



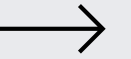
GNL

Newsletter

SPRING 2022



Award Recipients



2023 CANADA WINTER GAMES WOMEN IN COACHING APPRENTICE PROGRAM

The Women in Coaching Apprentice Program is a partnership between the provincial/territorial coach representatives, the Canada Games Council, and the Coaching Association of Canada. This program provides the opportunity for each province and territory to send two women coaches to the Canada Games in apprenticeship roles. Apprenticeship programs are an essential part of the development of a coach and can be used as a means to attract and support underrepresented populations in coaching, such as women and Indigenous coaches.

Congratulations to Allison Moore on being selected as one of Newfoundland and Labrador's Women Apprentice Coaches representing Trampoline Gymnastics for the 2023 Canada Winter Games in PEI.

Results/Highlights

Since the release of GNL's Winter Newsletter, there have been numerous competitions held in our province, both virtual and in-person. Athletes from across the province have competed at Cygnus Gymnastics' Blizzard and Snowbowl, Campia Gymnastics' Dream Big, and GNL's Virtual Trampoline and Tumbling Challenge and the Provincial Championships. Congratulations to all athletes on your achievements and awards. You have all worked so hard, overcome many challenges over the last two years and should be very proud of your determination, efforts, and perseverance. Special thanks to all the coaches and families who have also worked very hard and supported our athletes throughout the season.

Team NL gymnasts are heading to the Atlantic Championships April 29th-30th in Prince Edward Island and our National Team is representing NL at Canadian Championships in British Columbia at the end of May. We wish them all the best of luck and safe travels!

GNL will be highlighting athlete achievements, successes and awards from competitions in a Special Results and Highlights Edition in early May. Please stay tuned!



Calendar of Events

Apr 29-30, 2022

**ATLANTIC CHAMPIONSHIPS
SAULTOS GYMNASTICS
SUMMERSIDE, PEI**

May 26-31, 2022

**CANADIAN CHAMPIONSHIPS
RICHMOND, BC**

Jun 3-5, 2022

**FLIGHT INVITATIONAL
AIRIALS GYMNASTICS
GANDER**

Jul 9-10, 2022

**GNL XCEL PROVINCIAL CAMP
SALTOS GYMNASTICS**

Jun 24-July 1, 2022

**GNL COACH DEVELOPMENT
SERIES
CAMPPIA, CYGNUS & THE
WEE GYM**

Jul 14-17, 2022

**CWG CAMP - WAG & MAG
CAMPPIA & CYGNUS
GYMNASTICS**

Aug 19-21, 2022

**CWG CAMP - TG & TUM
CAMPPIA & CYGNUS
GYMNASTICS**



Club News (Club Submissions)

Cygnus Program Highlights:

- Cygnus' Super Camp will be August 22-26, 2022.
- In memory of Travis Wheaton, Cygnus is offering a free Teen class on Tuesdays at 8:00pm.
- In collaboration with the NL Sport Centre, Cygnus is offering a free Active Start Program Wednesdays from 11:00am-1:00pm. For more information and to register, please visit www.amilia.com/store/en/cygnus-gymnastics-training-centre/shop/programs/70347

Talent Acquisition:

Cygnus is thrilled to have a new financial advisor and office administrator on our team, as well as a MUN Kinesiology work-term student.

Cygnus was fortunate to have National Team coach Lorie Henderson return to Cygnus providing a variety of clinics helping develop both our athletes and coaches.

Athlete Highlights:

Cygnus is proud of our athletes successes in The Dream Big, Victory Virtual Invitational, Titans, GNL Virtual Trampoline and Tumbling, The Sweetheart Classic, The Blizzard, The Snowbowl and Provincials. Congratulations to all athletes and participating clubs!

Cygnus is proud to have NL's first and only all-around gold medalist at Canadian National Championships, 2021 - Kyla Piercey who also received runner up for St. John's Female of the Year Award and has been named to Gymnastics Canada's High Performance Novice list. Congratulations Kyla!



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.



