



ANNUAL GENERAL MEETING NOVEMBER 19, 2020

Flicka Gymnastics Club |

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LETTER FROM THE BOARD

Good evening Flicka Members,

Thank you for joining us for our second Zoom AGM.

Tonight, we will begin by introducing our current board members:

Janet Adelaar
Tyson Carvell
Carolyn Marshall
Kendra Pidwysocki
Kerri Postill
Laura Proulx
Rebecca Rowley
Karly Stevenson
Sue Whittred

2020 has proven to be a year of the unknown.

We would like to begin by thanking our Members for your continued support. We realize sending your children to a training facility in the middle of a pandemic is not an easy choice. Rest assured Flicka staff have gone above and beyond to assure the safety of our athletes and team members. That being said, there are potential risks remaining open, however we feel the benefits of sport and mental health for our athletes far outweigh the risks at this time. As we are all aware last week Dr. Bonnie Henry extended her Provincial Health Orders to mandate us back to Phase 2 of our Covid Safety Return to Sport Plan until November 23rd. We have worked with GYMBC and ViaSport to remain in compliance and have updated our Covid Safety Plan to follow this Provincial Health Order. At this time the uncertainty following November 23rd is a reality and we will work within the guidelines to continue to keep our athletes and staff safe and notify our members as quickly as possible should the situation at Flicka change. We are in regular contact with our safety officer at GYMBC and the lines of communication are open. From an operational stand point the Flicka team has done an amazing job to continue to offer programs and training times in compliance with our Safety Plan. We are also pleased to have hired Criss Steiner a Level 3 coach to join our Competitive Program and McKenzie Geiger to join our Recreation Program and we look forward to having these two ladies grow with our Flicka Team.

We thank our staff for remaining positive and continuing to strive to have a safe place for athletes to train.

We again ask for patience and compliance from all parents and athletes alike as we move forward into 2021.

Respectfully,

The Board of Directors



2019-2020 BOARD OF DIRECTORS:

Janet Adelaar	Director
Tyson Carvell	Director
Carolyn Marshall	Director
Kendra Pidwysocki	Secretary
Kerri Postill	Co-President/Co-Treasurer
Laura Proulx	Director
Rebecca Rowley	Director
Karly Stevenson	Director
Sue Whittred	Co-President/Co-Treasurer

XCEL / INTERCLUB STAFF:

Holly Morgan	Head Coach
Cassia Kobayashi	
Tanya Morrow	
Christina Sgourakis	

ADMINISTRATION STAFF:

Marti Farkas	Office Manager
Bianca Anbalon-Paludetteo	Member Manager
Steven Pollak – NSP	Accountant

COMPETITIVE STAFF:

WAG:

Dorina Stan	Head Coach
Christianne Steiner	Level 3
Jennifer Chew	Level 2
Irina Orlova	Level 2

Samantha Fourchalk
Anna Marshall
Baille Nadin
Talya Pollak
Kamryn Postill
Jennifer Vandespyker

MAG:

Michael Mitruk
Hamid Saghafi

RECREATION STAFF:

Bianca Anbalon-Paludetteo Coordinator

Mackenzie Geiger
Sarah-Isabelle Radziszewski
Shallon Olsen
Cassia Kobayashi
Tanya Morrow
Atrin Saghafi
Marissa Waldrum
Imogen Paterson
Myla Villanueva
Talya Pollak
Iiona Rawson
Christina Sgourakis
Arman Sinaeian
Hamid Saghafi



2019 Fall Session	2020 Fall Session
15 weeks long (Sept 9 – Dec 21)	The fall session was divided into 2 sessions due to the current pandemic: <ul style="list-style-type: none"> Fall Session #1 (Sept 8 – Oct 31) Fall Session #2 (Nov 1 – Dec 19)
92 classes offered	<ul style="list-style-type: none"> Fall Session #1 – 55 classes offered Fell Session #2 – 56 classes offered
94% enrollment (604 participants)	<ul style="list-style-type: none"> Fall #1 – 85% enrollment (262 participants) Fall #2 – 92% enrollment (297 participants)
Pre-School classes at 75% enrollment	<ul style="list-style-type: none"> Fall #1 – Pre-School at 55% enrollment Fall #2 - Pre-School at 59% enrollment
Drop-in: 530 participants between July and December	Prohibited due to Covid-19
Rentals: High Schools, participants	Prohibited due to Covid-19
	Due to Covid-19 restrictions, we are unable to offer Ninja Classes due to the structure of the class, which included a lot of free running, as well as equipment that is currently not easy keep clean.

