

GNL Newsletter

FALL 2022



Award Recipients

2022 Sport NL Awards

Each year Sport Newfoundland and Labrador recognizes sporting accomplishments and contributions through their annual awards program.

This year Allison Kirby with Cygnus Gymnastics was awarded the Female Coach of the Year.

Congratulations Coach Allison!



Award Recipients

2022 Gymnastics NL Awards

Leadership Award



Gabe Flynn, Cygnus

Volunteer of the Year



Karen Gosse, Cygnus

Recreation Coach of the Year



Jessica Tremblay, Snowbirds

Congratulations to all Award Winners!



Award Recipients

2022 Gymnastics NL Awards

**Coach of Year
Men's Artistic Gymnastics**



Jill Hood, Cygnus

**Coach of the Year
Women's Artistic Gymnastics**



Allison Kirby, Cygnus

**Coach of the Year
Trampoline Gymnastics**



Stephen Nolan, Campia

Congratulations to all Award Winners!



Award Recipients

2022 Gymnastics NL Awards

**Athlete of Year
Men's Artistic Gymnastics**



Gabe Flynn, Cygnus

**Athlete of the Year
Women's Artistic Gymnastics**



Sarah Pace, Cygnus

**Athlete of the Year
Trampoline Gymnastics**



Gleb Evstigneev, Campia

Congratulations to all Award Winners!



Award Recipients

2022 Gymnastics NL Awards

Athletic Excellence Award



Gleb Evstigneev, Campia



Kyla Piercey, Cygnus

Congratulations to all Award Winners!





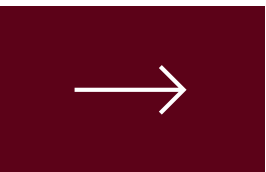
Club News - Saltos

Saltos is looking forward to a busy season!

Another summer has passed. With the return to school comes the start of the 2022-23 Gymnastics season. Saltos is thrilled to welcome back our competitive and recreational athletes. It is great to hear the laughter and chatter of so many happy athletes as things start to open up at full capacity.

Saltos offers programs for all children of different ages and abilities with our youngest members entering the gym at 18 months old.

Saltos is pleased to welcome back Debbie Ramsey as a senior coach and Brittany Brake who will be joining us in both the gymnastics and cheer programs this season. Saltos added a third senior coach as Jason Lang has joined our staff and will be hands-on in both the MAG and WAG programs. These coaches are anxious to share their knowledge with our enthusiastic young coaching team as Saltos looks forward to a great year.



Club News - Cygnus

Recreation Highlights:

Numbers have returned to pre-COVID levels, with Beginner classes filled with waitlists. Topsy Toesies, Rollin Rascals, Daring Dynamos and Ninja classes are in high demand. We have since re-introduced drop-in classes: children ages 5 and under, Adult Recreation and Adult Conditioning. Cygnus has increased our inclusion-for-all focus, expanding with a preschool Adaptive Needs for ages 0-6, and a new preschool Ninja class. We continue our socially equitable programs through free Teen, free Wednesday Active Start drop-in in partnership with the NL Sports Centre, supporting placements in the REAL program, Jumpstart, and KidSport. Our summer camp was one of the most successful to date.

Competitive Highlights:

Made the news for Nationals' historic turnout - the largest group ever to represent Newfoundland and Labrador. Cygnus participated with 11 athletes and 4 coaches. Gabe Flynn competed in both MAG Nationals finishing 8th of 23 after qualifications in November and 15th of 44. Sarah Pace led the Women's team placing 3rd all around with 2nd place finishes on Balance Beam and Uneven Bars. Teammate Grace Hill placed 6th in the qualifying round and went on to a 4th place finish all around with a 2nd place finish on bars and 4th on beam. Jane Young and Sarah Pace finished 6th in the team event.

Successes included Elite Canada WAG Kyla Piercey as 4BB, Novice HP List, sending 27 athletes to Atlantics competing for Team NL, with 10 all-around Atlantic Champions & 75 top 3 finishes on apparatus and all around. Provincials produced 5/6 banners, 7/14 major awards, and 14 provincial champions. Attended numerous competitions and camps from virtual to Vermont. Impressively, Competitive tryouts and programs continue to be in high demand, with Xcel proving to fulfill its retention of youth in sport!

