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A MESSAGE FROM USAG'S BOARD CHAIR KATHRYN CARSON AND PRESIDENT & CEO LI LI LEUNG



Dear Gymnastics Community,

The last few years have been a time of incredible change and growth for USA Gymnastics, and in 2023, the progress of our sport continued to accelerate in every area. From competitive excellence to organizational growth, 2023 was a year in which the future really began to take shape.

That future is built on the cultural transformation that we have collectively been pursuing for nearly five years. Almost every bit of good news related to the sport of gymnastics is in some way a reflection of the work that everyone

> in the gymnastics community has done to define and cultivate a new culture that prioritizes the safety, health and wellness of athletes. Together, we have focused on doing the right thing and achieving results before talking about it.

This 2023 Year in Review celebrates those results.

First and foremost, American athletes were incredibly successful on every level. While the world was understandably captivated by the return to competition of one very notable GOAT, American athletes in acrobatic, rhythmic, trampoline & tumbling, parkour and artistic gymnastics were achieving feats not seen in decades, if ever.

Of course, athletic success is the result of years of hard work not just by the athletes themselves, but of their coaches, clubs and support systems. Happy and healthy athletes do better in sport and







in life, so we were thrilled that once again, two gymnastics coaches were lauded for their positive cultural impact as **Positive Coaching Alliance Double-goal Coaches of the Year.**

USAG's cultural progress was also reflected in 2023 by the tremendous growth of our corporate partnership family. We were so fortunate in the last few years to have long-time partners renew with us, and this past year, USA Gymnastics also welcomed five new partners, including a history-making partnership with **Nike**. There is now an incredible portfolio of committed partners who are helping to grow the sport and support the community, whether it is by enhancing existing events or establishing new support programs.

The year also brought fun and celebration to the organization. We introduced our new mascot, Flip, at the Xfinity U.S. Gymnastics Championships. Throughout the year, one of our new support programs – emotional support dogs at events – brought even more positive energy to athletes, coaches, judges and staff. Although dogs like the now-famous **Beacon** were there for a serious purpose, the presence of furry friends brought everyone so much happiness. And in June when Minneapolis was announced as Gymnastics City USA in 2024, we celebrated the fact that every segment of the gymnastics community will be brought together when we host the 2024 Olympic Trials, USA Gymnastics Championships, National Congress, and Gymfest in one location.

Quite simply, 2023 brought with it a **new feeling and energy around the sport** with **more happiness, joy and celebration**.

In the pages of this Year in Review, you will find plenty of photos that capture that positive energy and highlight the success stories of athletes and the community. As we celebrate 2023, we again thank every member of our community for their continued contributions to our collective journey.

We have come so far, and we can't wait to see where we'll go in 2024.

