



HAMILTON CITY GYMNASTICS ANNUAL REPORT 2023

Prepared by
The HCG Committee



FROM OUR CO-PRESIDENTS

RACHAEL MITCHELL AND WAYNE GEMMELL

Tēnā tatou katoa,

The Committee of Hamilton City Gymnastics can certainly reflect on 2023 as one where we breathed life into our values putting 'Enjoy the Journey' into action. The Committee focused 2023 on establishing a strategic plan to move forward with our vision of 'Nurturing enjoyment of gymnastics at every level' and have committed to stepping through our strategic goals over the coming years to make Hamilton City Gymnastics 'a community where every individual discovers their potential, embracing the journey towards becoming their best selves, both in the gym and beyond.' It was also pleasing to see that we received such positive engagement and support for the draft strategy when we consulted with our community, thank you!

Lou Beer stepped aside as President during the year, her work was instrumental in starting the Committee on the journey towards our strategy. Engaging in consultation with the staff and life members across all programmes to ensure that in formulating a strategy every voice was heard. We thank Lou for her dedication to the Committee and her commitment and passion for the Club.

We continue to support our members through quality programming, working through replacement of equipment, child safeguarding practices, and the integration of the Sport Chaplaincy service. In addition, in 2023 we established our adaptive gymnastics programme and continued to establish and build community partnerships to ensure every member can be happy and healthy, in and out of the gym. Challenges continue to exist for the Club. Costs continue to rise, and equipment needs replacing as our membership continues to grow. Our strategy sees us focusing on sustainable resourcing moving forward, including looking at options for improving our facility.

'Enjoy the Journey'

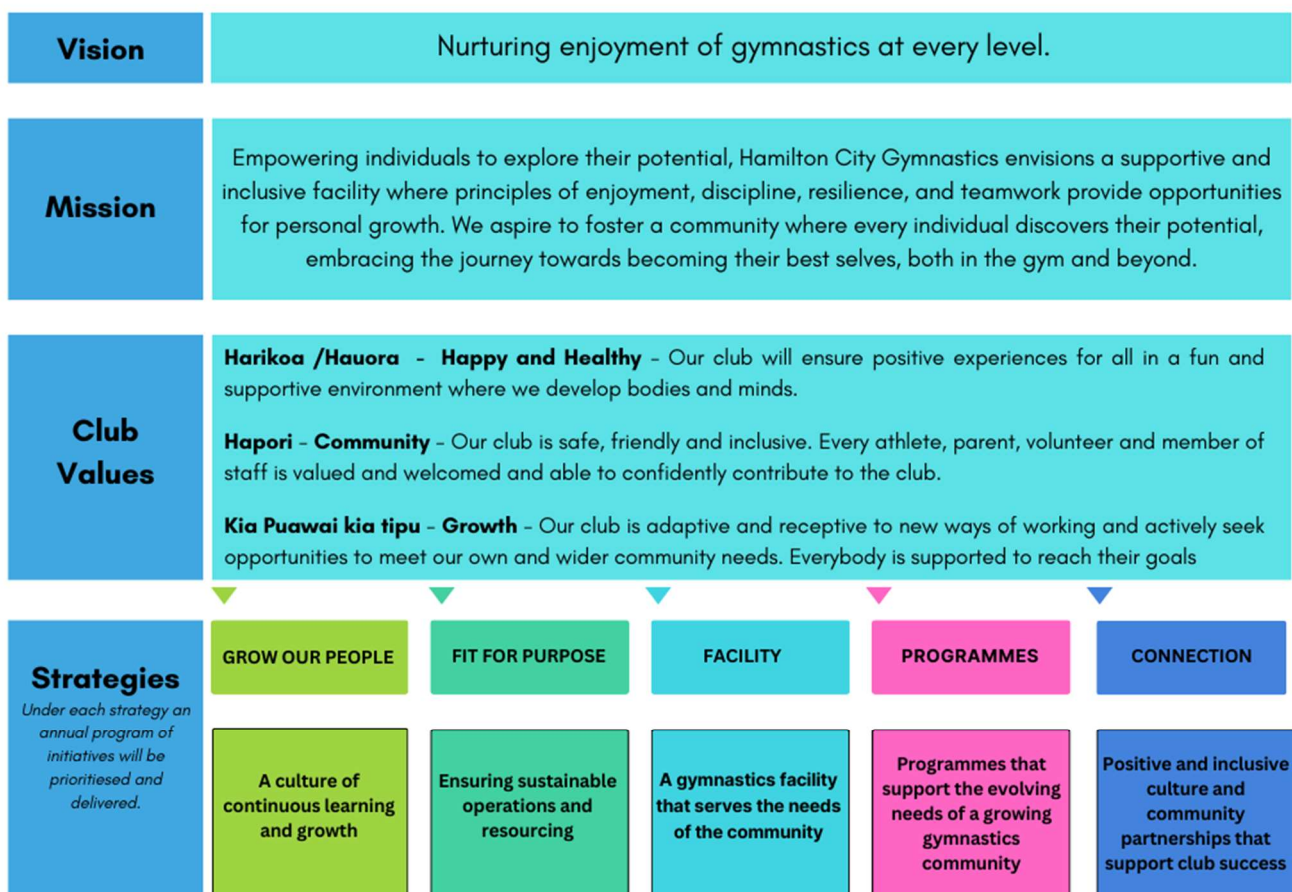
*'Nurturing enjoyment of gymnastics
at every level'*

