



# GYMNASTICS NOVA SCOTIA

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## Board of Director's Meeting Sunday, June 9, 2019, 5:30pm

Sport Nova Scotia  
5516 Spring Garden Road, 3rd floor classroom  
Halifax, NS

In attendance: Cathy Huntington, Angela Gallant, Susie Gallagher, Nick Lenehan, Vaughn Arthur, Eleanor Melrose, Carol Anne Prost, Jared Goad, Stewart Gunn, Mel Wallwork

### Final Minutes

#### 1. Call to Order at 6:08pm

2. **Motion** to Approval Agenda  
Moved by Cathy, Seconded by Carol Anne  
All in Favor, Motion passed

#### 3. Adoption of Previous Minutes

**Action:** to add this phrase to each set of GNS minutes:

"Before the meeting April GNS meeting started, Nick clarified that further to a directive from GCG all GCG board members were "strongly encouraged" to not office positions on their respective Provincial Sport Organization boards. As Nick currently serves as MAG committee chair he has requested that MAG vote will be through Vaughn Arthur. Nick will remain on the board but in an advisory position."

**Action:** to remove Dave Brown's action on tracking gymnasts who started in gym, but are involved in other sports/activities. *This is ongoing.*

- Business Arising
- Action items

**Motion** to Approve Previous Minutes  
Moved by Cathy, Seconded by Vaughn  
All in Favor, Motion passed

**Action**- Accounting Program

Sage 50 program pricing is quite high to in order to allow satellite sign-ins for more than one user -if we are not going to utilize this feature, we may be better off cancelling this specific package when it comes up for renewal.

*Update: Angela will look into the cost of purchasing regular program as opposed to ongoing monthly payments for SAGE Online.*

Board will be considering Quick Books. Sage 50 is an extensive program that offers many features our organization does not utilize.

**Action** - Judge honorarium rates. Item discussed in Dave Brown's report – *ongoing*  
Mag/Wag are consistent, T & T will need to finalize their judging honorarium.

**Action** – Equipment check list – No Update

**Action:** Looking to track gymnasts who started in gym but excelled in other sports later on.

**Action David Brown/Clubs** *Heard from Titans, but this is an ongoing project*

**\*\*Remove this item from Minutes/Agenda**

**Action:** Titans to put together a package for team awards. Team awards need to be added to policy manual for September under requirements for hosting provincials.

*Update: Eleanor has sent the following:*

**Team selection for provincials has been done as follows.**

**WAG:**

- Top 3 overall scores from each level (includes all age categories): JO3, JO4, JO5, JO6, JO7, JO8, JO9/ 10
- This year we will add Aspire 1 to level 8 as that is a small category
- Top 3 teams receive banners

**MAG:**

- Top 3 overall scores for various categories (based on number of participants)
- Provincial 1 & 2, Elite 1, 2, 3 & 4; Provincial 3 & 4, Open, Junior & Senior
- Top 3 teams (if applicable) receive banners

**T&T:**

- Awards for Trampoline, Double Mini Trampoline and Tumbling.
- Top 4 execution scores from prelims from each club used

**Action –** That when our Safe sport, harassment and conflict resolution/grievance are complete that we invest money in having a legal review of these sections of our policy manual. Staff will keep this on the radar. There is a lot of documentation and resources, but not a completed file. GNS Board recommends that it follow GCG Safesport principles. Possibly access a PSO grant for this and list it as an outcome.

The Alcohol and Drug policy may have to be amended in terms of legalization of cannabis. The medical policy might have to reflect or consider medicinal use of legalized drugs.

Safe sport approved policies were approved Mar 31<sup>st</sup> except screening. Gymnastics Canada will have policies and education material which will be available on how to handle complaints (in form of flow chart)

**Motion** to accept /adopt Safe GymCanada policies in our GNS manual which will include screening policies once completed and will include any additional minor amendments. GNS will have our policies fall in line with GymCanada by September 1<sup>st</sup> 2019. The GNS board can send any revised Bylaws to the GNS Membership (4 weeks prior to the AGM) for final approval at the AGM.

**Moved by Eleanor, Seconded by Vaughn  
All in Favor, Motion Passed**

It was suggested that a more in depth seminar be offered on Safesport to all Team NS staff, potentially during the symposium.

**Action:** Have legal personnel review policy manual once all amendments are completed.

**Action:** Potentially have coaches review policies with athletes on the bus during a team travel event.

The Board would recommend more details on pick up/drop offs to potentially include athlete lists for coaches to follow and have a more accurate account of where athletes/coaches need to be. Providing a "lead" person which would be senior staff to oversee Chef/Managers/coaches during team travel to provide more support and education on expectations.

**Action**-GNS Strategic Plan – 2018-2022

To look at after final interview meeting for Sport Development Tool (November 16th). The strategic plan will need to reflect our outcomes as advised by our Sport Consultant, Mike Hudson.

*Update;* Nick Angela and David will meet to identify an external consultant to help with the development of a strategic plan. A tentative date of June 9<sup>th</sup> has been set to begin the development of the Strategic Plan.