With heartfelt thanks,

Kathry Z. Carson
Kathryn Carson
Board Chair

Li Li Leung
President & CEO





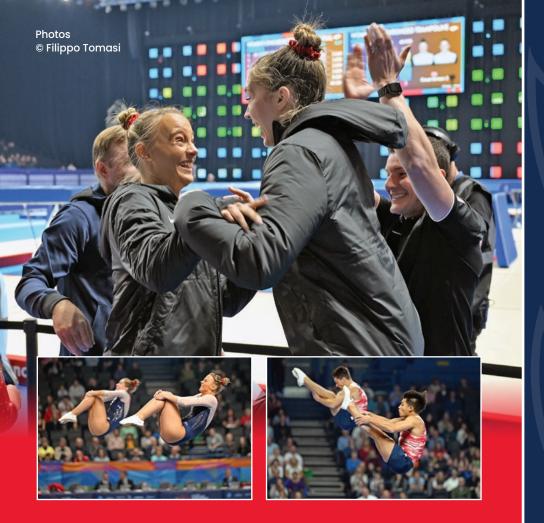






Artistic World Championships

- Record seventh-straight team title for U.S. women, breaking the streak of 6-straight wins previously shared with China's men's team
- First men's team medal since 2014.
- Khoi Young became the first man to win three medals at a single World Championships since Paul Hamm in 2003 and the first to win multiple individual apparatus medals since Kurt Thomas and Bart Conner in 1979.
- Fred Richard won the first men's individual all-around medal since 2010 and became the first U.S. man to win a team and all-around medal since Paul Hamm in 2003.
- The four medals won by the men is their largest medal tally since 2013.
- **Simone Biles**:
 - Became the most decorated gymnast in World Championship and Olympic competition (37), eclipsing the total of 33 owned by Vitaly Scherbo of Belarus.
 - Performed her fifth career eponymous skill in Antwerp. The Yurchenko double pike vault is now known as the Biles II.



T&T World Championships

- Nicole Ahsinger and Sarah Webster became the first women's pair to win a synchro medal since 1976 and were the first men's or women's American duo to win gold since 1982.
- **Ruben Padilla** and **Aliaksei Shostak** became the first U.S. men's pair to medal since 1982.
- **First time since 1974** that both a U.S. men's and women's synchro pair medaled at a World Championships.
- **Jessica Stevens** became the first U.S. American to win an individual medal since 1974.
- First team gold medal for the U.S.

MODERN HISTORY

Artistic

Simone Biles became the first gymnast to win eight national all-around titles.



Rhythmic

Rin Keys became the first U.S. athlete to medal at an FIG Rhythmic World Championship at either the junior or senior level.



Acro

Angel Felix and Braiden
McDougall became the first U.S.
men's pair to win an Acrobatic
World Cup Series title.



Parkour

The U.S. won its first ever World Cup medals, from **Audrey Johnson**, **Shea Rudolph** and **Calen Chan**.





164

Medals won by U.S. athletes at World Championships, Pan American Games, Pan American Championships and **World Cup Competition**



269

Athletes represented the U.S. in **International Gymnastics Competition** 3,300+ **Sanctioned Events**



3,000+

Member Clubs



326M

Social Media Impressions

Across All Platforms

3M+

Followers on Social Media

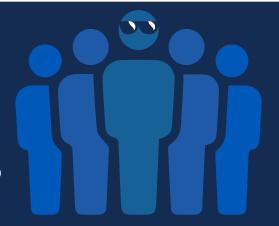


200,000+

Members

36,000+

Member Coaches, Club Owners and/or Judges



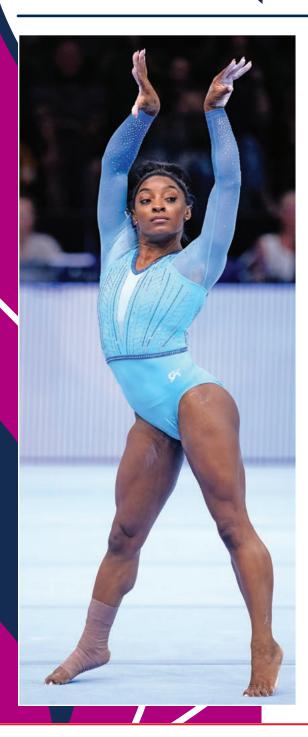


56M+ **Video Views Across All Platforms**





ARTISTIC



The 2023 World Championships in Antwerp, Belgium, saw the U.S. women clinch a record seventh-consecutive World team gold and the U.S. men earn their first World team medal since 2014 while securing an Olympic team berth. With a five-medal performance, **Simone Biles** became the most decorated gymnast in World Championship and Olympic competition, her 37 career medals surpassing the previous record of 33. **Fred Richard** won the first World Championships men's individual all-around medal for the U.S. since 2010, **Khoi Young** became the first U.S. man to win three medals at a single World Championships since 2003, and **Shilese Jones** medaled in the all-around and uneven bars for the second consecutive year.