We thank our staff, and volunteers who dedicate so much of their time to the smooth running of the Club. We have had amazing achievements within our coaching staff, obtaining FIG coaching qualifications (including top marks), outstanding results amongst their athletes, including international representation,

National recognition of being the Women's Artistic Best Conducted Province, the Ledgerwood Shield for level 7-9 Mens Artistic gymnasts, and our GFA advanced gymnasts medaling at GFA competitions. In addition, we have seen so many happy, healthy gymnasts having fun in so many ways, from trainings, fabulous festivals, amazing discos, competitions and culminating in an enriching end of year display.

Special mention to our Centre Manager Anica Klockars for her phenomenal achievements in seeking grant support this year. Without our amazing community partners who have sponsored us in any way throughout the year we simply could not continue to run the Club, replace the equipment as it wears and provide the fabulous coaching services to allow every member to enjoy their journey.

We are very fortunate to have a Committee full of enthusiastic, passionate volunteers who strive for the best for all members of our gymnastics community, alongside a huge army of volunteers that dedicate their time to fundraising, helping in the Club, competition assistance, working bees etc. We thank each member of the Committee, Staff, Volunteers and members across 2023 for their dedication, effort and countless hours that they have contributed to the growth of the Club, and Anica for supporting the Committee and heading our wonderful operations team. We look forward to 2024 and what it will bring.



FROM OUR TREASURER

DEBBIE BREEN

Financial Report for the Year Ended 31st December 2023

The HCG Financial Statements for the year ended 31 December 2023 have been prepared by Vazey Child Limited, and an audit has been carried out by Hall Chadwick.

A concerted effort during 2023 to increase the number of members to the club and maximise the use of the facilities helped increase the Operating Revenue by \$141,688 to \$755,843 for 2023. There was also a continued focus on applying for grants, which led to increased grant revenue of \$141,022, up from \$104,598 the previous year.

Membership numbers for the year were:

Term 1 - 767

Term 2 - 809

Term 3 - 840

Term 4 – 792

Grants received for the year were used for the adaptive programme, roof repairs and for equipment including the vault, floor carpet, trampoline, and a number of other items that are still in transit. They also covered some of the wage and operational costs for the year.



Combined with other sources of funding, the total revenue received for 2023 was \$930,173, an increase of \$176,679 on 2022.

While the increase in revenue was positive, unfortunately it came with a corresponding sizeable increase in costs. The largest of these was the increased costs for employees and volunteers, which increased by \$158,045 to \$688,617 for the year. This was due to a combination of factors including increased coach hours and numbers, along with minimum wage increases and bringing wage levels up to market rates.

There was also an increase in direct costs of \$67,545 for the year, bringing the total direct costs to \$202,373 for 2023. The biggest increases here were cleaning costs required due to additional days usage of the gym, increases in the competition entry costs and costs to run the classes, and increased repairs and maintenance costs for the year.

The overall result for 2023 was a Cash Net Surplus of \$28,127, however adding on depreciation costs of \$51,309 which included disposal of equipment of \$20,097 led to a Net Deficit after Depreciation of \$23,182.

FROM OUR CENTRE MANAGER

ANICA KLOCKARS

As we turn the page on another year, I have the pleasure of reflecting on 2023 from my perspective and sharing with you all some of the milestones we have achieved and hurdles we have overcome. I am so proud of the remarkable progress we have made in our recovery from the COVID-19 slump, thanks to our amazing team, our fabulous Committee and our membership. As a testament to this, I was so pleased to see that last year our membership bounced back to 840 – with long waitlists!