Kim MacDonald with MacDonald and Associates provided a quote on a Strategic plan and the cost is too high for the GNS board to accept. The board of directors declined this offer.

**Action:** to request guidance from Genny Orton to assist and work with GNS Executive on the Strategic plan for our organization. Each program committee would have to secure a representative at these specific meetings.

**Action**-Angela will contact Chair reps to inform them of Strat Planning meetings that could take place in late August.

**Action –** That Angela and Sherry investigate using Scotiabank and/or other banks as the banking institution for GNS. The Board suggests that we move forward in switching to Scotiabank. Susie Gallagher will send Angela the Scotiabank contact person that Titan's Gymnastics & Trampoline dealt with when switching to a new bank establishment.

*Update;* Angela has a meeting set for Friday, June 14<sup>th</sup> 2019

**Action** Reviewed Balance Sheet and the Board would like to see a budget completed with a goal of "0" balance.

**Motion** to amend minutes from April meeting include "September Board Meeting"  
Moved by Carol Anne and Seconded by Vaughn

All in favour  
Motion passed

**Revised Motion** that Program committees wait until **after September Board meeting** before spending more than 50% of Program committee budget.  
Moved by Eleanor, Seconded by Vaughn

All in favour  
Motion Passed

**Action** Present Balance Sheet at each GNS meeting in Treasurer's report  
Angela distributed financials to March 31<sup>st</sup> 2019 to the Board for review as well as the April statements to date.

**Action:** Angela should meet with each committee to discuss the upcoming year in regards to funding and upcoming expenses. Recommendations can be made in order to decrease potential of committees going over budget

**Action:** Dave will look into updated Exemption form to reflect new policies. He will also follow up with coaching credentials of current coaches (Clubs can complete an Exemption H1 form and send it to Stewart Gunn for approval) Each coach should be working under a higher level coach within their club or when attending other clubs/meets.  
*Update; David developed a Coach Exemption process for competitive situations where a coach has athletes competing outside the certification level.*

#### 4. Funding Programs

- Support 4 Sport
  - Performance pathway funding - Funding amount will stay at \$30,000 up to and including 2021-2022 year
  - Participation Development Funding –\$20,000 each year up to and including 2021-2022 year
  - PSO Project Applications –available to apply on a monthly basis
  - High Performance Coach Applications – 2019-2020
    - David Kikuchi – approved \$2500
  - Individual Coach applications
    - Athlete Tier Funding 2019-2020 applied for to date – Final amounts submitted and approved
      - Jeremy Bartholomeusz – approved \$3000
      - Matthew Brown – approved \$1500
      - Alex Watters – declined
    - Tier 6 (PSO Funding Card 2019-2020)
    - Ignite Program recommendations
- Department of Communities, Culture & Heritage
  - Sport Development Tool - Outcomes
  - Block Funding - \$52,500 for April 2019 and \$55,000 for April 2020 and April 2021
  - Tumblebugs –\$40000 funding was received for 2018-2019 fiscal year and report was submitted by Crystal.
- Special Projects Funding through GNS
  - High Performance applications from committee chairs for 2019-2020
  - Education and Recreational applications

#### 5. GNS Insurance Policy 2018-2019 – Update

#### 6. Coaching Update

- Coaching courses

**Action:** Nick will speak to Pam and ask if she can secure a date/time to assist him with facilitating a Comp II course in early September. Nick is only available in early September or June of 2020

**Action:** It's recommended that Dave Brown send course information earlier to clubs to increase registration and/or attendance followed by follow up emails as each course approaches. Susie would like to meet with Dave to ensure Team Travel is more organized and clear to all people involved in each team trip. If these tasks are difficult to achieve by one person, the Event Chair, Mel could provide support. Stricter and more defined guidelines with adult athletes need to be implemented

- **GNS Coach Symposium – September 8, 2019**

Dave's report indicates that an update (teaser) will be circulated by June 21<sup>st</sup>. The board would like to see confirmation of facilitators/clinicians and inclusion of mandatory SafeSport session (for Team Travel coaches) in teaser circulated by June 21<sup>st</sup>.

## 7. GNS Provincials 2019 Report-completed

## 8. 2019 NS Team Travel

### Reports

- 2019 Atlantic Championships – Fredericton, NB April 26 & 27, 2019
- 2019 Eastern Artistic Championships – Summerside, PEI May 10-11, 2019
- 2019 Eastern T&T Championships – Varennes, Quebec – Regional Multisport Centre – May 17-19, 2019
- 2019 Canadian Artistic Championships – Carleton University, Ottawa, ON May 21-26, 2019

### Upcoming

- 2019 Canadian T&T Championships – Durham College, Oshawa, ON July 24-28, 2019

**Action-** Mel will try to confirm Canadians location/date for 2020, provide information to Angela so we can move forward to booking necessary accommodations. A guide can be used following last year's numbers for hotel bookings.

