







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!



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

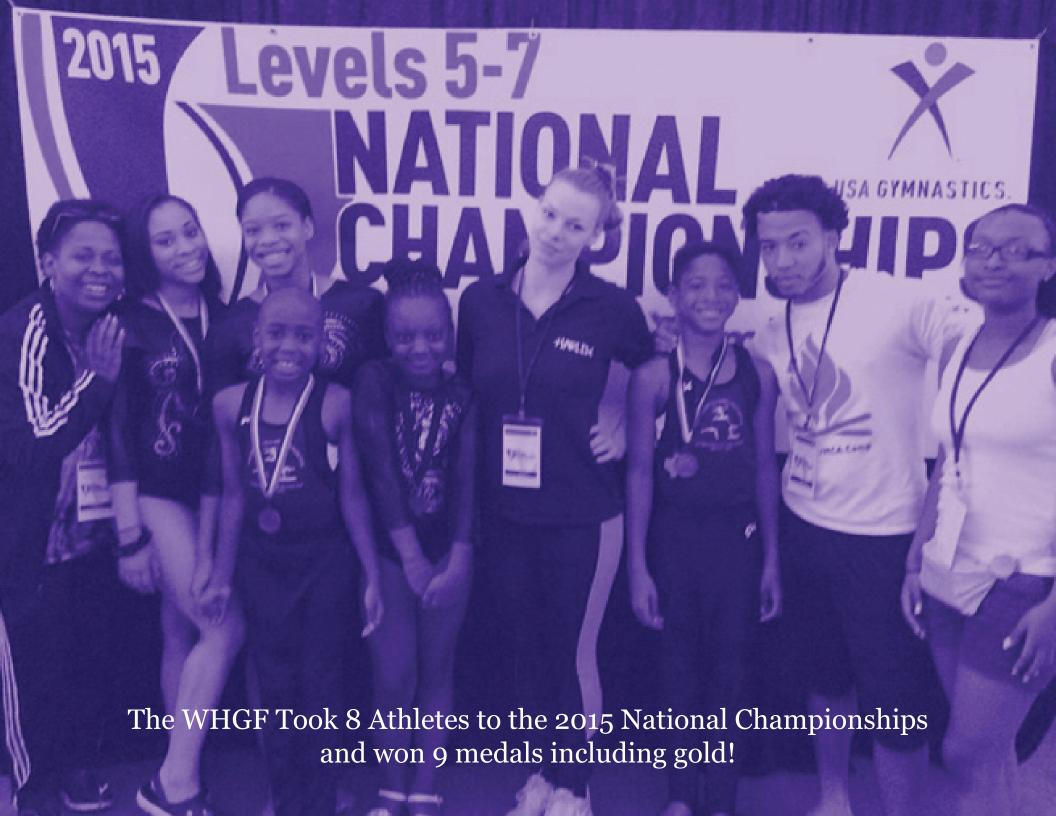
The Wendy Hilliard Gymnastics Foundation

- ★ 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.



WHGF Press Coverage



- ★ 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

















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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