclusive recreational programs for all ages, focusing on fun, fitness, and skill development through structured classes, camps, and open gym sessions. Their programs emphasize confidence, coordination, and personal growth in a supportive, non-competitive environment.

2. Membership Comparison & Coaching Staff:

Summer 2022		Summer 2023		Summer 2024	
Students enrolled in camps	294	Students enrolled in camps	257	Students enrolled in camps	293
Number of camps	19	Number of camps	18	Number of camps	18
Registration capacity at	96%	Registration capacity at	97%	Registration capacity at	96%
Students enrolled classes	191	Students enrolled classes	137	Students enrolled classes	205
Number of classes	33	Number of classes	16	Number of classes	36
Registration capacity at	91%	Registration capacity at	100%	Registration capacity at	81%
Fall 2022		Fall 2023		Fall 2024	
Students enrolled in classes	671	Students enrolled in classes	850	Students enrolled in classes	791
Number of classes	110	Number of classes	141	Number of classes	118
Registration capacity at	91%	Registration capacity at	94%	Registration capacity at	96%
Winter 2023		Winter 2024		Winter 2025	
Students enrolled in classes	738	Students enrolled in classes	816	Students enrolled in classes	807
Number of classes	124	Number of classes	136	Number of classes	116
Registration capacity at	93%	Registration capacity at	92%	Registration capacity at	96%
Spring 2023		Spring 2024		Spring 2025	
Students enrolled in classes	861	Students enrolled in classes	924	Students enrolled in classes	1083
Number of classes	159	Number of classes	152	Number of classes	156
Registration capacity at	94%	Registration capacity at	94%	Registration capacity at	87%

Coaches: 2 full-time, 17 part-time coaches, 8 part-time coaches in training

Highlights:

As the newly appointed Programs' Coordinator, Coach Jared restructured the recreation classes the Spring of 2025. All classes were made the same 55 minutes long, with no staggered start times. This allowed us to accommodate over more than 150 children from waitlists.

3. Training & Development

Coach Development:

- All coaches are NCCP certified, with ongoing efforts to upgrade certifications and knowledge.
- 100% completion of Safe Sport training.
- Coach Jared completed the Coach Conductor Program.
- First Aid certification course hosted in December 2024 to ensure adequate certification to all staff members.
- We had 2 young coaches in training (CIT).

4. Program Summary:

- **Summer Camps and Classes Summary:** Our Summer Camps and Classes enjoyed tremendous success this year, offering families the choice of full-day or half-day options. Children not only enhanced their gymnastics skills but also engaged in a variety of activities, including science experiments, cheerleading, circus fun, crafting, and field trips. The program grew 12%.
Thanks to the Canada Summer Jobs grant, we were able to support four full-time positions during the summer of 2024. Our camp leaders gained valuable leadership experience throughout their roles.
- **Summer Classes:** Registration was exceptionally strong, with many families eager to enroll. We had a great turnout.
- **Pro D Days:** Staffing shortages limited our ability to run these days regularly.
- **Special Needs and Inclusivity:** We are committed to supporting all individuals in our programs, including those with special needs. Currently, we welcome participants with ADHD, Autism, Blindness, Hypotonia, balance difficulties, Down Syndrome, and prosthetic limbs. We strive to integrate everyone, offering additional coaching or smaller class sizes as needed.
- **Fall, Winter, and Spring Programming:** Our recreational programs are thriving, with registration proving highly competitive - classes often fill within moments of opening. We are maximizing our offerings based on available space and coaching staff, accommodating up to eight children per class in our school-aged programs. We also cut the class length from 1hr 25 mins to 55mins. This allows us to offer more classes and accommodate more participants. This is reflected in the number of children we had during Spring 2025.
- **Adult Classes:** These are gaining popularity, with two full classes running throughout the year and increasing interest from prospective participants.
- **High School Programming and Gym Rentals:** High school rentals have returned to full capacity and continue to be a success.
- **Open Gym:** Our weekend Open Gym sessions were particularly popular during the season.
- **Private Lessons:** Starting January 2025, we offer private lessons outside of the peak hours (3:30-8:30pm).

WOMEN'S ARTISTIC GYMNASTICS PROGRAM REPORT

1. Overview

The Women's Artistic Gymnastics (WAG) program had a dynamic and productive year. This report outlines the key highlights, accomplishments of the program over the past competitive season. Our ongoing focus has been on athlete development, coach education, competitive excellence, and strengthening the program's structure at all levels—from grassroots to high-performance pathways. The dedication of our athletes, coaches, and families continues to drive the program's success.

2. Membership & Coaching Staff

Total registered athletes: 83
Coaches: 5 full-time and 7 part-time coaches

We have actively participated in numerous local, provincial, national, and international events, continuing to strengthen our presence and reputation across all levels of competition.

Highlights:

Continued growth in enrollment, particularly among Level 1–5 athletes and National level
Introduction of a new pre-competitive group, providing a structured developmental pathway for emerging athletes.

3. Training & Development

Athlete Development:

- Year-round training offered across all our competitive levels.
- Training camps hosted with guest coaches, providing athletes with new perspectives and high-level training opportunities.

Coach Development:

- All coaches are NCCP certified, with ongoing efforts to upgrade certifications and knowledge.
- 100% completion of Safe Sport training, with senior coaches completing all required courses mandated by Gymnastics Canada.
- Coach Jared completed the Coach Conductor Program.
- Coach Dorina completed a mentorship program and received certification in Mental Health First Aid.
- All our senior coaches have participated in mental block training sessions designed to support athlete mental resilience and performance.