## 9. GNS Budget 2019-2020

**Action-** Reviewed Balance Sheet and the Board would like to see a budget completed with a goal of "0" balance.

## 10. Policy Manual – Bylaws

**Action-** Angela to revise bylaws as suggested by NS Registry of Joint Stocks and bring to board for final review in September board meeting so revisions can be sent to the membership 30 days prior to the GNS AGM.

## 11. Gymnastics Canada updates / SafeSport updates

Discussed previously in minutes

## 12. Support 4 Sport Awards – Sport NS annual awards - Ellie Black won the Overall Support for Sport female athlete of the Year Award for the 7th time.

## 13. GNS Annual General Meeting – TBD (tentative date of Oct 19<sup>th</sup> or 20<sup>th</sup> - afternoon or evening meeting time)

## 14. Reports

- a) President – Vacant
- b) Vice President & Uniforms – Susie Gallagher
- c) Executive Director – Angela Gallant-Report circulated
- d) Technical Director Report – David Brown-Absent, but report was circulated
- e) Treasurer – Sherry Watters-Absent, but report was circulated
- f) Women's Program Committee – Jared Goad-Verbal Report
- g) Men's Program Committee – Nick Lenehan-Verbal report
- h) Trampoline/Tumbling Program Committee– Thorne Sutherland-Absent-Verbal report
- i) Education/Recreation Director – Eleanor Melrose-Nothing to report
- j) Social Media Director – Michelle Totten-Absent
- k) Safesport Director – Vaughn Arthur-No Report
- l) Events Chair – Melanie Wallwork-No report
- m) Competitions Director – Stewart Gunn-Nothing to report
- n) Historian & Awards Director – Carol Anne Prost-nothing to report
- o) Conflict Resolution Director – Ted Higney-Absent

**15. New Business**

- Electronic Scoring System – Mel Wallwork

**Action:** Susie will contact Sean Garagan about scoring system

- Birthday parties – current policy

**16. Review of Motions and Action items**

**17. Next GNS Board of Director's meeting date – September during Symposium (possibly Friday night or Saturday night depending on what works best in David's symposium schedule)**

GNS AGM date – as noted above

**18. Motion to adjourn**

Moved by Jared, Seconded by Eleanor

All in Favor, Motion passed

June 8, 2019

MacDonald and Associates  
47 Braemount Drive  
Halifax, NS B3M 3P3  
+1.902.430.3662

Hi Angela and David,

### **Growth Plan for Gymnastics Nova Scotia.**

Below is a synopsis of my early thinking on a Growth Plan for the organization. This is pre us having an opportunity to explore more fully the scope of the project and for me to get to know some of the deeper issues your organization is managing. We can discuss any/and all of that when we have a chance to meet in person. After that meeting, and if you are interested in moving forward, together we can scope the project and from that I can build a detailed plan and timeline, one that defines agreed upon goals and deliverables.

As I understand it right now, it is not your intention to review your vision, mission and values as part of the project. Though if you want to include them in some way in a facilitated discussion we can review that in the context of the process, refine, rework and/or only confirm them with the Board and/or stakeholders and then use them in their confirmed state to frame the next pieces of work.

What you do want to action is the development of a growth plan for GNS, one that deepens your sustainability and reach across the province. This reach is directed at attracting volunteers in some areas, increasing club size and/or diversity of markets in others. This work could include a number of strategic priorities; including setting objectives for market positioning, engaging strategic clubs across the province where growth has the greatest chance to flourish, and then based on resources direct staff and volunteer and resource attention to the next areas of greatest opportunity.

I propose that your expansion efforts follow a "niches (American pronunciation) makes riches." philosophy. This is an approach that makes the highest and best use of your budget, staff and volunteer resources and is a slower implementation but one that builds brand and market share strength and capacity over time. I can share more on this kind of idea if you decide to move forward with the project. This kind of approach would then dictate how we build out the details of the plan.

I recommend that there is some form of provincial engagement and that the extent and nature of it should align with your organization's needs, involving your extended network in your planning.

The scope of work would include:

- an examination of environmental factors, influences and the competitive landscape.
- a review of assets and strengths.
- pre-consultation meetings with yourselves, key board members and/or key influencers.
- defining the overall aim of the project and set goals.
- define target audiences.
- market segment research.
- planned and facilitated meetings with a combination of volunteers, staff, Board and key organizational stakeholders for specific discussions, explorations of opportunities, consensus and/or testing of scenarios.
- identifying strategic priorities.
- outlining enabling strategies.
- key or flagship initiatives.
- establish plan target outcomes.
- establish indicators of success.
- key members and their roles in the implementation.
- development of the draft plan based on agreed upon scope and areas of growth focus.
- meetings to refine the plan, create timelines, action plan, communications and engagement plans for implementation.

I propose that you consider at least a three-year timeframe for the implementation of your plan. That gives you, the board and key groups, time to engage who you need to engage, bring them up to speed, test the implementation to gauge traction, adjust your sails and implement for another segment of time. It takes time to action and manage change.