We were also extremely fortunate to secure grant support totaling unprecedented amount of \$225,000 (some of this falls into 2024). This funding has been instrumental in not only sustaining our operations but also enabling us to replace a lot of old, worn equipment with new, safer items. Examples of those are the new trampoline, the new vault and runway, the new floor carpet (which also smells much better!), lots of new mats, new beat boards, and plenty of beams and mats that are still shipping.

Education has always been extremely important to us, and last year, a record number of staff members undertook First Aid refresher training as well as coaching education through the Gymnastics NZ education pathway. This investment in our staff's professional development not only elevates the standard of coaching but also assures the safety and wellbeing of our members.

Our competitive athletes dived into excellence and marked 2023 with outstanding results at the national championships. Our athletes not only competed but made a huge splash, sweeping the podium at several levels, proving that persistence and resilience are the cornerstones of success.

I am also so grateful to our generous sponsors, funders and donors, thanks to whom we managed to carry out some crucial facility upgrades in 2023. Our roof was repaired twice over the course of the year enhancing our facility's longevity a little further, and we were also able to make a few significant security updates.

Lastly, I would like to express my deep gratitude to all of you for your unwavering support. It is the very spirit of you, our community, that keeps our club thriving. Your passion inspires us to work harder, overcome obstacles, and achieve more.

We are all excited to see what new challenges and achievements 2024 will bring for us!



OUR PROGRAMS

AEROBICS – HANNAH WILTON – Aerobics Head Coach

An Aerobics routine is a performance comprised of gymnastics skills and high intensity dance, including acro and strength-based skills, jumps, leaps, turns and flexibility.

In 2023 our three competitive Aerobics athletes had an extremely successful first year competing in the sport. Firstly, meeting the qualifying score to compete at nationals was a great achievement and then the girls went on to achieve the top three placings in level 6 at nationals!

Having access to hire a hall once a week in 2023 was the catalyst for the girls' success. Aerobics is performed on a wooden dance floor and these hall trainings enabled the girls to perfect their routines on the same type of floor they would compete on.

Driving the promotion of our AeroGym classes was another important focus to grow the program in 2024. AeroGym is a fun recreational class combining aerobics and acrobatic skills and is one of the pathways into our competitive aerobics program. From the 2023 AeroGym classes two athletes move up to the competitive program.

Competition results:

Aspire Aerobics Qualifier #1: Mila 1st Neva 2nd Grace 4th

Gymnastica Qualifier: Mila 1st Grace 2nd Neva 3rd

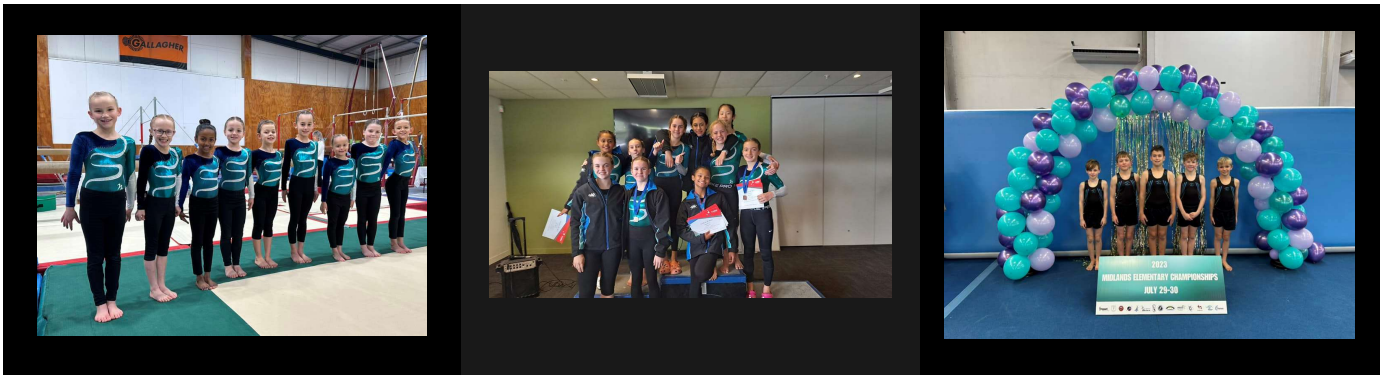
Aspire Aerobics Qualifier #2: Grace 1st Mila 2nd Neva 3rd

Nationals: Mila 1st Neva 2nd Grace 3rd

ARTISTIC – JENNY MORGAN – Artistic Programme Manager

2023 finally saw us get in a full season of training and competitions without any Covid restrictions. The athletes were excited and ready for a wonderful year. The Artistic programme has continued to grow and the retention rate is outstanding. Our wonderful team of coaches adapted to challenges and proudly watched the athletes meet their goals and achieve great results.

