

BC High School Gymnastics Championships

@Sutherland

March 5-7, 2015



Sutherland played host to 250 gymnasts from 50 schools across the province.

Eleven of Sutherland's gymnasts qualified to compete in this year's championships; 4 boys and 6 girls competed, with the support of 3 student coaches and 2 recent graduates. They all performed well, each having personal-best achievements, and their hard work gave the team it's best-ever provincial ranking of 9th.

Leading the charge was Douglas Forrest, named Provincial Champion in his category. He's followed by Michael Mitruk and Mieka Halliday-Gunn who were each declared Provincial Champions on an individual event.

Awards are given to the top 10 scores on each event. Award winners were as follows:

Boys level 1

Marco Misceo	Floor	10 th
	Pommel Horse	9 th
	Vault	3 rd
	Parallel Bars	8 th

Boys level 2

	Team placed	2 nd
Micah Barrass	Floor	8 th
	Pommel Horse	6 th
	Rings	3 rd
	Vault	4 th
	Parallel Bars	5 th
	Horizontal Bar	2 nd
	All-Around	4 th

Michael Mitruk	Floor	8 th
	Pommel Horse	3 th
	Rings	4 th
	Vault	1 st
	Parallel Bars	4 th
	Horizontal Bar	10 th
	All-Around	7 th

Boys level 4

Douglas Forrest 1st All-Around and 1st on Floor, Pommel Horse, Rings, Parallel Bars, Horizontal Bar
3rd on Vault

Girls Level 1 Junior

	Team placed	3 rd
Jacqueline Hollstedt	Vault	5 th
	Uneven Bars	4 th
	Floor	3 rd
	All-Around	3 rd

Karley Erickson	Vault	9 th
	Balance Beam	6 th
	Floor	9 th
	All-Around	5 th

Girls Level 1 Senior

	Team placed	6 th
Mieka Halliday-Gunn	Uneven Bars	4 th
	Balance Beam	1 st
	All-Around	9 th

Girls Level 4

Tea Ham	Vault	4 th
	Uneven Bars	7 th
	Balance Beam	3 rd
	Floor	4 th
	All-Around	7 th

The event was a great success, with several student groups within the school and district taking part. The organizing committee and I were very appreciative of all the support we received!

- Digital Media students, under the direction of Ms. Smyth, worked on an advertising poster and cover for the program
- Ms. Foster's art students prepared decorations and promotional signs for display in the gym and around the school
- Ms. Watt's Grade 12 Phys. Ed. students, and some miscellaneous volunteers, helped with setting up the competition venue on the Wednesday evening
- The school band, under the direction of Mr. Bevis, played music and the National Anthem for the opening ceremonies on Thursday morning
- Recent graduate, Adina Williams, welcomed our guests to the school on behalf of the Squamish Nation
- Students from the LSC, under the guidance of Scott Miller, cooked hot dogs for lunch on the Thursday and Friday
- Mr. Thornhill's foods classes prepared lunch and snack food for the coaches and officials on Thursday and Friday
- The SLC operated a concession all 3 days, providing (mostly) healthy food options for our guests; the school mascot attended Saturday's competitions, entertaining the crowd and leading the gymnasts in a dance before the final awards ceremony
- Nine elementary classes from our feeder schools attended some of the competitions

