



Wendy
Hilliard
Gymnastics
Foundation

Celebrating 20 years

About the Foundation

The mission of the Wendy Hilliard Gymnastics Foundation is to provide opportunities to **improve physical and emotional health** to children of all ages in **underserved communities.**



Wendy Hilliard

- First African American to represent the United States in Rhythmic Gymnastics
- Nine-time U.S. National Team Member
- Three-time World Championship Competitor
- Four-time USA National Team Coach
Coach of 1996 Olympian - Aliane Baquerot Wilson



Wendy Hilliard

- President of the Women's Sports Foundation 1995 - 1996
- NYC2012 Director of Sports - Olympic Bid 1995 - 2005
- USA Gymnastics Hall of Fame - 2008
- 2011 "Rings of Gold" Award Winner U.S. Olympic Committee



Why Gymnastics?

- ★ The WHGF gymnastics classes are based on Wendy's training from her outstanding coaches Zina and Vladimir Mironov. Zina and Vladimir were Master of Sport athletes and coaches from the former Soviet Union.
- ★ They brought a combination of structure, discipline, and high quality gymnastics to the Detroit Recreation Department where they developed several National Team Members, National Champions, and an Olympian.



Why Gymnastics?

- ★ Most importantly, they taught the joy of gymnastics and an appreciation for learning good gymnastics technique through hard work.
- ★ After Wendy developed 1996 Olympian Aliane Baquerot Wilson, she wanted to go back to her roots. So she started the Wendy Hilliard Gymnastics Foundation with the goal of making gymnastics available to the community to develop strong, healthy, and ambitious youth who understand and appreciate hard work in all areas of their lives!



WHGF Gymnastics 101

- Trampoline
- Double Mini Trampoline
- Girls Artistic Gymnastics
- Tumbling
- Boys Gymnastics
- Rhythmic Gymnastics



The Wendy Hilliard Gymnastics Foundation

- ★ Established in 1996
- ★ Located in Harlem
(& Detroit — Fall 2016)
- ★ WHGF provides free and
low-cost gymnastics classes
for ages 18 months through,
and including, adults.



The Wendy Hilliard Gymnastics Foundation

- ★ Trains competitive rhythmic, artistic, tumbling & trampoline gymnastics teams
- ★ Employs 25 Gymnastics Instructors and Program Staff
- ★ To date, WHGF has served over 15,000 NYC youth
- ★ WHGF Summer Training Camp
- ★ Educational and Nutrition Workshops
- ★ Special Performances and Exhibitions
- ★ Special Needs Class Integration
- ★ Gymnastics Internships and Workforce Development



The Wendy Hilliard Gymnastics Foundation

- ★ Saturday Community
Gymnastics Program
- ★ WHGF Competitive Teams
- ★ Harlem Children's Zone
Community Partnership
- ★ Community and After-school
Free Gymnastics Programs
- ★ WHGF Summer Training Camp
- ★ Educational and Nutrition Workshops
- ★ Special Performances and Exhibitions
- ★ Special Needs Class Integration
- ★ Gymnastics Internships
and Workforce Development



Alexis Page

WHGF Student & Scholarship Athlete, Alexis Page, was a **National & International Event Gold Medalist & 3-time USA National Team Member.**

She now attends Howard University and coaches for the WHGF when home in NYC.





The WHGF Took 8 Athletes to the 2015 National Championships and won 9 medals including gold!

WHGF Press Coverage

- ★ **2015 Aetna African American History Calendar**
Champions for Change
- ★ **NY1 – February 2015**
Wendy Hilliard,
New Yorker of the Week
- ★ **FOX 5 NY – July 2015**
Harlem Gymnasts go to Nationals
- ★ **WABC-TV – July 2015**
Harlem Gymnasts go to Nationals
- ★ **WNBC-TV – September 2015**
National Gymnastics Day



A group of diverse children and adults are smiling and posing on a playground structure. The image is overlaid with a purple tint. The children are of various ethnicities and ages, and they are all looking towards the camera with happy expressions. The playground structure consists of wooden beams and metal railings.

WHGF Events

National Gymnastics Day in Harlem



Harlem Gymnastics Invitational



WHGF Fundraising Benefit



Right to Play Gymnastics Festival with 2012 Olympic Champion Gabby Douglas



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