2023 FIG Artistic World Championships

MEDAL COUNT (11)

Women: 7 (4 gold, 1 silver, 2 bronze) • Men: 4 (2 silver, 2 bronze)





Simone Biles, Women's all-around (far left)

Simone Biles, Balance beam

Simone Biles, Women's floor exercise



SILVER (3)

Simone Biles, Women's vault **Khoi Young**, Pommel horse (left) **Khoi Young**, Men's vault



BRONZE (4)

Men's team (Asher Hong, Paul Juda, Yul Moldauer, Fred Richard, Khoi Young, Colt Walker)

Fred Richard, Men's all-around

Shilese Jones, Women's all-around (left)

Shilese Jones, Uneven bars













The string of success for USA Gymnastics peaked at the 2023 FIG Trampoline and Tumbling World Championships in November in Birmingham, England, where Americans accomplished "firsts" at almost every turn. With her bronze-medal performance, Jessica Stevens became the first U.S. American to win an individual trampoline medal since 1974 and in the process secured a women's trampoline quota spot for the U.S. at the Paris Games. Nicole Ahsinger and Sarah Webster became the first women's pair since 1976 to win a synchro medal and the first men's or women's American duo to win gold since 1982, while Ruben Padilla and Aliaksei Shostak became the first U.S. men's pair to medal since 1982. Padilla repeated as world champion in the men's double mini, and Team USA won their first-ever team gold medal.

2023 FIG Trampoline & Tumbling World Championships

MEDAL COUNT (10)

Women: 5 (2 gold, 3 bronze) • **Men:** 4 (2 Gold, 2 silver)









GOLD (4)

Team all-around (Nicole Ahsinger, Kaden Brown, Miah Bruns, Cody Gesuelli, Ruben Padilla, Shelby Nobuhara, Isaac Rowley, Aliaksei Shostak, Jessica Stevens, Sarah Webster)

Men's DMT team (Padilla, Dylan Kline, Tomas Minc, Simon Smith) Women's synchro (Ahsinger, Webster)

Ruben Padilla, double mini

SILVER (3)

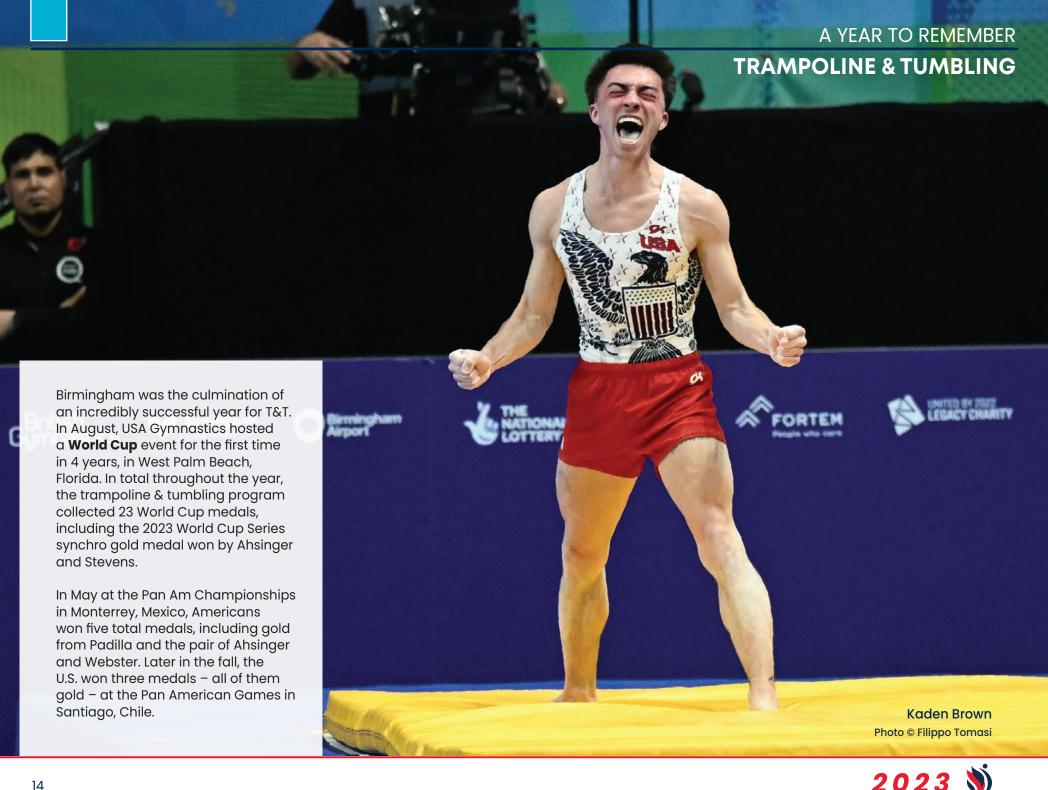
Men's synchro (Padilla, Shostak) (far left) Kaden Brown, tumbling (left) Aliah Raga, double mini

