

Been a fantastic year for tumble with lots of competitions and great results for our sussex clubs.

#### English Silver champs 2022 - July

This was attended by Hollington, Dyson and Bevendean and the gymnasts performed some great passes and secured 3 golds, and 3 silver and 1 bronze medals between them.

#### IRCC 2022 - Sept

This was attended by 2 Sussex clubs - Dyson and Hollington. Gymnasts performed well and secured a total of 3 golds, 2 silver and a bronze medal between them. We were also lucky to have 3 coaches from Sussex as part of the South East coaching team for that year - Kerry, Mark & Nikki. Mark & Nikki are also South East Reps for tumble alongside Ollie from Jumpers.

#### Sussex Champs 2022 - Oct

Good turn out for this comp (62 gymnasts) being held at Hollington Gym for club level 5&6 as well as all regional levels. All Sussex tumble clubs (Sky High, Be Gymnastics, Hollington Gym, Bevendean and Dyson) attended which saw gymnasts producing new tumbles and winning team medals as well as individual trophies

#### South East Champs 2022 - Dec

Attended by all Sussex clubs with good results. Sussex walked away with a total of 24 Golds, 23 Silver and 17 Bronze placings as well as team medals for Hollington, Sky High, Dyson and Be Gymnastics

#### Hollington Invitational 2023 - Jan

This comp was held over the weekend and was again we attended by all Sussex Clubs. Lots of new tumbles and faces getting ready for the busy qualifiers in the next few months

#### Club Cup Qualifier 2023 - Feb

This comp was for all club levels 1-6, with gymnasts trying to finish in the top 3 places and hopefully moving forward to the Inter County final later in the year. It was attended by all 5 Sussex Clubs with results showing how hard the gymnasts and coaches are working with a total of 65 gymnasts Finishing in the top 3 spots.

#### IRCC Qualifier 1 2023 - March

The first of 2 qualifiers for this year Inter Regional challenge cup, was held at Jumpers Rebound, with Hollington, Be Gymnastics, Bevendean and Dyson attending. All regional gymnasts performed very well with lots of top 2 spots being secured in this first qualifier, all ready for the 2nd qualifier later in the year.

#### Tumble Judging courses - April

Been a long time waiting but finically British Gymnastics are holding on line tumble judging courses. So far Hollington and Be Gymnastics have had people attending the courses with more clubs following. Great news for our region and clubs alike.

English Qualifier & IRCC 2 2023 - April

Club 5&6 as well as all regional levels trying to finish in the top 2 spots and have the opportunity to represent their club at the English Championships later in the year. Attended by all 5 Sussex clubs and spaces secured by 29 Gymnasts across all the Sussex clubs.

English Champs silver tumble is being held in Telford 9th-11th June. All clubs have now entered their gymnasts and getting them ready for this comp.

Inter County final is being held at Jumpers again this year on Sunday 9th July. All entries will be due in soon and a timetable sent out to attending clubs in due course.

IRCC will be held in September this year in Birmingham - results due out this week for clubs and South East squad training will be held in August at Jumpers like last year. Coaches team still to be announced but again Mark & Nikki will be leading the team along side Ollie.

Sussex champs - planning to hold this joint with acro this year again at Hollington Gym. Proposed dates so far are either Saturday 30th September or Sunday 1st October. This will be confirmed in the next few weeks

Coaching courses - these have been well attended by all sussex clubs with Hollington gaining a new level 1 tumble coach and Dyson and Hollington have coaches booked on their level 3 module 1 course in the next few months

No new tumble clubs have registered with Sussex. 1066 were landing to do low level tumble but so gas they have decided to not proceed down this route