Cross-exposure training throughout the year from visiting coaches included Lorie Henderson, Kathy Hubbard, Jenna Gleza and Mike Hood. Super Camp was a massive achievement and success with guest coaches Lorie Henderson, Doug Byrnes, Chris Hanley, CJ Keliher, Antoine Vallieres, Rob Murray and Kathy Hubbard.

Cygnus won 6 2022 Provincial Awards, 4 Gov NL Premiere Athletic Awards, 2 SportNL 2021 Awards (included Allison Kirby for Coach of the Year), 1 SportNL Nomination for Junior Female Athlete and a 2022 SportNL win for Allison Kirby as Female Coach of the Year. Cygnus had a nomination for City of St. John's Female Athlete of the Year, and won 7/10 2021 GNL Annual Awards, with 9 other nominations.



Club News - Peak Performance



Peak Performance would like to congratulate Eva Collier on completing her Foundations Introduction, Artistic and Active Start training in June at The Wee Gym. Eva is continuing her coaching growth as she progresses through the e-learning opportunities online at coach.ca. Eva is proving to be a valuable team member and a leader for our young gymnasts to look up too.

This fall Peak has introduced two exciting new programs: Acro Dance and Parent and Tot.

For more information, please visit our website and facebook page.

Location: Whitbourne

Email: shelleycollier2235@gmail.com

Website: <http://peak.uplifterinc.com>

Phone: (709) 693-2235

<https://www.facebook.com/peakperformancegymnastics>





Club News - Airials

Newspaper Article

Airials recently had an article published in the local newspaper, The Central Wire. One of our past athletes, now coach, Ella Carroll, highlighted the benefits of being a gymnast, the lasting memories and life lessons it has provided for her. Ella emphasizes the importance of learning from her peers. Sharon Gareau, Airials' Head Coach, has taken the time to guide and help Ella learn the skills of being a good coach. Ella expresses that the joy of coaching for her is seeing the smiles on each of the gymnast's faces! Sharon took the opportunity to bring awareness to the physical literacy gymnastics provides, introducing children to lifelong fitness and healthy living. We are very proud of their approach to the article and their love for the sport.



October Camp

Airials has 18 gymnasts and 5 coaches travelling to Corner Brook October 14-16th to attend the XCEL camp. What a wonderful opportunity for members of clubs across the province to come together and learn from each other. Airials is proud to be sending our head coach Sharon Gareau as a clinician for this camp.

Fly High at our 1st Annual SHINE BRIGHT INVITATIONAL 2022!

We are excited to announce our 1st annual Shine Bright Invitational competition. We named our new competition to honour the memory of Megan Piercey, who was such a bright light in our gym. We asked our membership to submit name suggestions. "Shine Bright", submitted by Lauren Wheeler and the Vivian family, was chosen from over 25 submissions. This early-season competition will be a great way for us to get ready for 2023 by trying a new level or showing new routines. We look forward to hosting our friends from near and far in this fun meet in November.



