



GNL

Newsletter

SUMMER 2022



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, Provincial Championships, Atlantic Championships, and Canadian Championships. Congratulations to all athletes on your achievements and awards! We have so many athlete successes and achievements to celebrate this season, that we couldn't fit them all into just one newsletter!

Please visit our website, <http://gymnasticsnl.org/> and view the Results and Highlights section under the programs page to see all achievements and successes from GNL events.

All our athletes have worked very hard, overcoming many challenges over the last two years and should be very proud of their 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.



Calendar of Events 2022

Jul 14-17, 2022

**CANADA WINTER GAMES
(CWG) SUMMER CAMP
WAG, MAG & TG
CAMPIA/CYGNUS
MOUNT PEARL/ST. JOHN'S**

Aug 20-21, 2022

**CANADA WINTER GAMES
(CWG) SUMMER CAMP - TG
CAMPIA, MOUNT PEARL**

Aug 22-26, 2022

**SUPER CAMP
WAG, MAG & TG
CYGNUS, ST. JOHN'S**

Aug 24, 2022

**JUDGES FORUM (WAG)
GNL VIRTUAL**

Aug 25, 2022

**JUDGES FORUM (MAG)
GNL VIRTUAL**

TBD, 2022

**JUDGES FORUM (TTG)
GNL VIRTUAL**

Sep 17-18, 2022

**GNL AGM & AWARDS
BANQUET
LOCATION: TBD**

Oct 3-7, 2022

**TECHNICAL ASSEMBLIES
VIRTUAL**

Oct 15-16, 2022

**XCEL CAMP
SALTOS, CORNER BROOK**

Oct 22-23, 2022

**LEVEL 1 & 2 MAG CAMP
CAMPIA/CYGNUS
MOUNT PEARL/ST. JOHN'S**

Nov 10-13, 2022

**CANADA WINTER GAMES
CAMP
WAG, MAG & TG
CAMPIA/CYGNUS
MOUNT PEARL/ST. JOHN'S**

Nov 25-27, 2022

**AIRIALS INVITATIONAL
WAG, MAG
AIRIALS, GANDER**

Dec 9-11, 2022

**BLIZZARD INVITATIONAL &
CWG TRIALS
WAG, MAG & TG
CAMPIA/CYGNUS
MOUNT PEARL/ST. JOHN'S**



Calendar of Events 2023

Jan 13-15, 2023

**LADY'S LUCK/JOKER'S WILD
WAG & MAG - CWG ATHLETES**

HOST CLUB: TBD
LAS VEGAS, NEVADA

Jan 20-22, 2023

ELITE CANADA

GYM SASK
SASKATOON, SASKATCHEWAN

Jan 23, 2023

**CANADA WINTER GAMES CAMP -
TG/QUEBEC CUP - TG**

DYNAMIC
VARENNES, QUEBEC

Feb 3-5, 2023

**DREAM BIG INVITATIONAL
AG, MAG & TG**

CAMPIA, MOUNT PEARL

Feb 17-25, 2023

**CANADA WINTER GAMES
AG, MAG & TG**

PRINCE EDWARD ISLAND

Mar 1-5, 2023

INTERNATIONAL GYMNIX

GYMNIX
MONTREAL, QUEBEC

Mar 10-16, 2023

**GNL VIRTUAL TRAMPOLINE
CHALLENGE - TG**

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
FREDRICKTON, NEW BRUNSWICK

May 12-14, 2023

**EASTERN CHAMPIONSHIPS
WAG, MAG**

GYM QUEBEC
SHERBROOKE, QUEBEC

May 24-28, 2023

**CANADIAN CHAMPIONSHIPS
WAG & MAG**

HOST CLUB & LOCATION: TBD

Jun 2-4, 2023

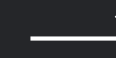
**FLIGHT INVITATIONAL
WAG & MAG**

AIRIALS, GANDER

~Jun - Jul , 2023

**FCANADIAN CHAMPIONSHIPS
TTG**

LOCATION: TBD





Club News

(Club Submissions)

