

## Sussex Tumble Report October 2023

### Inter-Regional Finals 2023

During the weekend of September 23rd-24th, Sussex clubs had gymnasts competing for the South East Team at the Inter-Regional Finals in Birmingham. Additionally, four Sussex coaches were invited to join the South East Coaching Team and travelled with them to Birmingham.

The weekend proved to be quite demanding for both the gymnasts and coaches, with early starts at 7:30 AM and concluding activities at around 7:00 PM on both days. Despite the long hours, there was notable success in various disciplines, including Trampoline, Tumble, and DMT (Double Mini Trampoline). While they brought home medals across these disciplines, they narrowly missed securing the overall regional team medal.

Two Sussex clubs achieved the commendable feat of securing two medals each:

Hollington earned two Silver medals.

Dyson earned two Bronze medals.

### Sussex Championships 2023

The Sussex Championships 2023 for Tumble clubs took place on October 1st at Hollington Gymnastics Club. This year, we collaborated with two Acro clubs, and the event was a great success with a full hall of spectators.

Tumbling gymnasts had a highly successful day, with excellent performances at all levels. As Sussex Tumble representatives, we decided to introduce Club 3 and Club 4 levels this year, providing younger gymnasts with more opportunities to compete. This decision proved to be a tremendous success, as many gymnasts enthusiastically participated in these levels, experiencing a challenging environment with a sizable audience.

Additionally, we introduced an Adult category in Sussex this year due to high demand. We are pleased to report that this category was also a resounding success, with numerous adults from Be Gymnastics, Dyson, and Hollington enthusiastically participating. We eagerly anticipate even more adult competitors in the coming year.

All the clubs performed exceptionally well, securing numerous podium placements. The highest scores of the day were notably achieved by Sky High.

### Future Dates

At the end of November, we have the South East Open Championships, and our goal is to see the Sussex Clubs participating in this event.