From the Recreation Desk

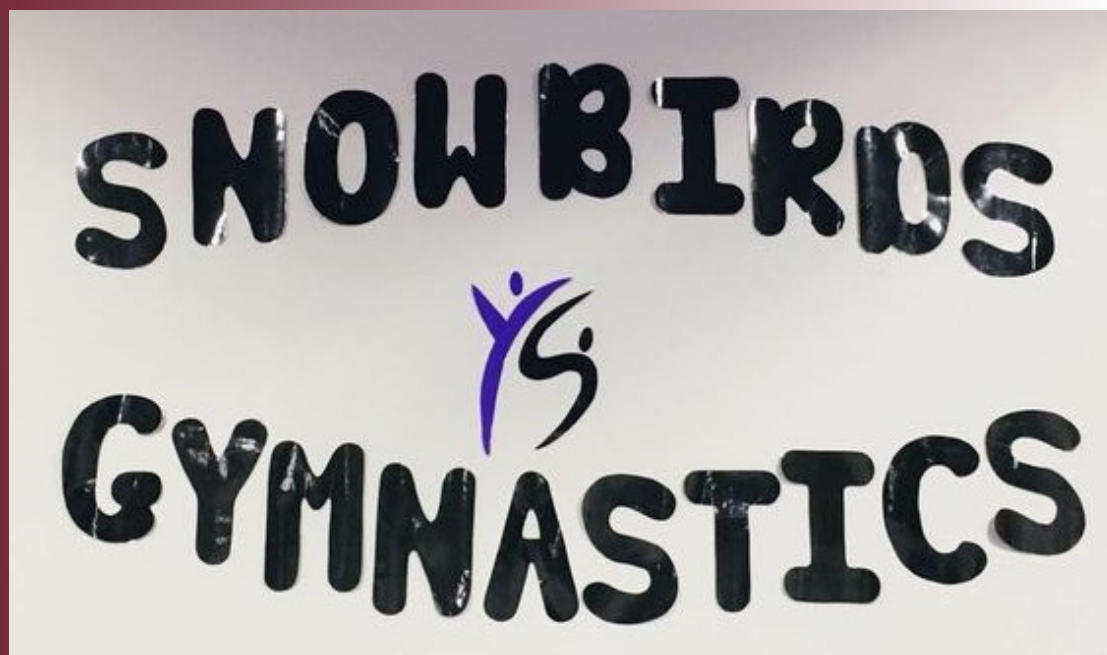
This year, we've changed the structure of our youngest preschool class to become more of a hybrid of Parents & Tots and typical preschool. The class is structured with a long warm-up of free play, games, and stretch, followed by two large circuits. One circuit includes floor and vault elements, while the other includes bars and beam stations. The participants switch, so they're able to explore all elements and stations then we have a short cooldown complete with more games, some shaping/conditioning snuck in, and a great stretch!

Foundations Course

Airials will be hosting a Foundations Coach Training course November 11-12. We look forward to having young members of our team start their path to coaching! Airials will have 5-7 young people learning the basics of coaching Gymnastics. Thank you to GNL and instructors for working with us to provide this opportunity for all that will attend.

Working in partnership with our community organization, Broadening Horizons, we are providing individuals with intellectual learning disabilities an opportunity to be active, learn new physical skills and work as a team while having a great time. Shout out to coach Kayla for working with the group. They seem to really enjoy their visit to Airials!



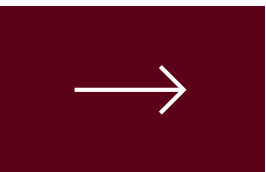


Club News - Snowbirds

Snowbirds Gymnastics is proud to say we have introduced a new after-school program this fall. Children are picked up at the local primary school and walked across the street to our facility to take part in gymnastics, crafts and snack time. Parents can sign their children up for individual days as needed which works great for our shift work town. We are at capacity each day and are getting great feedback!

This fall nine coaches completed their foundations training with Julie. They will complete the theory portion online along with Saltos.

On September 30 we hosted a day camp and in recognition of Truth and Reconciliation Day coach Keanna brought in her drum and demonstrated Inuit drumming. This was enjoyed by all and a great way for Keanna to share her culture on such an important day.





Club News - Campia

New recreational class added

Mount Pearl's Sports Hall of Fame and Athletic Awards



Award winners were unveiled at Mount Pearl's Sports Hall of Fame and Athletic Awards Ceremony on Monday, June 20. Congratulations to Michael Drover who was awarded Male Athlete of the Year and Steve Nolan who was awarded Coach of the Year!

August, Coach of the Month - Emily Trites

AUGUST 2022
COACH OF THE MONTH
EMILY TRITES

Campia's coach of the month for August is Emily Trites! Throughout the summer Emily coached almost every program and substituted for several coaches. She is extremely dedicated and responsible. Emily continues to make a huge impact on so many athletes, her energy and passion are two qualities that make Emily a wonderful coach. During August Emily also completed her C1 Trampoline course. Congratulations Emily, keep up the great work!




SUPER BABIES **NEW**

Mondays 9:00 - 9:40 am
 Ages 6 - 11 Months

A 40-minute class of safe exploration and discovery through semi structured imaginative play with an accompanying parent/guardian.

