

Cygnus Gymnastics Club - St. John's

Shaina Adams

2006 – Provincial Level 2 Novice Category

2005 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

4th Place - Floor

5th Place - Bars

❖ Co-Winner of the Jane Titford Award

❖ Winter Provincial Championships:

Team Gold

All Around Gold

1st Place - Beam

3rd Place - Vault

2004 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

4th Place - Beam

All Around Gold

1st Place - Beam

2nd Place - Floor

2003 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

Team Gold

All Around 6th Place

4th Place - Beam

5th Place - Vault

6th Place - Bars

All Around Gold

1st Place - Bars, Beam & Floor

3rd Place - Vault

❖ Winter Provincial Championships:

2002 – Provincial Level 1 Argo Category

❖ Winner of the Doreen King Trophy

❖ Winner of the Jane Titford Memorial Plaque

❖ Winner of the Cygnus Award

❖ Winter Provincial Championships:

All Around Gold

1st Place - Vault & Beam

2001 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Team Gold

3rd Place - Beam & Floor

Theo Amey

2011 – Provincial Level 1 U12 Category

❖ Winter Provincial Championships:

Team Gold

2010 – Pre Level Category

2009 – Pre Level A Category

2008 – Provincial Level 1 U8 Category

❖ Spring Provincial Championships:

2nd Place - Pommels & High Bar

3rd Place - Vault & Parallel Bars

Matthew Anstey

2008 – Provincial Level 1 13+ Category

2007 – Provincial Level 1 (10-12) Category

Selena Aylward

2008 – Provincial Level 2 Open Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around 6th Place

1st Place - Floor

4th Place - Vault

6th Place - Bars

All Around Silver

2nd Place - Beam & Floor

3rd Place - Vault

Samantha Bailey

1999 – Optional Level 3 Open Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

❖ Canada Winter Games Team Member

2nd Place - Beam

All Around Bronze

1st Place - Vault

2nd Place - Bars & Floor

3rd Place - Beam

Jenny Lynn Balch

1999 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Team Gold

All Around Silver

2nd Place - Vault & Beam

3rd Place - Floor

Diane Barnes

1997 – Optional Level 2 Open Category

❖ Winter Provincial Championships:

All Around Gold

1st Place - Bars

2nd Place - Vault & Floor

Stephanie Barnes

2003 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships

2002 – Provincial Level 1 Argo Category

❖ Winter Provincial Championships:

2001 – Optional Level 1 Cadet Category

3rd Place - Beam

❖ Winter Provincial Championships:

Team Gold
3rd Place - Vault

Alicia Barron

2007 – Provincial Level 2 Tyro Category

2006 – Provincial Level 1 Tyro Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

2005 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

Team Gold
3rd Place - Floor

Anna Barry

2010 – Provincial Level 1 Novice Category

2009 – Provincial Level 1 Tyro Category

Joshua Battcock

2011 – Provincial Level 1 U12 Category

❖ Winter Provincial Championships:

2010 – Provincial Level 1 10-12 Category

Team Gold
1st Place - Vault & Parallel Bars
2nd Place - Floor & High Bar

Kathryn Bautista

2009 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2008 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2007 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships

2006 – Provincial Level 2 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

All Around Bronze
2nd Place - Bars & Beam
3rd Place - Vault & Floor

Team Gold
1st Place - Bars
2nd Place - Vault

All Around Silver
2nd Place - Vault & Beam

2005 – Provincial Level 2 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships
- ❖ Winter Provincial Championships:

2004 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships:

2003 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2002 – Provincial Level 1 Argo Category

- ❖ Winter Provincial Championships

3rd Place - Bars

Team Gold

1st Place - Beam

2nd Place - Vault

5th Place - Vault

Team Gold

1st Place - Vault

Lesley Bautista

2006 – National Open Category

- ❖ Canadian National Championships

2005 – National Open Category

- ❖ Eastern Canadian Championships:
- ❖ Winner of the Redfern Trophy
- ❖ Winter Provincial Championships:

2nd Place - Vault

Team Gold

All Around Gold

1st Place - Vault, Bars, Beam & Floor

2004 – National Open Category

- ❖ Canadian National Championships
- ❖ Eastern Canadian Championships:

4th Place - Vault & Floor

6th Place - Beam

2003 – National Open Category

- ❖ Canadian National Championships:
- ❖ Eastern Canadian Championships
- ❖ Winner of the Redfern Trophy
- ❖ Winter Provincial Championships:

8th Place - Vault

Team Gold

All Around Gold

1st Place - Vault & Floor

2nd Place - Bars & Beam

4th Place - Vault

2002 – National Open Category

- ❖ Canadian National Championships
- ❖ Atlantic Canadian Championships:

All Around 6th Place

1st Place - Beam

3rd Place - Vault

6th Place - Floor

- ❖ Winner of the Redfern Trophy

❖ Winter Provincial Championships:

2001 – National Open Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2000 – National Novice Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1999 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1998 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1997 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

Chris Blake

2001 – Optional Level 1 Argo Category

❖ Spring Provincial Championships:

Danielle Borden

2006 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

All Around Gold

1st Place - Vault, Beam & Floor

2nd Place - Bars

1st Place - Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

5th Place - Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

1st Place - Vault

3rd Place - Bars

Team Gold

All Around Gold

1st Place - Bars

2nd Place - Vault & Beam

3rd Place - Floor

All Around 6th Place

3rd Place - Floor

4th Place - Vault

6th Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around Silver

1st Place - Floor

2nd Place - Rings, Parallel Bars,
Pommels & Vault

Team Gold

5th Place - Floor

- ❖ Winter Provincial Championships:
- 2005** – Provincial Level 3 Open Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:
- 2004** – Provincial Level 3 Open Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:
- 2003** – Provincial Level 3 Novice Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:
- 2002** – Provincial Level 2 Novice Category
 - ❖ Winter Provincial Championships:

❖ NL Winter Games (Avalon Region):

- 2001** – Optional Level 1 Argo Category
 - ❖ Winter Provincial Championships:

Griffin Brophy

- 2010** – National HP Argo Category
 - ❖ Canadian National Championships
 - ❖ Winter Provincial Championships:
- 2009** – Provincial Level 3 U13-HP Argo Category
 - ❖ Eastern Canadian Championships:
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:
- 2008** – Provincial Level 3 U12 Category
 - ❖ Eastern Canadian Championships

6th Place - Vault, Bars & Beam
Team Gold

Team Gold
3rd Place - Floor

6th Place - Beam
3rd Place - Vault

6th Place - Floor

All Around Gold
1st Place - Bars & Beam
2nd Place - Floor
3rd Place - Vault

All Around Bronze
2nd Place - Vault & Floor
3rd Place - Bars

Team Gold
All Around Silver
1st Place - Floor & Vault
2nd Place - Beam

All Around Gold
1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

5th Place - Pommels
All Around Silver
1st Place - Pommels
2nd Place - Rings & High Bar
3rd Place - Vault & Parallel Bars
4th Place - Floor

All Around Gold
1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 1 U10 Category

❖ Atlantic Canadian Championships:

All Around Silver

1st Place - Floor & Vault

3rd Place - Pommels & High Bar

4th Place - Rings

5th Place - Parallel Bars

All Around Silver

1st Place - Floor

2nd Place - Pommels, Rings, Parallel Bars & High Bar

3rd Place - Vault

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Alexandrea Brown

2011 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2010 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

2009 – Provincial Level 2 Argo Category

❖ Winter Provincial Championships

2008 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Silver

3rd Place - Vault

Team Gold

2nd Place - Beam

Davin Brown

2008 – Provincial Level 3 U12 Category

❖ Eastern Canadian Championships

2007 – Provincial Level 1 10-12 Category

❖ Atlantic Canadian Championships:

2006 – Provincial Level 1 10-12 Category

❖ Atlantic Canadian Championships:

❖ Spring Provincial Championships:

2nd Place - Floor

4th Place - Pommels

5th Place - Vault

All Around 6th Place

3rd Place - Rings

5th Place - Pommels

6th Place - Parallel Bars & High Bar

Team Gold

All Around Silver

2nd Place - Floor, Pommels, Rings, Vault & Parallel Bars

3rd Place - High Bar

2005 – Provincial Level 1 U10 Category

Maddie Brown

2011 – Provincial Level 1 Argo Category
❖ Spring Provincial Championships:

All Around Bronze

2nd Place - Vault

3rd Place - Beam

2010 – Provincial Level 1 Cadet Category
❖ Spring Provincial Championships:

2nd Place - Beam

Mark Buckle

2003 – Provincial Level 1 10-12 Category
❖ Spring Provincial Championships:

Team Gold

All Around Silver

1st Place - Pommels & Rings

3rd Place - Floor, Vault & Parallel Bars

Lindsay Bulger

2003 – Provincial Level 1 Open Category
❖ Winter Provincial Championships:

Team Gold

All Around Gold

1st Place - Beam & Floor

3rd Place - Bars

Michel Bursey

1996 – National Novice Category
❖ Canadian National Championships

Abagayle Butler

2009 – Provincial Level 1 Tyro Category
2008 – Provincial Level 1 Tyro Category
❖ Spring Provincial Championships:

Team Gold

Katie Butler

1997 – Optional Level 1 Argo Category

Leah Cardinal

2004 – Rhythmic Gymnastics
❖ Atlantic Canadian Championships
2003 – Compulsory Level 2 Cadet Category
2002 – Compulsory Level 1 Cadet Category

Alana Careen

2007 – Provincial Level 4 Tyro Category

❖ Winter Provincial Championships:

2006 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 1 Argo Category

❖ Winner of the Cygnus Award

❖ Winner of the Hart Award

❖ Spring Provincial Championships:

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around Silver

1st Place - Vault & Floor

2nd Place - Bars & Beam

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Vault & Floor

Team Gold

All Around Gold

1st Place - Vault, Bars, Beam & Floor

Sarah Carew

2011 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 1 Cadet Category

Team Gold

All Around Silver

1st Place - Beam

2nd Place - Floor

Adam Carroll

2011 – Provincial Level 3 13+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 3 13+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

All Around 5th Place

4th Place - Parallel Bars & High Bar

5th Place - Vault

All Around Gold

1st Place - Parallel Bars & High Bar

2nd Place - Floor

3rd Place - Rings & Vault

All Around 6th Place

2nd Place - Floor

4th Place - Pommels & Vault

5th Place - Rings

6th Place - Parallel Bars & High Bar

All Around Silver

2nd Place - Pommels & High Bar

3rd Place - Floor, Rings, Vault &

Parallel Bars

- 2009** – Provincial Level 1 13+ Category
❖ Winter Provincial Championships:

All Around Gold

- 1st Place** - Floor, Rings, Vault & Parallel Bars
2nd Place - Pommels & High Bar

Sarah Carstensen

- 2008** – Provincial Level 2 Tyro Category
❖ Winter Provincial Championships:

Team Silver

- 3rd Place** - Bars

- 2007** – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships

- 2006** – Provincial Level 1 Argo Category

Amy Carter

- 2003** – Provincial Level 1 Argo Category
❖ Winter Provincial Championships:

Team Gold

All Around Silver

- 1st Place** - Beam
2nd Place - Vault
3rd Place - Bars

- 2002** – Compulsory Level 2 Cadet Category
❖ Spring Provincial Championships:

- 1st Place** - Vault
3rd Place - Beam

Stephanie Champion

- 1999** – Optional Level 3 Open Category
❖ Atlantic Canadian Championships
❖ Canada Winter Games Team Member

- 1998** – Optional Level 2 Tyro Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

Team Gold

All Around Gold

- 1st Place** - Beam & Floor
2nd Place - Bars & Vault

Jessica Cole

- 2007** – Provincial Level 4 Open Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

- 2nd Place** - Bars

- 2006** – Provincial Level 3 Novice Category
❖ Atlantic Canadian Championships:

All Around Silver

- 2nd Place** - Beam & Floor

- ❖ Winter Provincial Championships
- 2005** – Provincial Level 3 Novice Category
 - ❖ Eastern Canadian Championships
 - ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- 2004** – Provincial Level 3 Tyro Category
 - ❖ Eastern Canadian Championships
 - ❖ Atlantic Canadian Championships:

- 2003** – Provincial Level 3 Tyro Category
 - ❖ Eastern Canadian Championships
 - ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- 2002** – Provincial Level 1 Argo Category
 - ❖ Winter Provincial Championships:

Allison Collins

- 2011** – Provincial Level 4 Tyro Category
 - ❖ Eastern Canadian Championships:
 - ❖ Winter Provincial Championships:

Andrea Collins

- 2006** – Rhythmic Gymnastics Level 6 Category

- 3rd Place** - Vault
- 5th Place** - Bars

Team Gold **All Around 5th Place**

- 3rd Place** - Beam
- 4th Place** - Bars & Floor
- 6th Place** - Vault

Team Gold **All Around Bronze**

- 2nd Place** - Vault, Beam & Floor
- 3rd Place** - Bars

All Around 5th Place

- 4th Place** - Bars, Beam & Floor
- 5th Place** - Vault

All Around Bronze

- 3rd Place** - Bars, Beam & Floor
- 4th Place** - Vault

Team Gold **All Around Bronze**

- 1st Place** - Beam & Floor
- 2nd Place** - Vault & Bars

Team Gold **All Around Silver**

- 1st Place** - Floor
- 2nd Place** - Vault
- 3rd Place** - Bars

4th Place - Floor

All Around Silver

- 1st Place** - Bars & Beam
- 2nd Place** - Vault & Floor

❖ Eastern Canadian Championships:

All Around 4th Place

3rd Place - Hoop & Ball

4th Place - Clubs

❖ Atlantic Canadian Championships

2005 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

Brittany Collins

2006 – Rhythmic Gymnastics – Senior Category

❖ Eastern Canadian Championships:

