

WESTERN CANADIAN ARTISTIC GYMNASTICS CHAMPIONSHIPS

April 18-20, 2024 Langley, BC

Hosted By:





WESTERNS 2024

The Western Canadian Artistic Gymnastics Championships is a prestigious event held annually in one of the western provinces or territories. It was last held in British Columbia in 2016. This year, we have over 265 athletes competing for the title of Western Canadian Champion in their respective levels and age categories. With its rich tradition of excellence and dedication to athletic achievement, these Championships are sure to captivate audiences and inspire a new generation of gymnasts to reach for the stars.



We are proud to host our competitions at the Langley Events Centre, home of several professional sports teams including the Vancouver Giants, Vancouver Bandits, and Vancouver FC. The Langley Events Centre is located within the Township of Langley, which is situated on the traditional lands of the Coast Salish peoples, and in particular, we acknowledge our relationships with the qwa:nkon (Kwantlen), qicoy (Katzie), Máthxwi (Matsqui) and Se'mya'me (Semiahmoo) First Nations.

TEAM BC
TEAM ALBERTA
TEAM SASKATCHEWAN
TEAM MANITOBA
TEAM YUKON
TEAM NWT



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Event Info



WELCOME FROM LGF

JENNIFER COIMBRA

General Manager

LANGLEY GYMNASTICS FOUNDATION



Welcome Athletes,

On behalf of the entire organizing committee at Langley Gymnastics Foundation, it is with great excitement that we extend our warmest greetings to all athletes participating in this year's Western Canadian Artistic Gymnastics Championships!

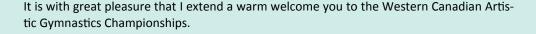
This event marks a celebration of dedication, skill, and sportsmanship as you showcase your talents on the gymnastics floor. As you prepare to embark on this thrilling journey of athleticism and camaraderie, we encourage you to embrace every moment, push your boundaries, and revel in the joy of the sport. Your hard work and perseverance have brought you to this stage, and we have no doubt that your performances will inspire and captivate all who witness them.

May your experiences here be filled with unforgettable memories, new friendships, and moments of triumph. Welcome to the Western Canadian Artistic Gymnastics Championships!

Wishing you all the best of luck,

Jen

CHANTEL WELLMAN
Chair, Board of Directors
LANGLEY GYMNASTICS FOUNDATION



This prestigious event brings together the best talents from across Western Canada, and on behalf of the Host Club's Board of Directors, we are honored to host such a showcase of dedication, skill, and sportsmanship.

To the athletes, your hard work and determination have brought you to this moment, and we applaud your achievements. Your passion for gymnastics is an inspiration to all of us, and we look forward to watching your performances throughout this competition.

To the coaches, your guidance and mentorship have played a pivotal role in shaping these athletes into the remarkable individuals they are today - your dedication to the sport is commendable.

To the families and supporters, thank you for standing by these athletes and for your endless dedication. Your encouragement and enthusiasm make a significant difference.

A special thank you to all the dedicated volunteers that allow this competition to run smoothly. We appreciate your time and efforts.

As we embark on this inspiring journey over the next few days, let us embrace the spirit of camaraderie, fair play, and respect.





Welcome!

MAYORAL WELCOME

OFFICE OF THE MAYOR ERIC WOODWARD



TOWNSHIP OF LANGLEY

20338 65™ AVENUE

LANGLEY, BC V2Y 331

604.533.6000

EST. 1873

A Message from Mayor Eric Woodward

On Behalf of the Township of Langley, it is with great pleasure that I extend a warm welcome to all participants of the Western Canadian Artistic Gymnastics Championships from April 18-20, 2024, at the Langley Events Centre. I also want to commend and congratulate the Langley Gymnastics Foundation for all their work in organizing and putting these tremendous events together.

This event will bring together 280 athletes from across western Canada and showcases the incredible talent of gymnasts. These championships provide athletes with the opportunity to compete for the title of Western Canadian gymnastics champion.

As you gather in the Township of Langley, I encourage you to embrace our community and experience the exceptional hospitality that defines us. We are pleased to welcome some of the Canada's most skilled artistic gymnasts, dedicated coaches, and esteemed judges.