My professional fee for not-for-profits and start-up companies is \$140/hour. The timeframe would also be agreed upon once scope is confirmed. However, for the purposes of enabling you and the Board to consider next steps, I estimate a project of this size to range between \$10,000 and \$14,000 with the final estimate to depend on time for engagement of province-wide stakeholders and final deliverables. Travel and disbursements would be agreed upon prior to any expenditure and would be at agreed industry rates. Thank you for the opportunity to offer my services. Let me know if I can add anything further.

Regards, Kim

# Nova Scotia Gymnastics Association

## Comparative Balance Sheet

	<u>As at 03/31/18</u>	<u>As at 03/31/19</u>
<b>ASSET</b>		
<b>Current Assets</b>		
Bank - Current	73,928.04	42,972.99
Investor Account	29.63	29.63
Sport & Rec Account	12,934.09	13,338.91
Canada Games Account	0.00	0.00
STI - GIC Subtotal	53,004.23	0.00
Accounts Receivable	4,060.64	49,512.39
HST Receivable	39,220.90	30,786.13
Inventory	13,552.28	13,552.28
Prepaid Expenses	80,030.11	75,996.90
Office Furniture & Equipment	0.00	338.10
Computer Equipment	5,871.86	5,871.86
Depreciation - Computer	<u>-5,871.86</u>	<u>-5,871.86</u>
Computer Subtotal	0.00	0.00
<b>TOTAL CURRENT ASSETS</b>	<u>276,759.92</u>	<u>226,527.33</u>
<b>TOTAL ASSET</b>	<u>276,759.92</u>	<u>226,527.33</u>
<b>LIABILITY</b>		
<b>CURRENT LIABILITIES</b>		
Accrued Accounts Payable	12,407.52	12,918.74
Kidsport Payable	56.00	56.00
Receiver General Payable	5,763.41	3,723.74
Deferred Revenue	<u>28,814.00</u>	<u>150.00</u>
<b>TOTAL CURRENT LIABILITIES</b>	<u>47,040.93</u>	<u>16,848.48</u>
<b>TOTAL LIABILITY</b>	<u>47,040.93</u>	<u>16,848.48</u>
<b>EQUITY</b>		
<b>EARNINGS</b>		
Retained Earnings	223,087.08	229,718.99
Current Earnings	<u>6,631.91</u>	<u>-20,040.14</u>
<b>TOTAL EARNINGS</b>	<u>229,718.99</u>	<u>209,678.85</u>
<b>TOTAL EQUITY</b>	<u>229,718.99</u>	<u>209,678.85</u>
<b>LIABILITIES AND EQUITY</b>	<u>276,759.92</u>	<u>226,527.33</u>



# New Brunswick Gymnastics Association

## Comparative Income Statement

	<u>Actual 04/01/17 to 03/31/18</u>	<u>Actual 04/01/18 to 03/31/19</u>
<b>REVENUE</b>		
<b>REVENUES</b>		
Amanda Forester Account	0.00	0.00
Sales - Manuals	317.00	103.00
Sales - Badges	6,239.56	6,660.64
Sales - Subtotal	6,556.56	6,763.64
PSO - Block Funding	50,000.00	50,000.00
PSO Grants - Easterns	0.00	0.00
TBA	0.00	0.00
Prov'l Coach Revenue	35,000.04	35,000.04
PSO Enhancement - S4S Grant	3,000.00	7,000.00
Elite Canada Host - Subtotal	0.00	0.00
Elite Canada Host - GNS Revenue	0.00	0.00
Performance Pathway Grant	30,000.00	30,000.00
NCCP - Subtotal	12,552.74	11,130.00
Mem Registration - Clubs	3,881.40	5,223.09
Mem Registration - Athletes	191,321.00	200,645.00
Mem Registration - Birthday parties	1,283.00	691.00
Mem Registration - Coaches	5,773.00	6,310.00
Mem Registration - Judges	66.00	187.00
Mem Registration - Members	671.00	1,067.00
Mem Registration - Insurance Levy	0.00	46,550.00
Membership - Total Registration	202,995.40	260,673.09
Subtotal Tumblebugs	46,845.00	46,960.00
PSO Projects Grant - Coach Coordina	0.00	0.00
PSO Projects Grant - Webpage dev't	0.00	0.00
PSO Projects Grant - Other	2,225.00	0.00
PSO PD Capacity Grant	0.00	0.00
MPC Officials Tax receipts	0.65	3,109.00
TTPC Officials Tax Receipts	716.00	1,187.00
WPC Officials Tax Receipts	5,577.28	4,795.00
Club Comp - Sanction Fees	275.00	300.00
Club Comp - Tom's Tax	1,388.00	1,664.00
Club Comp - Subtotal	1,663.00	1,964.00
Participation Dev Funding	20,000.00	20,000.00
Coach Symposium Revenue	2,417.36	2,100.00
Subtotal - Canada Games	0.00	0.00
Canada Games Funding - Trampoline	0.00	0.00
Canada Games 2011 Results - Women	0.00	0.00
Canada Games 2011 Results - Men	0.00	0.00
Symposium Grant	0.00	0.00