Under the direction of our new Recreational Director, Dany Guimaraes



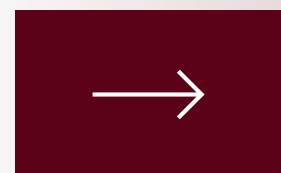

Soaring into Sofia

Campia Gymnastics is delighted to announce that Gleb Evstigneev has been selected as part of the Trampoline teams that will represent Canada at the World Age Group Competition taking place in Sofia, Bulgaria from November 20-27, 2022. Congratulations to all the gymnasts and their coaches and clubs! We wish you every success for the upcoming World Age Group Competition.

2022 **CANADIAN CHAMPIONSHIPS**

Gleb Evstigneev





Calendar of Events

2022-2023

Nov 10-13, 2022

**CANADA WINTER GAMES CAMP
WAG, MAG & TG**
Campia, Mount Pearl &
Cygnus, St. John's

Nov 25-27, 2022

SHINE BRIGHT INVITATIONAL
Aerials, Gander

Dec 9-11, 2022

**BLIZZARD INVITATIONAL &
CANADA WINTER GAMES TRIALS**
WAG, MAG & TG
Cygnus, St. John's - BLIZZARD HOST
CWG TRIALS - Campia & Cygnus

Jan 13-15, 2023

LADY'S LUCK/JOCKER'S WILD
WAG & MAG - CWG ATHLETES
Las Vegas, Nevada, USA

Jan 20-22, 2023

ELITE CANADA
Gym Sask, Saskatoon, SK



Calendar of Events

2023

Feb 3-5, 2023
DREAM BIG INVITATIONAL
Campia, Mount Pearl

Feb 17-25, 2023
CANADA WINTER GAMES
WAG, MAG & TG
Prince Edward Island

Mar 1-5, 2023
INTERNATIONAL GYMNIX
Gymnix, Montreal, QC

Mar 10-16, 2023
**GNL VIRTUAL TRAMPOLINE &
TUMBLING (LI) CHALLENGE**
GNL - virtual

Mar 17-18, 2023
SNOWBOWL INVITATIONAL
WAG & MAG
Cygnus, St. John's

Apr 1-2, 2023
GNL PROVINCIAL CHAMPIONSHIPS
WAG, MAG & TG
Saltos, Corner Brook

Apr 21-22, 2023
ATLANTIC CHAMPIONSHIPS
WAG & MAG
Kingswood, Fredricton, NB



Calendar of Events

2023

May 12-14, 2023

EASTERN CHAMPIONSHIPS

WAG & MAG

Gym Quebec, Sherbrooke, QC

May 24-28, 2023

CANADIAN CHAMPIONSHIPS

WAG & MAG

Host Club: TBD

Jun 2-4, 2023

FLIGHT INVITATIONAL

WAG & MAG

Airials, Gander

Jun-July, 2023

CANADIAN CHAMPIONSHIPS

TRAMPOLINE

Location: TBD



Coach Education

Completed NCCP Coach Training

Foundations Suite: 16

(Theory, Introduction & Artistic)

Foundations Trampoline: 11

Foundations Active Start: 11

Competition Introduction Trampoline: 8

Coach Evaluations/Certifications in Progress

Competition Intro TG: 2

Competition Intro WAG: 1

Foundations Artistic: 4

Completed Learning Facilitator Training

Foundations Active Start (on-line delivery): 1

The last three months has been very busy for Coach Development, province-wide.

NCCP Gymnastics Foundations (GF) Coach Training

Since July there has been two Gymnastics Foundations Suite of courses, one in Corner Brook and another in Wabush, Labrador. The Corner Brook course took place at Saltos Gymnastics from Sep. 30-Oct. 1, was delivered by Stephanie Carr, and saw 7 newly trained gymnastics coaches. The Wabush course took place at Snowbirds Gymnastics from Oct.1-2, was delivered by Julie Blanchette and saw 9 newly trained gymnastics coaches. This will inevitably be a big help to our clubs who for the most part have returned to pre-covid numbers and programming. A third Foundations Suite training course for new coaches is scheduled for November 11-12 at Airials Active Wellness Center in Gander. If you or someone you know is interested in becoming a gymnastics coach, please email lfridgen@sportnl.ca and inquire with your local gymnastics club.