Staffing

- Although we lost a number of coaches that did not return after the initial COVID-19 wave we have been able to hire a few of new coaches.
 - They include two coaches in training Arman, and Sarah who are both high school students and ex athletes.
 - We've also hired Mackenzie, a coach from Langley who has several years of experience teaching recreational gymnastics
 - Anna, Imogen, Talya, Myla and Shallon have also all started working recreational classes
- Our current Recreational Coordinator will be stepping down from the position once an adequate replacement can be found.

Short Term Goals

- A proposed high school program has been presented to the head of North Shore High School Gymnastics Association. Previously run as a rental this class will be facilitated by Flicka staff so that high school athletes will still have the opportunity to train this year despite no competing.
- Target date to open Winter registration: December 7
- Target date to open Holiday camps:
 - 1st week December 21-24
 - 2nd week December 28-31



WOMAN'S ARTISTIC GYMNASTICS REPORT: Dorina Stan

Unfortunately, the 2019 /2020 season was cut very short due to Covid-19 pandemic.

Prior to the worldwide outbreak, we were able to participate in some competitions:

- October 12-25 /2019 - World challenge Cup in Portugal. Imogen Paterson made 3 finals. She came 4th on vault, 5th on uneven bars and 7th on beam.
- November 12-25 - Jayne Carvell represented Flicka and team BC in France in two competitions:
 - Combs-la-Ville – Team BC placed 4th and
 - Elite Gym Marsillia team BC placed 6th
- December 2019 - Langley Invitational. 10 athletes in 3 categories represented Flicka. Our athletes won 6 medals and Julianne Glowacki qualified for BC Winter Games and placed 1st with Team BC. Julianne also made 2 finals on vault & floor and placed 5th.
- January 2020 – Our younger athletes represented our club with very good results.
- February 2020 - had Elite Canada. Imogen and Jayne achieved their High-Performance status
- February 2020 – Bellevue and Long Beach in US. Our athletes had lot of fun and achieved great results.
- February 2020 - Omega and Gymnix have been both successful.

Our new generation of athletes showed promising potential. Our 'older' athletes achieved better execution scores. Sadly, the rest of the season was canceled, leaving both our athletes and coaches disappointed.

We were trying our best to keep our kids engaged during the lockdown through remote training. We resumed our operation and training on June 29.

After almost 4 months with no training and so many restrictions in the gym and challenges, I am happy to report that almost all of our athletes have all their skills back and also learnt new ones.

I am extremely proud of all athletes and coaching staff that they stand up strong to adjust to the new normal and made the best of it.

At this time, we have preliminary competition schedule which will be sent out shortly.

All the competition formats will be adjusted to the Covid-19 rules, including social distancing, masks, low number of participants, and no spectators. We will be live streaming or we will make videos for parents. Everything is subject to change at the moment.

We have a new addition to our program the Olympian Shallon Olsen. I am very honoured that Gymnastics Canada trusted me with her preparation for the Tokyo Olympics Games in 2021.

We are planning mock meets (subject to change):

- December 10-11 and
- February 4-5.

The objective for this to mock meets are:

- give athletes a goal for the season
- practice the competition format adjusted to Covid-19 rules
- verify their routines
- prepare them for Provincials if no other competitions will happen
- team building
- opportunity for parents to see their child's progress (We will video every routine and send them to parents)

Staffing: we recently hired Christianne Steiner (Competition Level 3 certified) from Alberta.