GNC Silent Auction	579.00	1,406.00
Investment Income	372.36	531.95
Art Programs	36.79	0.00
Other Income	1,255.72	363.70
<b>TOTAL REVENUE</b>	<u>421,792.90</u>	<u>482,983.42</u>

<b>TOTAL REVENUE</b>	<u>421,792.90</u>	<u>482,983.42</u>
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## EXPENSE

### EXPENSES

Cost of Sales - Subtotal	6,722.13	4,876.14
Inventory Adjustment Acct	7,107.94	0.00
Staff - Coach Coordinator	0.00	0.00
Staff- Technical Director	57,151.57	57,188.47
Staff - ED Subtotal	73,476.01	75,082.64
Promotion/Marketing Subtotal	0.00	0.00
Special Projects TOTAL	2,000.00	2,695.44
Provincial Artistic - Subtotal	199.23	215.57
Provincials - AWARDS	-211.73	96.49
Provincial T&T - Subtotal	0.00	0.00
Atlantic Artistic - Subtotal	7,843.65	7,042.67
Eastern Artistic - Subtotal	7,477.63	26,531.05
Eastern T&T - Subtotal	0.00	0.00
Canadians Artistic - Subtotal	14,135.60	18,573.61
Canadians Tramp - Subtotal	2,719.78	4,586.84
Elite Canada Host - Subtotal	105.23	84.32
TBU	0.00	0.00
Total Sport Fund grant	0.00	0.00
NCCP - Subtotal	9,331.56	10,986.39
Participation/dev subtotal	9,667.13	3,384.50
Coach Symposium Subtotal	1,324.99	1,084.20
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
TBU	0.00	0.00
Membership - SNS	322.50	322.50
Membership - Insurance	19,565.00	113,962.10
Membership - SOCAN and ReSound fees	837.90	1,233.54
Membership - GCG Fees	65,688.00	70,808.00
Membership - Other	369.23	168.15
Membership - Subtotal	<u>86,782.63</u>	<u>186,494.29</u>
Technical Director - Subtotal	1,136.17	1,526.39

Tennis - Provincial Suits Total	-503.29	-1,824.10
Men's Pathways - Subtotal	11,999.78	11,512.09
Women's Pathways - Subtotal	11,999.94	14,218.97
Trampoline Pathways - Subtotal	5,999.77	4,956.70
Men's Prog Cte - Subtotal	10,000.00	8,946.25
Men's Officials tax expenses	0.00	0.00
Women's Prog Cte - Subtotal	9,699.06	10,403.43
Women's Officials tax expenses	5,547.14	4,625.45
Tramp Prog Cte - Subtotal	4,999.84	1,864.95
Trampoline Officials tax expenses	715.51	457.40
Trampoline Canada Games total	0.00	0.00
BOD/Exec Meetings - Subtotal	2,972.78	1,646.35
GNS AGM - Subtotal	532.19	636.55
GNS General Awards	0.00	340.21
GCG Other Mtg - Subtotal	1,371.43	2,073.04
GCG Annual - Subtotal	2,525.55	2,799.53
Tumblebugs - Subtotal	48,726.53	29,043.80
Administration - Subtotal	11,605.24	10,873.93
Miscellaneous expense	0.00	0.00
<b>TOTAL EXPENSES</b>	<u>415,160.99</u>	<u>503,023.56</u>
<b>TOTAL EXPENSE</b>	<u>415,160.99</u>	<u>503,023.56</u>
<b>NET INCOME</b>	<u><u>6,631.91</u></u>	<u><u>-20,040.14</u></u>

Generated On: 06/09/19

Deferred revenues working sheet

31-Mar-18

31-Mar-19

	Total avail	Total spent	Amt to defer		Total avail	Total spent	Amt to defer
Men's Officials Tax	2124.65	0	2124.65	Men's Officials Tax	3109	0	3109
Wmn's Officials Tax	0	0	0	Wmn's Officials Tax	4795	4625.45	169.55
T&T Officials Tax	1098	715.51	382.49	T&T Officials Tax	1187	457.4	729.6
Tumble and Twist				Tumble and Twist	0	0	0
WPC	13500	7655.06	5844.94	WPC	10000	10403.43	-403.43
TTPC	5000	-635	5635	TTPC	5000	1864.95	3135.05
MPC	13500	13500	0	MPC	10000	8946.25	1053.75
WAG Pathways	12000	5338.94	6661.06	WAG Pathways	12000	14218.97	-2218.97
MAG Pathways	12000	11436.78	563.22	MAG Pathways	12000	11512.09	487.91
TG Pathways	6000	394.77	5605.23	TG Pathways	6000	4956.7	1043.3
Special Projects - HP				Special Projects - HP	3000	2000	1000 to TTTC
Special Projects - ed&rec				Special Projects - ed&rec	2000	695.44	0
PSO Enhance grant PD	2000	0	2000	PSO Enhancement grant PD	4000	0	4000
			28816.59				<b>12105.76</b>