I wish all participants the best of luck and may your time in the Township of Langley be filled with memorable moments and performances. Let's make this an unforgettable competition.

Sincerely,

Eric Woodward

Mayor

Township of Langley

PODIUM TRAINING SCHEDULE

WAG

Thursday, April 18, 2024

0800-1000 Team BC 1000-1200 Team SK/YK 1200-1400 Team MB/NWT 1400-1600 Team AB

Technical Meeting 1605-1625

OPENING CEREMONIES

Everyone to attend 1630-1655

MAG

Thursday, April 18, 2024

0800-1000 Team BC 1000-1200 Team SK/YK 1200-1400 Team MB/NWT 1400-1600 Team AB

Technical Meeting 1605-1625

OPENING CEREMONIES

Everyone to attend 1630-1655

COMPETITION SCHEDULE

WAG

Thursday, April 18, 2024

CCP 8 (15+)

1700-1715 Warm-Up 1720-2045 Competition **MAG**

Thursday, April 18, 2024

Provincial 2

1700-1720 Warm-Up 1720-2050 Competition

COMPETITION SCHEDULE (CON'T)

WAG

Friday, April 19, 2024

CCP 9 (11-14)

0800-0820 Warm-Up 0825-1100 Competition

CCP 9 (15+)

1130-1150 Warm-Up 1155-1430 Competition

CCP 10 (12-15)

1500-1520 Warm-Up 1525-1730 Competition

CCP (16+)

1800-1820 Warm-Up 1825-2100 Competition

Saturday, April 20, 2024

CCP 8 (11-14)

0845-0900 Warm-Up 0905-1230 Competition

Apparatus Finals

1300-1320 Warm-Up 1325-1600 Competition **MAG**

Friday, April 19, 2024

Provincial 3

0800-0900 Warm-Up 0900-1145 Competition

Provincial 4

1200-1300 Warm-Up 1300-1545 Competition

Provincial 5

1600-1700 Warm-Up 1700-1945 Competition

Saturday, April 20, 2024

Apparatus Finals

1200-1300 Warm-Up 1300-1545 Competition

Abigail	Redmond	Team Alberta	CCP 8
Brooklyn	Houben	Team Alberta	CCP 8
Emma	Leung	Team Alberta	CCP 8
Everleigh	Ramler	Team Alberta	CCP 8
Gabriela	Piotrowska	Team Alberta	CCP 8
Isabella	Swallow	Team Alberta	CCP 8
Jordyn	Visser	Team Alberta	CCP 8
Katelyn	Adams	Team Alberta	CCP 8
Katherine	Dixon	Team Alberta	CCP 8
Lexi	Roblin	Team Alberta	CCP 8
Maya	Carbol	Team Alberta	CCP 8
McKinley	De Weever	Team Alberta	CCP 8
Naomi	Nernberg	Team Alberta	CCP 8
Nemya	Wright	Team Alberta	CCP 8
Reece	Blades	Team Alberta	CCP 8
Tavah	Kropielnicki	Team Alberta	CCP 8
Catriona	Kilgour	Team BC	CCP 8
Danna	Ramirez	Team BC	CCP 8
Emmelyn	Szopa	Team BC	CCP 8
Halle	Bugeaud	Team BC	CCP 8
Harlow	Williams-Stephens	Team BC	CCP 8
Jordan	Au	Team BC	CCP 8
Julia	Faerber	Team BC	CCP 8
Julia	Penny	Team BC	CCP 8
Kacee	Carter	Team BC	CCP 8
Kaiya	Tien	Team BC	CCP 8
Marina	Malawsky	Team BC	CCP 8
Marissa	Hawkes	Team BC	CCP 8
Miah	Denis	Team BC	CCP 8
Natalie	Tan	Team BC	CCP 8
Paige	Reiben	Team BC	CCP 8
Sophia	Pickwick	Team BC	CCP 8
Zoe	Buechler	Team BC	CCP 8
Abigail	Mitchell-Lawson	Team Manitoba	CCP 8
Alessandra	Chenier	Team Manitoba	CCP 8
Allie	Siemens	Team Manitoba	CCP 8
Avery	Ng	Team Manitoba	CCP 8