Thank you for all the support we got from BOD, office staff and parents to have our program running.



MEN'S ARTISTIC GYMANSTICS REPORT: Michael Mitruk

MAG and MAG Pre-Competitive Program – Hamid Saghafi & Michael Mitruk

As the previous season was cut very short due to the pandemic, the MAG athletes only participated in 1 competition in Surrey, where our athletes achieved very nice results.

We currently have 4 athletes in the MAG group, Sascha, Kian, Ewan and Adam; and 5 boys in the Pre-competitive group, including Isaiah, Jackson, Evan, Ilya and Griffin. Max will be joining later in the season as he is recovering from multiple injuries.

- Due to current Covid-19 restrictions all athletes train 9 hours/week.
- The boys have been working hard and doing their best to learn new skills and fight through the scary skills.
- Hoping to be able to focus on long term skill development and progression through the Provincial levels.
- Competing levels to be determined by end of November.
- Meets planned (subject to change):
 - Twisters Invitational
 - Surrey/Carol Lenz Memorial
 - BC Provincial Championships
 - Delta Invitational



INTERCLUB / XCEL REPORT: Holly Morgan

- We had about 65 athletes during the 2019-2020 Interclub season. These athletes were divided into six training groups. Last year, we worked with four coaches between these six groups, two coaches per group.
- Unfortunately, Alessia has recently moved to Whistler and thought she may be able to commit to coaching once a week but found it difficult to drive down on a weekly basis and is no longer coaching Interclub/Xcel since mid-October. Luckily, we had Christina Sgourakis step up and take over and she has been doing an awesome job! Tanya had also committed to coaching Interclub groups twice a week, but due to her school schedule changing she can no longer commit to those days. We have been able to work this all out and for the rest of the year, it is now myself, Christina, and Cassia between the 8 Interclub and Xcel groups.
- During the first few months of Covid lockdown, Alessia and I kept our Interclub Instagram account updated with weekly workouts for athletes to do at home.
- We were able to run a few weeks of summer training and these were very popular.
- As you know GBC recently introduced the Xcel program, which now provides a better pathway for athletes who would like to participate in a more competitive program, as well as to those competitive athletes, who would not like to commit to the Competitive Program expectations.
- Athletes and families have been settling in well with the protocols, procedures, and schedule.
- We are enjoying the smaller groups with one coach instead of double groups with multiple coaches like we have done in previous years. It feels like a safer environment and athletes receive more individual attention.

This year/Future:

- We would love to attend a competition or two with the athletes if possible.
- We would like to expand both the Interclub and Xcel Programs, when we are allowed and we have the coaching capacity.
- We currently have 8 training groups. 4 Xcel and 4 Interclub. 27 athletes in Interclub and 29 in Xcel. Totaling 56 athletes in both programs.
- We are hoping to add a 2nd training day to Interclub Groups 1, 2 and 3 as soon as Covid-19 restrictions allow.
- I would also like to expand Xcel training to three training days a week in the future however it all depends on how the current situation evolves, and if we have the space and coaching capacity.
- It would also be amazing to have multiple Xcel groups in the future, such as, a younger Bronze group and an older Bronze group. This would be my plan for next year as well as finding qualified and certified coaches to commit to coaching in the program.
- Unfortunately, this year we will not host Christmas party/sleepover due to Covid-19 restrictions.

Season runs until July 3rd, 2021, with the following breaks included:

Winter Break

December 20th - January 3rd. Last day of training is December 19th, training resumes January 4th.

Spring Break

March 14th - March 28th. Last day of training is March 13th, training resumes March 29th.



FACILITY REPORT:

The FGC Facility Sub-Committee is engaged with the City of North Vancouver to identify a suitable home for FGC following the expiration of our lease and prior to construction of the new Harry Jerome Recreation Center.