BRONZE (3)

Women's TUM team (Hope Bravo, Bruns, Nastia Katchalova, Tia Taylor)

Jessica Stevens, trampoline (left) Gracie Harder, double mini

Photos © Filippo Tomasi & © Ricardo Bufolin











In July, junior **Rin Keys** (above) made history for the U.S. rhythmic program, becoming the first U.S. athlete to medal at an FIG Rhythmic World Championship at either the junior or senior level when she won clubs bronze at the 2023 Junior World Championships in Romania. Keys accounted for 17 U.S. medals on the international stage in 2023, including six at the Pan American Championships in Guadalajara, Mexico, where she won the all-around, team, hoop and ball.

Evita Griskenas (upper left) had a whirlwind 2023 season, capping it off by earning a Paris Olympic berth with her silver-medal performance at the Pan American Games in Santiago, Chile. Griskenas started off the year with four World Cup medals and three medals at the Pan American Championships. **Lili Mizuno** (lower left) won her second U.S. all-around title in July, along with ball and clubs gold, and she advanced to the finals of every event at the Pan American Games.

Also in Santiago, the Senior National Group (middle left) of Izzy Connor (Palos Verdes Estates, Calif.), Gergana Petkova (Barrington, III.), Katrine Sakhnov (Glencoe, III.), Karolina Saverino (Elk Grove Village, III.) and Hana Starkman (Deerfield, III.) claimed all-around, five hoops, and three ribbons and two balls bronze medals.

Photos © Ricardo Bufolin

A YEAR TO REMEMBER

ACROBATIC









Punctuating a legendary career, U.S. and World champions Angel Felix and Braiden McDougall (large photo) in 2023 became the first U.S. men's pair to win an Acrobatic World Cup Series title, with two golds and one silver at World Cup competitions. The women's pair of Mo Arthur and Ariana Katsov (top left) claimed two bronze World Cup medals, and the group of Mariam Tutberidze, Grace Vonder Haar and Kayla Vonder Haar won three. The year closed out with a bang as the U.S. came home with 33 medals in December from the 2023 Acrobatic Pan Am Championships in Colombia.

In acro age-group competition at the Maia and Flanders Acro International Competition (MIAC/FIAC), 13-19 men's pair Ethan Chang and David Vonder Haar (All-around); 12-18 women's pair Maya Lissenkova and Bernice Moshos (All-around, Junior team); 12-18 mixed pair Hailee Wong and Andrew Castro (Junior team); and the 12-18 women's group of Roni Azzerad, Isabella Collazo and Audrey Wang (Junior team) all earned international gold.

