



Grace Francis

Grace Francis started gymnastics at the age of 5 and trained for 12 years before retiring once entering university. Being surrounded by Zdravka Tchonkova and Shari Hebert, such strong and empowering coaches, Grace grew to appreciate the beauty and community of rhythmic gymnastics where her teammates and coaches were like her second family. During her career, Grace had competed across Canada and in Europe in both group and individual competitions. Grace was a member of the Rhythmic Gymnastics Provincial Team for 9 years and placed first all-around in the senior open category at the 2018 Canadian National Championships. She began coaching in 2018 hoping to share her love for the sport with the next generation and received the Apprentice Coach of the Year Award in 2019. Grace has coached many levels including Interclub, Class 2, Class 3, and Class 4. For the 2021-2022 season Grace will be coaching Class 2 and Class 3. Grace is currently in the 2nd year of her Health Sciences degree at the University of Manitoba.