All Around 6th Place

6th Place - Rope, Clubs, Ball & Ribbon

❖ Atlantic Canadian Championships

2005 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships:

All Around Bronze

2nd Place - Clubs

3rd Place - Ribbon & Hoop

2004 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

2003 – Rhythmic Gymnastics

❖ Canada Winter Games Team Member

2001 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

Team Gold

1st Place - Floor

3rd Place - Bars

Laura Connolly

2011 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold

Nigel Connors

2011 – Provincial Level 1 12+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Bronze

All Around Gold

2nd Place - Pommels, Rings, Vault,
Parallel Bars & High Bar

2009 – Provincial Level 1 10-12 Category

❖ Winter Provincial Championships:

2nd Place - Pommels

3rd Place - Parallel Bars

2008 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

Team Silver

All Around Silver

2nd Place - Pommels, Rings & Vault

3rd Place - High Bar

Marley Corbett

2011 – Provincial Level 4 Tyro Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

All Around 5th Place

4th Place - Beam

5th Place - Bars

All Around Gold

1st Place - Vault, Beam & Floor

2nd Place - Bars

Emily Corcoran

2000 – Compulsory Level 1 Cadet Category

Aaron Coward

1999 – Optional Open Category

❖ Atlantic Canadian Championships:

❖ Canada Winter Games Team Member

1998 – Provincial AA Over 13 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around 4th Place

3rd Place - Floor & Vault

5th Place - Pommels, Parallel Bars & High Bar

All Around Gold

1st Place - Pommels

2nd Place - Rings, Parallel Bars & High Bar

3rd Place - Floor & Vault

All Around Gold

1st Place - Pommels & High Bar

2nd Place - Rings & Vault

3rd Place - Floor & Parallel Bars

Stephen Coward

1999 – Optional Open Category

❖ Atlantic Canadian Championships

❖ Canada Winter Games Team Member

1998 – Provincial AA Over 13 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around 6th Place

2nd Place - Parallel Bars

3rd Place - Pommels

6th Place - Floor & High Bar

All Around Bronze

1st Place - Parallel Bar

2nd Place - Pommels

3rd Place - Vault & High Bar

Kyanna Cromley

2009 – Provincial Level 1 Argo Category

2008 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Bronze

1st Place - Bars

3rd Place - Floor

Lauren Cromley

2009 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships:

2008 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

3rd Place - Vault & Floor

Team Bronze

Alex Crosbie

2001 – Optional Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold

2nd Place - Vault

Marie Daley

2004 – Rhythmic Gymnastics

2003 – Rhythmic Gymnastics

❖ Canada Winter Games Team Member

2002 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

2001 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

All Around Bronze

1st Place - Beam

Team Bronze

2nd Place - Beam

Team Gold

1st Place - Vault

Tom Davis

2004 – Provincial Level 4 (13+) Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

1st Place - Pommels & Vault

All Around Silver

2nd Place - Rings & Parallel Bars

3rd Place - Floor & High Bar

2003 – Provincial Level 5 (16+) Category

❖ Winter Provincial Championships:

All Around Bronze

2nd Place - Pommels, Rings & Parallel Bars

3rd Place - Floor, Vault & High Bar

❖ Canada Winter Games Team Member

2002 – Provincial Level 2 (13+) Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2001 – Optional Level 2 13+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2000 – Optional Level 2 U13 Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

1999 – Provincial A Argo Category

1998 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

Team Gold

3rd Place - Vault

1st Place - Rings

3rd Place - Pommels

6th Place - Vault

All Around Gold

1st Place - Pommels, Parallel Bars & High Bar

2nd Place - Floor, Rings & Vault

All Around Bronze

2nd Place - Rings & Parallel Bars

3rd Place - Pommels

1st Place - Parallel Bars

2nd Place - Pommels

3rd Place - High Bar

Team Gold

2nd Place - Rings & Parallel Bars

Dominique Dawe

2007 – Provincial Level 2 Tyro Category

Stephanie Decker

1991 – National Open Category

❖ Canadian National Championships

Alison DeLong

2006 – Provincial Level 2 Open Category

2005 – Provincial Level 2 Open Category

❖ Atlantic Canadian Championships:

2004 – Provincial Level 2 Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2003 – Provincial Level 1 Novice Category

❖ Winter Provincial Championships:

All Around Bronze

2nd Place - Bars

3rd Place - Floor

5th Place - Beam

2nd Place - Bars

All Around Bronze

2nd Place - Vault

3rd Place - Floor

Erica Devereaux

2011 – National Open Category

❖ Canadian National Championships

❖ Eastern Canadian Championships:

❖ Winner of the Redfern Award

❖ Winter Provincial Championships:

❖ Canada Winter Games Team Member

2010 – Provincial Level 5 Open Category

❖ Eastern Canadian Championships:

❖ Winner of the Murphy Memorial Plaque

❖ Winter Provincial Championships:

2009 – Provincial Level 5 Open Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2006 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1st Place - Floor

6th Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

3rd Place - Floor

6th Place - Bars

All Around Gold

1st Place - Vault, Bars, Beam & Floor

6th Place - Vault

All Around Silver

1st Place - Vault & Bars

2nd Place - Beam & Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

3rd Place - Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around Bronze

1st Place - Vault

2nd Place - Bars

3rd Place - Beam & Floor

All Around 6th Place

6th Place - Bars, Beam & Floor

All Around Gold

1st Place - Bars & Floor

2nd Place - Vault & Beam

1st Place - Floor

6th Place - Vault

Team Gold

2005 – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships:
❖ Winter Provincial Championships:

2004 – Provincial Level 1 Argo Category
❖ Spring Provincial Championships:

2003 – Provincial Level 1 Argo Category
❖ Winter Provincial Championships:

Renee Devereaux

2011 – Provincial Level 3 Open Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 2 Novice Category
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships
❖ NL Winter Games (St. John's Region):

2009 – Provincial Level 2 Novice Category
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships

All Around Bronze
1st Place - Vault & Floor

1st Place - Floor
Team Gold
All Around Silver
2nd Place - Vault & Floor
3rd Place - Bars

Team Gold
All Around Silver
1st Place - Vault & Floor
2nd Place - Bars

Team Gold
3rd Place - Vault

Team Bronze
2nd Place - Floor
Team Gold
All Around Silver
1st Place - Vault & Floor
2nd Place - Bars

All Around 5th Place
3rd Place - Floor

Team Gold
All Around Silver
1st Place - Beam
2nd Place - Bars

All Around 6th Place
1st Place - Floor
3rd Place - Vault & Beam
All Around Silver
1st Place - Vault
2nd Place - Floor
3rd Place - Bars & Beam

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

2006 – Provincial Level 1 Argo Category

❖ Atlantic Canadian Championships:

❖ Winner of the Cygnus Award

❖ Spring Provincial Championships:

2005 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Bronwyn Dezeeuw

2006 – Provincial Level 1 Open Category

❖ NL Winter Games (Mount Pearl Region):

2005 – Provincial Level 2 Novice Category

2004 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships

2003 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships:

2002 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships

Jasmine Dezeeuw

2006 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

❖ NL Winter Games (Mount Pearl Region):

2005 – Provincial Level 1 Tyro Category

2004 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

2003 – Compulsory Level 2 Cadet Category

Team Silver

3rd Place - Floor

Team Gold

All Around Bronze

1st Place - Vault

3rd Place - Bars

6th Place - Bars

Team Gold

All Around Gold

1st Place - Bars & Floor

2nd Place - Beam

3rd Place - Vault

Team Gold

All Around Bronze

Team Bronze

Team Gold

1st Place - Beam

Team Gold

3rd Place - Bars

Team Bronze

1st Place - Bars

Team Gold

All Around Bronze

3rd Place - Bars & Vault

❖ Spring Provincial Championships:

2002 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

Katrina Dezeeuw

2006 – Provincial Level 1 Open Category

❖ Spring Provincial Championships

Ashley Dicintio

2006 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2004 – Provincial Level 4 Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2003 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2002 – Provincial Level 3 Novice Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2001 – Optional Level 1 Argo Category

❖ Winter Provincial Championships:

2000 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Gold

1st Place - Vault, Beam & Floor

3rd Place - Bars

1st Place - Vault

All Around Silver

3rd Place - Floor

Team Gold

All Around 6th Place

3rd Place - Floor

5th Place - Vault & Beam

3rd Place - Floor

3rd Place - Vault & Bars

All Around Gold

1st Place - Vault, Beam & Floor

2nd Place - Bars

Team Gold

All Around Bronze

1st Place - Beam

2nd Place - Bars

3rd Place - Vault & Floor

2nd Place - Beam

Team Gold

2nd Place - Bars

Team Gold

All Around Gold

1st Place - Beam
2nd Place - Vault & Bars
3rd Place - Floor

John Lee Dillon

2006 – Interclub Category

- ❖ NL Winter Games (St. John's Region):

Team Silver

Kelsie Dillon

2011 – Provincial Level 3 Open Category

- ❖ Atlantic Canadian Championships:

Team Bronze

All Around 5th Place

4th Place - Beam

5th Place - Floor

Team Gold

3rd Place - Vault, Bars, Beam & Floor

- ❖ Winter Provincial Championships:

2010 – Provincial Level 2 Novice Category

- ❖ Winter Provincial Championships:

3rd Place - Bars

2009 – Provincial Level 2 Novice Category

- ❖ Atlantic Canadian Championships

- ❖ Winter Provincial Championships

2008 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships

- ❖ Winter Provincial Championships:

Team Bronze

1st Place - Bars

3rd Place - Vault

2007 – Provincial Level 2 Tyro Category

- ❖ Spring Provincial Championships:

Team Gold

2nd Place - Vault

2006 – Provincial Level 1 Argo Category

- ❖ Atlantic Canadian Championships:

- ❖ Spring Provincial Championships:

4th Place - Bars

Team Gold

Pepa Dimitrov

2000 – Compulsory Level 1 Cadet Category

- ❖ Spring Provincial Championships

Sarah Dingwell

2006 – Provincial Level 1 Tyro Category

Stacey Dingwell

2006 – Provincial Level 1 Argo Category

Gillian Dobbin

2004 – Rhythmic Gymnastics

- ❖ Atlantic Canadian Championships

Abby Dolomount

2011 – Provincial Level 2 Argo Category

- ❖ Atlantic Canadian Championships:

- ❖ Winner of the Cygnus Award

- ❖ Winter Provincial Championships:

2010 – Provincial Level 2 Cadet Category

- ❖ Winter Provincial Championships:

Allison Dominic

2011 – Provincial Level 5 Open Category

- ❖ Eastern Canadian Championships
- ❖ Co-Winner of the Jane Titford Award
- ❖ Winter Provincial Championships:

- ❖ Canada Winter Games Team Member

2010 – Provincial Level 4 Open Category

- ❖ Eastern Canadian Championships:
- ❖ Winter Provincial Championships:

2009 – Provincial Level 4 Open Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2008 – Provincial Level 4 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

Team Gold

All Around Gold

1st Place - Floor

2nd Place - Beam

3rd Place - Bars

5th Place - Vault

All Around Gold

1st Place - Vault, Bars & Floor

All Around Bronze

2nd Place - Floor

3rd Place - Bars

All Around Gold

1st Place - Vault, Bars, Beam & Floor

5th Place - Bars

All Around Bronze

2nd Place - Vault & Beam

All Around Silver

1st Place - Bars & Beam

2nd Place - Vault

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around 5th Place

3rd Place - Vault

4th Place - Bars & Beam

5th Place - Floor

2007 – Provincial Level 4 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

3rd Place - Floor

All Around Silver

1st Place - Vault & Beam

2nd Place - Bars & Floor

2006 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

All Around 6th Place

4th Place - Bars

6th Place - Vault

Team Gold

3rd Place - Vault & Beam

2005 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

5th Place - Vault

Team Gold

3rd Place - Vault

2004 – Provincial Level 1 Argo Category

- ❖ Spring Provincial Championships:

Team Gold

3rd Place - Floor

Haley Doron

2005 – Rhythmic Gymnastics

Keona Dove

2010 – Provincial Level 2 Cadet Category

- ❖ Winter Provincial Championships

Katie Doyle

2009 – Provincial Level 2 Open Category

2008 – Provincial Level 2 Open Category

- ❖ Winter Provincial Championships

2007 – Provincial Level 2 Open Category

2006 – Provincial Level 1 Novice Category

2005 – Provincial Level 1 Novice Category

2004 – Provincial Level 1 Tyro Category

- ❖ Spring Provincial Championships:

Team Gold

All Around Gold

1st Place - Bars, Beam & Floor

2nd Place - Vault

2003 – Compulsory Level 1 Argo Category

- ❖ Spring Provincial Championships:

All Around Bronze

1st Place - Beam

2nd Place - Bars

Alleigh Drover

2009 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

2008 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

2006 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

❖ NL Winter Games (Avalon Region)

5th Place - Beam

6th Place - Beam

Team Gold

All Around Bronze

1st Place - Vault

2nd Place - Beam

1st Place - Vault

3rd Place - Bars & Floor

Team Gold

Hannah Drover

2010 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2009 – Provincial Level 2 Argo Category

❖ Winter Provincial Championships

2008 – Provincial Level 1 Argo Category

❖ Winner of the Campia Award

❖ Spring Provincial Championships:

3rd Place - Floor

3rd Place - Floor

Team Gold

All Around Gold

1st Place - Beam

2nd Place - Vault & Bars

Michael Drover

2011 – Provincial Level 3 U13 Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winner of the GNL Plaque