A YEAR TO REMEMBER



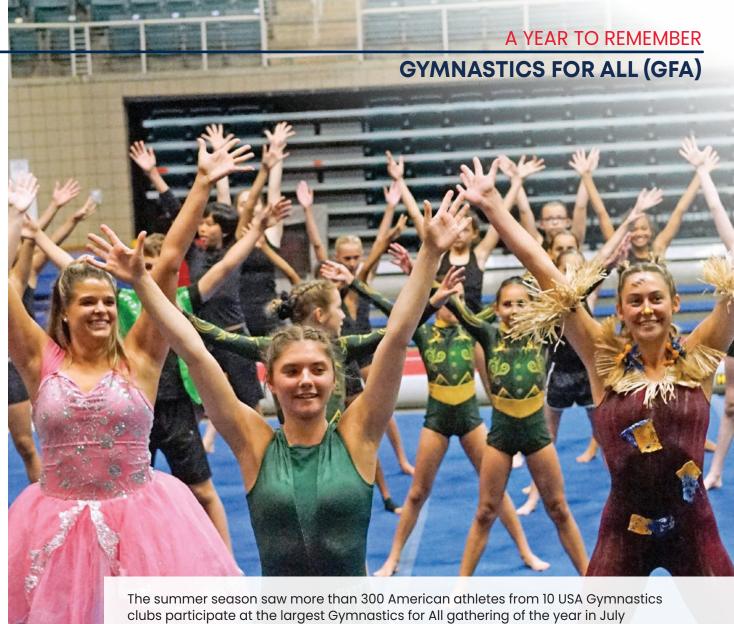












in Amsterdam, Netherlands. They joined more than 20,000 gymnasts from 60 countries at the 17th World Gymnaestrada in the global celebration of participatory gymnastics. Domestically, roughly 400 athletes participated in the 30th GFA National Championships and GymFest in Katy, Texas. The 2023 edition of the event included a Gym for Life Challenge in addition to categories including Power TeamGym and Acrobatics and Tumbling, as well as non-competitive opportunities.

Photos © Amanda R. Salazar





DISCIPLINE-SPECIFIC

2023 Annual Award Winners

In a 2023 season full of successes and accomplishments across all disciplines, USA Gymnastics recognized its annual award winners. Many recipients were honored at the 2023 USA Gymnastics Championships in Tulsa, Oklahoma, in June and the 2023 Xfinity U.S. Gymnastics Championships in San Jose, California, in August.

ACROBATIC



Athletes of the Year &
Sportspeople of the Year
Angel Felix (R) &
Braiden McDougall (L)

Sportsperson of the Year **Braiden McDougall**

Coach of the Year **Mindi Katsov**

Star Service Award

Amy Arthur

Janet VonBargen Award

Carisa Laughon

Glenn Sundby Award
Mo Arthur &
Ariana Katsov

MEN'S ARTISTIC



Athlete of the Year Fred Richard

Sportsperson of the Year
Yul Moldauer

Coach of the Year
Thom Glielmi

Development Coach of the Year

Felippe Barros Mendonça

Dusty Ritter Visionary Award

Mas Watanabe

Frank J. Cumiskey Service Award **Ben Fox**

WOMEN'S ARTISTIC



Athlete of the Year

Joscelyn Roberson (R)

Sportsperson of the Year **Nola Matthews** (L)

Coach of the Year Laurent Landi

Dedication to Sport Award Connie Maloney

Development Club of the Year World Class Gymnastics, Newport News, VA

Star Service Award **Deb Kornegay**

RHYTHMIC



Athlete of the Year **Evita Griskenas**

Sportsperson of the Year
Lili Mizuno

Coaches of the Year
Natalia Klimouk &
Jenna Burlo

Star Service Award
Rebecca Sereda

TRAMPOLINE & TUMBLING



Sportsperson of the Year

Miah Bruns

Athletes of the Year
Ruben Padilla, Kaden
Brown & Jessica Stevens

Coaches of the Year

Dmitri Poliaroush,

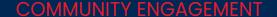
Becky Brown &

Sven Nielsen

Star Service Award

Christine LaFollette





CELEBRATING THE COMMUNITY, EXPANDING SUPPORT

Whether expanding club resources, offering new education courses, operating National and Regional Congresses, celebrating National Gymnastics Day or developing new and fun ways to provide emotional support, USA Gymnastics makes engaging the broader gymnastics community a top organizational priority.



When USA Gymnastics brought emotional support dogs to the Rhythmic Elite Qualifier in May, the hope was to provide a space for athletes of all ages to decompress before and after competition. Who knew the program would also be an immediate hit with judges, coaches, families, and fans?