Gymnastics Foundations NCCP Courses

Sunday, June 26: Foundations Theory
12:00pm-4:00pm @ The Wee Gym

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

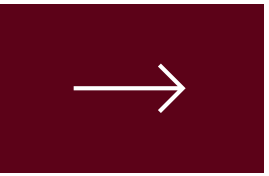
Monday, June 27: Foundations Introduction
9:00am-6:00pm @ The Wee Gym

This is the second course required to start the process of becoming an NCCP trained gymnastics coach.

Tuesday, June 28: Foundations Artistic
9:00am-6:00pm @ The Wee Gym

Wednesday, June 29: Foundations Artistic
9:00am-6:00pm @ The Wee Gym

Coach Education



GNL Coach Development Series - Friday, June 24th - Friday, July 1st

GNL is pleased to offer a series of NCCP courses June 24th-July 1st, 2022. All Artistic and Trampoline Gymnastics coach training courses from Foundations (GF) to Comp Intro Advanced (C2) are being offered throughout the week long series. These course offerings are possible due to the collaboration with Campia Gymnastics, Cygnus Gymnastics, and The Wee Gym and will offer coaches an opportunity to take the necessary training and to enhance their current training, fostering advancements and continued success in the sport of gymnastics in our province. Guest Facilitators are Stephen David and Dmitri Lely.

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					24 C2 TG C1 MAG GF TG	25 C2 Theory (WAG/MAG/TG) C1 WAG
26 C2 TG C2 MAG GF THEORY	27 C1 TG (grp A) C1 WAG GF INTRO	28 C1 TG (grp A) C1 WAG GF ARTISTIC	29 GF TG C2 WAG GF ACTIVE START	30 C1 TG (grp B) C2 WAG	1 C1 TG (grp B) C2 WAG	2

To register, contact your gymnastics club or email lfridgen@sportnl.ca

Judge Education

GNL continues it's efforts to build our judging program - we recently certified 3 new trampoline judges, 2 new men's judges and 1 National Level women's judge. Moving forward we hope to grow further in these disciplines with new judges and supporting the development of our current officials.

Trampoline Gymnastics

Congratulations to Melissa Hood, Lisa Fridgen and Allison Moore on their successful completion of the beginner trampoline judging course!

GNL would like to thank our trampoline judging chair, Thorne Sutherland, for his efforts in educating and supporting our trampoline judges through this season. Thorne took on the role of chief judge at our Provincial Championships, ensuring a fair and competitive evaluation of the competition.

A huge thank-you to our guest virtual judges in trampoline from across Canada, Natasha Jenkins, Ceidlidh McGean, McKaylie Campbell, Shelby Prost, Victoria Oppenlander, Kim Donald, Erin Callum, Emily McHugh and Danielle Roy.

Men's Artistic Gymnastics

Our new men's judges are; William Osmond, Gabe Flynn, Daniel Dumaresque-Correa and Nicholas Qiu. Congratulations to you all!

Women's Artistic Gymnastics

GNL's women's program also has a new National judge amongst our ranks. Lesley Facey successfully completed her National Level 10 Certification and passed on her panel assessment. Congratulations Lesley!



Club Directory



Airials Gymnastics

GANDER
AIRIALSGYMNASTICSCLUB@GMAIL.COM

Campia Gymnastics

MOUNT PEARL
INFO@CAMPIAGYMNASTICS.COM

Cygnus Gymnastics

ST.JOHN'S
INFO@CYGNUSGYM.COM

Gracia Gymnastics

DEER LAKE
GRACIAGYMNASTICS@GMAIL.COM

Labrador Lites Gymnastics

HAPPY VALLEY-GOOSE BAY
LABRADORLITES@GMAIL.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 Communications

Thank-you to all club staff, coaches and board members that participated in the focus groups and or interviews with Darlene Scott to guide GNL's Strategic Plan. Darlene presented her findings to the GNL Board and member clubs on April 7, 2022. The feedback from these results will be compiled and presented to the board. From this package, the GNL Board of Directors will draft the Strategic Plan and provide a formal presentation at the 2022 GNL AGM, September 17th, 2022.

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

Lisa Fridgen
GNL Program Assistant
lfridgen@sportnl.ca

Mike Armouri
GNL Technical Director
gymtech@sportnl.ca