# Nova Scotia Gymnastics Association

Balance Sheet As at 04/30/19

## ASSET

### Current Assets

Bank - Current	99,985.69
Investor Account	29.63
Sport & Rec Account	13,302.43
Canada Games Account	0.00
STI - GIC Subtotal	0.00
Accounts Receivable	17,203.79
HST Receivable	30,786.13
Inventory	13,552.28
Prepaid Expenses	75,996.90
Office Furniture & Equipment	338.10
Computer Equipment	5,871.86
Depreciation - Computer	<u>-5,871.86</u>
Computer Subtotal	0.00
<b>TOTAL CURRENT ASSETS</b>	<u>251,194.95</u>

**TOTAL ASSET** 251,194.95

## LIABILITY

### CURRENT LIABILITIES

Accrued Accounts Payable	12,787.66
Kidsport Payable	60.00
Receiver General Payable	<u>3,723.74</u>
<b>TOTAL CURRENT LIABILITIES</b>	<u>16,571.40</u>

**TOTAL LIABILITY** 16,571.40

## EQUITY

### EARNINGS

Retained Earnings	209,678.85
Current Earnings	<u>24,944.70</u>
<b>TOTAL EARNINGS</b>	<u>234,623.55</u>

**TOTAL EQUITY** 234,623.55

**LIABILITIES AND EQUITY** 251,194.95

# Nova Scotia Gymnastics Association

Income Statement 04/01/19 to 04/30/19

## REVENUE

### REVENUES

Amanda Forester Account	0.00
PSO Grants - Easterns	0.00
TBA	0.00
Prov'l Coach Revenue	2,916.67
PSO Enhancement - S4S Grant	0.00
Elite Canada Host - Subtotal	0.00
Elite Canada Host - GNS Revenue	0.00
Performance Pathway Grant	0.00
NCCP - Subtotal	180.00
Mem Registration - Birthday parties	<u>0.00</u>
Membership - Total Registration	0.00
Subtotal Tumblebugs	0.00
PSO Projects Grant - Coach Coordina	0.00
PSO Projects Grant - Webpage dev't	0.00
PSO Projects Grant - Other	0.00
PSO PD Capacity Grant	0.00
MPC Officials Tax receipts	0.00
TTPC Officials Tax Receipts	0.00
WPC Officials Tax Receipts	0.00
Participation Dev Funding	0.00
Coach Symposium Revenue	0.00
Subtotal - Canada Games	0.00
Canada Games Funding - Trampoline	0.00
Canada Games 2011 Results - Women	0.00
Canada Games 2011 Results - Men	0.00
Symposium Grant	0.00
GNS Silent Auction	805.00
Affinity Programs	0.00
Other Income	<u>200.00</u>
<b>TOTAL REVENUE</b>	<u><b>4,101.67</b></u>

**TOTAL REVENUE**

4,101.67

## EXPENSE

### EXPENSES

Staff - Subtotal	10,318.91
Promotion/Marketing Subtotal	0.00
Special Projects TOTAL	0.00

Provincial Artistic - Subtotal	139.97
Provincials - AWARDS	0.00
Provincial T&T - Subtotal	0.00
Atlantic Artistic - Subtotal	-4,495.30
Eastern Artistic - Subtotal	-16,081.00
Eastern T&T - Subtotal	-21,585.00
Canadians Artistic - Subtotal	4,794.25
Canadians Tramp - Subtotal	0.00
Elite Canada Host - Subtotal	0.00
TBU	0.00
Total Sport Fund grant	0.00
NCCP - Subtotal	1,281.87
Participation/dev subtotal	0.00
Coach Symposium Subtotal	0.00
Membership - Subtotal	345.00
Technical Director - Subtotal	0.00
Team NS - Provincial Suits Total	955.44
MPC Pathways - Subtotal	0.00
WPC Pathways - Subtotal	0.00
TTTC Pathways - Subtotal	0.00
Men's Prog Cte - Subtotal	0.00
Men's Officials tax expenses	400.48
Women's Officials tax expenses	220.35
Trampoline Officials tax expenses	0.00
Trampoline Canada Games total	0.00
BOD/Exec Meetings - Subtotal	0.00
Tumblebugs - Subtotal	1,725.49
Administration - Subtotal	1,136.51
Miscellaneous expense	0.00
<b>TOTAL EXPENSES</b>	<u>-20,843.03</u>
 <b>TOTAL EXPENSE</b>	 <u>-20,843.03</u>
 <b>NET INCOME</b>	 <u><u>24,944.70</u></u>

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# GYMNASTICS NOVA SCOTIA

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## Board of Director's Meeting Executive Director's Report June 9, 2019

### Registrations

The registrations for 2018-2019 are continuing to come in and membership is currently at 7110 with 16 clubs registered. This shows a 7.3% decrease from last year at this time. The breakdown is as follows:

Club	Members	Club	Members
Titans	1751	Dynamo	150
Alta	1521	Amherst	131
Taiso	1120	Gymnasion	119
CBGA	559	Digby	114
Spartans	456	Empire Gymnastics	90
Pictou County	416	Association de Clare	71
Athletics Gymnastics	352	Jump To It Trampoline	32
Rainbow	215	Valley Cheer	7
		Independent	6

<b>Current year to date</b>	<b>7110</b>	<b>7.3% decrease</b>
Total on June 3, 2018	<u>7670</u>	

### GNS Insurance levies

To date, a total of \$49,500 has come in as insurance levies. I expect to receive more throughout the summer but I would expect that total will not exceed \$60,000 so GNS will need to cover some of the increased insurance costs.