Our National level athletes finished their competition season at the NZ Nationals Championships in Tauranga. The Waikato Artistic Team was made up of 47 athletes, 37 of them being Hamilton City Gymnastics members that competed in MAG and WAG. Our athletes had an outstanding performance and there were plenty of achievements which included 5 National All-Round Champions and 8 National apparatus champions. Waikato Senior MAG was awarded the Ledgerwood Shield. It is awarded to a Senior Province with the highest aggregate score. This is the first time that Waikato has received the award since the 70's. The MAG Senior squad was made up of all Hamilton City athletes. The Waikato Women's Team won the Women's Best Conducted Province. It is awarded for conduct of the team throughout the NZ Nationals, spirit of the Region both in practice and performance, sportsmanship, support of other teams & respectful of officials and volunteers.

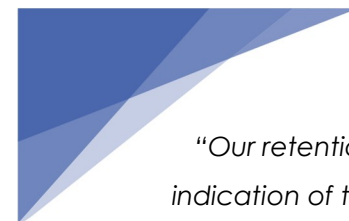


3 MAG Gymnasts and our Head MAG Coach Mike Ploude were selected to be members of the MAG 360 Programme. This programme is a high-performance pathway from junior to senior level and a wonderful opportunity, which sees them attend National camps and clinics alongside the best gymnasts and coaches from around NZ.

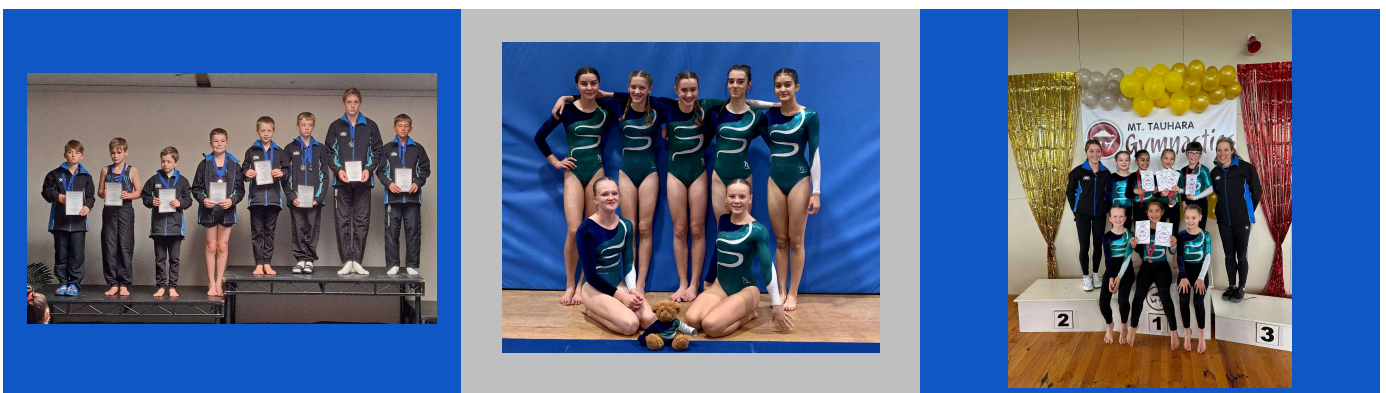
Our Elementary athletes had a wonderful competition season full of smiles, sportsmanship, progressions, fun and achievements. The pinnacle for these athletes is the Midlands Elementary Champs. Hamilton City won 3 All Round Midlands Championship titles. The encouragement and support these athletes give each other is a great sense of pride that we have at Hamilton City Gymnastics.

We had coaches Mike and Anna Plourde attend the Level 2 FIG Academy course where they gained their Level 2 Senior coaching qualifications. Mike scored the highest exam result for MAG. A great accomplishment for all his hard work.

