



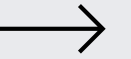
GNL

Newsletter

Winter 2022



Award Recipients



SPORT NL AWARDS

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

Junior Female of the Year (Margaret Davis Memorial Award):
Megan Skinner (Cygnus)

Coach of the Year (John Drinkwater Memorial Award):
Allison Kirby (Cygnus)

GNL AWARDS

Recognizing Member Achievements!

Athlete of the Year - Trampoline
Gleb Evstigneev (Campia)

Athlete of the Year - Men's Artistic
Gabe Flynn (Cygnus)
John Hiscock (Campia)

Athlete of the Year - Women's Artistic
Kyla Piercey (Cygnus)

Athletic Excellence Award
Megan Skinner (Cygnus)

Leadership Award
Jada Crane (Cygnus)

Coach of the Year - Trampoline
Steve Nolan (Campia)

Coach of the Year - Men's Artistic
Shane Codrington (Campia)
Jill Hood (Cygnus)

Coach of the Year - Women's Artistic
Allison Kirby (Cygnus)

Recreation Coach of the Year
Melissa Hood (Cygnus)

Volunteer of the Year
Dana Pope (Cygnus)

Congratulations to all Award Winners!

Award Recipients - Athletic Excellence Fund

The Athletic Excellence Fund (AEF) recognizes athletic and academic excellence of the Province's top athletes.

PREMIER ATHLETIC AWARD

The Premier Athletic Awards recognize athletic excellence and provide financial support to help offset the costs incurred through training and competition. The following gymnasts were 2021 recipients:

Sophie Belbin (Campia)

Michael Drover (Campia)

Gleb Evstigneev (Campia)

Ben Fudge (Campia)

Grace Hill (Cygnus)

Jirah Hiscock (Campia)

John Hiscock (Campia)

Sarah Pace (Cygnus)

Kyla Piercey (Cygnus)

Nadia Simpson (Cygnus)

ELITE ATHLETE FUND

The Elite Athlete Assistance Program recognizes athletic excellence and provides financial support to help offset costs incurred through training and competition for high performance athletes from Newfoundland and Labrador who have been selected to a National Team. Awarded gymnast for 2021 was:

Megan Skinner (Cygnus)



Congratulations to all Award Winners!

For more information regarding the Athletic Excellence Fund, please visit <https://www.gov.nl.ca/tcar/recreation-and-sport/financial-assistance/athletic-excellence-fund/> and forward completed applications for 2022 awards to Carol White at gymnastics@sportnl.ca by January 26th, 2022.

2021 Results Highlights



Men's Artistic Gymnastics

Canadian Championships:

Michael Drover
National Open Champion - Pommel Horse

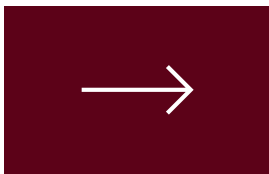
Gabe Flynn - National Open
6th Floor
8th High Bar
8th All Around



Trampoline Gymnastics

Elite Canada:

Gleb Evstigneev - Level 7
Champion



2021 Results Highlights

Women's Artistic Gymnastics

Canadian Championships



Jirah Hiscock - Level 10 (12-15 yrs)
3rd Beam, Floor, Uneven Bars
3rd All Around



Megan Skinner - Junior National (13-15 yrs)
8th Beam
16th All Around



Kyla Piercey
National Champion - Level 9 (11-13 yrs)
1st Beam, Floor



Grace Hill - Level 9 (11-13 yrs)
2nd Beam
3rd Uneven Bars
3rd All Around



Sarah Pace - Level 10 (16+ yrs)
1st Beam
2nd Uneven Bars
4th All Around



Jane Young - Level 10 (16+ yrs)
5th Vault
6th Uneven Bars
5th All Around



Program Updates

Recreation Working Group

The Recreation Working Group meets bi-monthly and is comprised of a 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 Tuesday, February 15th, 2022 at 1:00pm.

Canada Winter Games and Development Camp

In November 2021, GNL hosted camps for the pool of eligible athletes for Canada Games in Women's, Men's and Trampoline gymnastics as well as a developmental session for aspiring high-level gymnasts. Coaching experts from across Canada (British Columbia, Alberta, Nova Scotia, Ontario) visited our province to help educate our coaches and engage our athletes. The event was a huge success, hosting approximately 80 athletes and 15 coaches.