Saltos Gymnastics also hosted a Foundations Trampoline course from Oct.1-2. Facilitated by Stephanie Carr, this course saw 11 coaches complete the NCCP training that is required to coach beginner trampoline skills.

Campia Gymnastics in Mount Pearl, hosted a Foundations Active Start course on Sep. 30. Facilitated by Lisa Fridgen, this course saw 11 coaches complete the NCCP training that is required to coach children ages 6 and under.

Competition Introduction (C1) Coach Training

In August, Campia Gymnastics also hosted a Competition Introduction trampoline (C1 TG) course. This 3-day in gym technical training was delivered by Stephen Nolan and saw 8 coaches further develop their Trampoline coaching skills and abilities.

Coach Evaluations/Certifications

Since GNL's Summer Edition Newsletter, 7 coaches have submitted their portfolio's for Evaluation wishing to certify at their respective coaching levels. There were 4 submissions for Foundations Artistic, 1 for Competition Introduction in Women's Artistic Gymnastics and 2 for Competition Introduction in Trampoline Gymnastics.

Learning Facilitator Training

In early October, GNL had 1 Learning Facilitator complete a pilot training course for the online delivery of the Foundations Active Start coaching course.



Judge Education

As the 2022-2023 competitive season fast approaches GNL has been busy planning and preparing for officials certification and development. If you are interested in becoming a judge for any discipline please contact Michael Amouri (gymtech@sportnl.ca)

Women's Artistic

In October 2022 new and existing National women's judges participated in the CCPIO certification course – we had 10 judges attend and everyone who opted to take the exam was successful in gaining certification.

December 17-18, 2022: Women's Optional 6-9 Course will take place at the GNL offices in St. John's. Current and prospective optional level judges must attend. Registrations will be sent to judges and clubs



Men's Artistic

We will be hosting a provincial/national course for men's gymnastics November 27-27, 2022. More information to come.

Trampoline

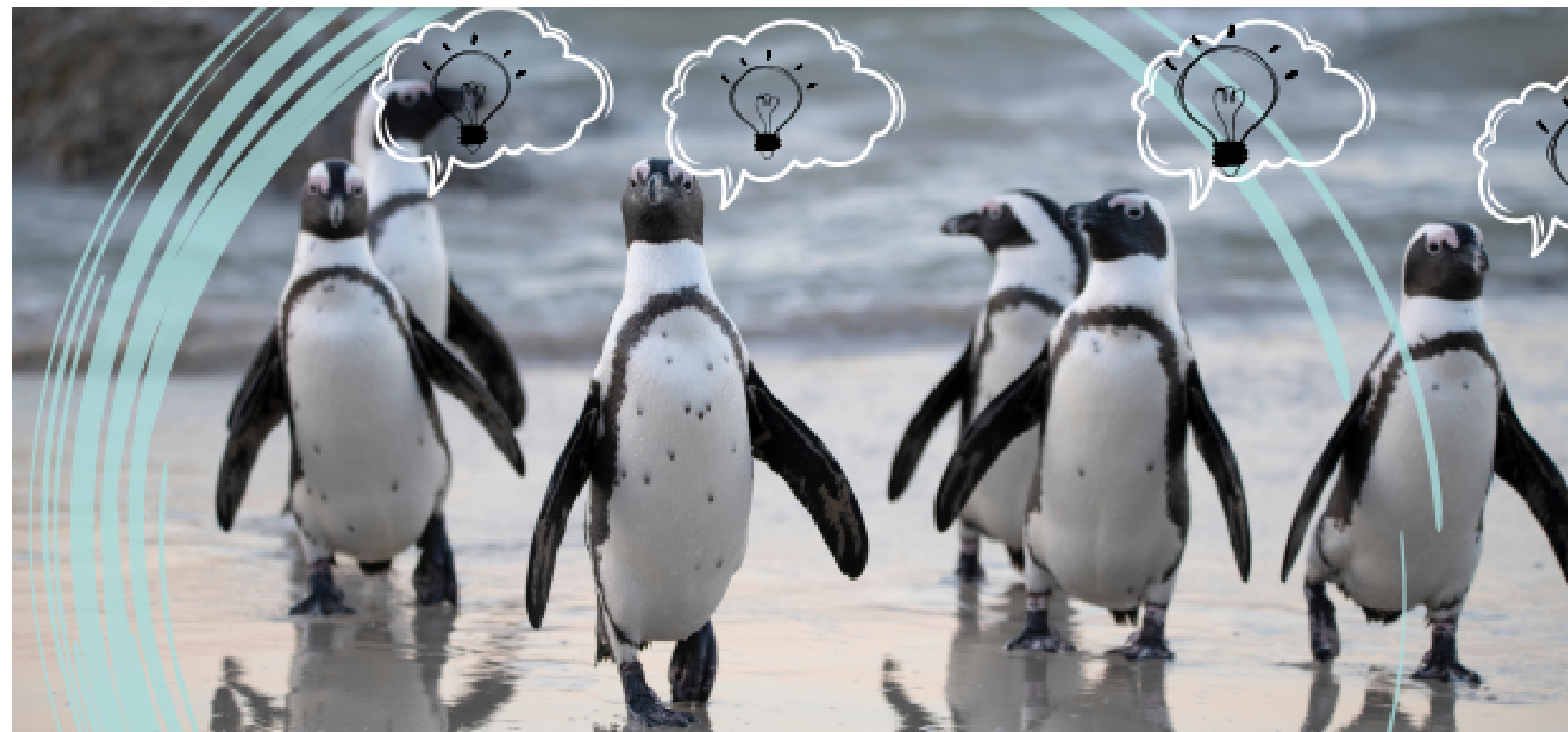
The trampoline beginner judging course will be offered this year again – we are hosting some practice sessions on the evenings of October 27 and November 1. For more information please email gymtech@sportnl.ca