4. Competitions & Performance

Competitions Attended:

- 9 local and invitational competitions.
- 2 invitational competitions in the U.S.: Arizona and Seattle.
- Provincial Championships
- Western Canadian Championships
- Canadian Championships and Elite Canada
- International Gymnix (Montreal)
- World Cup in Croatia

Special Mentions – High Performance & National Level Athletes:

- Shallon Olsen – Senior High Performance
- Adrianna Lee – Novice High Performance
- Zoe Buechler – Novice High Performance
- Halle Bugeaud – Novice High Performance
- Chloe Watkins – National Open
- Ashley Obsieger – National Open
- Kira Lorezca-Finney – Level 10

Our athletes achieved outstanding results throughout the season, significantly raising the club's profile at both provincial and national levels.

5. Awards & Recognition

Athlete Awards	Coach Awards:	Club Recognition:
Shallon Olsen • 2024 Olympic Recognition – Gymnastics BC • National Team Member Recognition • Best Senior High-Performance Athlete of the Year	Dorina Stan • 2024 Olympic Recognition – Gymnastics BC • GBC Member of Distinction • North Shore Sport Awards – Coach of the Year • Sport BC – Coach of the Year	Flicka Gymnastics Club • High Performance Club of the Year
	Dorina Stan & Jared Goad • High Performance Coach of the Year	

6. Acknowledgements

We would like to extend our sincere thanks to:

- Our dedicated coaching team and office support staff, whose expertise and care guide our athletes every day.
- The athletes and their families for their unwavering commitment, resilience, and belief in the program.
- Our Board members and volunteers for their tireless support behind the scenes.

7. Looking Ahead

The Women's Artistic Gymnastics Program continues to grow in both size and strength. With a renewed focus on excellence, inclusivity, and long-term athlete development, we are excited about the opportunities ahead. We look forward to another year of progress, passion, and performance.

MEN'S ARTISTIC GYMNASTICS PROGRAM REPORT

1. Overview

The MAG Program continued to grow this past year. We remain focused on athlete development, coach education and strengthening of the program.

2. Membership & Coaching Staff

Total registered athletes: 36

Coaches: 1 full-time and 2 part-time coaches

3. Training & Development

Athlete Development:

- Year-round training offered across all our competitive levels.
- Eligible athletes participated in 3 Gymnastics BC organized camps

Coach Development:

- All coaches are NCCP certified, with ongoing efforts to upgrade certifications and knowledge.
- 100% completion of Safe Sport training, with senior coaches completing all required courses mandated by Gymnastics Canada.

4. Competitions & Performance

Competitions Attended:

- 4 local and invitational competitions
- Western Canadian Championships

Our athletes have achieved great results throughout the season.

Special Mentions:

- Erick MacGregor successfully qualified and participated to the Western Canadian Championship in his category, Level 2.

5. Acknowledgements

We would like to extend our sincere thanks to:

- Our dedicated coaching team and office support staff, whose expertise and care guide our athletes every day.
- The athletes and their families for their unwavering commitment, resilience, and belief in the program.
- Our Board members and volunteers for their tireless support behind the scenes.

6. Looking Ahead

For the upcoming season, the boys set to compete are Ilya, Kian, Lucas M, Martin, Erick, John, Lucas MB, Evan, Andreas, Miles, Oliver, Luke, Dariy, Artur, Ryan F, Ryan E—totaling 16 boys.

XCEL PROGRAM REPORT

1. Overview

The Xcel program continues to be a great success and in high demand. The team has concluded another very busy and successful year. The main focus remains athlete development and coach education in a nurturing environment.

2. Membership & Coaching Staff

Total registered athletes: 70

Coaches: 2 full-time and 3 part-time coaches

3. Training & Development

Athlete Development:

- 10-month training offered across all our levels, as well as camps during the summer months.
- Our team collaborated again with Chimo & Phoenix Gymnastics to run an Xcel training camp. We had 16 of our athletes travel to Chimo Gymnastics for the Bronze/Silver camp and 23 of our Gold+ athletes attended camp hosted at Flicka and Phoenix Gymnastics. All camps were a success.

Coach Development:

- All coaches are NCCP certified, with ongoing efforts to upgrade certifications and knowledge.
- 100% completion of Safe Sport training, with senior coaches completing all required courses mandated by Gymnastics Canada.

4. Competitions & Performance

Competitions Attended:

- 5 local, 2 out of town and 2 US competitions
- Western Canadian Championships

The team appeared to have enjoyed the competitions, earning numerous medals, ribbons, team awards, and special recognitions..

5. Acknowledgements

We would like to extend our sincere thanks to:

- Our dedicated coaching team and office support staff, whose expertise and care guide our athletes every day.
- The athletes and their families for their unwavering commitment, resilience, and belief in the program.
- Our Board members and volunteers for their tireless support behind the scenes.

6. Looking Ahead

- Xcel Training Camps have been scheduled and planned for September and October. We are hosting an in-house camp specifically for our bronze and silver athletes Flicka in October and with the help of Dorina and Irina. Several of our athletes are attending the training camps hosted by Chimo and Phoenix Gymnastics.
- This year's agenda consists of 8 competitive events, with the majority being local meets as per the requests from families. Two of the meets will be in Kelowna and Whistler as many families enjoyed these in particular.
- This year's team holiday party will be an offsite event-most likely to be a pool or skating party depending on athlete interest.