Team Bronze

All Around 6th Place

6th Place - High Bar

Team Gold

All Around Gold

1st Place - Pommels & Rings

2nd Place - Floor & Parallel Bars

4th Place - Vault

5th Place - High Bar

❖ Winter Provincial Championships:

2009 – Provincial Level 1 U10 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Silver

All Around Gold

1st Place - Pommels, Rings, Vault & High Bar

2nd Place - Parallel Bars

3rd Place - Floor

All Around Silver

1st Place - Floor

2nd Place - Vault, Parallel Bars & High Bar

4th Place - Pommels

6th Place - Rings

All Around Silver

1st Place - Vault & High Bar

2nd Place - Pommels & Parallel Bars

3rd Place - Rings

Daniel Dyer

2011 – Pre Level U10 Category

❖ Spring Provincial Championships:

All Around Gold

1st Place - Floor, Vault & High Bar

3rd Place - Parallel Bars

Holly Dyer

2011 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold

All Around Silver

1st Place - Beam

3rd Place - Vault

Jayde Eustace

1999 – Optional Level 2 Tyro Category

❖ Atlantic Canadian Championships

1998 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships

1997 – Optional Level 2 Argo Category

❖ Winter Provincial Championships:

Team Gold

Nicola Facey

1999 – Optional Level 1 Open Category

Colin Fardy

1996 – Optional A Cadet Category

❖ Winter Provincial Championships:

All Around Gold

Emily Fardy

2003 – Provincial Level 1 Argo Category

❖ Winter Provincial Championships:

Team Gold

Liam Fardy

1999 – Optional Over 13 Category

❖ Atlantic Canadian Championships:

2nd Place - Floor

4th Place - Pommels

6th Place - Rings & Vault

❖ Canada Winter Games Team Member

1998 – Provincial AA U13 Category

❖ Atlantic Canadian Championships:

All Around 6th Place

2nd Place - Floor & Pommels

6th Place - Parallel Bars

All Around Silver

1st Place - Pommels

2nd Place - Parallel Bars

3rd Place - Floor, Rings & High Bar

❖ Winter Provincial Championships:

Team Gold

1st Place - Pommels

❖ NL Winter Games (St. John's Region):

Susan Farewell

1999 – National Open Category

❖ Canadian National Championships

❖ Canada Winter Games Team Member

❖ Winter Provincial Championships:

Team Gold

All Around Silver

1st Place - Vault & Bars

2nd Place - Beam

3rd Place - Floor

1998 – Optional Level 3 Open Category

❖ Atlantic Canadian Championships:

All Around Gold

1st Place - Beam

2nd Place - Vault & Bars

4th Place - Floor

❖ Winter Provincial Championships:

Team Gold

1st Place - Beam

3rd Place - Bars

1997 – Optional Level 3 Open Category

❖ Atlantic Canadian Championships:

All Around Silver

1st Place - Floor

2nd Place - Bars

❖ Winter Provincial Championships:

6th Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

Courtney Farr

2005 – Provincial Level 2 Open Category

❖ Winter Provincial Championships:

2nd Place - Floor

2004 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships

2003 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships

❖ Winner of the Jane Titford Memorial Plaque

❖ Winter Provincial Championships:

All Around Silver

1st Place - Beam

2002 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships:

Team Gold

2nd Place - Bars

2001 – Optional Level 1 Argo Category

❖ Winter Provincial Championships

2000 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships

Stephen Fennelly

2007 – Provincial Level 3 (13+) Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

All Around Gold

1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

2006 – Provincial Level 2 (13+) Category

❖ Winter Provincial Championships:

1st Place - Floor, Pommels, Rings, Vault
& Parallel Bars

2005 – Provincial Level 2 (10-12) Category

❖ Winter Provincial Championships:

Team Gold

All Around Silver

1st Place - Pommels

2nd Place - High Bar

3rd Place - Floor, Rings, Vault &
Parallel Bars

2004 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

Team Gold

2nd Place - Pommels

3rd Place - Floor & Parallel Bars

2003 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

2002 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

2001 – Optional Level 1 Sparks Category

❖ Spring Provincial Championships

Team Gold

3rd Place - Pommels

Team Gold

Charlotte Field

2007 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

5th Place - Bars

Team Gold

All Around Bronze

1st Place - Beam

2nd Place - Vault & Bars

Courtney Flynn

2008 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

Team Gold

2nd Place - Beam

Carter Fridgen

2009 – Provincial Level 1 U10 Category

❖ Winter Provincial Championships:

All Around Bronze

3rd Place - Floor, Parallel Bars & High Bar

Sean Fryer

1991 – National Open Category

❖ Canadian National Championships

Graham Garland

2006 – Provincial Level 4 (13+) Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

All Around Silver

2nd Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Floor, Pommels, Rings, Parallel Bars & High Bar

2004 – Provincial Level 3 (10-12) Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2003 – Provincial Level 3 (10-12) Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2002 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

2001 – Optional Level 1 Cadet Category

❖ Spring Provincial Championships:

3rd Place - Parallel Bars

3rd Place - Parallel Bars

4th Place - Pommels & Parallel Bars

6th Place - Rings

All Around Silver

1st Place - Rings

2nd Place - Floor, Pommels, Vault,
Parallel Bars & High Bar

Team Gold

2nd Place - High Bar

6th Place - Rings & Parallel Bars

2nd Place - Rings

3rd Place - Floor, Pommels & Parallel
Bars

Team Gold

2nd Place - Vault & High Bar

Team Gold

All Around Silver

1st Place - High Bar

2nd Place - Rings & Pommels

3rd Place - Parallel Bars

Emilie Goebel

1998 – Optional Level 1 Open Category

1999 – Optional Level 1 Open Category

Kasiah Goziou

2007 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

5th Place - Floor

Team Gold

All Around Silver

1st Place - Floor

2nd Place - Beam

3rd Place - Vault

Anna Gosine

2005 – Rhythmic Gymnastics

Cassidy Gosse

2008 – Provincial Level 2 Tyro Category

2007 – Provincial Level 2 Tyro Category

2006 – Provincial Level 1 Argo Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championship:

2nd Place - Vault

Madeline Gosse

2007 – Provincial Level 2 Novice Category

2006 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships

Zachary Gosse

2011 – Provincial Level 1 U12 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Pre Level U10 Category

❖ Spring Provincial Championships:

Team Silver

4th Place - High Bar

6th Place - Floor

Team Gold

2nd Place - High Bar

3rd Place - Rings

All Around Silver

2nd Place - Floor & High Bar

Carmen Graham

2010 – Provincial Level 2 Cadet Category

❖ Winter Provincial Championships:

1st Place - Vault

2nd Place - Bars

Rebecca Green

2007 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

4th Place - Bars

Victoria Gregory

2011 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

Team Gold

All Around Bronze

2nd Place - Vault & Beam

2010 – Provincial Level 2 Open Category

❖ Winter Provincial Championships:

All Around Silver

1st Place - Beam & Floor

2nd Place - Bars

2009 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships

2008 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

2006 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

2005 – Provincial Level 1 Argo Category

2nd Place - Floor

3rd Place - Bars

3rd Place - Bars

Team Gold

All Around Silver

1st Place - Beam

3rd Place - Vault & Floor

Team Gold

1st Place - Beam

Emily Griffin

2011 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

2009 – Provincial Level 3 Tyro Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

Team Bronze

Team Gold

All Around Bronze

1st Place - Floor

2nd Place - Bars & Beam

3rd Place - Vault

6th Place - Beam

All Around Gold

1st Place - Vault & Beam

4th Place - Bars

6th Place - Floor

1st Place - Vault

2nd Place - Beam

All Around Gold

4th Place - Bars

5th Place - Beam

Team Gold

2nd Place - Vault & Floor

All Around 4th Place

2006 – Provincial Level 1 Argo Category
❖ Spring Provincial Championships

1st Place - Floor
4th Place - Vault
5th Place - Beam

Lacey Haines

1998 – Optional Level 2 Tyro Category
❖ Winter Provincial Championships:
1997 – Optional Level 2 Argo Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

Team Gold

Team Gold
All Around Bronze
1st Place - Vault
3rd Place - Bars

Chris Hanley

1991 – National Open Category
❖ Canadian National Championships:

7th Place - Floor
8th Place - Pommels
9th Place - Vault

Jaleesa Hawco

2000 – Compulsory Level 1 Argo Category

Bill Heys

2011 – National Open Category
❖ Winter Provincial Championships:

2010 – National Open Category
❖ Winter Provincial Championships:

2009 – National Open Category
❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 6 (16+) Category
❖ Canadian National Championships
❖ Eastern Canadian Championships:

1st Place - Floor, Pommels, Rings, Vault
& Parallel Bars

All Around Gold
1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

4th Place - Floor
6th Place - Pommels & Rings

All Around Silver
1st Place - Vault & Parallel Bars
2nd Place - Floor, Pommels,
Rings & High Bar

All Around 6th Place

- ❖ Winner of the Godden Trophy
- ❖ Winter Provincial Championships:

2007 – Provincial Level 5 (13+) Category

- ❖ Canadian National Championships
- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- ❖ Canada Winter Games Team Member

2006 – Provincial Level 4 (13+) Category

- ❖ Eastern Canadian Championships:

- ❖ Atlantic Canadian Championships:

- ❖ Winner of the GNL Award

- ❖ Winter Provincial Championships:

2005 – Provincial Level 4 (13+) Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2004 – Provincial Level 3 (10-12) Category

4th Place - Floor

5th Place - Pommels & Vault

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

All Around 4th Place

1st Place - Pommels & Vault

3rd Place - Floor & Parallel Bars

5th Place - Rings

6th Place - High Bar

1st Place - Floor, Rings & High Bar

2nd Place - Vault

4th Place - Vault

6th Place - Parallel Bars

Team Gold

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Gold

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

All Around 4th Place

2nd Place - Pommels

3rd Place - Rings & Vault

4th Place - Floor, Parallel Bars & High Bar

Team Gold

All Around Silver

1st Place - Pommels & Rings

2nd Place - Floor, Vault, Parallel Bars & High Bar

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2003 – Provincial Level 3 (10-12) Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2002 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

4th Place - Vault

5th Place - Floor & High Bar

3rd Place - High Bar

5th Place - Pommels

6th Place - Floor

All Around Gold

1st Place - Floor, Pommels, Vault,
Parallel Bars & High Bar

2nd Place - Rings

Team Gold

All Around Silver

1st Place - High Bar

2nd Place - Pommels

3rd Place - Rings

4th Place - Vault

5th Place - Parallel Bars

6th Place - Floor

All Around Gold

1st Place - Pommels, Rings & High Bar

2nd Place - Parallel Bars

3rd Place - Vault

Team Gold

All Around Gold

1st Place - Floor, Pommels, Parallel
Bars & High Bar

3rd Place - Rings

Team Gold

All Around Silver

1st Place - Rings & Vault

3rd Place - Floor & High Bar

Claire Hodder

2011 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

Team Bronze

5th Place - Vault

6th Place - Beam

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Beam

Emma Holmes

2011 – Provincial Level 3 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2009 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships

2008 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

Team Gold

All Around 6th Place

5th Place - Bars & Beam

6th Place - Floor

Team Gold

All Around Bronze

1st Place - Bars

2nd Place - Beam

Team Gold

2nd Place - Bars

5th Place - Vault

Team Silver

Grace Holmes

2011 – Provincial Level 3 Tyro Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 3 Tyro Category

❖ Winter Provincial Championships:

2009 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Bronze

Team Gold

All Around Bronze

1st Place - Bars

5th Place - Floor

6th Place - Beam

Team Gold

1st Place - Floor

3rd Place - Beam

3rd Place - Bars

2nd Place - Vault

5th Place - Floor

1st Place - Vault

Team Gold

Jack Hong

2011 – Provincial Level 3 U13 Category

❖ Eastern Canadian Championships:

Team Bronze

5th Place - Floor

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2009 – Provincial Level 1 U10 Category

❖ Winter Provincial Championships:

2008 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

Parker Hopkins

2009 – Provincial Level 1 13+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

Victoria Howard

2006 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

2005 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships:

Laura Hurley

2007 – National Open Category

❖ Canada Winter Games Team Member

2006 – National Open Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

Team Gold

All Around 5th Place

1st Place - Floor & Rings

3rd Place - High Bar

5th Place - Pommels

Team Silver

All Around Bronze

1st Place - Floor

2nd Place - Pommels

3rd Place - High Bar

2nd Place - Vault

Team Silver

3rd Place - Floor

All Around Bronze

3rd Place - Pommels, Parallel Bars & High Bar

4th Place - Floor, Rings & Vault

All Around Silver

1st Place - Pommels & High Bar

2nd Place - Floor, Rings & Parallel Bars

3rd Place - Vault

Team Bronze

All Around Silver

2nd Place - Hoop & Ribbon

Team Gold

All Around Gold

1st Place - Vault & Floor

❖ Winter Provincial Championships:

2005 – National Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2004 – National Open Category

❖ Winter Provincial Championships:

2003 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2002 – Provincial Level 4 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2001 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2000 – Optional Level 2 Cadet-Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

3rd Place - Bars

6th Place - Beam

Team Gold

1st Place - Floor

2nd Place - Vault

3rd Place - Bars

Team Gold

All Around Silver

2nd Place - Vault, Bars, Beam & Floor

Team Gold

All Around Silver

2nd Place - Beam

3rd Place - Bars & Floor

Team Gold

All Around Silver

1st Place - Floor

2nd Place - Vault & Beam

3rd Place - Bars

All Around 4th Place

3rd Place - Vault

4th Place - Bars

6th Place - Beam

All Around Silver

1st Place - Floor

2nd Place - Vault, Bars & Beam

All Around 6th Place

3rd Place - Floor

4th Place - Beam

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Floor

3rd Place - Beam

5th Place - Vault

All Around Silver

1st Place - Vault & Floor

2nd Place - Bars & Beam

Lauren Hurley

- 1999** – Optional Level 2 Tyro Category
 - ❖ Winter Provincial Championships:

- 1998** – Optional Level 1 Tyro Category
 - ❖ Winter Provincial Championships:

 - ❖ NL Winter Games (St. John's Region):
- 1997** – Optional Level 1 Argo Category
 - ❖ Winter Provincial Championships:

1st Place - Vault
3rd Place - Bars

All Around Silver

1st Place - Bars
3rd Place - Beam & Floor
Team Bronze

Team Gold
2nd Place - Vault

Melissa Hussey

- 1997** – Optional Level 2 Argo Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

3rd Place - Bars
Team Gold

All Around Silver

2nd Place - Bars
3rd Place - Beam

1998 – Optional Level 2 Tyro Category

Emma Hyslop

- 2010** – Provincial Level 1 Tyro Category
- 2009** – Provincial Level 1 Tyro Category
- 2008** – Provincial Level 1 Argo Category

Jonathan Ivany

- 2009** – Provincial Level 1 U10 Category

Rebecca Jamieson

- 2007** – Provincial Level 3 Open Category
 - ❖ Eastern Canadian Championships
 - ❖ Atlantic Canadian Championship
 - ❖ Winter Provincial Championships:

- 2006** – Provincial Level 2 Novice Category
 - ❖ Winter Provincial Championship
- 2005** – Provincial Level 2 Tyro Category
 - ❖ Winter Provincial Championship:
- 2004** – Provincial Level 1 Tyro Category
 - ❖ Spring Provincial Championships:

Team Gold
3rd Place - Bars & Floor

Team Gold

Team Gold

2003 – Compulsory Level 1 Argo Category
❖ Spring Provincial Championships:

All Around Silver

All Around Silver
1st Place - Vault & Floor
3rd Place - Bars & Beam

Ally Jeans

2005 – Rhythmic Gymnastics

Sara Jones

1998 – Optional Level 1 Argo Category
❖ NL Winter Games (St. John's Region):
1997 – Optional Level 1 Argo Category
❖ Winter Provincial Championships:

Team Bronze

Team Gold
All Around Gold
1st Place - Vault & Floor
2nd Place - Bars
3rd Place - Beam

Amy Julien-Fowler

2011 – Provincial Level 2 Tyro Category
❖ Winter Provincial Championships:
2010 – Provincial Level 1 Tyro Category
❖ Spring Provincial Championships

Team Silver

Thora Karlsdottir

2010 – Provincial Level 2 Tyro Category
2009 – Provincial Level 2 Tyro Category
❖ Winter Provincial Championships

Jonathan Kashefi

2006 – Provincial Level 1 (10-12) Category
❖ NL Winter Games (St. John's Region):

Team Silver
2nd Place - Rings

Sarah Kavanagh

2011 – Provincial Level 2 Novice Category
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold
All Around 4th Place
3rd Place - Vault & Bars
4th Place - Floor
Team Gold
1st Place - Vault

2010 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships

2009 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championship:

2008 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships

2006 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

3rd Place - Floor

2nd Place - Vault

6th Place - Floor

1st Place - Vault

3rd Place - Floor

Team Bronze

Team Gold

Caroline Kelly

2011 – Provincial Level 1 Cadet Category

Asha Kennedy

2011 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships

2009 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

2008 – Provincial Level 1 Argo Category

Team Silver

Team Silver

2nd Place - Vault

3rd Place - Floor

All Around Gold

1st Place - Vault

3rd Place - Floor

Jennifer Kennedy - Flemming

1998 – Optional Level 1 Open Category

1999 – Optional Level 1 Open Category

Paula Keough

2001 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

2000 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold

1st Place - Floor

Oscar Kilfoil

- 2008** – Provincial Level 1 U10 Category
❖ Spring Provincial Championships:

Team Silver

Erikka Kimberley

- 1999** – Optional Level 1 Argo Category
❖ Winter Provincial Championships:

3rd Place - Vault

Megan King

- 2011** – Provincial Level 1 Argo Category

Travis King

- 1991** – National Open Category
❖ Canadian National Championships:

6th Place - Floor

Kailey Knutson

- 2000** – Compulsory Level 1 Open Category
❖ Spring Provincial Championships:

All Around Gold

1st Place - Beam & Floor

3rd Place - Bars

Raylene Knutson

- 2002** – Provincial Level 3 Novice Category
❖ Atlantic Canadian Championships:

4th Place - Bars

6th Place - Beam

3rd Place - Beam

- ❖ Winter Provincial Championships:

- 2001** – Optional Level 2 Argo Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

Team Gold

All Around Bronze

1st Place - Beam

2nd Place - Bars

- 2000** – Optional Level 2 Argo Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

Team Gold

3rd Place - Bars, Beam & Floor

Trent Knutson

- 2002** – Provincial Level 1 U10 Category
❖ Spring Provincial Championships:

Team Gold

All Around Bronze

1st Place - Vault

2nd Place - Pommels

3rd Place - Floor & Parallel Bars

❖ NL Winter Games (St. John's Region):

2001 – Optional Level 1 Cadet Category

❖ Spring Provincial Championships:

Polina Konstantinova

2009 – Provincial Level 1 Argo Category

Shannon Lacey

2011 – Pre Level Category

Brittany Laite

1998 – Optional Level 1 Argo Category

❖ Winter Provincial Championships:

1997 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

David Lane

2007 – Provincial Level 6 Category

❖ Canadian National Championships

❖ Eastern Canadian Championships:

❖ Canada Winter Games Team Member

2006 – Provincial Level 5 (13+) Category

❖ Canadian National Championships:

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 4 (13+) Category

❖ Eastern Canadian Championships:

Team Gold

1st Place - Pommels

2nd Place - Parallel Bars

Team Gold

All Around Bronze

1st Place - Rings

Team Gold

All Around Gold

1st Place - Beam & Floor

2nd Place - Bars

3rd Place - Vault

2nd Place - Vault

3rd Place - Floor

3rd Place - Floor (AA)

5th Place - Floor (F)

1st Place - Floor & Vault

All Around Gold

1st Place - Floor, Pommels, Rings, Vault & Parallel Bars

2nd Place - High Bar

Team Gold

All Around Silver

1st Place - Floor, Pommels & Rings

2nd Place - Vault, Parallel Bars & High Bar

1st Place - Floor

❖ Atlantic Canadian Championships:

❖ Winner of the GNL Award

❖ Winter Provincial Championships:

2004 – Provincial Level 3 (13+) Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Keith Lawton

2008 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

2007 – Provincial Level 1 10-12 Category

2006 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships

Melanie Layden

2001 – Optional Level 2 Tyro Category

❖ Winter Provincial Championships:

Abigail Ledwell

2009 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

6th Place - Vault

All Around Silver

1st Place - Floor, Vault & High Bar

3rd Place - Pommels & Parallel Bars

4th Place - Rings

Team Gold

All Around Gold

1st Place - Floor, Vault, Parallel Bars & High Bar

2nd Place - Pommels & Rings

All Around 6th Place

1st Place - Floor

5th Place - Vault

6th Place - Rings & Parallel Bars

All Around Bronze

1st Place - Floor & Vault

2nd Place - Rings

5th Place - Parallel Bars & High Bar

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Bronze

2nd Place - Floor

3rd Place - Pommels & Rings

Team Gold

1st Place - Vault

All Around Silver

2nd Place - Bars

❖ Winter Provincial Championships:

2008 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

2006 – Provincial Level 1 Argo Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

4th Place - Floor

All Around Bronze

2nd Place - Vault, Bars & Beam

3rd Place - Floor

1st Place - Floor

6th Place - Beam

Team Gold

All Around Bronze

1st Place - Vault & Floor

6th Place - Floor

All Around Bronze

3rd Place - Bars, Beam & Floor

Laura Lee

2006 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

2005 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

Sarah Leger

2001 – Compulsory Level 1 Open Category

Wendy Lim

2003 – Compulsory Level 1 Cadet Category

Stephanie Lockyer

2002 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships:

2001 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Gold

1st Place - Bars, Beam & Floor

3rd Place - Vault

Team Gold

All Around Bronze

3rd Place - Beam

Victoria Long

2006 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

2005 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships:

All Around 5th Place
5th Place - Ribbon, Hoop & Rope

Jillian Lynch

2009 – Provincial Level 3 Open Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

All Around 5th Place

2nd Place - Floor

All Around Silver

1st Place - Vault

2nd Place - Floor

3rd Place - Bars & Beam

- ❖ Winter Provincial Championships:

2008 – Provincial Level 3 Open Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

All Around 6th Place

2nd Place - Floor

3rd Place - Beam

Team Gold

All Around Silver

2nd Place - Bars & Beam

3rd Place - Vault & Floor

- ❖ Winter Provincial Championships:

2007 – Provincial Level 3 Open Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

All Around Silver

2nd Place - Bars

5th Place - Beam

6th Place - Vault & Floor

Team Gold

All Around Gold

1st Place - Bars & Floor

3rd Place - Vault & Beam

- ❖ Winter Provincial Championships:

2006 – Provincial Level 2 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

4th Place - Bars

1st Place - Bars

2nd Place - Vault

2005 – Provincial Level 2 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships
- ❖ Winter Provincial Championships:

Team Gold

3rd Place - Bars & Beam

2004 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships
- ❖ Winter Provincial Championships:

All Around Bronze

2003 – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships:
❖ Winter Provincial Championships:

2002 – Provincial Level 1 Argo Category
❖ Winter Provincial Championships
2001 – Compulsory Level 1 Cadet Category
❖ Spring Provincial Championships:

1st Place - Bars

4th Place - Beam

Team Gold

All Around Bronze

1st Place - Bars

3rd Place - Vault

Team Gold

All Around Gold

1st Place - Vault & Floor

2nd Place - Beam

3rd Place - Bars

Bridget Mackey

2007 – Provincial Level 2 Tyro Category

Stephanie Maher

2005 – Provincial Level 2 Novice Category
❖ Winter Provincial Championships:
2004 – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:
2003 – Provincial Level 1 Tyro Category
❖ Winter Provincial Championships:

Team Gold

2nd Place - Beam

Team Gold

All Around Bronze

1st Place - Vault

Hazen Mahon

2009 – Provincial Level 1 U10 Category

Doron Malankov

2005 – Provincial Level 1 U10 Category

Anna Malone

2010 – Provincial Level 1 Tyro Category
2009 – Provincial Level 1 Argo Category

Rachel Malone

2010 – Provincial Level 1 Novice Category
❖ Spring Provincial Championships:

All Around Silver

1st Place - Vault

- 2009 – Provincial Level 1 Tyro Category
- 2008 – Provincial Level 1 Tyro Category
 - ❖ Spring Provincial Championships:
- 2007 – Provincial Level 2 Argo Category

Victoria Manning

- 2004 – Rhythmic Gymnastics
 - ❖ Atlantic Canadian Championships

Catherine Manuel

- 2003 – Provincial Level 4 Open Category
 - ❖ Winter Provincial Championships:
 - ❖ Canada Winter Games Team Member
- 2002 – Provincial Level 3 Open Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

- 2001 – Optional Level 3 Tyro Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

Nakita March

- 2002 – Provincial Level 3 Novice Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:
- 2001 – Optional Level 2 Tyro Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

- 2nd Place - Bars
- 3rd Place - Beam & Floor

Team Gold

All Around Silver

- 1st Place - Beam
- 2nd Place - Vault & Bars
- 3rd Place - Floor

Team Gold

All Around 4th Place

- 2nd Place - Bars, Beam & Floor

Team Gold

All Around Bronze

- 2nd Place - Floor
- 3rd Place - Bars

All Around Bronze

- 1st Place - Floor
- 2nd Place - Beam
- 3rd Place - Bars & Vault

All Around Silver

- 1st Place - Vault, Bars, Beam & Floor

- 2nd Place - Vault

All Around Gold

- 1st Place - Beam & Floor
- 2nd Place - Vault

- 6th Place - Beam

Team Gold

- 2nd Place - Beam

3rd Place - Floor

Samantha March

2001 – Optional Level 3 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2000 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1999 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around Gold

1st Place - Vault & Beam

2nd Place - Bars

3rd Place - Floor

All Around Gold

1st Place - Bars, Beam, Floor & Vault

All Around Bronze

1st Place - Floor & Vault

Team Gold

All Around Gold

1st Place - Bars, Beam & Floor

2nd Place - Vault

5th Place - Vault

Team Gold

All Around Bronze

1st Place - Floor & Vault

Erin Marshall

2009 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

2008 – Provincial Level 3 Novice Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2007 – Provincial Level 3 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2006 – Provincial Level 1 Tyro Category

❖ Atlantic Canadian Championships

❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

2005 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

2004 – Provincial Level 1 Argo Category

Team Gold

3rd Place - Floor

5th Place - Vault

Team Gold

3rd Place - Beam & Floor

Team Gold

2nd Place - Vault, Bars & Floor

Team Gold

3rd Place - Bars

Team Gold

1st Place - Floor

Aaron Martyn

2011 – Pre Level U10 Category

❖ Spring Provincial Championships:

All Around Silver

1st Place - Parallel Bars

2nd Place - Floor & Vault

3rd Place - High Bar

Elin Maskova

2011 – Provincial Level 1 Cadet Category

Kira Matchim

2007 – Provincial Level 1 Tyro Category

2006 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships

2005 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

Nikki Matthews

2004 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

4th Place - Floor

6th Place - Beam

1st Place - Floor

3rd Place - Vault

2003 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

Team Gold

1st Place - Beam & Floor

2002 – Provincial Level 2 Argo Category

❖ Winter Provincial Championships:

All Around Gold

1st Place - Vault, Bars, Beam & Floor

2nd Place - Beam

❖ NL Winter Games (Avalon Region):

2001 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Team Gold

3rd Place - Beam

Ashley McCarthy

2010 – Provincial Level 1 Tyro Category

2009 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships

2008 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

Erin McGettigan

2011 – Provincial Level 3 Tyro Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 3 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2009 – Provincial Level 2 Argo Category

❖ Winter Provincial Championships:

2008 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Bronze

6th Place - Bars

Team Gold

All Around 4th Place

3rd Place - Vault

6th Place - Bars

Team Gold

All Around Bronze

2nd Place - Vault, Beam & Floor

3rd Place - Bars

All Around Silver

2nd Place - Bars

3rd Place - Beam

5th Place - Vault & Floor

2nd Place - Beam

3rd Place - Beam

All Around Silver

2nd Place - Bars & Beam

3rd Place - Vault & Floor

Quinn McGettigan

2011 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships

2009 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

2008 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

Team Gold

All Around Bronze

1st Place - Beam

6th Place - Vault

Team Gold

1st Place - Floor

2nd Place - Beam

3rd Place - Beam

Team Gold

Cecily McKeever

2006 – Rhythmic Gymnastics

❖ Atlantic Canadian Championships

- 2005 – Rhythmic Gymnastics
- 2004 – Rhythmic Gymnastics
 - ❖ Atlantic Canadian Championships

Alicia Mercer

- 2001 – Compulsory Level 1 Argo Category
 - ❖ Spring Provincial Championships:
- 2000 – Compulsory Level 1 Cadet Category
 - ❖ Spring Provincial Championships

Team Gold
1st Place - Bars

Danielle Mercer

- 1999 – Optional Level 1 Tyro Category
 - ❖ Winter Provincial Championships
- 1998 – Optional Level 1 Argo Category
 - ❖ Winter Provincial Championships:

Team Gold

Laura Merdsoy

- 2003 – Provincial Level 1 Open Category
 - ❖ Winter Provincial Championships:

Team Gold
All Around Bronze
2nd Place - Vault & Beam

Connor Milks

- 2011 – Provincial Level 1 U12 Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

Team Silver
4th Place - Rings
6th Place - Floor & Vault
Team Gold
All Around Bronze
1st Place - Parallel Bars
2nd Place - Vault
3rd Place - Floor & High Bar

- 2010 – Provincial Level 1 10-12 Category
 - ❖ Atlantic Canadian Championships
 - ❖ Winter Provincial Championships:
- 2009 – Provincial Level 1 U10 Category
 - ❖ Winter Provincial Championships

2nd Place - Floor

Gabby Milks

- 2011 – Provincial Level 3 Novice Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

Team Gold
6th Place - Vault
Team Gold

2010 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winner of the Hart Award

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

2009 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 2 Tyro Category

2007 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winner of the Cygnus Award

❖ Spring Provincial Championships:

All Around Gold

4th Place - Floor

5th Place - Vault & Beam

All Around Gold

1st Place - Vault, Bars & Beam

3rd Place - Floor

Team Gold

All Around Gold

1st Place - Vault

2nd Place - Floor

3rd Place - Bars

All Around Silver

3rd Place - Vault

5th Place - Bars

All Around Bronze

2nd Place - Floor

3rd Place - Vault

4th Place - Bars

Team Gold

2nd Place - Bars & Floor

Team Gold

All Around Silver

1st Place - Bars, Beam & Floor

Team Gold

5th Place - Beam

Faye Miller

2001 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

Vanessa Miller

2010 – Provincial Level 2 Cadet Category

Brittany Mitchell

2001 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

Hannah Moffatt

1999 – National Open Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

- ❖ Canada Winter Games Team Member
- ❖ Winter Provincial Championships:

1998 – Optional Level 3 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

1997 – Optional Level 3 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

Amanda Molloy

1999 – Optional Level 1 Open Category

Niamh Molloy

2011 – Provincial Level 2 Novice Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2010 – Provincial Level 2 Novice Category

- ❖ Winter Provincial Championships

2009 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships

2008 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

Allison Moore

2011 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2010 – Provincial Level 2 Argo Category

Team Gold

All Around Bronze

2nd Place - Floor

3rd Place - Vault, Bars & Beam

All Around 4th Place

2nd Place - Floor

4th Place - Vault & Bars

6th Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

1st Place - Floor

6th Place - Bars

All Around Silver

1st Place - Vault, Bars, Beam & Floor

Team Gold

3rd Place - Floor

6th Place - Beam

Team Gold

Team Bronze

Team Silver

1st Place - Floor

Team Silver

1st Place - Bars

2nd Place - Floor

3rd Place - Vault

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

6th Place - Beam
3rd Place - Vault

Gabriel Morris

- 2011** – Provincial Level 3 U13 Category
 - ❖ Winter Provincial Championships:
- 2009** – Provincial Level 1 U10 Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships
- 2008** – Provincial Level 1 U10 Category
 - ❖ Spring Provincial Championships:

Team Silver

5th Place - Pommels
6th Place - Vault

Team Silver

Erin Morry

- 2011** – Provincial Level 4 Novice Category
 - ❖ Eastern Canadian Championships:
 - ❖ Winter Provincial Championships:
 - ❖ Canada Winter Games Team Member

Team Bronze

Team Gold
1st Place - Beam

Alexa Moyer

- 2003** – Provincial Level 1 Tyro Category

Deborah Murphy

- 1999** – National Open Category
 - ❖ Canadian National Championships
 - ❖ Atlantic Canadian Championships:
 - ❖ Canada Winter Games Team Member
 - ❖ Winter Provincial Championships:

All Around 6th Place

4th Place - Floor
6th Place - Bars

Team Gold

All Around Gold
1st Place - Beam & Floor
2nd Place - Vault & Bars

- 1998** – Optional Level 3 Open Category
 - ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

All Around Bronze

3rd Place - Vault & Bars
5th Place - Floor

Team Gold

All Around Gold
1st Place - Vault, Bars & Floor
2nd Place - Beam

- 1997** – National Open Category
 - ❖ Atlantic Canadian Championships:

All Around 4th Place

❖ Winter Provincial Championships:

3rd Place - Bars
6th Place - Vault
All Around Silver
2nd Place - Vault, Bars, Beam & Floor

Kyle Murphy

1999 – Provincial A Cadet Category

1998 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

All Around Gold

1st Place - Parallel Bars & High Bar

2nd Place - Floor & Rings

3rd Place - Vault

Lindsay Murphy

1997 – Optional Level 1 Tyro Category

❖ Winter Provincial Championships:

1st Place - Floor

3rd Place - Vault & Beam

Karlah Nofle

1999 – Optional Level 2 Argo-Tyro Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

1998 – Optional Level 1 Argo Category

❖ Winter Provincial Championships:

Team Gold

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Bars

Team Bronze

❖ NL Winter Games (St. John's Region):

1997 – Optional Level 1 Cadet Category

Jennifer Nolan

1998 – Optional Level 3 Open Category

Fiona Nurse

2002 – Provincial Level 1 Novice Category

❖ Winter Provincial Championships:

All Around Silver

1st Place - Floor

2nd Place - Vault

3rd Place - Bars

2001 – Compulsory Level 2 Open Category

❖ Spring Provincial Championships:

All Around Bronze

3rd Place - Floor

2000 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Silver

1st Place - Bars

3rd Place - Beam & Floor

Sarah Oakley

2008 – Provincial Level 4 Open Category

2007 – National Open Category

❖ Atlantic Canadian Championships:

❖ Winner of the Redfern Trophy

❖ Winter Provincial Championships:

❖ Canada Winter Games Team Member

2006 – National Open Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Winter Provincial Championships:

2004 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

2000 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around Gold

1st Place - Bars & Beam

2nd Place - Vault & Floor

All Around Gold

1st Place - Vault & Bars

2nd Place - Floor

3rd Place - Beam

Team Gold

All Around Gold

1st Place - Beam

2nd Place - Vault

Team Gold

All Around Bronze

1st Place - Vault

2nd Place - Floor

3rd Place - Beam

Team Gold

All Around Gold

1st Place - Floor

2nd Place - Vault & Beam

6th Place - Beam

All Around Gold

1st Place - Vault, Bars & Floor

All Around 5th Place

2nd Place - Floor

3rd Place - Beam

Team Gold

All Around Silver

1st Place - Vault

1999 – Optional Level 2 Argo Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

1998 – Optional Level 1 Cadet Category
❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

Jessica O'Dea

2011 – Provincial Level 4 Novice Category
❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

❖ Canada Winter Games Team Member

2010 – Provincial Level 4 Novice Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2009 – Provincial Level 3 Tyro Category
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 2 Tyro Category
❖ Atlantic Canadian Championships:
❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category
❖ Atlantic Canadian Championships:

2006 – Provincial Level 1 Argo Category
❖ Spring Provincial Championships:

2nd Place - Bars & Floor

Team Gold

3rd Place - Beam

All Around Silver

1st Place - Beam

2nd Place - Vault

3rd Place - Bars & Floor

Team Bronze

Team Bronze

4th Place - Beam

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Floor

3rd Place - Bars

All Around Gold

1st Place - Beam & Floor

2nd Place - Vault & Bars

1st Place - Floor

3rd Place - Vault

2nd Place - Floor

4th Place - Vault

1st Place - Floor

2nd Place - Vault

1st Place - Floor

Team Silver

All Around Bronze

1st Place - Bars

2nd Place - Floor

3rd Place - Bars & Floor

2nd Place - Floor

Tim O'Regan

2006 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

2005 – Provincial Level 1 (10-12) Category

❖ Spring Provincial Championships:

All Around Bronze

1st Place - Pommels

2nd Place - Rings

3rd Place - Floor & Parallel Bars

Team Silver

All Around Bronze

1st Place - Floor

3rd Place - High Bar

All Around Silver

1st Place - Pommels

2nd Place - Floor, Rings, Vault, Parallel Bars & High Bar

Alison Organ

2000 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

3rd Place - Vault & Floor

Catherine Orr

2007 – National Open Category

2006 – Provincial Level 3 Open Category

❖ Winter Provincial Championships:

2005 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2004 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

All Around Silver

1st Place - Bars & Floor

3rd Place - Vault & Beam

Team Gold

All Around 4th Place

3rd Place - Floor

4th Place - Bars

5th Place - Beam

Team Gold

All Around Silver

3rd Place - Beam

1st Place - Floor

2nd Place - Bars

3rd Place - Beam

Team Gold

2003 – Provincial Level 3 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2002 – Provincial Level 3 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2001 – Optional Level 2 Argo Category

- ❖ Atlantic Canadian Championships
- ❖ Winter Provincial Championships:

Julie Orr

2008 – Provincial Level 3 Open Category

- ❖ Winter Provincial Championships:

2007 – Provincial Level 3 Open Category

- ❖ Atlantic Canadian Championships:
- ❖ Winner of the Jane Titford Memorial Plaque
- ❖ Winter Provincial Championships:

2006 – Provincial Level 2 Novice Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships

2005 – Provincial Level 2 Novice Category

- ❖ Atlantic Canadian Championships

All Around Silver

2nd Place - Beam & Floor

All Around Bronze

2nd Place - Beam

3rd Place - Bars

5th Place - Vault & Floor

Team Gold

All Around Silver

1st Place - Beam

2nd Place - Bars

3rd Place - Vault & Floor

Team Gold

2nd Place - Floor

5th Place - Beam

Team Gold

All Around Bronze

1st Place - Beam

2nd Place - Vault

3rd Place - Floor

Team Gold

3rd Place - Vault

Team Gold

All Around Bronze

2nd Place - Floor

6th Place - Beam

Team Gold

All Around Silver

1st Place - Beam

2nd Place - Bars

2nd Place - Bars

❖ Winter Provincial Championships:

2004 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships

❖ Winter Provincial Championships:

2003 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2002 – Provincial Level 1 Argo Category

❖ Winter Provincial Championships:

2001 – Compulsory Level 2 Cadet Category

❖ Spring Provincial Championships:

Team Gold

3rd Place - Floor

2nd Place - Bars

6th Place - Bars & Floor

Team Gold

All Around Silver

2nd Place - Bars & Floor

Team Gold

2nd Place - Floor

All Around Silver

1st Place - Beam & Vault

2nd Place - Bars

Courtney Parsons

2007 – National Open Category

❖ Canada Winter Games Team Member

2006 – National Open Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – National Open Category

❖ Eastern Canadian Championships

2004 – National Open Category

❖ Canadian National Championships

❖ Eastern Canadian Championships

❖ Winner of the Redfern Trophy

❖ Winter Provincial Championships:

2003 – National Open Category

Team Gold

All Around 6th Place

1st Place - Bars

4th Place - Floor

5th Place - Beam

Team Gold

All Around Silver

1st Place - Beam

2nd Place - Bars

3rd Place - Floor

Team Gold

All Around Gold

1st Place - Bars, Beam & Floor

2nd Place - Vault

- ❖ Canadian National Championships
- ❖ Eastern Canadian Championships:
- ❖ Winter Provincial Championships:

- ❖ Canada Winter Games Team Member

2002 – National Open Category

- ❖ Canadian National Championships
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2001 – National Novice Category

- ❖ Canadian National Championships
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2000 – Optional Level 3 Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

1999 – Optional Level 2 Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

1998 – Optional Level 2 Cadet Category

- ❖ Atlantic Canadian Championships
- ❖ Winter Provincial Championships:

Adam Paul

1999 – Optional U13 Category

- ❖ Atlantic Canadian Championships:

6th Place - Bars

Team Gold

1st Place - Bars & Beam

5th Place - Bars

All Around Silver

1st Place - Bars

2nd Place - Vault, Beam & Floor

3rd Place - Bars

4th Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around Silver

1st Place - Floor

2nd Place - Vault & Beam

3rd Place - Bars

All Around Gold

1st Place - Vault, Bars,
Beam & Floor

All Around 4th Place

2nd Place - Beam

6th Place - Bars & Floor

Team Gold

All Around Silver

1st Place - Beam

2nd Place - Bars & Floor

All Around Gold

1st Place - Vault, Bars, Beam & Floor

All Around 4th Place

1st Place - Vault

2nd Place - Floor

4th Place - Pommels

❖ Canada Winter Games Team Member
1998 – Provincial AA U13 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

5th Place - Parallel Bars

6th Place - Rings

All Around Gold

1st Place - Floor & Pommels

2nd Place - Rings

4th Place - Parallel Bars

All Around Gold

1st Place - Rings & Parallel Bars

2nd Place - Pommels & Vault

3rd Place - Floor

Team Gold

All Around Bronze

1st Place - Parallel Bars

3rd Place - Pommels & High Bar

Ashley Peddigrew

2003 – Provincial Level 1 Open Category

❖ Winter Provincial Championships:

Team Gold

Emma Penney

2005 – Rhythmic Gymnastics

Evan Penney

2008 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

Team Bronze

Nicole Pink

1999 – Optional Level 3 Tyro Category

❖ Atlantic Canadian Championships

❖ Canada Winter Games Team Member

❖ Winter Provincial Championships:

1998 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

1997 – Optional Level 2 Argo Category

❖ Atlantic Canadian Championships:

All Around Silver

1st Place - Vault, Bars, Beam & Floor

All Around 4th Place

2nd Place - Beam

5th Place - Bars & Floor

All Around Silver

2nd Place - Vault & Beam

3rd Place - Bars & Floor

All Around 4th Place

5th Place - Bars & Floor

❖ Winter Provincial Championships:

6th Place - Beam
Team Gold
All Around Gold
1st Place - Vault & Bars
2nd Place - Beam & Floor

Nicole Pittman

2011 – Provincial Level 1 Cadet Category

Ben Porter

2003 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

All Around Gold
1st Place - Parallel Bars
2nd Place - Floor, Pommels & Vault
3rd Place - High Bar

Stephen Porter

2003 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

Team Gold
All Around Gold
1st Place - Floor, Vault & Parallel Bars
2nd Place - Pommels & High Bar
3rd Place - Rings

Gillian Power

2003 – Provincial Level 1 Open Category

❖ Winter Provincial Championships:

Team Gold
3rd Place - Beam & Floor

Kelsie Power

2003 – Provincial Level 1 Novice Category

❖ Winter Provincial Championships:

2002 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

All Around Silver
1st Place - Beam
2nd Place - Vault

Kenneth Power

2006 – Provincial Level 1 10-12 Category

Carolyn Pridham

2006 – Provincial Level 3 Open Category

❖ Winter Provincial Championships:

Team Gold
2nd Place - Bars

2005 – Provincial Level 3 Novice Category

- ❖ GNL Provincial Team Member
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2004 – Provincial Level 3 Novice Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2003 – Provincial Level 3 Tyro Category

- ❖ Eastern Canadian Championships
- ❖ Winter Provincial Championships:

2002 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships:

2001 – Optional Level 1 Cadet Category

- ❖ Winter Provincial Championships:

Team Gold

All Around 6th Place

4th Place - Beam

5th Place - Vault & Bars

6th Place - Floor

Team Gold

All Around Silver

2nd Place - Bars

3rd Place - Vault, Beam & Floor

3rd Place - Bars

6th Place - Beam

Team Gold

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Floor

3rd Place - Vault & Beam

Team Gold

All Around Bronze

1st Place - Bars

Team Gold

All Around Gold

1st Place - Bars & Vault

Alyssa Pryor

2003 – Provincial Level 3 Novice Category

- ❖ Winter Provincial Championships

2002 – Provincial Level 2-3 Tyro Category

- ❖ Atlantic Canadian Championships:
- ❖ NL Winter Games (St. John's Region):
- ❖ Winter Provincial Championships:

2001 – Optional Level 1 Argo Category

- ❖ Winter Provincial Championships:

Team Gold

Team Bronze

Team Gold

All Around Gold

2nd Place - Vault, Beam & Floor

Team Gold

All Around Gold

1st Place - Beam

2000 – Compulsory Level 1 Argo Category
❖ Spring Provincial Championships:

1999 – Optional Level 1 Cadet Category
❖ Winter Provincial Championships:

Laura Purchase

2005 – Provincial Level 2 Novice Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2004 – Provincial Level 2 Novice Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:
❖ Winter Provincial Championships:

2003 – Provincial Level 1 Tyro Category
❖ Winter Provincial Championships:

2002 – Compulsory Level 1 Argo Category
❖ Spring Provincial Championships:

❖ NL Winter Games (St. John's Region):

Nicole Purchase

2007 – Provincial Level 2 Novice Category
❖ Atlantic Canadian Championships:
2006 – Provincial Level 1 Novice Category
❖ Atlantic Canadian Championships:
❖ NL Winter Games (St. John's Region):

2nd Place - Vault

Team Gold

All Around Bronze

1st Place - Vault & Floor

3rd Place - Bars

Team Gold

All Around Bronze

2nd Place - Vault

3rd Place - Bars

All Around 5th Place

1st Place - Vault

6th Place - Beam

Team Gold

All Around Silver

1st Place - Vault, Bars & Floor

1st Place - Floor

All Around Silver

2nd Place - Bars

3rd Place - Beam & Floor

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Vault

3rd Place - Floor

2nd Place - Vault

3rd Place - Floor

Team Bronze

3rd Place - Vault

6th Place - Vault

Team Gold

- ❖ Spring Provincial Championships
- 2005** – Provincial Level 1 Tyro Category
 - ❖ Spring Provincial Championships:

- 2004** – Provincial Level 1 Tyro Category
 - ❖ Spring Provincial Championships:

- 2003** – Compulsory Level 2 Cadet Category
 - ❖ Spring Provincial Championships:

All Around Bronze

- Team Gold**
- All Around Bronze**
- 1st Place** - Bars
- 3rd Place** - Vault

- Team Gold**
- All Around Bronze**
- 2nd Place** - Bars

- Team Gold**
- All Around Bronze**
- 2nd Place** - Vault & Bars
- 3rd Place** - Beam & Floor

- Team Gold**
- 3rd Place** - Vault & Beam

- Team Gold**
- All Around Bronze**
- 2nd Place** - Vault
- 3rd Place** - Beam & Floor

- Team Gold**
- All Around Gold**
- 1st Place** - Beam
- 3rd Place** - Vault
- 4th Place** - Bars
- 5th Place** - Floor

- Team Gold**
- All Around Gold**
- 1st Place** - Floor & Vault
- 2nd Place** - Beam

Renee Quick

- 2004** – National Open Category
 - ❖ Winter Provincial Championships:

- 2003** – National Open Category
 - ❖ Canadian National Championships
 - ❖ Eastern Canadian Championships
 - ❖ Winter Provincial Championships:

- ❖ Canada Winter Games Team Member
- 2002** – Provincial Level 3 Open Category
 - ❖ Atlantic Canadian Championships:

- ❖ Winner of the Murphy Memorial Plaque
- ❖ Winter Provincial Championships:

Camille Quirion

- 2007** – Provincial Level 3 Novice Category

- ❖ Winter Provincial Championships:
- 2006** – Provincial Level 1 Novice Category
- ❖ Atlantic Canadian Championships:
- ❖ NL Winter Games (St. John's Region):
- 2005** – Provincial Level 1 Tyro Category
- ❖ Spring Provincial Championships:
- 2004** – Provincial Level 1 Tyro Category
- ❖ Spring Provincial Championships:
- 2003** – Compulsory Level 2 Cadet Category
- ❖ Spring Provincial Championships:

Team Gold

6th Place - Beam

Team Gold

Team Gold

2nd Place- Vault

Team Gold

3rd Place - Beam

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Beam & Floor

3rd Place - Vault

Jade Quirion

- 2007** – Provincial Level 2 Tyro Category
- 2006** – Provincial Level 1 Tyro Category
- ❖ Spring Provincial Championships
- 2005** – Provincial Level 1 Argo Category
- ❖ Spring Provincial Championships:

Team Gold

3rd Place - Bars

Firdos Qutbuddin

- 2006** – Provincial Level 1 Tyro Category
- ❖ Atlantic Canadian Championships:
- ❖ Winner of the Hart Award
- ❖ Spring Provincial Championships:
- ❖ NL Winter Games (St. John's Region):

3rd Place - Bars

Team Gold

All Around Gold

1st Place - Vault, Beam & Floor

Team Gold

1st Place - Floor

Team Gold

All Around Gold

1st Place - Vault

2nd Place - Beam

3rd Place - Bars & Floor

Leanne Raske

- 2007** – Provincial Level 2 Tyro Category
- 2006** – Provincial Level 1 Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Spring Provincial Championships:

5th Place - Vault
Team Gold
All Around Silver
1st Place - Vault & Beam
2nd Place - Bars

Gillian Redmond

2001 – Compulsory Level 2 Open Category

Sara Rendell

1998 – Optional Level 1 Argo Category

- ❖ Winter Provincial Championships:

- ❖ NL Winter Games (St. John's Region):

1997 – Optional Level 1 Argo Category

- ❖ Winter Provincial Championships:

Team Gold
All Around Gold
1st Place - Bars & Beam
2nd Place - Vault
Team Bronze

Team Gold
All Around Bronze
1st Place - Bars
2nd Place - Vault & Floor

Erin Rice

2001 – Compulsory Level 1 Cadet Category

- ❖ Spring Provincial Championships:

Team Gold
All Around Bronze

Jennifer Rice

1997 – National Open Category

- ❖ Canadian National Championships
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

1996 – National Open Category

- ❖ Canadian National Championships

All Around Gold
1st Place - Bars
3rd Place - Beam & Floor
All Around Gold
1st Place - Vault, Bars, Beam & Floor

Rachel Rideout

2011 – Provincial Level 1 Cadet Category

- ❖ Spring Provincial Championships:

Team Gold
All Around Gold
1st Place - Vault
3rd Place - Bars, Beam & Floor

Kathy Roe

- 1991 – National Open Category
❖ Canadian National Championships

Darian Rogerson

- 2006 – Provincial Level 3 (10-12) Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- ❖ NL Winter Games (St. John's Region):

- 2005 – Provincial Level 1 (10-12) Category
❖ Winter Provincial Championships:

- 2004 – Provincial Level 1 10-12 Category
❖ Spring Provincial Championships:

- 2003 – Provincial Level 1 U10 Category
❖ Spring Provincial Championships:

- 2002 – Provincial Level 1 U8 Category
❖ Spring Provincial Championships:

Devon Ross

- 2003 – Provincial Level 1 10-12 Category
❖ Spring Provincial Championships:

- 2002 – Provincial Level 1 U10 Category
❖ Spring Provincial Championships:
❖ NL Winter Games (St. John's Region):

- 2001 – Optional Level 1 Cadet Category

All Around 4th Place

1st Place - Vault

3rd Place - Pommels, Parallel Bars & High Bar

4th Place - Floor & Rings

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Silver

All Around Silver

3rd Place - Floor & Vault

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Gold

All Around Bronze

3rd Place - Pommels & Rings

1st Place - Pommels & Vault

2nd Place - Vault

3rd Place - Parallel Bars

Team Gold

2nd Place - Rings & Vault

Team Gold

Team Gold

1st Place - High Bar

3rd Place - Pommels

❖ Spring Provincial Championships:

Team Gold

1st Place - Pommels

Logan Ross

2003 – Provincial Level 4 (13+) Category

❖ Winner of the GNL Award

❖ Winter Provincial Championships:

All Around Gold

1st Place - Rings, Parallel Bars & High Bar

2nd Place - Pommels

3rd Place - Floor & Vault

❖ Canada Winter Games Team Member

2002 – Provincial Level 2 U13 Category

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

3rd Place - Rings

Team Gold

2nd Place - Rings

2001 – Optional Level 1 Argo Category

❖ Spring Provincial Championships:

All Around Gold

1st Place - Rings, Parallel Bars, Pommels & Vault

2nd Place - Floor & High Bar

1999 – Provincial A Cadet Category

Abbie Roul

2011 – Provincial Level 1 Cadet Category

Stephanie Rumsey

2008 – Provincial Level 1 Tyro Category

2007 – Provincial Level 2 Tyro Category

Devonne Ryan

2003 – National Open Category

❖ Canada Winter Games Team Member

2002 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

Team Gold

All Around Silver

3rd Place - Bars

4th Place - Beam

5th Place - Vault & Floor

❖ Winter Provincial Championships:

Team Gold

2nd Place - Vault

2001 – Optional Level 2 Tyro Category

❖ Atlantic Canadian Championships:

1st Place - Beam

2nd Place - Vault

❖ Winter Provincial Championships:

2000 – Optional Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

All Around Gold

1st Place - Vault & Bars

2nd Place - Bars

All Around Silver

1st Place - Bars

2nd Place - Vault

3rd Place - Floor

Jennifer Ryan

1998 – Optional Level 3 Open Category

❖ Winter Provincial Championships:

Team Gold

All Around Silver

2nd Place - Vault, Bars & Floor

3rd Place - Beam

Annie Saunders

2010 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships

2009 – Provincial Level 2 Novice Category

2008 – Provincial Level 1 Tyro Category

❖ Spring Provincial Championships:

