

Breakfast of Champions Spotlight: Evolution Gymnastics

By Sarah Smith

Training an average of 15 hours a week, the Men's Artistic Provincial level athletes from Evolution Gymnastics Aurora (EGA) topped off another great season last year with some stellar performances at the 2015 Ontario Championships.

13-year-old Level 2 athlete Christopher Kent garnered a Silver medal on rings, and bronze medals on Pommel horse, parallel Bars, floor exercise and all-round.

In the Level 3 category, 11-year-old Julian Farano came away with a bronze medal on Pommel horse.

12-year-old Level 3 athlete Matthew Donovan won a silver medal on Vault.

13-year-old Level 3 Kieran Heaslip earned a silver medal on floor and, due to his strong performance at Provincial Championships, was selected to the Ontario Team that attended 2015 Eastern Canadian Championships.

He represented us very well in New Brunswick, earning a gold medal on floor and a bronze medal on vault

Head coach Sean Heaslip, along with coaches Warren Bisbee and Carol Charad, continue to provide our male team members with focused guidance in a positive, relaxed environment, so that, with consistent effort, each of them can realize their goals, both short & long term.

Owners Sarah and Bruce Smith are incredibly proud of all the athletes that train at EGA, and thank all their members & staff for helping them realize their dream of creating a top notch, spectator-friendly gymnastics facility.