The Sub-Committee has met with Minister Wilkinson, North Vancouver Lonsdale MLA Bowinn Ma and City of North Vancouver officials. In October, Minister Wilkinson inquired as to whether Flicka Gymnastics had applied to the Investing in Canada Infrastructure Program - British Columbia - Community, Culture and Recreation Infrastructure for funding. The Minister's office wanted to know if the application had been flagged through the City. The City advised that they are only permitted to apply to the intake with one application. Pending Council's approval, the City's application was for Silver Harbour Seniors Activity Centre. The intake criteria focused on indigenous and vulnerable populations. After considering a number of projects on the go, Silver Harbour was determined to be the best fit for this intake.

The Sub-Committee has asked the City for an update on the design, drawings, and costs to create a 25,000 square foot space proposed at the Mickey McDougall Community Recreation Centre (240 23rd St E). Three different configurations are being investigated. We believe the City staff are directed to work with Flicka to re-design and estimate the cost of the project. Carscadden Stokes McDonald Architects Inc is the architectural firm that would do this work. The pandemic has definitely impacted capital investments, however, it has also created other types of funding such as infrastructure/stimulus. Flicka is definitely on the positive side - we just need to make sure we continue to inch the project forward. There is still a process ahead to get to full project approval and commence building, but the project is still in the works and that in itself is positive.

Next steps? How much of the re-design and cost estimate by Carscadden is FGC willing to contribute? More importantly, FGC needs to develop a funding plan for a new FGC facility that would include all contributions from all players - the Federal, Provincial, and Municipal governments as well as private, FGC, and all other sources of funding.



CLUB EVENTS & FUNDRAISING: Marti Farkas

Annual Banquet 2020

Unfortunately, the event had to be cancelled due to Covid-19 lockdown.

Grants: 2019

We again secured our Government Gaming Grant in the amount of \$50,000. We are grateful for this funding and will use the funds to purchase mats for the gym. These mats will assure all our gymnasts are training in a safe environment.

Fundraising:

Currently we are looking to re-vamp our athletes break area by means of fundraising or sponsorship. If you can help in this area, please reach out to the office.

We would like to welcome all suggestions as we look to a more aligned fundraising activity for the current year. Please forward all suggestions to Marti in the office – marti@flickagymclub.com



FINANCIAL REPORT:

The 2020 fiscal year ended on June 30th. A decline in fees in all Programs was due to our mandated Covid closure. Again, we thank Harry Jerome for suspending our lease payment during the closure allowing us to maintain minimal expenses during our shut down. Upon re-opening, our Programs made a positive recovery while maintaining the 50-person limit in the Flicka facility.

The Government's Canadian Emergency Wage Subsidy (CEWS) and the Canadian Emergency Business Account (CEBA) have provided the support needed to keep operations in a positive cash flow. At the fiscal year end the CEWS has allowed us to recoup \$27,327 in wages and the CEBA has granted an interest free loan until December 2021 valued at \$40,000, \$10,000 of which will be converted into a non-repayable grant. As more funding and programs become available to us, we will actively pursue while, remaining focused on keeping Flicka operational for years to come.

Unaudited Financial Statements - Comparison to Prior Years:

FLICKA GYMNASTICS CLUB Profit and Loss

	Comparatives		
	2020	2019	2018
Revenue			
Recreation Program Fees	\$ 518,068	770,838	573,362
Competitive Program Fees	261,676	384,265	353,317
Interclub Program Fees	109,292	125,127	130,784
Specialty Program Fees	50,302	134,359	95,634
Fundraising/Sponsorship	761	15,321	28,830
Government Grants	51,093	60,534	66,504
Interest Revenue	11,500	10,774	7,585
	<u>1,002,692</u>	<u>1,501,218</u>	<u>1,256,016</u>
Expenses			
Program Costs	42,698	71,036	92,003
Labour	744,406	1,283,319	944,880
Rent	64,368	101,401	91,128
Administration & Depreciation	143,234	209,643	146,933
Total Expenses	\$ 994,706	1,665,399	1,274,944
Extraordinary Income/Gains	27,327	88,073	
NET INCOME/LOSS	\$ 35,313	-76,108	-18,928

REMUNERATION DISCLOSURE

During the year ended June 30, 2020, the Club employed one person who is remunerated more than \$75,000.