The number of gymnasts we have at senior level in MAG and WAG is the highest we have ever had. Our retention rate is an indication of the amazing culture we have at the gym and the wonderful programme that our coaches are delivering. It is always with great pride to be a part of the wonderful team at Hamilton City Gymnastics. I look forward to what 2024 will bring and am excited to continue to grow and develop the Artistic Programme.



"Our retention rate is an indication of the amazing culture we have at the gym and the wonderful programme that our coaches are delivering."



GYM FOR ALL – SUSAN LAMBERT - GfA Programme Manager

2023 saw an increase in numbers in almost every aspect of the GfA Programme. Unlike every other preceding year, we did not see the summer drop off in Terms 1 or 4 but instead had consistent membership with a slow steady increase across the entire year.

A big focus for 2023 was our Adaptive Programmes, both in membership enrolled classes and Special School weekly bookings. We now have consistent weekly bookings from both Patricia Avenue School and Hamilton North School.



We ran 3 GfA events in 2023. Both School Festivals and the GfA Spring Festival all had increased attendance and impact. The schools' festivals are heading towards pre-covid numbers which meant full days of artistic, trampoline, rhythmic, aerobic and group performances. This year we ran the Spring Festival with a 2-day format which ensured a calm and well-timed event. We welcomed gymnasts from 12 clubs across the Midlands and Auckland areas with record numbers in attendance again this year. In addition to our festival, a small group of Advanced Gymnasts headed to a GfA competition in Auckland, even coming away with a couple of medals!

The final performance of the year was our End of Year Display and Performance. A highlight every year seeing performances from every code and class, from BabyGym to the Senior Competitive athletes, to the coaches sometimes comedic performances! We had a ball with the Christmas theme, and it was great to see so many happy faces to finish of 2023.

Adaptive Programme

Many of the children and youth involved in this programme have neuro diversities or intellectual disabilities and a smaller number have physical disabilities. Most have never had the opportunity to access to the equipment we have available so have never experienced the kind of movement education we are able to offer. Hanging from a bar and lifting feet, balancing on hands, and stepping on, up, down and over different equipment and surfaces were all new and exciting activities. We have seen so much growth in confidence and enjoyment.

We also welcomed a group from Waikato Conductive Education. This saw us working with children with lower mobility including some children that use wheelchairs. These children were able to utilise the floor area and get around by crawling or supported walking. They also love the tumble track which is where we started to see more use of rebound therapy in classes. These children found the bouncing motion soothing as well as utilising muscles not commonly used in their everyday lives. For groups such as these, coming to the gym once per week can be a big undertaking with the transport and organisation involved, we hope to welcome them back along with other new groups in 2024.



TRAMPOLINE – CAROLYN WALLIS – Trampoline Head Coach

Term 1 Gym For All trampoline started with 38 trampoline athletes and 5 tumble athletes, by term 4 our classes had grown to a total of 51 trampoline athletes and 7 tumble athletes, this increase saw an introduction of 3 new classes.

Incentive Awards badge testing was carried out in July and 28 athletes took up this opportunity, with all athletes passing the level that were put in by coaches. The athlete of the week was re-introduced into the trampoline/tumble programme in term 4 which was well received by the members.

The 2023 GFA Spring Festival was held in September with a total of 35 athletes competing in tumble – (HCG 6, MTT 1, Piako 11, Te Puke 5, Thames 12) and 26 athletes competing in trampoline (Argos 1, HCG 20, Piako 1, Thames 4). There were great skills shown by all athletes.

Our team of coaches include (coach qualification); Carolyn (Junior Advanced), Jack (Junior), Selena (Elementary), Hannah (tumble), Andrew (tumble elementary) and Kiera (foundation). During the course of the year Sarah moved away and Sally resigned. Our judges are Carolyn (Senior), Sally (Elementary), Kiera Wallis and Rachael Simpson (Elementary). Anica Klockars and Susan Lambert also attended the elementary judging course this year.

Our competitive athletes competed in Auckland, Rotorua, Gisborne and Christchurch with the aim of achieving personal bests/individual goals, with the eventual goal of gaining a NZ Nationals qualification. Great results were achieved across the season with medals and finalists at every competition entered. With regards to the NZ Nationals qualifying scores, there were amazing successes across the board with 17 gaining the qualifying scores (one withdrawn due to injury).

Jack West and Charlotte Macdonald were selected for the New Zealand team to compete at Australian National Championships in May 2023. Huge effort!