Team Gold

All Around Silver

2nd Place - Bars

3rd Place - Beam

2007 – Provincial Level 2 Tyro Category

Nicole Sayers

2001 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold

All Around Silver

1st Place - Bars & Beam

3rd Place - Vault

Philippe Schryburt

2007 – Provincial Level 4 (13+) Category

❖ Winner of the GNL Award

❖ Winter Provincial Championships:

All Around Gold

1st Place - Pommels

2nd Place - Parallel Bars & High Bar

3rd Place - Floor, Rings & Vault

❖ Canada Winter Games Team Member

2006 – Provincial Level 3 (13+) Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 2 (10-12) Category

❖ Winter Provincial Championships:

2004 – Provincial Level 1 (10-12) Category

❖ Spring Provincial Championships:

Jessica Senior

2003 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships

2002 – Compulsory Level 2 Argo Category

❖ Spring Provincial Championships:

❖ NL Winter Games (Avalon Region)

2001 – Compulsory Level 2 Cadet Category

Anna Sharpe

2003 – Provincial Level 3 Novice Category

❖ Winter Provincial Championships

2002 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

2001 – Optional Level 1 Argo Category

❖ Winter Provincial Championships

2000 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

All Around Silver

1st Place - Floor, Pommels & Rings

2nd Place - High Bar

4th Place - Vault & Parallel Bars

All Around Silver

1st Place - Floor, Vault & Parallel Bars

2nd Place - Rings & High Bar

3rd Place - Pommels

Team Gold

All Around Gold

1st Place - Rings & High Bar

2nd Place - Floor, Pommels, Vault & Parallel Bars

Team Gold

All Around Silver

1st Place - Pommels, Rings & Vault

2nd Place - Floor & Parallel Bars

3rd Place - High Bar

3rd Place - Beam

Team Gold

All Around Silver

2nd Place - Floor

3rd Place - Bars

Team Bronze

Team Gold

Jeni Sharpe

- 1991 – National Open Category
❖ Canadian National Championships

Rebecca Sharr

- 2000 – Optional Level 1 Cadet Category
❖ Winter Provincial Championships:

Team Gold

Sarah Sheppard

- 2009 – Provincial Level 2 Tyro Category
❖ Winter Provincial Championships:
2008 – Provincial Level 2 Argo Category
❖ Atlantic Canadian Championships:

3rd Place - Beam

Team Gold

All Around 5th Place

4th Place - Vault & Bars

5th Place - Floor

Team Silver

1st Place - Beam

2nd Place - Vault

3rd Place - Floor

- ❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

Jesse Simms

- 2003 – National Category
❖ Canada Winter Games Team Member
2002 – Provincial Level 2 U13 Category
❖ Atlantic Canadian Championships:

All Around Bronze

1st Place - Floor & Vault

All Around Silver

1st Place - Rings & High Bar

2nd Place - Pommels

3rd Place - Floor & Parallel Bars

Team Gold

All Around Silver

1st Place - Rings

2nd Place - Pommels & Parallel Bars

3rd Place - Floor & High Bar

- ❖ Winter Provincial Championships:

- ❖ NL Winter Games (St. John's Region):

2001 – Provincial Level 2 U13 Category
❖ Atlantic Canadian Championships:

1st Place - Floor

2nd Place - Vault

5th Place - High Bar

6th Place - Rings

All Around Silver

1st Place - Rings

- ❖ Winter Provincial Championships:

2nd Place - Pommels
3rd Place - Vault & High Bar

Samantha Sinnott

2008 – Provincial Level 4 Open Category
❖ Eastern Canadian Championships
❖ Winner of the Murphy Memorial Plaque
❖ Winter Provincial Championships:

All Around Gold
1st Place - Bars & Floor
2nd Place - Vault & Beam

2007 – Provincial Level 4 Open Category
❖ Eastern Canadian Championships:
❖ Winner of the Murphy Memorial Plaque
❖ Winter Provincial Championships:

All Around Gold
1st Place - Bars & Floor
3rd Place - Vault & Beam

2006 – Provincial Level 3 Open Category
❖ Eastern Canadian Championships
❖ Atlantic Canadian Championships:

Team Gold
All Around 5th Place
2nd Place - Bars & Floor
4th Place - Vault
6th Place - Beam

❖ Winner of the Murphy Memorial Plaque
❖ Winner of the Jane Titford Memorial Plaque
❖ Winter Provincial Championships:

All Around Gold
1st Place - Vault & Beam
2nd Place - Floor

2005 – Provincial Level 3 Open Category
❖ Atlantic Canadian Championships:

Team Gold
All Around Silver
1st Place - Bars
4th Place - Vault
6th Place - Beam & Floor

❖ Winter Provincial Championships:

Team Gold
All Around Bronze
1st Place - Bars
2nd Place - Floor

2004 – Provincial Level 3 Novice Category
❖ Winter Provincial Championships:

Team Gold
All Around Bronze
2nd Place - Bars & Floor
3rd Place - Vault & Beam

2003 – Provincial Level 3 Novice Category

- ❖ Eastern Canadian Championships
- ❖ Winter Provincial Championships:

2002 – Provincial Level 3 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- ❖ NL Winter Games (St. John's Region):

2001 – Optional Level 1 Argo Category

- ❖ Winter Provincial Championships:

2000 – Optional Level 1 Cadet Category

- ❖ Winter Provincial Championships:

Team Gold

2nd Place - Floor

3rd Place - Bars

Team Gold

All Around Bronze

2nd Place - Bars

4th Place - Beam & Floor

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Beam & Floor

Team Bronze

3rd Place - Floor

3rd Place - Bars, Beam & Floor

Team Gold

2nd Place - Bars

3rd Place - Vault

Team Gold

1st Place - Bars

All Around Bronze

1st Place - Bars

2nd Place - Floor

3rd Place - Vault

Kassidy Slaney

2011 – Provincial Level 1 Cadet Category

- ❖ Spring Provincial Championships:

Michelle Smith

1998 – Optional Level 1 Cadet Category

- ❖ Winter Provincial Championships:

Tiffany Smith

1999 – Optional Level 1 Open Category

Amiee Snelgrove

2004 – Provincial Level 2 Novice Category

- ❖ Winter Provincial Championships

2003 – Provincial Level 2 Novice Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2002 – Provincial Level 1 Tyro Category

6th Place - Floor

1st Place - Floor

❖ Winter Provincial Championships:

2001 – Optional Level 1 Argo Category

❖ Winter Provincial Championships

2000 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Maribeth Snelgrove

2005 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2004 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2003 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2002 – Provincial Level 1 Argo Category

❖ Winter Provincial Championships:

2001 – Compulsory Level 1 Cadet Category

❖ Spring Provincial Championships:

Megan Sooley

1997 – Optional Level 1 Argo Category

Jennifer Sparkes

2004 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships:

2003 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships

2002 – Provincial Level 1 Tyro Category

❖ Winter Provincial Championships:

2001 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Bronze

2nd Place - Vault

3rd Place - Floor

Team Gold

Team Gold

3rd Place - Bars

Team Gold

All Around Bronze

2nd Place - Vault

3rd Place - Beam

Team Gold

Team Gold

2nd Place - Vault

1st Place - Floor

5th Place - Beam

Team Gold

All Around Silver

1st Place - Vault

2nd Place - Beam & Floor

Team Gold

All Around Silver

3rd Place - Floor & Vault

Tim Spencer

2011 – National Open Category
❖ Canada Winter Games Team Member

2010 – National Youth Category

2009 – Provincial Level 4 U13 Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 3 U13 Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winner of the GNL Trophy

❖ Winter Provincial Championships:

2007 – Provincial Level 3 (10-12) Category

❖ Atlantic Canadian Championships:

2006 – Provincial Level 1 U10 Category

❖ Atlantic Canadian Championships:

❖ Spring Provincial Championships:

2005 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

4th Place - Floor

6th Place - Vault

All Around Bronze

1st Place - Floor & High Bar

2nd Place - Pommels

3rd Place - Rings, Vault & Parallel Bars

All Around Gold

1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

5th Place - Floor

All Around 4th Place

1st Place - Pommels & Rings

3rd Place - Floor, Vault & Parallel Bars

4th Place - High Bar

All Around Gold

1st Place - Pommels, Rings, Parallel
Bars & High Bar

2nd Place - Floor & Vault

All Around 4th Place

2nd Place - Vault

3rd Place - Floor & Pommels

5th Place - Rings & Parallel Bars

6th Place - High Bar

All Around 4th Place

1st Place - Rings & Parallel Bars

2nd Place - High Bar

4th Place - Pommels

Team Gold

All Around Gold

1st Place - Floor, Pommels, Rings,
Vault, Parallel Bars & High
Bar

1st Place - Parallel Bars

2nd Place - Pommels & Rings

3rd Place - High Bar

Rebecca Squires

2011 – Provincial Level 3 Tyro Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2010 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships

2009 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Bronze

Team Gold

All Around Silver

2nd Place - Vault, Bars & Floor

Team Gold

All Around Gold

1st Place - Vault

2nd Place - Bars

3rd Place - Beam & Floor

6th Place - Vault & Floor

All Around Silver

3rd Place - Vault

5th Place - Bars, Beam & Floor

All Around Silver

2nd Place - Vault & Bars

Shane Stack

2003 – Provincial Level 1 10-12 Category

❖ Spring Provincial Championships:

2002 – Provincial Level 1 U10 Category

2001 – Optional Level 1 Sparks Category

Team Gold

2nd Place - Parallel Bars

Nikita Stapleton

2001 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

Team Gold

All Around Bronze

1st Place - Beam

3rd Place - Bars

Ashley Stockley

2011 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships:

❖ Atlantic Canadian Championships:

Team Bronze

3rd Place - Beam

Team Gold

All Around Silver

- ❖ Winner of the Doreen King Award
- ❖ Winter Provincial Championships:

2010 – Provincial Level 3 Tyro Category

- ❖ Eastern Canadian Championships:
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- ❖ NL Winter Games (St. John's Region):

2009 – Provincial Level 2 Tyro Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

2008 – Provincial Level 2 Argo Category

- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

Alyssa Stone

2011 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships:

2010 – Provincial Level 1 Tyro Category

2009 – Provincial Level 2 Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2008 – Provincial Level 1 Argo Category

- ❖ Spring Provincial Championships:

1st Place - Floor

2nd Place - Beam

6th Place - Bars

Team Gold

All Around Gold

1st Place - Beam

2nd Place - Vault & Bars

3rd Place - Floor

6th Place - Beam

All Around Silver

1st Place - Floor

2nd Place - Bars

4th Place - Vault & Beam

1st Place - Vault

3rd Place - Floor

Team Gold

2nd Place - Vault

All Around Silver

3rd Place - Beam

5th Place - Floor

All Around Gold

1st Place - Bars & Floor

2nd Place - Beam

Team Gold

All Around 6th Place

4th Place - Floor

6th Place - Bars & Beam

Team Silver

Team Silver

3rd Place - Floor

Team Gold

Natalie Stone-McLean

2011 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winner of the Hart Award

❖ Winter Provincial Championships:

2010 – Provincial Level 2 Novice Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

2009 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2008 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships:

2007 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships

2006 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships:

Luke Stritt

2009 – National Open Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

All Around Gold

1st Place - Floor

2nd Place - Bars & Beam

Team Gold

All Around Gold

1st Place - Beam

2nd Place - Bars & Floor

3rd Place - Vault

All Around Bronze

1st Place - Floor

2nd Place - Beam

All Around Bronze

2nd Place - Beam & Floor

Team Gold

1st Place - Floor

3rd Place - Beam

All Around 5th Place

3rd Place - Floor

4th Place - Beam

2nd Place - Floor

Team Silver

2nd Place - Beam

Team Gold

All Around 5th Place

3rd Place - Floor & Pommels

4th Place - Parallel Bars & High Bar

5th Place - Rings

6th Place - Vault

All Around Gold

1st Place - Floor, Pommels, Rings, High Bar

- 2008** – National Senior & Provincial Level 6 Category
- ❖ Eastern Canadian Championships:
 - 2nd Place** - Vault & Parallel Bars
 - 4th Place** - High Bar
 - 5th Place** - Parallel Bars
 - ❖ Atlantic Canadian Championships:
 - 2nd Place** - Floor, Pommels, Vault, Parallel Bars & High Bar
- 2006** – National Senior Category
- ❖ Canadian National Championships
 - ❖ Winner of the Godden Trophy
 - ❖ Winter Provincial Championships:
- 2005** – Provincial Level 6 Category
- ❖ Canadian National Championships:
 - 3rd Place** - Parallel Bars (AA)
 - 4th Place** - Rings (AA)
 - 5th Place** - Parallel Bars (F), Rings (F)
 - ❖ Eastern Canadian Championships:
 - All Around Gold**
 - 1st Place** - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar
 - 3rd Place** - Parallel Bars (AA)
 - 4th Place** - Rings (AA)
 - 5th Place** - Parallel Bars (F), Rings (F)
 - All Around Bronze**
 - 2nd Place** - Rings
 - 3rd Place** - Parallel Bars
 - 4th Place** - High Bar
 - 5th Place** - Floor
 - 6th Place** - Pommels
 - ❖ Winner of the Godden Trophy
 - ❖ Winter Provincial Championships:
 - All Around Gold**
 - 1st Place** - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar
- 2004** – Provincial Level 6 Category
- ❖ Canadian National Championships:
 - 4th Place** - Parallel Bars (AA)
 - 1st Place** - Parallel Bars (F)
 - 2nd Place** - Rings
 - 4th Place** - High Bar
 - 6th Place** - Vault
 - ❖ Eastern Canadian Championships:
- 2003** – Provincial Level 6 Category
- ❖ Canadian National Championships:
 - 5th Place** - High Bar
 - 4th Place** - High Bar
 - 5th Place** - Rings
 - 6th Place** - Vault
 - ❖ Eastern Canadian Championships:
 - All Around Gold**
 - 1st Place** - High Bar, Floor, Parallel Bars, Rings, Pommels & Vault
 - ❖ Winter Provincial Championships:
- 2002** – Provincial Level 3 16+ Category
- ❖ Winner of the Godden Trophy