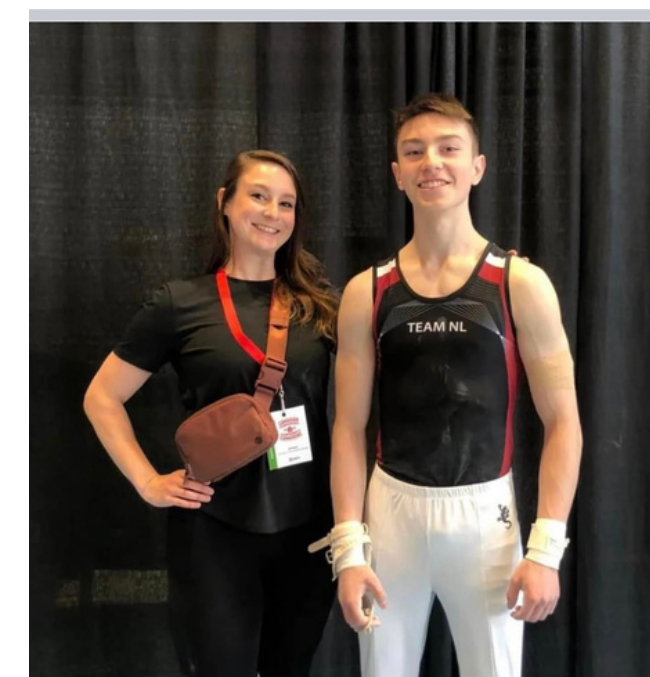
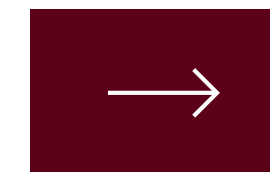
Cygnus is delighted to have some new summer camp counsellors and coaches after completing Foundations Gymnastics training. Congratulations to our current coaches for their increased training and successful course evaluations. We are proud of coaches extra training this year such as Isabella White - Comp Intro/Corner Brook; Jenn Stokes - PD Nova Scotia; Kate King-Jesso - Quebec training.

Cygnus Summer Recreational classes and Summer Camp (both Preschool and ages 5-12) are currently live. We are excited to continue to offer Ninja, and Adaptive Needs (ages 2-12) Saturdays 4:30-5:15.

Competitive tryouts were a success! Also, Cygnus was featured in the news for Nationals Success, with a historic turnout - the largest group ever to represent Newfoundland and Labrador Cygnus (11 athletes and 4 coaches) in Richmond BC.

- Gymnasts competing included Grace Hill, Sarah Pace, Gabe Flynn, Jane Young, Megan Skinner, Rachel Dooley, Abigail Dancey, Chloe Power, Jada Crane, Kyla Piercey, and Kiera Breen.
- Grace Hill captured a silver medal on bars, bronze medal on beams, and finished fifth all-around.
- Sarah Pace captured a silver medal on both bars and beam and a bronze medal in the all-around.
- Gabe Flynn finished 15th out of 44 athletes.
- Coaches were Allison Kirby, Jill Hood, Devonne Ryan, and Allison Dominic.

Super Camp with our favorite coaches will be August 22-26, 2022!



Coach Education

Completed NCCP Training

C1 WAG: 11

C1 MAG: 8

Foundations Theory, Intro and Artistic: 21

Foundations Trampoline: 9

Foundations Active Start: 10

Coach Evaluations - Certified

C1 WAG: 1

C2 MAG: 1

Learning Facilitators

Foundations Theory: 1

Foundations Active Start: 4

Coach Evaluators

Foundations Artistic: 1

Foundations Trampoline: 1

GNL's coach development series held in June was a huge success! Over the course of the a week 19 coaches successfully completed NCCP Competition Intro (C1) training; 11 in Women's Artistic and 8 in Men's Artistic. There were 21 new coaches who completed the 3-day Foundations training in Artistic Gymnastics, 9 coaches who completed Foundations Trampoline and, an additional 10 coaches who are now trained in Foundations Active Start. Congratulations to you all!