Program Updates



Recreation/NCCP Working Group





The Recreation Working Group meets monthly and is comprised of at least one representative from each club. Our meetings provide an opportunity for clubs to discuss and share recreational program and coaching strengths, challenges, needs and wishes and to brainstorm collectively new ideas and strategies. All the while, sharing the common goal of further developing and enhancing recreational gymnastics province-wide. Our next meeting is scheduled for November 22, 2022 at 12:00pm.

One new initiative this group is excited to announce is our very first Round-Table sharing virtual event!



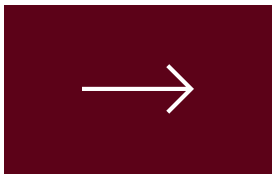
Coaches, Come break the ice at GNL's first ever Round-Table Sharing Event!

GNL Recreation Coaching Round-Table Event		
WHO, WHAT, WHEN, WHERE & HOW?		Sharing is Caring!
	WHAT IS A ROUND-TABLE EVENT? A round-table event is when a group of people get together to share their ideas and experiences about a given topic. The more contributors we have, the more ideas we can generate and share - making us all better coaches!	
HOW DOES IT WORK? A call for submissions will be emailed out to all clubs and posted on GNL's website. All you need to do is submit an idea before the cut-off date. All the ideas will be compiled into one folder and then shared via email to everyone who participated. There will also be an option to attend a virtual meet up where we can all try some of the ideas, ask questions, and share our stories and experiences on the topic matter. Share one idea and you end up with a resource full of great ideas!		
YOUR SUBMISSION		
<ul style="list-style-type: none"> • Submit your idea by the cut-off date. The turnaround time to receiving the compilation and the scheduled virtual session will be very short, therefore late submissions will not be accepted. • Be specific - pretend you are coaching it to a group of preschoolers. Submissions that are too vague (incomprehensible) will be returned to you. You may add details and resubmit providing it is before the submission cut-off date. • Your ideas can be a game, activity, song, dance, action-story, circuit, apparatus or skill specific drills or progressions - anything at all so long as it fits into the Round Table Topic. • You may use pictures, videos, music, drawings, etc. Be sure to include any links and give credit where credit is due. • Include your name, club and email contact with your submission. • Don't have an idea? Borrow one from another coach, mentor or a friend. 		
<small>(Any submission containing inappropriate material will not be included in the compilation and will result in the perpetrator being banned from any and all participation in future Round Table Events.)</small>		
<small>Why are crabs so bad at sharing? Because they're all shellfish! Don't be a crab - share your ideas!</small>		