Falone	Djine	Team Manitoba	CCP 8
Harlow	Reyes	Team Manitoba	CCP 8
Jaxine	Cunningham	Team Manitoba	CCP 8
Jessica	Moharib	Team Manitoba	CCP 8
Jessie	Litviniuk	Team Manitoba	CCP 8
Lyla	Koening	Team Manitoba	CCP 8
Maribell	Teeple	Team Manitoba	CCP 8
Milla	Chodachek	Team Manitoba	CCP 8
Olive	Paul	Team Manitoba	CCP 8
Olivia	Sivilay	Team Manitoba	CCP 8
Sofia	Self	Team Manitoba	CCP 8
Summer	Ott	Team Manitoba	CCP 8
Tahlia	Burton	Team Manitoba	CCP 8
Zoe	Saurette	Team Manitoba	CCP 8
Cadence	Seibel	Team Saskatchewan	CCP 8
Chloe	Chang	Team Saskatchewan	CCP 8
Ellie	Forrester	Team Saskatchewan	CCP 8
Genevieve	Prisciak	Team Saskatchewan	CCP 8
Helena	DeGirolamo	Team Saskatchewan	CCP 8
Hillary	Erhaze	Team Saskatchewan	CCP 8
Julia	Sutherland	Team Saskatchewan	CCP 8
Kayleigh	Schlosser	Team Saskatchewan	CCP 8
Lila	Hale	Team Saskatchewan	CCP 8
Madison	Klassen	Team Saskatchewan	CCP 8
Meredith	Toth	Team Saskatchewan	CCP 8
Mylee	Nameth	Team Saskatchewan	CCP 8
Quinn	Stroeder	Team Saskatchewan	CCP 8
Tarina	Jeena	Team Saskatchewan	CCP 8
Genevieve	Lefebvre	Team Yukon	CCP 8
Jenna	Henderson	Team Yukon	CCP 8
Layla	Hombert	Team Yukon	CCP 8
Lily	Witten	Team Yukon	CCP 8
Olivia	Vangel	Team Yukon	CCP 8
Taylor	Kennedy	Team Yukon	CCP 8

Ava	Serediuk	Team Alberta	CCP 9
Brooke	Drummond	Team Alberta	CCP 9
Camryn	Boulton	Team Alberta	CCP 9
Janel	Bagshaw	Team Alberta	CCP 9
Julia	Friesen	Team Alberta	CCP 9
Kinslee	MacLean	Team Alberta	CCP 9
Lexi	St. Pierre	Team Alberta	CCP 9
Madison	Nikiforuk	Team Alberta	CCP 9
Maiya	Houben	Team Alberta	CCP 9
Maria	Dogbe	Team Alberta	CCP 9
Nora	de Walle	Team Alberta	CCP 9
Scarlett	Henry	Team Alberta	CCP 9
Skye	Stanton	Team Alberta	CCP 9
Tegan	Wanner	Team Alberta	CCP 9
Adriana	Garbe	Team BC	CCP 9
Annabelle	Ma	Team BC	CCP 9
Ava-Marie	Jaeger	Team BC	CCP 9
Clara	Fretwell	Team BC	CCP 9
Emily	Klenin	Team BC	CCP 9
Eva	Patterson	Team BC	CCP 9
Jazzy	Robertson	Team BC	CCP 9
Josie	Maryshak	Team BC	CCP 9
Locklyn	Last	Team BC	CCP 9
Mackenzie	Hayes	Team BC	CCP 9
Makayla	Roy	Team BC	CCP 9
Mattea	Martires	Team BC	CCP 9
Naomi	Tsang	Team BC	CCP 9
Sam	Wright	Team BC	CCP 9
Sienna	Lee	Team BC	CCP 9
Sophia	Nasser	Team BC	CCP 9
Valentina	Matica	Team BC	CCP 9
Zoe	Lorz	Team BC	CCP 9
Asha	Heppner	Team Manitoba	CCP 9
Avery	Jones	Team Manitoba	CCP 9
Brielle	Sylvestre	Team Manitoba	CCP 9
Elsa	Brisebois	Team Manitoba	CCP 9

