



We've had quite a year at the Wendy Hilliard Gymnastics Foundation fulfilling our mission to improve physical and emotional health through free and low-cost gymnastics to young people who otherwise would not have access in Harlem, South Bronx, Washington Heights, and Detroit!

Here's a recap of highlights from 2022.

Thank you for your continued partnership, support and generosity.

We hope that you tumble into a fabulous new year!

Wendy

2022 Highlights



JANUARY: Trampoline & Tumbling (T&T) [competitive team](#) started competition season. WHGF Detroit resumed (since March 2020) on-site community gymnastics on Saturdays at the Kemeny Recreation Center.

FEBRUARY: BGIH included a salute to Corrinne Wright-Tarver, the first female Black NCAA Overall Champion. A month later, Corrinne was named head coach of Fisk University's gymnastics team—the 1st for an HBCU!



MARCH: Our 37 [competitive teams](#) and pre-team members continued year round training at HCZ Harlem Armory and CAVU.

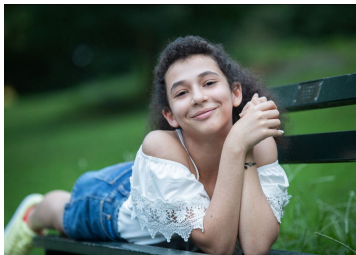
APRIL: The [25th Anniversary Celebration](#), Flipping Forward, was held at Greenberg Traurig, LLC and honored Jené Elzie (Spirit of Sport Award) and Emeka Okafor (Champions Award).





MAY: WHGF elite athletes BJ, **Phoenix**, Ty-La, ZaQuae, and Carter qualified at Regionals to compete in the National Trampoline & Tumbling Championships in June.

JUNE: WHGF team & staff performed at the Harlem Multi-Cultural Fair. The WHGF received Robert Wood Johnson’s Sports Award for using sports to catalyze and sustain changes to make communities healthier places to live, learn, work, and play. Plus, Wendy was featured by Sports Illustrated as one of [Elle-evate: 100 Influential Black Women in Sports.](#)



JULY: Aries Wickham [represented the US in Rhythmic Gymnastics at the World Maccabiah Games](#), the third-largest sporting event in the world with 10,000 athletes competing. Aries has been training 12 hours a week in rhythmic gymnastics for 8 years at WHGF.

AUGUST: [WHGF completed a successful summer training camp in Harlem.](#) FlipFest sponsored 3 WHGF athletes and a coach to their summer camp in Tennessee. 30 WHGF Athletes went to Woodward Gymnastics Camp for their final Gymnastics Camp week.



SEPTEMBER: [WHGF Detroit](#) celebrated National Gymnastics Day with a free Open House full of fun gymnastics.

OCTOBER: WHGF athletes Arissa and Emma performed at the Women’s Sports Foundation's Annual Salute and were joined on the red carpet by Coach Alexis Page, Wendy, and Tokyo Olympic Gymnastics Champion Suni Lee.



NOVEMBER: WHGF/Cavu Trampoline & Tumbling Athlete [ZaQuae Carter was the top U.S. finisher \(7th\)](#) at the World Age Group Championships in Bulgaria.

DECEMBER: WHGF's rhythmic competitive team started competition season!



P.S. Save the Date for Harlem Gymnastics Invitational, February 24-26, 2023, for our “home meet” at HCZ Harlem Armory with over 600 athletes and thousands of spectators. [See highlights from 2019 HGI.](#)



See all the highlights from 2022!

*[The Wendy Hilliard Gymnastics Foundation](#)
[appreciates your continued support!](#)*

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