- ❖ Jack West – 21st Trampoline / 13th Synchro (Partner Sebastian Smith) / 12th DMT
- ❖ Charlotte Macdonald – 12th Trampoline / 6th Synchro (Partner Grace Foster)

The NZ National Championships were held in Tauranga in July. We had a great build up to the penultimate competition of the season. 16 athletes competed at NZ highest level of competition. Our Waikato athletes performed superbly and represented our region with a host of PB's and awards across the four days of competing. A huge congratulations to all involved for the hard mahi in getting there.

Jack West was selected to compete at the FIG Trampoline World Championships in Birmingham in November 2023. This was a huge opportunity for Jack. It was awesome to watch Jack's routines and to see all that he has accomplished within the sport.

Our tumbling programme is where I see great opportunity and would like to see this program progress and develop over the coming year.

FINANCIAL STATEMENTS



Statement of Service Performance

Hamilton City Gymnastics Incorporated
For the year ended 31 December 2023

'What did we do?', 'When did we do it?'

Description of Entity's Outcomes

Empowering individuals to explore their potential, Hamilton City Gymnastics envisions a supportive and inclusive facility where principles of enjoyment, discipline, resilience, and teamwork provide opportunities for personal growth. We aspire to foster a community where every individual discovers their potential, embracing the journey towards becoming their best selves, both in the gym and beyond.

| | 2023 | 2022 |
|---|------|------|
| Description and Quantification of the Entity's Outputs | | |
| Number of Members - Term 1 | 767 | 532 |
| Number of Members - Term 2 | 809 | 666 |
| Number of Members - Term 3 | 840 | 680 |
| Number of Members - Term 4 | 792 | 689 |

Description and Quantification of the Entity's Outputs

* Increasing the number of lessons

* Increasing our cash reserves by the year end - ultimately allowing us to purchase more equipment, and moving to a bigger premises.



Statement of Financial Performance

Hamilton City Gymnastics Incorporated
For the year ended 31 December 2023

'How was it funded?' and 'What did it cost?'

| | NOTES | 2023 | 2022 |
|--|-------|-----------------|----------------|
| Revenue | | | |
| Revenue from providing goods or services | 1 | 755,843 | 614,155 |
| Donations, fundraising and other similar revenue | 1 | 180,891 | 120,654 |
| Interest, dividends and other investment revenue | 1 | 2,027 | 442 |
| Other revenue | 1 | 959 | 18,242 |
| Total Revenue | | 939,720 | 753,494 |
| Expenses | | | |
| Volunteer and employee related costs | 2 | 688,617 | 530,572 |
| Costs related to providing goods or service | 2 | 253,682 | 173,985 |
| Grants and donations made | 2 | 10,234 | 7,989 |
| Other expenses | 2 | 822 | 149 |
| Total Expenses | | 953,355 | 712,694 |
| Surplus/(Deficit) for the Year | | (13,635) | 40,800 |



INDEPENDENT AUDITOR'S REPORT

Our accounts have been independently audited by Tadias Munapeyi of Hall Chadwick NZ Limited, CPA Public Accountants, Auckland.

A full copy of the accounts and auditors report is available by request from the Hamilton City Gymnastics office.



APPENDICIES

APPENDIX A – HCG ARTISTIC Competitive Results 2023

2023 NZ National Champions All Round Champions (1st overall at NZ Champs)

MAG (Men's Artistic)

Level 4 - Luwaldt van der Linde

Level 7 – Frankie Lowrie

Level 9 – Keegan Greene

WAG (Women's Artistic)

Step 5 Over Division – Caitlin Lewis

Step 9 Cate Young

Other notable all-round achievements

Level 7 – Noah Lowrie – 2nd overall

Level 8 – Joshua Chisholm – 2nd overall

Level 8 – Ihaka Taithua – 3rd overall

Step 9 – Harriet Vellenoweth – 2nd overall

Step 9 – Sabrina Chong – 3rd overall

Step 9 our Hamilton City athletes took a clean sweep of the podium for 1,2,3 in the overall placings. Massive achievement place club gymnasts top 3 in NZ or their level.