Kira

CCP 10

WAG ATHLETES

Team Manitoba

CCP 9

Nishi

Kira	1413111	icam iviamicoba	CCI J
Lillianna	Rempel	Team Manitoba	CCP 9
Mckenna	Lippens	Team Manitoba	CCP 9
Meghan	Boulanger	Team Manitoba	CCP 9
Pacey-rae	Westergard	Team Manitoba	CCP 9
Paige	Rude	Team Manitoba	CCP 9
Thuy	Nguyen	Team Manitoba	CCP 9
Kenzie	Medernach	Team Saskatchewan	CCP 9
Milah	Dyck	Team Saskatchewan	CCP 9
Olivia	Norton	Team Saskatchewan	CCP 9
Prescott	Ethier	Team Saskatchewan	CCP 9
Allie	Forbes	Team Alberta	CCP 10
Avery	McCoy	Team Alberta	CCP 10
Brooke	Spurway	Team Alberta	CCP 10
Cruz	Cloman	Team Alberta	CCP 10
Delaram	Ghasemi	Team Alberta	CCP 10
Elyse	Bodtker	Team Alberta	CCP 10
Emma	Orr	Team Alberta	CCP 10
Gillian	Kwan	Team Alberta	CCP 10
Leona	Gentien	Team Alberta	CCP 10
Madison	Galenza	Team Alberta	CCP 10
Majken	Holmgren-Zunti	Team Alberta	CCP 10
Melania	Buhaj	Team Alberta	CCP 10
Molly	Holowchuk	Team Alberta	CCP 10
Rebecca	Lee	Team Alberta	CCP 10
Sara	Wong	Team Alberta	CCP 10
Skye	St. Pierre	Team Alberta	CCP 10
Sophie	Munksgaard	Team Alberta	CCP 10
Victoria	Arteaga	Team Alberta	CCP 10
Amelie	Shea	Team BC	CCP 10
Arielle	Nasser	Team BC	CCP 10
Athena	Hutchinson	Team BC	CCP 10
Carlaya	Millin	Team BC	CCP 10
Carley	Leakos	Team BC	CCP 10

Carolina	Hoolsema	Team BC	CCP 10
Gabriela	Hoolsema	Team BC	CCP 10
Jayne	Carvell	Team BC	CCP 10
Jordan	Loock	Team BC	CCP 10
Keira	Leibel	Team BC	CCP 10
Leah	Chen	Team BC	CCP 10
Lila	Bulka	Team BC	CCP 10
Lucy	Chase	Team BC	CCP 10
Makenzie	Grant	Team BC	CCP 10
Paige	Hall	Team BC	CCP 10
Sienna	Fretwell	Team BC	CCP 10
Sydney	Thomas	Team BC	CCP 10
Vanessa	Wilson	Team BC	CCP 10
Alisa	Campomanes	Team Manitoba	CCP 10
Jillyan	Kurtz	Team Manitoba	CCP 10
Kailyn	Rozecki	Team Manitoba	CCP 10
Philippa	Navoa	Team Manitoba	CCP 10
Stefanie	Gatin	Team Manitoba	CCP 10
Arabella	MacDougall	Team Saskatchewan	CCP 10
Danica	Signarowski	Team Saskatchewan	CCP 10
Hannah	Mokuruk	Team Saskatchewan	CCP 10
Jada	Roussin	Team Saskatchewan	CCP 10
Kendall	McCleary	Team Saskatchewan	CCP 10