### Team NS – Provincial team travel

It's been a busy couple of months with 4 of our provincial teams now back from their respective events in Fredericton, Summerside, Montreal and Ottawa. There were a lot of great results, new friendships formed and a lot of positive experiences as a result of these events. We also received some recommendations for ways to improve team travel that we will need to discuss at the board level and also as part of a bigger team travel discussion. Many thanks and congratulations to all of those involved in these events.

The final team event is the 2019 Canadian T&T Championships (July 24-29, 2019) taking place at Durham College in Oshawa, Ontario. I am registering 11 athletes, 3 coaches and 1 chef to attend these Championships in July.

### GNS Gift Baskets / Silent Auction /

The 2019 Provincials saw 3 Gift baskets being drawn for during the 3 days of provincials. Tickets were sold and a total of \$805 was earned over the 3 days. This was significantly lower than last year's GNS Silent auction that brought in a total of \$1416. We changed things around a bit and there are benefits and drawbacks of both of these methods of fundraising.

### GNS Bursaries

The deadline to apply for the GNS Bursary was Friday, May 31st. This year sees 10 applications for 4 GNS Bursaries. The committee, consisting of Eleanor Melrose, Dan MacDonald, David Brown and me will begin rating the applications next week based on the GNS rating scheme that was distributed with the application.



### **GNS Strategic Planning**

As David indicated in his report, we have met with a former colleague of his and hoping to be able to discuss this at this current meeting. I received a proposal today that over 3 years, will cost up approximately \$10,000 to \$14,000. Funding is available through Support4Sport so the idea would be to access funding to cover the majority of the costs of this project however I think the amount they will cover might be significantly lower than the project cost.

### **GCG Safe Sport Policies**

These have now been finalized and distributed to the GNS board. If we are able to adopt them with minor changes specific to NS, the next step would be to hire legal expertise to go through our policies to ensure consistency. Again, funding would be applied for through Support4Sport for this project.

### **GCG AGM**

The GCG AGM will be held from June 20-22nd in Oakville, ON. David Brown and I will be in attendance for the various meetings over the 3 days. Nick Lenehan will also be in attendance as part of the GCG Board of Director's.

Respectfully Submitted:

Angela Gallant  
Executive Director



# **GYMNASTICS NOVA SCOTIA**

## **Technical Director Report June 2019**

Date: June 5, 2019  
To: Angela Gallant – Executive Director- Gymnastics Nova Scotia  
Cc: Board of Directors - Gymnastics Nova Scotia  
From: David J Brown – Technical Director – Gymnastics Nova Scotia  
Subject: Board update

The following is a description of some of the activities the Technical Director has been involved with for April, May, June 2019

It was for the most part been an in the office month after a very busy fall with Coaching courses.

### **Team Travel presentation**

The team travel presentation was completed and delivered to small numbers during the Alta meet, Spartans Meet and during Provincials, as well as at the Amherst Invitational. During a meet however, there seems to be little downtime for those coaches who we are trying to reach. The presentation was delivered during a WAG training Camp and finally to wrap up it was presented through 3 club visits. The presentation was well received, and based on experiences from this year I have made some notes with respect to edits for next year. These include; communicating with parents and more detail on what coaches need to look out for during the travel event.

### **Coach Training**

The following are the courses are scheduled for the 2019 season.

Foundations Gymnastics	Date June 21 <sup>st</sup> -23rd Halifax <i>Alta</i>
Comp Advanced	Date: June 24 <sup>th</sup> – 27 <sup>th</sup> 2019 This is in a holding pattern until the 2 <sup>nd</sup> facilitator confirms
Introduction to Competition MAG and WAG	Date: July 5th – 7th and July 13th – 14th 2019
Foundations Trampoline	Date Friday August 17 from 12-8PM Dartmouth Titans
Level 2 Trampoline	Date September 2019 TBA
Coach Symposium	Date Sept 6-8 <sup>th</sup> 2019

We hosted a Active start workshop in April lead by Patti Healy. This was long over due and was well received with 20 coaches becoming trained. I did the training with the intent of becoming a LF. We will be looking for 2 more coaches to take on this role as well so that we can deliver the course when we need it.

### **Symposium 2019**

This is scheduled for September 6<sup>th</sup> and 7<sup>th</sup> with most things to run at Titans Gym.