Thank you to our host clubs (Campia & Cygnus) as well as our guest coaches and master coaches:

Darren Webster (Women's)

Michele Soucy

Michael Hood (Men's)

Kyle Murphy

Stewart Gunn (Trampoline)

Jill Hood

Michael Amouri

Shane Codrington

Helena Gorina

Steve Nolan

Allison Kirby

Jenn Stokes-Dore

This camp was the first in the calendar of events for the Canada Games prospects.





Calendar of Events

Feb 2022 (TBD)

**TRAMPOLINE VIRTUAL EVENT
LEVELS 1-4
GNL**

Feb 21-24, 2022

**DREAM BIG INVITATIONAL
VIRTUAL EVENT
CAMPIA GYMNASTICS
MOUNT PEARL**

Mar 15, 2022

**ELITE CANADA: MAG & WAG
VIRTUAL EVENT**

Mar 18-20, 2022

**SNOWBOWL
CYGNUS GYMNASTICS
ST. JOHN'S**

Apr 8-10, 2022

**PROVINCIAL CHAMPIONSHIPS
CAMPIA GYMNASTICS
MOUNT PEARL**

Apr 23-24, 2022

**ATLANTIC CHAMPIONSHIPS
GYM PEI
PRINCE EDWARD ISLAND**

May 12-15, 2022

**EASTERN CANADIAN
CHAMPIONSHIPS
GYM QUEBEC
SHERBROOKE, QUEBEC**

May 2022

**CANADIAN CHAMPIONSHIPS
TBD**

Jun 3-5, 2022

**FLIGHT INVITATIONAL
AIRIALS GYMNASTICS
GANDER**

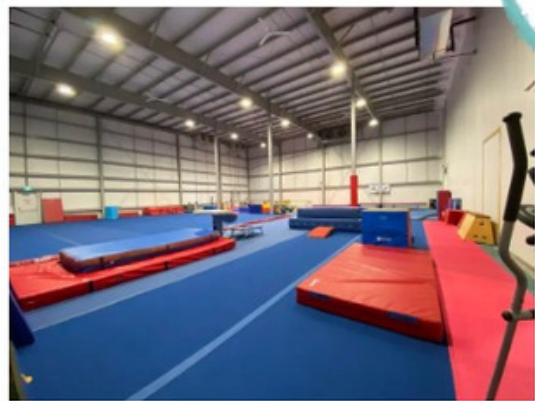
Jul 22-24, 2022

**CWG CAMP
TBD**

Club News



Perfectly Centered Gymnastics - Has A New Home!



Perfectly Centered Gymnastics in Grand-Falls Windsor has finally settled into their new home on 44 Hardy Avenue, which was the old Scotsburn building. "With 10 000 square feet we are so excited to finally have the physical space that fits our needs," says Ashley Crewe, program manager.

Campia Gymnastics

Gymnastics Canada Camp

In October 2021, Campia athletes travelled to Nova Scotia for an Eastern Canadian Camp hosted by Gymnastics Canada. Our athletes consisted of: Sophie Belbin, Grace Bramwell, Jirah Hiscock and Abby MacDonald accompanied by coach Kyle Murphy. This camp was a wonderful opportunity for our athletes to work alongside some of Canada's top coaches and athletes.

Thank you to the host club Titans Gymnastics and Gymnastics Canada!

New Staff Member

Campia is thrilled to welcome Helena Gorina to our coaching team! Helena comes to Campia with a wealth of knowledge and experience. Originally from Kazakhstan, Helena has been coaching in Canada for the past 18 years. Helena is Level 3 certified in Women's Artistic Gymnastics and Level 2 certified in Trampoline. She is also a National Level Judge and a member of Gymnastics Canada's JO Judging Education Committee.

Club News

Labrador Lites Gymnastics Club

The community of Happy Valley-Goose Bay was excited for the new Central Labrador YMCA to open its doors. The Labrador Lites Gymnastics Club has a dedicated space in this beautiful facility.

Our club currently offers a recreation program, and it is run by volunteer coaches who love the sport of gymnastics and enjoy giving back to our community.

In September 2021, we started with 80 children participating in our program. During November we were able to host a Gymnastics Foundations course with 7 new enthusiastic coaches. With these additional coaches we are hopefully to double the 2022 winter/spring registration. Having this sport return to our little community is a huge achievement for everyone involved!

Although 2022 hasn't started off great due to Covid, we are confident our club will grow and be successful this year.

On behalf of all the coaches with Labrador Lites we wish you a safe & successful New Year.

In Kindness,
Labrador Lites Gymnastics Club



Coach Education

Want to become a coach?

Anyone can start the process of becoming a gymnastics coach: an athlete, parent or any other interested individual. The National Coaching Certification Program (NCCP) has training for all levels, from recreational to high performance.