MAG ATHLETES

Anton	Prosolin	Team Alberta	Provincial 2
Beau	Legault	Team Alberta	Provincial 2
Cooper	Mizera	Team Alberta	Provincial 2
Grayson	Diehl	Team Alberta	Provincial 2
Jackson	Truman	Team Alberta	Provincial 2
Liam	Crossland	Team Alberta	Provincial 2
Logan	Danysk	Team Alberta	Provincial 2
Mykhailo	Yatsiv	Team Alberta	Provincial 2
Ryan	Truman	Team Alberta	Provincial 2
Theron	Lewison	Team Alberta	Provincial 2
Adam	Ensing-Archer	Team BC	Provincial 2
Alexander	Ayres	Team BC	Provincial 2
Cody	Erikson	Team BC	Provincial 2
Jameson	Foote-Macleod	Team BC	Provincial 2
Jaxon	Garbe	Team BC	Provincial 2
Lucas	Mclelland	Team BC	Provincial 2
Noah	Bona	Team BC	Provincial 2
Takaharu	Kagami	Team BC	Provincial 2
Tate	Baine	Team BC	Provincial 2
Tiberius	Fung	Team BC	Provincial 2
Brooks	Dawson	Team Saskatchewan	Provincial 2
Dash	Atkinson	Team Saskatchewan	Provincial 2
Dempsey	Hoeft	Team Saskatchewan	Provincial 2
Mason	Andre	Team Saskatchewan	Provincial 2
Matthew	Banda	Team Saskatchewan	Provincial 2
Peter	Trokhymchuk	Team Saskatchewan	Provincial 2
Ryder	Hammond	Team Saskatchewan	Provincial 2

A NOTE ABOUT THIS YEAR'S AWARDS...

This year's medals were designed by the LGF team, who wanted to represent British Columbia by incorporating the trees and mountains that we are renowned for.

Our eco-friendly team trophies are hand made by local artisan, Andy Jarvis, of The Nesting Owl. They are made from reclaimed BC Douglas Fir wood.

PROVINCIAL 3

Adrian	Bochinski	Team Alberta	Provincial 3
Ali	Awad	Team Alberta	Provincial 3
Danek	Webb	Team Alberta	Provincial 3
Evan	Melanson	Team Alberta	Provincial 3
Kenneth	Griener	Team Alberta	Provincial 3
Kobe	Stratton	Team Alberta	Provincial 3
Koby	Mark	Team Alberta	Provincial 3
Leif	Osmond	Team Alberta	Provincial 3
Matthew	Yip	Team Alberta	Provincial 3
Nathan	Wasserman	Team Alberta	Provincial 3
Alex	Johnson	Team BC	Provincial 3
Brayden	Renou	Team BC	Provincial 3
Desmond	Palframan	Team BC	Provincial 3
Everett	Lyth	Team BC	Provincial 3
Georgii	Nabokov	Team BC	Provincial 3
Graydon	O'Reilly	Team BC	Provincial 3
Jasper	Fruhling	Team BC	Provincial 3
Keanan	Morcilla	Team BC	Provincial 3
Bohdan	Romanov	Team Manitoba	Provincial 3
Dylan	Bray	Team Manitoba	Provincial 3
Eldar	Bolgarov	Team Manitoba	Provincial 3
Hudson	Heckert	Team Manitoba	Provincial 3
Kayden	Allen	Team Manitoba	Provincial 3
Jack	Fox	Team NWT	Provincial 3
Clark	Brost	Team Saskatchewan	Provincial 3
Dane	Hobbins	Team Saskatchewan	Provincial 3
Ellis	Nichol	Team Saskatchewan	Provincial 3
Harold	Orr	Team Saskatchewan	Provincial 3
Sasha	Orr	Team Saskatchewan	Provincial 3
James	Pon	Team BC	Provincial 3
Noah	Wood	Team BC	Provincial 3

Cooper	Cooke	Team Alberta	Provincial 4
Elian	Tong	Team Alberta	Provincial 4
George	Pettigrew	Team Alberta	Provincial 4
Jack	Giraudier	Team Alberta	Provincial 4
Jude	Rouleau	Team Alberta	Provincial 4
Marek	Seredinski	Team Alberta	Provincial 4
Maxim	Strelkov	Team Alberta	Provincial 4
Nathaniel	Tran	Team Alberta	Provincial 4
Xavier	Lefebvre	Team Alberta	Provincial 4
Zachary	Sloan	Team Alberta	Provincial 4
Carson	Rein	Team BC	Provincial 4
Colton	Bellec	Team BC	Provincial 4
Jett	Wu	Team BC	Provincial 4
Kayden	Sorge	Team BC	Provincial 4
Kiran	Nadkarni	Team BC	Provincial 4
Leon	Porter	Team BC	Provincial 4
Logan	Velisek	Team BC	Provincial 4
Marshall	Henderson	Team BC	Provincial 4
Miles	Hii	Team BC	Provincial 4
Nathaniel	Hung	Team BC	Provincial 4
Bryce	Lyons	Team Manitoba	Provincial 4
Marius	Peter-Joyal	Team Manitoba	Provincial 4
Riley	Lafond	Team Manitoba	Provincial 4
Shea	Escalante	Team NWT	Provincial 4
Zefer	Jordison	Team NWT	Provincial 4
Ethan	Knibbs	Team Saskatchewan	Provincial 4
Evan	Schuler	Team Saskatchewan	Provincial 4
Jed	Allen	Team Saskatchewan	Provincial 4
Kai	Tillmanns	Team Saskatchewan	Provincial 4
Moey	Miakhil	Team Saskatchewan	Provincial 4
Nate	Gusikoski	Team Saskatchewan	Provincial 4
Sedric	Becker	Team Saskatchewan	Provincial 4