With Beacon the golden retriever serving as the team leader, USAG's therapy dog program expanded to the USA Gymnastics Championships, Core Hydration Classic and Xfinity U.S. Gymnastics Championships. Wearing his own credential and carrying his favorite turtle plushie or Core Hydration bottle in his mouth, Beacon and his friends became one of the most loved USAG programs in history. The program will continue in 2024 and beyond.

PCA Honors Gymnastics Coaches

The buy-in of the gymnastics community to the principles of SafeSport and truly changing the culture of the sport is critically important. For the second consecutive year, the Positive Coaching Alliance honored two gymnastics coaches among their Double-Goal Coaches of the year. The award recognizes coaches who are making an impact with a focus on the whole athlete and the belief that a positive approach will result in the best outcomes.

Mitch Connor of Infinite Gymnastics in Brown Deer, Wisconsin and Craig Thibaudeau of Impact Gymnastics Academy in Bow, New Hampshire were among the 25 coaches across all sports honored by the PCA. A club owner and practicing child psychologist, Thibaudeau also has served as the Men's Region 6 chairman, while Connor leads the men's program at Infinite Gymnastics in Brown Deer, Wisconsin, and has been a longtime boys' coach in the state. USAG recognized both coaches during a special presentation at Xfinity U.S. Gymnastics Championships.



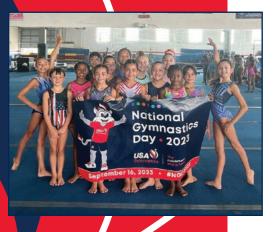
L-R: Craig Thibaudeau, Li Li Leung, Mitch Connor



CELEBRATING THE COMMUNITY, EXPANDING SUPPORT







Celebrating the Community

As USA Gymnastics' award-winning social media channels have grown in reach and engagement with fans around the country, USAG has interacted with the community in new and fun ways. Among the special occasions celebrated on social media in 2023 were National Coaches Day, AAPI Month, International Day of the Girl, Mental Health Awareness Month, Juneteenth, Developmental Disabilities Awareness Month, Pride Month, Black History Month and many others.



A Flipping Great Mascot

Always sticking the landing, the new USA Gymnastics mascot was revealed at the 2023 Xfinity U.S. Gymnastics Championships as a friendly-faced cat named Flip.

The mascot reveal came after a months-long development process that engaged fans and the gymnastics community. In March, a USAG social post asked "Out of all animals in the kingdom, which one do you think would make the best gymnast and why?" The overwhelming response – often with accompanying video or family pet photos – was a cat. USAG then called for nominations to name the mascot. Among nearly 1000 submissions, "Flip" was the most popular moniker.

Flip appeared in 2023 National Gymnastics Day promotional material and will make its first appearance as a live mascot at USAG events in 2024. Flip will also be incorporated into a range of USA Gymnastics educational materials, as well as USAG merchandise, including a plush toy.

National Gymnastics Day Goes Big

For the 25th anniversary of National Gymnastics Day on September 16, USA Gymnastics shipped limited-edition banners to all member clubs, encouraging them to celebrate the day and post photos to social media.

The official #NGD2023 hashtag appeared more than 3,100 times on all channels, with hundreds of photos of clubs creatively celebrating their love of gymnastics. One club, International Gymnastics Training Center in Miami, Florida, was randomly selected as the winner of a shopping spree courtesy of USAG's partner, GK Elite.

EMBRACING THE COMMUNITY, EXPANDING SUPPORT

Serving Members, Clubs & Coaches

The USAG Member Services department was in high gear in 2023, expanding educational courses, club resources and Congress support for more than 200,000 members and 3,100 member clubs.

The 2023 National Congress continued its postpandemic growth, with more than 3,000 attendees, vendors and presenters on hand. Collectively, National and Regional Congresses produced 630 live educational presentations for 5,000+ participants. With a focus on Member Clubs, USAG followed up on the 2022 release of the Club Best Practices & Toolkit by expanding the toolkit to including a Hiring Resource Guide and adding a Member Club Guide to Managing Bullying in the Workplace and an Athlete Behavior Resource Guide. Education for coaches now includes a new PCA

course, U405: Coaching with Empathy.