WHERE WILL THE ROUND-TABLE EVENT TAKE PLACE?	
SUBMISSION & COMPILATION - EMAIL 	
Your idea is submitted via email by the cut-off date and a few days later you will receive an email with a compilation of everyone's great ideas and an invitation to join the virtual session.	
VIRTUAL SESSION (OPTIONAL) - ZOOM	
<ul style="list-style-type: none"> • There will be a virtual session held via Zoom shortly following submission cut-off date for each event. The link to the virtual session will be included in the Compilation of Ideas email. • Virtual sessions are only open to those who submitted an idea. • Although attendance is optional, participation is strongly encouraged. These sessions are a great opportunity to show and try some of the ideas, ask questions, and just to have FUN and share in some laughter with other coaches. 	
WHO CAN PARTICIPATE?	
Any coach registered with Gymnastics NL can participate in a Round-Table sharing event. All that is required is contribution of one idea that falls into the Round-Table theme or topic.	Together Everyone Achieves More! 
You are welcome to share the ideas you learned with co-coaches in your gym and encouraged to invite other coaches to participate in the next round table. The more ideas the better!	
What you may NOT do, is share the compilation on the world wide web or post to any social media platforms.	
<small>I tried to join a gymnastics class once...I had to bend over backwards just to get in! It's much easier to join a round-table - all you have to do is submit an idea!</small>	
	WHEN & WHERE?
Round-Table Event details including topics, submission cut-off and virtual session dates will be posted on GNL's website and emailed to all clubs.	
GNL's first Round-Table Sharing Event will cover two topics/themes: NINJA Gymnastics & Winter. Submission cut-off date is Monday, October 31st. Virtual session is scheduled for Monday, November 7th at 7:00pm.	
Email your submission to lfridgensportnl.ca with "Round-Table 1" in the subject line.	



Program Updates



XCEL Camp

GNL hosted our first annual XCEL camp in Cornerbrook, October 15-16. We had upwards of 55 athletes from 7 clubs across the province attend. The camp was put on by 4 master coaches – huge thank you to Sharon Gareau, Rebecca Squires, Allison Moore and Kate King-Jesso.



Men's Artistic Development Camp












On October 21-22, GNL hosted the Men's Artistic Development camp for levels 1-2. Guest coaches were Jason Haid, Jill Hood and Michael Drover who led approximately 20 gymnasts over the weekend.



Canada Winter Games Camp

On November 11-13 the final camp for our Canada Games pool is taking place in St. John's. Trials for the team will take place December 9-11, 2022.

Club Directory

 Aerials Gymnastics Gander airialsgymnasticsclub@gmail.com	 Labrador Lites Gymnastics Happy Valley-Goose Bay labradorlites@gmail.com	 Snowbirds gymnastics Labrador City headcoachsnowbirds@gmail.com
 Campia Gymnastics Mount Pearl info@campiagymnastics.com	 Peak Performance Whitbourne shelleycollier2235@gmail.com	 The Wee Gym Conception Bay South info@theweegym.com
 Cygnus Gymnastics St. John's info@cygnusgym.com	 Perfectly Centered Gymnastics Grand Falls-Winsor perfectlycenteredgymnastics@gmail.com	 Velocity Clareville leanneseguina@hotmail.com
 Gracia Gymnastics Deer Lake graciagymnastics@gmail.com	 Saltos Gymnastics Corner Brook office@saltosgymnastics.com	



GNL Board Communications

On September 17, 2022, the board of directors presented the 2022-2025 Strategic Plan that will guide the association for the next three years. Incoming President, Sarah Byrne's presentation provided insight on the delivery and engagement process and workplans.

GNL thanks outgoing members Lindsay Winters, Cecilia Rutherford, Fergus O'Brien and Sheldon Payne for their contributions and welcomes Sarah Byrne, Ronda Halfyard, Stacey Belbin and Shelley Collier to the board for the 2022-2025 term.

GNL Staff

Carol White
GNL Executive Director
gymnastics@sportnl.ca
576-0144/0146

Michael Amouri
GNL Technical Director
gymtech@sportnl.ca

Lisa Fridgen
GNL Program Assistant
lfridgen@sportnl.ca