To begin taking NCCP courses, you must turn 15 years old no later than the date of the course you would like to attend.

For more information on becoming a coach or to start this process, please email lfridgen@sportnl.ca or you can email your local gymnastics club.



**Jan 30 & Feb 6: Foundations Theory
(must attend both sessions)**

ONLINE

This is the first course required to start the process of becoming an NCCP certified coach.

Jun 23-July 3: Coaching Course Blow-Out

TBD, EASTERN NEWFOUNDLAND

Coaches, don't forget to update your locker and self-report another year of coaching.

Coach Evaluation

Want to become a certified coach?

Being "Certified" means that you have demonstrated competency and as an NCCP coach have met professional guidelines within the NCCP. Gymnastics NCCP education in Canada is highly regarded, and certification provides professional status. It provides the participants and their parent's assurance that you have been evaluated within your specialty to provide safe yet challenging programs.

Coach Developer

Want to become a Learning Facilitator or Coach Evaluator?

NCCP Coach Developers include Learning Facilitators, Coach Evaluators, and Master Coach Developers. Coach Developers are trained to develop, support, and challenge coaches to go on honing and improving their knowledge and skills in order to provide positive and effective sport experiences for all participants. They are experts in learning and coaching.

Feb 27th, 2022: Active Start for Facilitators



If you would like to become NCCP certified or are interested in becoming a Coach Developer, please email lfridgen@sportnl.ca

Judge Education

Total Women's Artistic Judges: 44

Total Men's Artistic Judges: 9

Total Trampoline Judges: 0

GNL is happy to report we had a record number of participants in women's judging courses this past fall/winter. There were 44 judges who certified or refreshed their judging CCP levels 1-5, 5 judges attempted to move into the CCP levels 6-8 certification, and 11 judges took the online National Judges course.

Trampoline

GNL is actively working to secure an online beginner trampoline judging course. If you have any interest in this please email GNL's Technical Director, Michael Amouri (gymtech@sportnl.ca).

Men's Artistic Gymnastics

GNL's men's program is in need of new passionate judges to help this amazing sport grow! The first two certifications (entry and club level) are available online, in a work at your own pace module, at <http://gymcan.org/disciplines/mens-artistic-gymnastics/technical-information/technical-documents>. The cost is \$35 and \$50, respectively.

Judging gymnastics is an excellent way to understand the sport at a greater level – this is great for coaches, athletes and parents! Judges who are selected for panel assignments at competitions are paid an honorarium for their time.



Club Directory



Airials Gymnastics

GANDER
AIRIALSGYMNASTICSCLUB@GMAIL.COM

Campia Gymnastics

MOUNT PEARL
INFO@CAMPIAGYMNASTICS.COM

Cygnus Gymnastics

ST.JOHN'S
INFO@CYGNUSGYM.COM

Gracia Gymastics

DEER LAKE
GRACIAGYMNASTICS@GMAIL.COM

Labrador Lites Gymnastics

HAPPY VALLEY-GOOSE BAY
HOLLIE_PYE@HOTMAIL.COM

Peak Performance

WHITBOURNE
SHELLEYCOLLIER2235@GMAIL.COM

Perfectly Centered Gymnastics

GRAND FALLS-WINSOR
PERFECTLYCENTEREDGYMNASTICS@GMAIL.COM

Saltos Gymnastics

CORNER BROOK
OFFICE@SALTOSGYMNASTICS.COM

Snowbirds Gymnastics

LABRADOR CITY
HEADCOACHSNOWBIRDS@GMAIL.COM

The Wee Gym

CONCEPTION BAY SOUTH
INFO@THEWEEGYM.COM

Velocity Gymnastics

CLARENVILLE
LEANNESEGUIN@HOTMAIL.COM





GNL Board and Staff

The GNL AGM took place September 18th, 2021, once again in a virtual setting, and welcomed new board members, Sarah Byrne and Sheldon Payne. With the edition of these two new members, GNL would also like to take this opportunity to thank outgoing board members, Mark Simpson and Steven Blackwood, for their time and dedication to the GNL Board of Directors.

GNL Board of Directors 2021-2022

President: Lindsay Winters

Vice President: Bobbie-Lee Baldwin Gosse

Secretary: Sarah Byrne

Treasurer: Karen Gosse

Directors at Large: Fergus O'Brien, Sheldon Payne, Cecilia Rutherford, Grant Skinner, and Hollie Pye Smith

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576-0144/576-0146

Lisa Fridgen
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Mike Armouri
GNL Technical Director
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