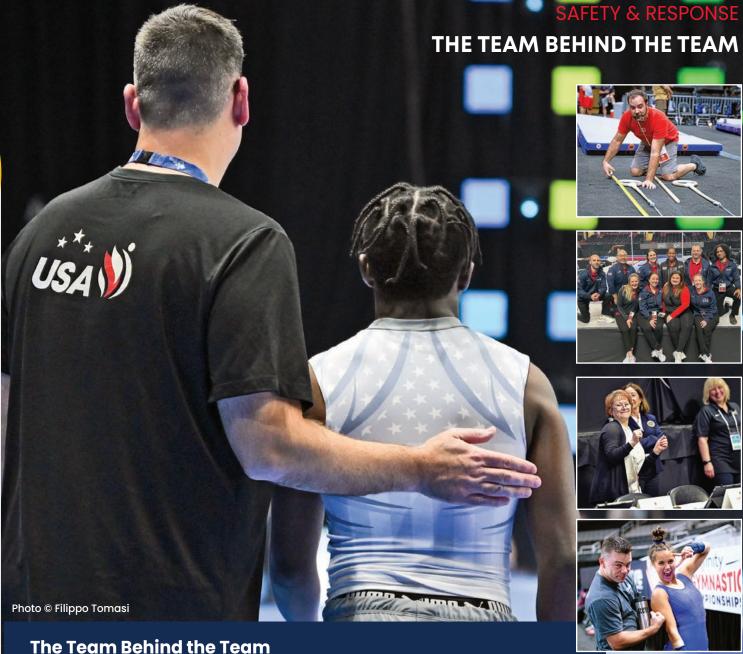






With safety and wellness being a top priority of USA Gymnastics, the Safety & Response (formerly Safe Sport) team continues to be efficient and effective. In 2023, the number of active cases being handled by the team was reduced by over 50 percent. In addition:

- USAG resolved 39% more cases in 2023 compared to 2022
- Greatly reduced the "days to close" for cases, resolving cases an average of 40 days sooner than in 2022
- Received a clean audit from the U.S. Center for SafeSport, indicating that all SafeSport standards have been fully implemented by USA **Gymnastics**



The club owners, coaches, judges, medical teams and families who support athletes in pursuit of their dreams were busier than ever in 2023 – a year to remember!







"Acro Dads"



Gold medals glisten, but in gymnastics, it is the energy and enthusiasm of the gymnastics community that is the best barometer for the state of the sport.

In 2023, the state of the sport was...FUN. Smiles, cheers, teamwork – even a spirit of silliness – was a recurring theme on every level. Whether watching, participating or competing, the gymnastics community showed that The Fun Starts Here.





PARTNERSHIPS

With the addition of five new partners in 2023, the USA Gymnastics Partnership family is stronger than ever in support of gymnasts at all levels.



THANK YOU TO OUR PARTNERS







Prevagen















GYMNASTICS CITY USA

2 0 2 4 GYMNASTICS CITY USA

Minneapolis, MN

Gymnasts from local clubs, hundreds of fans, the governor, the media, and an Olympic gold medalist came together in June to announce that Minneapolis will become Gymnastics City USA in 2024. In addition to the Olympic Trials, the city will host the 2024 USA Gymnastics Championships, the USAG National Congress and Trade Show, and the USA Gymnastics for All National Championships & Gymfest.

With three-time Olympian and University of Minnesota graduate John Roethlisberger serving as emcee and headlined by an appearance by Minnesota native Suni Lee, the announcement at Target Center featured remarks from Minnesota governor Tim Walz, USA Gymnastics President & CEO Li Li Leung and Senator Amy Klobuchar. Demonstrations by local gymnasts kicked off and closed the celebration, providing a highlight of all disciplines that will compete in Minneapolis in 2024.



Photos courtesy MNSE





Acrobatic Trio

USA Gymnastics Championships

Photo © David Morton