Note: 2019 Extraordinary Gains is a gain on Insurance Claim; 2020 Extraordinary Income is the CEWS & cash back on a credit card program.

FLICKA GYMNASTICS CLUB

PROFIT AND LOSS

July 2019 - June 2020



	TOTAL
INCOME	
41000 OPERATING REVENUES	
41100 Program Fees Revenues	
41110 Competitive Program Fees	261,676.11
41130 Recreation Program Fees	659,388.17
Total 41100 Program Fees Revenues	921,064.28
41200 Other Revenue	
41210 Gym & Equipment Rental	18,042.00
41270 Financial Assistance (HP, A4K, Jumpstart, KidSport)	1,092.90
41296 Tape, Wristband	232.00
Total 41200 Other Revenue	19,366.90
41400 Sponsorship and Fundraising Revenues	761.00
41600 Membership/Interest Revenues	11,500.02
Total 41000 OPERATING REVENUES	952,692.20
Total Income	\$952,692.20
GROSS PROFIT	\$952,692.20
EXPENSES	
53000 OPERATING EXPENSES	
53100 Program Expenses	2,367.58
53200 Other Expenses	-1,210.82
53300 Event Expenses	-109.33
53500 Communications & Marketing	199.44
53600 Administration	70,733.28
53700 Travel & Accommodation	4,427.87
53800 Meetings & Meals	3,346.42
53900 Affiliation Fees	2,192.50
54100 Building & Equipment	95,853.11
54200 Bank charges & Processing Cost	32,365.51
Total 53000 OPERATING EXPENSES	210,165.56
56000 Human Resources	739,486.63
56450 Employee Recruitment Expenses	1,113.26
56600 Staff Development	3,805.75
Depreciation	40,134.46
Total Expenses	\$994,705.66
OTHER INCOME	
41510 Community Gaming Revenues	50,000.00
CRA 10% Wage Subsidy	4,822.71
CRA 75% Wage Subsidy	20,040.28
Other Income CC Cash Back	2,463.60
Total Other Income	\$77,326.59
PROFIT	\$35,313.13

Accrual Basis Tuesday, November 17, 2020 05:53 PM GMT-08:00

FLICKA GYMNASTICS CLUB

BALANCE SHEET

As of June 30, 2020



	TOTAL
Assets	
Current Assets	
Cash and Cash Equivalent	\$840,785.27
Accounts Receivable (A/R)	5,354.85
Total Accounts Receivable (A/R)	\$5,354.85
Total Current Assets	\$846,140.12
Non-current Assets	
Property, plant and equipment	
12210 Computers & Electronics	7,366.88
12215 Foam Blocks	58,715.06
12220 Stationary Gym Equipment	94,581.02
12230 Non-Stationary Gym Equipment	25,737.47
12240 Tenant Improvement	0.00
12260 Furniture and Equipment	3,933.22
Total Property, plant and equipment	\$190,333.65
Total Non Current Assets	\$190,333.65
Total Assets	\$1,036,473.77
Liabilities and Equity	
Liabilities	
Current Liabilities	
Accounts Payable (A/P)	5,111.04
Total Accounts Payable (A/P)	\$5,111.04
Credit Card	
10165 Blueshore MC Head Account ***0748	2,600.32
Total Credit Card	\$2,600.32
21000 CECRA Loan Payable	40,000.00
21100 Vacation Payable	13,025.40
22000 Program Related Liabilities	
22200 Pre-Paid Recreation Program Fee	128,450.68
Total 22000 Program Related Liabilities	128,450.68
Total Current Liabilities	\$189,187.44
Total Liabilities	\$189,187.44
Equity	
Opening Balance Equity	898,513.06
Retained Earnings	-86,539.86
Profit for the year	35,313.13
Total Equity	\$847,286.33
Total Liabilities and Equity	\$1,036,473.77

Accrual Basis Tuesday, November 17, 2020 05:58 PM GMT-08:00