We have confirmed Denis Vachon who will be our guest clinician. He will be presenting on WAG in general as well as Power Tumbling and Double mini. I will have a more detailed description shortly

Patti Healy – She will be presenting on Pre-school gymnastics, programming mostly targeted at smaller clubs. She will also be doing a session on ideas and ‘keys’ to composing routines, getting the positive out of routines etc. Again we are fine tuning this now

Martha Purdy will be presenting primarily on the Concussion protocols established through GCG

There will be a session on Nova Scotia Gymnaestrada 2020

I will be offering another round of High Five Sport for coaches

I have asked Kelly Thompson to be a presenter as well but have not heard back as of yet.

There is a request for a T and T session on Software

There will be a session developing Yearly Training Plans

I am also working with a facilitator who can provide a workshop on working with Volunteer boards.

As always, I am open to suggestions. The teaser will be out by June 21<sup>st</sup>

### **Team Travel**

I served as Chef de Mission for;

Atlantics which was in Fredericton April 25<sup>th</sup> – 28<sup>th</sup> 2019. We travelled by 2 busses and stayed in a hotel with;

59 WAG athletes – 17 MAG athletes – 3 Judges -16 Coaches and 3 Mission staff.

This trip went well with the exception of an issue with an athlete who was very homesick. Despite the best efforts of the mission staff and coaches during the trip this athlete had some post event issues. Both his host club and I corresponded with the parents after the event and as I understand it he is back to training. Without going into details, staff followed policy accordingly however there are lessons to be learned and as we review our Team Travel policies this is one situation for us to consider. It should be noted that this was the only issue of this type for the; Atlantics, Eastern’s Artistic and Eastern’s T and T

Eastern’s Artistic which was held in Summerside May 9<sup>th</sup> – 12<sup>th</sup> 2019. We traveled by 2 Busses and stayed in a hotel with;

27 WAG athletes – 16 MAG athletes -14 coaches 4 judges and 3 mission staff

This trip went well with one of the only challenges being feeding the contingent in one place at one time. Summerside in early May did not provide much in the way of adventure opportunities but the result was that the team was noted as being exceptional at showing team spirit as we were there most of the time.

Eastern's Trampoline and Tumbling in Varennes, Quebec May 16<sup>th</sup> – 21<sup>nd</sup> 2019. The team travelled on 1 bus with 30 female athletes – 11 male athletes, 6 coaches and 4 mission staff. The trip included a day excursion to LaRonde Theme park.

The trip went well with an over night stop on the way up and on the way back. Having only one driver presented some challenges in terms of managing his time allotment with our operational needs, but we managed by collaborative planning.

One general comment across all three team travel events was about a lack of opportunity for adventure trips during the competition. I would suggest that this warrants discussion at the board level when time permits.

#### **NSPPI Workshop May 14<sup>th</sup>**

Nick Lenehan, Stewart Gunn, Jared Goad, Angela Gallant and David Brown attended a workshop hosted by CSCA lead by Evan McInnis to review;

#### Items/Considerations

- Did our PSO have a strategic plan?
- We were to think about the age group/LTAD-CS4L stage that is the area of focus for your performance plan.
  - How many registered members does our PSO have in this age group?
  - What National team opportunities exist for this age group?
  - What criteria/attributes/results does our NSO look for when selecting athletes in this age group to these National team opportunities
  - Generally speaking, what is the retention rate of the age group/LTAD-CS4L stage one step below our targeted age group?
- What percentage of our PSO membership makes up our total NSO membership?
- Which Province is two-three 'rankings' ahead of Nova Scotia in your sport?
- We were to be prepared to speak to our PSOs performance history from our previous NSPPI plan.
- Think about the programming that our PSO currently offers in the following areas specifically pertaining to performance:
  - Athlete Development/Identification
  - Coaching
  - Competition opportunities

- Daily training environment
- Sport science/sport medicine
- General oversight/operations in regards to excellence/performance

The workshop ran until mid afternoon and was a valuable exercise for us as we proceed through this round of NSPPI development. The next step for GNS program committees will be to fine tune the working document.

### **Strategic Planning**

I reached out to a former colleague who is a business and strategic consultant. After my initial meeting we set up a meeting with Angela and myself to get a better understanding of what she will be able to do for us. She is in the process of preparing a project description for us to review. Once we have that we will be able to present it to the board for next steps. The symposium might be a good opportunity to do some grassroots consultation with coaches and possibly committee members from member clubs.

I have carried out 1 club visit over the past 2 months. The Athletics Gymnastics Club is in a new space which is actually the old space for Bridgewater Gymnastics. The club is doing well and expects to have T and T athletes and boys for next year.

I continue to work with HRM recreation on getting them to a point where we may see some benefits. I have also been working with a Judo club who will be offering Active start programs in the fall and will be registering with GNS as a program in the fall.

I continue to work on the "What are they doing now" project about athletes who have gone on to have accomplishments outside of their gym career. Nothing new to report.

Respectfully,

David J Brown

Technical Director – Gymnastics Nova Scotia