Team Placings

MAG Level 4 – 1st Team = all 4 athletes in the team are Hamilton City members

MAG Level 5 – 2nd Team = 3 of the 4 athletes in the team are Hamilton City members

MAG Level 8 – 2nd Team = all 4 athletes in the team are Hamilton City members

WAG Step 9 – 1st Team = all 3 athletes in the team are Hamilton City members

Apparatus NZ Champions

Step 5 overs – Caitlin Lewis = Floor champion

Step 9 – Harriet Vellenoweth = vault champion

Level 4 – Luwaldt van der Linde = Floor & P-bar champion

Level 8 – Joshua Chisholm = Floor & Rings champion

Level 9 – Keegan Greene = P-bar & High Bar champion

2024 MIDLANDS CHAMPS X13 All round champions

Level 1 Patrick Normal
 Level 3 Shane Xiangxian Ye
 Level 4 Luwaldt van der Linde
 Level 5 Samuel Williams
 Level 6 Blake Taylor
 Level 7 Frankie Lowrie
 Level 8 Ihaka Taihuha
 Level 9 Keegan Greene
 Step 3 Unders Division Limirie van der Linde
 Step 5 Overs Division Caitlin Lewis
 Step 6 Overs Division Mia Abapo
 Step 7 Unders Division Sophia Hands
 Step 9 Sabrina Chong

APPENDIX B – HCG TRAMPOLINE Competitive Results 2023

Australian National Championships

Jack West and Charlotte Macdonald were selected to the New Zealand team to compete at Aussie Nats in May 2023. Huge effort!

- ❖ Jack West – 21st Trampoline / 13th Synchro (Partner Sebastian Smith) / 12th DMT
- ❖ Charlotte Macdonald – 12th Trampoline / 6th Synchro (Partner Grace Foster)

NZ National Championships

Jack (trampoline and DMT) and Shanti (trampoline) were selected to compete in the New Zealand Trans Tasman challenge. Where New Zealand came away with the win.

Our athletes gained 13 medals (Gold = 6, Silver = 5, Bronze = 2), with 27 making finals (top 8). That's every single athlete making at least one final. What amazing results for Team Waikato!!

Trophies (Proficiency Pins and Coaches Medals were also awarded to those who achieved the scores)

James Seward received the following

- Costley Family Overall Champion in the Trampoline FIG11-12 Years International Men's Division
- Dougal Family Overall Champion in the Double Mini Trampoline FIG11-12 Years International Men's Division
- Graeme Smith Memorial Trophy Overall National Champion in the Synchronised Trampoline FIG13-14 Years International Men's Division – (with Janko Viljeon (GMA))

Overall Champion

Overall Champion in the Synchronised Trampoline FIG15-16 and FIG17-21 Years International Men's Division - **Jack West** and Kegan Kirk (HBPB)

Gymnastics NZ Overall Men's FIG11-12 Years Champion - **James Seward**

| | | Trampoline | DMT | Synchro | |
|---------------------------------------|--|--|---|-----------------------------|------------------------------------|
| NAT 9-10 Male | Van Polaczuk | 5 th | 2 nd | | |
| NAT 11-12 Male | Samuel McCarthy Adonis Polaczuk Cooper Moana | 3 rd (P) 13 th 10 th | 15 th 5 th 7 th | Sam/Adonis Cooper/GMA | 6 th 4 th |
| NAT 13-14 Female | Sophia Chaney Keira Cowley Taylor McCarthy Kyla Simpson | 6 th (P) 8 th (P) 10 th 14 th | 6 th 12 th 17 th 20 th | Sophia/Kiera Kyla/Taylor | 7 th 8 th |
| NAT 13-14 Male | Travis Porter Uenuku Heaton-McCoy | 9 th 11 th | 11 th 13 th | Travis/Uenuku | 6 th |
| NAT 15-16 Female | MacKenzye Gemmell | 2 nd (P) | 8 th | | |
| NAT 17+ Female | Charlotte MacDonald | | 2 nd | | |
| FIG 11-12 International Male | James Seward | 1 st | 1 st | James/GMA | 1 st |
| FIG 14-15 International Female | Shanti Heaton-McCoy | 2 nd (P) | 2 nd | Shanti/HBPB | 1 st |
| FIG 17-21 International Female | Charlotte Macdonald | 5 th | | Charlotte/GMA | 3 rd |
| FIG 17-21 International Male | Jack West | 4 th (P) | 1 st (P) | Jack/HBPB | 1 st |

APPENDIX C – HCG AEROBICS Competitive Results 2023

Competition results:

NZ National Championships : Mila Rastrick 1st Neva Lowrie 2nd Grace McBeth 3rd