MAG ATHLETES

Aiden	Elwilly	Team Alberta	Provincial 5
Alex	Nemnozhko	Team Alberta	Provincial 5
Avery	Kuhn	Team Alberta	Provincial 5
Declan	Kells	Team Alberta	Provincial 5
Jay	Isaac	Team Alberta	Provincial 5
Leo	Cisse	Team Alberta	Provincial 5
Liam	Diakow	Team Alberta	Provincial 5
Maxim	Bouldakov	Team Alberta	Provincial 5
Taiki	Crockett	Team Alberta	Provincial 5
Talon	Gaynor	Team Alberta	Provincial 5
Aly	Ibrahim	Team BC	Provincial 5
Gryphon	Tendall	Team BC	Provincial 5
Quentin	Foster	Team BC	Provincial 5
Cohen	Noel	Team Manitoba	Provincial 5
Connor	Crosbie	Team Manitoba	Provincial 5

KScore



Rotations



Results



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VENDORS AND SERVICES



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Luke O'Geil PHOTOGRAPHY



Len Chong,
Physiotherapist

https://www.elioshealth.com/



LGF HISTORY

Langley Gymnastics Foundation (LGF) was created in 1991 by an ambitious group of parent volunteers. The purpose of this organization was aimed towards providing quality gymnastics instruction for all recreational and competitive athletes in our community.

On August 5th, 1992, tragedy struck the gymnastics community when athlete Christy Fraser unexpectedly passed away at the age of 12. Upon her passing, a Memorial Fund was created in Christy's name. The fund was used to purchase much needed equipment for Children's Hospital and also helped to purchase equipment for LGF.

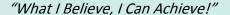
To this day Lory Fraser, Christy's mom and founding member of LGF, continues to support the club as the CFMI Board Representative and a volunteer for the Christy Fraser Memorial Invitational. She watches every session at the competition to find athletes who demonstrate a positive, determined and supportive attitude, just like Christy.

In 2009 Langley Gymnastics Foundation was made a partner at the Langley Events Center. This investment moved LGF from a 6,000 square foot facility to a 20,000 square foot space, making it the largest facility in BC. This also put LGF in an ideal location to serve families in Langley and surrounding cities.

Langley Gymnastics Foundation is proud to offer a variety of artistic gymnastics programming—from recreational to high performance competitive men's and women's gymnastics. We support the community by offering a unique Tumble Kids preschool program, a foundations programs for children with special needs, adult gymnastics, Seniors Can Move for our aging population, and popular camps and drop-in programs.

Last year, we successfully started our LGF Community Outreach Fund, which provided free gymnastics programming to youth in the community that have limited opportunities to participate in extra-curricular activities. We are proud to continue this fund through proceeds from our events such as CFMI.

We are very proud of our accomplishments as we continue to live by our motto:





LGF Board of Directors 2023-2024

ON BEHALF OF LANGLEY GYMNASTICS FOUNDATION, WE WANT TO THANK ALL OF OUR VOLUNTEERS, ATHLETES, PARENTS, COACHES, JUDGES AND STAFF FOR YOUR CONTINUED SUPPORT!

WESTERN CANADIAN
ARTISTIC GYMNASTICS
CHAMPIONSHIPS

April 18-20, 2024 Langley, BC