

## Online Delegation Form

### **YOUR WORSHIP, MAYOR TAYLOR, AND MEMBERS OF COUNCIL, I/WE ARE HERE THIS EVENING ON BEHALF OF:**

Flippin Fun Gymnastics Board of Directors - non profit , founded in Feb 2018, affiliated with Gymnastics BC and Societies of BC

### **TO REQUEST THAT YOU CONSIDER:**

Supporting the sustainability, growth and development of Gymnastics and its health benefits for Grand Forks & surrounding residents, across their life-span. We kindly ask you consider helping us in establishing a long-term Gymnastics home.

### **THE REASONS THAT I/WE ARE REQUESTING THIS ACTION ARE:**

The community citizens of Grand Forks and surrounding area have been ripe for the uptake for the sport of Gymnastics for quite some years now. Historically parents have been driving their children out of town, including Kelowna, Castlegar, Trail and Colville WA, to participate in the sport. Gymnastics promotes physical, mental and emotional conditioning, dedication, perseverance, hard work and a sense of accomplishment, for both gymnast and coach alike. The volunteer Board of Directors values a scientific approach to the fundamental core values of this organization. We believe an upstream, forward thinking approach to health promotion, disease prevention and harm reduction methods pave the way for this program. The Canadian Social Determinants of Health have been strongly considered for the creation of this program, including childhood experiences, access to health care, social supports and coping skills, healthy behaviors, employment and working conditions, physical environments, gender and culture. We understand also of the health inequalities that exist in the Boundary Area and are sensitive to this fact and strive to support the reduction of health inequalities. We are moving forward with core values including positive emotions, engagement, relationships, meaning, achievement and vitality. Focussing on positive psychology we have a working framework for our program and most important the people engaged in it. The feedback we have received to date from both gymnast & parent are very positive. We welcome constructive feedback and will make every effort to ensure a smooth program.

### **I/WE BELIEVE THAT IN APPROVING OUR REQUEST THE COMMUNITY WILL BENEFIT BY:**

We as a strong working Board of Directors, recognize children, youth and adults are in need of more options to help them get re-connected into social networks and away from their hand held devices. The rate of trauma, mental illness (including child anxiety, depression, self-harm, suicide attempts & suicide) and substance use in our community (and globally) is on the fast rise, and we stand for physical movement and social connection in hopes to witness increased resilience across the life-span. We have begun to observe and evaluate just that! We feel we are only as strong as our weakest chain link and we desire to see families rise above their circumstance with the help of community support. It takes a village to raise a child, and our desire to is create a mindful space for gymnasts and their support people. The Gymnastics Leadership Team is currently focussing on many aspects of the program, but the THREE that are most priority are supporting our coaching roster, establishing a long-term venue site and building healthy community relationships. A permanent Gymnastics Space will be a very attractive feature to our City. Not only will it attract more families to our community, but it will help keep the existing ones in our beautiful town. We currently have over 95 paid gymnasts, aged 2-16 (both female and male) in our program. July program will start to include Adults, Older adults 55+, Special Needs, Aboriginal Teachings, Birthday Parties, Private lessons, Pre-Competition. We currently have 2 employed coaches and 5 volunteer youth coaches. We are

diligently collaborating and/or communicating with like-minded organizations including Boundary Family Services, RDKB, SD51, Indigenous Groups, Exercise Specialists, Grand Forks Rec Department, Rotary Club, Community Futures, Child & Youth Mental Health, and local Physician Community. By approving our request, the City and its people only stands to gain increased health and wellness. Healthy people create healthy communities!

**I/WE BELIEVE THAT BY NOT APPROVING OUR REQUEST THE RESULT WILL BE:**

By not approving our request I worry that we will help to fail our children/youth and their support networks and they may not grow up to be functional members of society. That they may NOT want to return to Grand Forks when they are older themselves and have families of their own. By not approving our request Flippin Fun Gymnastics' will continue to Flip/Flop around from home to home until possibly it is no longer a sustainable approach and gymnastics dies in Grand Forks and the health and wellness benefits will die with it. If not approved we will fail to capture the broken, the traumatized, along with not being able to raise up and support the already resilient, talented & strong human beings of this area.

By not approving our request the opportunity to have a vessel to encourage maximum health and wellness does not exist.

We are currently renting space at the Curling Rink until September 1, 2019. After that we will most likely move to Pines Bible Camp on North Fork Road (8km) until April 30, 2020, where we can resume space after again at the curling rink on May 1, 2020. We are committed to the long term vision!

**IN CONCLUSION, I/WE REQUEST THAT COUNCIL FOR THE CITY OF GRAND FORKS ADOPT A RESOLUTION STATING:**

to strongly consider and research a variety of avenues, to best support the growth and development of a permanent Gymnastics home in Grand Forks

[www.grandforksgymnastics.com](http://www.grandforksgymnastics.com)

Thank you for your consideration. We are available for the Monday morning , July 15th meeting if space exists on your agenda!

**NAME**

Svetlana Dalla Lana

**ORGANIZATION**

Flippin Fun Gymnastics

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