A huge shout out to Dmitri Lely, form Pembroke Ontario, who facilitated all of our C1 courses and to Stephanie Carr, Bobbie-Lee Gosse and Lisa Fridgen for facilitating the Foundations courses. As well, we would like to thank Campia Gymnastics, Cygnus Gymnastics and The Wee Gym for hosting all of these courses and huge thanks to all our athlete demonstrators!

Between April and June, two coaches successfully completed coach evaluations and certified at their respective levels and disciplines. Jill Hood, from Cygnus Gymnastics, successfully completed her Competition Introduction Advanced (C2) Evaluation in Men's Artistic Gymnastics and just recently returned from Ontario where she completed Competition Development (C3) training in Men's Artistic Gymnastics. Congratulations Jill! Kate King-Jesso, also from Cygnus Gymnastics, completed her Competition Intro (C1) evaluation in Women's Artistic Gymnastics. Congratulations Kate!

In June, four additional coaches submitted their coaching portfolio's and are at various stages of the evaluation process.

Since Fall 2022, GNL has gained a few more Learning Facilitators and Coach Evaluators. We have 5 new learning facilitators: 4 in Active Start, 1 in Foundations Theory and 1 new Coach Evaluator in both Foundations Artistic and Foundations Trampoline.

Moving forward we hope to grow further in all all areas of coach development. We strongly encourage all coaches to become Certified and would love to hear from anyone who is interested in becoming a Coach Developer; either a Learning Facilitator, Coach Evaluator or both.

For more information please email lfridgen@sportnl.ca



Judge Education



Trampoline Gymnastics

Thorne Sutherland is currently working on refining the online course for beginner trampoline judges. We are still in need of new judges to come out and help us in this area. If you are interested in judging trampoline please reach out to Michael Amouri (gymtech@sportnl.ca).

Women's Artistic Gymnastics

National Course

As we prepare for a new code in CCP, all judges that are either 2nd year levels 6-8, Levels 9-10, or National 10, must recertify. This course is tentatively scheduled for September 23-25 (new date from what was previously communicated).

Level 6-9 Course

GCG has communicated that this course will be available via the didacte online learning system. GNL will plan to utilize this service - all judges planning to move up from compulsory (must be minimum second year compulsory) or maintain their current level 6-9 status, must take this course in order to judge this season.

Level 1-5 Course

This course will be available online via the GCG didacte learning system. We encourage new judges to take this course or returning judges to audit this course to keep up on their skills.

Men's Artistic Gymnastics

GNL is awaiting more information from GCG regarding MAG courses. Our level 1-2 programs have changed for this season - it is currently unclear whether the existing courses will be sufficient to judge the new content. There has been discussion about providing the optional and national course online. If this happens we will use this service from GCG. If the service is not available in a timely manner GNL will host one provincial level judging course and one national course.

Program Updates

Canada Winter Games Camp

GNL hosted the Summer Edition of Canada Winter Games Camp for our men's and women's pool of athletes July 14-17, 2022. Thank-you to our athletes and club coaches for helping make this a huge success. Special thanks to master clinicians Cody Casey and Jason Haid for lending their expertise.

The Trampoline edition of this camp will be held at Campia Gymnastics August 20-21 with master clinician Antoine Vallieres.

Xcel Camp

GNL is planning an Xcel camp to be held in Corner Brook, October 15-16, 2022. This camp is idea for any current or new XCEL athletes between bronze and diamond as well as any CCP compulsory athletes looking to upgrade skills or learn some new drill for optional content.

Men's Artistic Gymnastics Camp

GNL is planning a MAG level 1-2 camp to be held in St.John's, October 22-23, 2022.

Registration forms for both Camps will be available soon.



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

The GNL Board of Directors is preparing to welcome all members to the 2022 Annual General Meeting to be held in St. John's, September 17, 2022; our first in person meeting since 2019. In conjunction to the AGM, GNL will host their Annual Awards and the Operation Council Meetings.

GNL's nominations Chair, Grant Skinner, will be contacting clubs to advise of the open positions on the board and to solicit your help in reaching out to your members to gauge interest in the GNL board for the skill set that is required. GNL will be following the Nominations Process that was adopted in 2021. The policy can be located on the GNL website, <https://gymnasticsnl.org/>

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