❖ Winter Provincial Championships:

2001 – Optional Level 3 Open Category

❖ Winter Provincial Championships:

All Around Gold

1st Place - High Bar, Floor, Parallel Bars, Rings, Pommels & Vault

All Around Gold

1st Place - Pommels, Rings, Parallel Bars & High Bar

2nd Place - Floor

3rd Place - Vault

Dustin Sutherland

2006 – Provincial Level 5-6 Category

❖ Canadian National Championships

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around Gold

1st Place - Floor, Pommels, Rings, Vault, Parallel Bars & High Bar

Team Gold

All Around Gold

1st Place - Vault, Parallel Bars & High Bar

2nd Place - Floor, Pommels & Rings

Maggie Tautfest

2010 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

2nd Place - Vault

Darcy Taylor

2006 – Provincial Level 1 U10 Category

❖ Spring Provincial Championships:

Team Gold

3rd Place - Pommels & Parallel Bars

Craig Thornley

1998 – Provincial AA 13+ Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around Silver

1st Place - Floor & Rings

2nd Place - Vault & High Bar

4th Place - Parallel Bars

All Around Silver

1st Place - Floor & Rings

2nd Place - Parallel Bars & High Bar

3rd Place - Pommels

Laura Tilley

2002 – Provincial Level 1 Novice Category

❖ Winter Provincial Championships:

2001 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

All Around Gold

1st Place - Bars & Vault

2nd Place - Floor

Team Gold

All Around Gold

1st Place - Floor

2nd Place - Bars & Vault

Brandon Tobin

2001 – Optional Level 1 Sparks Category

❖ Spring Provincial Championships

Eddy Tucker

2004 – Provincial Level 4 (13+) Category

❖ Eastern Canadian Championships:

❖ Winter Provincial Championships:

5th Place - Pommels & Vault

6th Place - Parallel Bars

All Around Gold

1st Place - Rings, Parallel Bars & High Bar

2nd Place - Floor, Pommels & Vault

2003 – Provincial Level 5 (16+) Category

❖ Atlantic Canadian Championships:

Team Gold

All Around Bronze

2nd Place - Pommels, Rings, Vault & Parallel Bars

3rd Place - Floor

4th Place - High Bar

All Around Gold

1st Place - Floor, Rings, Vault & Parallel Bars

2nd Place - High Bar

3rd Place - Pommels

❖ Winter Provincial Championships:

❖ Canada Winter Games Team Member

2002 – Provincial Level 2 Over 13 Category

❖ Atlantic Canadian Championships:

Team Gold

2nd Place - Vault

4th Place - Parallel Bars

5th Place - Floor

6th Place - Rings

All Around Bronze

1st Place - Rings

❖ Winter Provincial Championships:

- 2001** – Optional Level 2 Open Category
- ❖ Atlantic Canadian Championships:
 - ❖ Winter Provincial Championships:

2nd Place - High Bar, Parallel Bars & Vault

3rd Place - Floor

2nd Place - Vault

3rd Place - Floor

All Around Silver

1st Place - Floor, Rings & Vault

2nd Place - Pommels, Parallel Bars & High Bar

Katie Tucker

- 2000** – Optional Level 1 Argo Category
- ❖ Winter Provincial Championships:

All Around Silver

2nd Place - Floor

3rd Place - Bars

Amelia Twells

- 2011** – Provincial Level 2 Tyro Category
- 2010** – Provincial Level 1 Tyro Category
- ❖ Spring Provincial Championships:
- 2009** – Provincial Level 1 Argo Category
- ❖ Spring Provincial Championships

1st Place - Vault

3rd Place - Bars

Anna Van Nostrand

- 1999** – Optional Level 1 Cadet Category
- ❖ Winter Provincial Championships:

Team Gold

2nd Place - Bars & Floor

Christian Van Nostrand

- 1999** – Provincial A Argo Category
- 1998** – Compulsory Level 1 Cadet Category
- ❖ Spring Provincial Championships:
 - ❖ NL Winter Games (St. John's Region):

3rd Place - Floor

Team Gold

Nina Varsava

- 1998** – Optional Level 2 Tyro Category
- ❖ Atlantic Canadian Championships
 - ❖ Winter Provincial Championships:

Team Gold

All Around Silver

1st Place - Bars

2nd Place - Floor

3rd Place - Vault & Beam

- 1997** – Optional Level 2 Argo Category
❖ Atlantic Canadian Championships
❖ Winter Provincial Championships:

Team Gold
3rd Place - Vault & Floor

Julia Vatcher

- 2008** – Provincial Level 2 Tyro Category
❖ Winter Provincial Championships:
2007 – Provincial Level 2 Tyro Category

Team Bronze

Karen Wakeham

- 2003** – Provincial Level 1 Tyro Category
❖ Winter Provincial Championships:

Team Gold
1st Place - Floor
3rd Place - Bars

- 2002** – Provincial Level 1 Argo Category
❖ Winter Provincial Championships:

Team Gold

- 2001** – Optional Level 1 Cadet Category
❖ Winter Provincial Championships:

Team Gold
2nd Place - Beam

Paul Wakeham

- 1999** – Provincial A Argo Category
1998 – Compulsory Level 1 Cadet Category
❖ Spring Provincial Championships:

❖ NL Winter Games (St. John`s Region):

All Around Bronze
2nd Place - Vault & High Bar
3rd Place - Rings & Parallel Bars
Team Gold
3rd Place - Parallel Bars

Susan Wakeham

- 2007** – National Open Category
❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

All Around Silver
1st Place - Vault & Floor
2nd Place - Bars & Beam
All Around Bronze
1st Place - Beam
3rd Place - Vault, Bars & Floor

- 2006** – National Open Category
❖ Canadian National Championships
❖ Atlantic Canadian Championships:

Team Gold
2nd Place - Floor
3rd Place - Vault
6th Place - Bars

- ❖ Winter Provincial Championships:
- 2005** – Provincial Level 3 Open Category
- ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:
- 2004** – Provincial Level 3 Novice Category
- ❖ Eastern Canadian Championships
- ❖ Winter Provincial Championships:

- 2003** – Provincial Level 3 Novice Category
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

- 2002** – Provincial Level 3 Tyro Category
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

- 2001** – Optional Level 2 Argo Category
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

- 2000** – Optional Level 1 Cadet Category
- ❖ Winter Provincial Championships:

Emily Walker

- 2011** – Provincial Level 3 Novice Category
- ❖ Eastern Canadian Championships:
- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

Team Gold

Team Gold
All Around Bronze
1st Place - Vault
3rd Place - Beam
5th Place - Floor

Team Gold
1st Place - Vault
2nd Place - Bars

Team Gold
1st Place - Vault
3rd Place - Bars & Floor

All Around 5th Place
3rd Place - Bars
4th Place - Floor

Team Gold
All Around Bronze
1st Place - Bars

Team Gold
Team Gold
3rd Place - Vault & Bars

6th Place - Beam
Team Gold
3rd Place - Bars & Floor

Team Gold
All Around Silver
2nd Place - Beam & Floor
3rd Place - Bars

Team Bronze
Team Gold
All Around Gold
1st Place - Bars & Beam
2nd Place - Floor
Team Gold

2010 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

2009 – Provincial Level 2 Tyro Category

❖ Winter Provincial Championships

Hollie Walsh

2001 – Compulsory Level 2 Open Category

❖ Spring Provincial Championships:

Melissa Walsh

2004 – Provincial Level 1 Tyro Category

2003 – Provincial Level 1 Tyro Category

❖ Winner of the Doreen King Award

❖ Winter Provincial Championships:

2002 – Compulsory Level 2 Cadet Category

❖ Spring Provincial Championships:

Jeannie Weir

2011 – Provincial Level 4 Novice Category

❖ Eastern Canadian Championships:

❖ Winner of the Murphy Memorial Award

❖ Winter Provincial Championships:

All Around Bronze

1st Place - Bars

2nd Place - Floor

3rd Place - Vault

All Around Gold

1st Place - Bars & Beam

4th Place - Vault & Floor

All Around Gold

1st Place - Beam

2nd Place - Vault & Floor

Team Gold

All Around Bronze

All Around Silver

1st Place - Vault

3rd Place - Bars & Floor

All Around Gold

2nd Place - Vault, Bars & Beam

3rd Place - Floor

All Around Silver

2nd Place - Vault & Floor

3rd Place - Bars

Team Bronze

6th Place - Vault

Team Gold

All Around Gold

1st Place - Bars

2nd Place - Vault

3rd Place - Beam & Floor

❖ Canada Winter Games Team Member

2010 – Provincial Level 4 Novice Category

❖ Winter Provincial Championships:

All Around Silver

1st Place - Bars

2nd Place - Floor

3rd Place - Beam

2009 – Provincial Level 3 Tyro Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

All Around 5th Place

2nd Place - Vault

3rd Place - Bars

❖ Winter Provincial Championships:

All Around Gold

1st Place - Beam

2nd Place - Bars

3rd Place - Vault

2008 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

3rd Place - Beam

Team Gold

2nd Place - Beam

3rd Place - Bars

2007 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships

2006 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships

Emily Wells

2011 – Provincial Level 1 Cadet Category

Jeremy Wells

1999 – Provincial A Argo Category

1998 – Compulsory Level 1 Argo Category

❖ Spring Provincial Championships:

All Around Silver

1st Place - Pommels

2nd Place - Floor

3rd Place - Rings & Vault

❖ NL Winter Games (St. John's Region):

Team Gold

3rd Place - Floor

Katie White

2009 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

All Around 6th Place

1st Place - Floor

6th Place - Beam

❖ Winter Provincial Championships:

2008 – Provincial Level 3 Novice Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

❖ Winner of the Doreen King Trophy

❖ Winter Provincial Championships:

2007 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2006 – Provincial Level 2 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2005 – Provincial Level 2 Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2004 – Provincial Level 1 Argo Category

❖ Spring Provincial Championships

All Around Silver

1st Place - Vault

2nd Place - Floor

3rd Place - Beam

4th Place - Vault & Floor

6th Place - Bars

Team Gold

All Around Gold

1st Place - Bars, Beam & Floor

3rd Place - Vault

4th Place - Vault

All Around Gold

1st Place - Vault, Bars, Beam & Floor

3rd Place - Floor

Team Gold

3rd Place - Floor

All Around 6th Place

4th Place - Beam

6th Place - Vault, Bars & Floor

All Around Silver

1st Place - Vault & Floor

2nd Place - Bars & Beam

Team Gold

4th Place - Floor

3rd Place - Rings

Team Gold

1st Place - High Bar

3rd Place - Rings

3rd Place - Floor

1st Place - Parallel Bars

3rd Place - Rings

Ryan White

2003 – National Category

2002 – Provincial Level 2 U13 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

❖ NL Winter Games (St. John's Region):

2001 – Provincial Level 2 U13 Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Keely Whitelaw

2004 – National Open Category

- ❖ Canadian National Championships
- ❖ Eastern Canadian Championships
- ❖ Winter Provincial Championships:

2003 – Provincial Level 4 Novice Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2002 – Provincial Level 4 Tyro Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2001 – Optional Level 2 Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

2000 – Optional Level 2 Cadet-Argo Category

- ❖ Atlantic Canadian Championships:
- ❖ Winter Provincial Championships:

Melissa Whitten

2006 – Provincial Level 2 Novice Category

- ❖ Winter Provincial Championships:

2005 – Provincial Level 2 Tyro Category

- ❖ Winter Provincial Championships:

2004 – Provincial Level 1 Tyro Category

- ❖ Spring Provincial Championships:

Team Gold

All Around Bronze

1st Place - Vault

2nd Place - Bars & Floor

All Around Gold

1st Place - Vault, Bars & Floor

2nd Place - Beam

Team Gold

All Around Gold

1st Place - Vault & Bars

2nd Place - Floor

3rd Place - Beam

All Around Silver

1st Place - Vault

2nd Place - Bars

3rd Place - Beam

6th Place - Floor

All Around Gold

1st Place - Vault, Bars & Beam

2nd Place - Floor

2nd Place - Bars

Team Gold

All Around Gold

1st Place - Vault, Bars & Floor

6th Place - Beam

All Around Gold

1st Place - Bars & Beam

2nd Place - Vault & Floor

3rd Place - Floor

Team Gold

Team Gold

- 2003** – Provincial Level 1 Argo Category
- ❖ Winner of the Cygnus Award
 - ❖ Winter Provincial Championships:

3rd Place - Floor

Team Gold
All Around Gold

- 1st Place** - Bars
2nd Place - Floor
3rd Place - Vault & Beam

Paula Whitten

- 2007** – National Open Category
- ❖ Canada Winter Games Team Member

- 2006** – National Open Category
- ❖ Canadian National Championships
 - ❖ Atlantic Canadian Championships:

- ❖ Winter Provincial Championships:

- 2005** – Provincial Level 3 Novice Category
- ❖ Eastern Canadian Championships
 - ❖ Atlantic Canadian Championships:

- ❖ Winner of the Murphy Memorial Plaque
- ❖ Co-Winner of the Jane Titford Award
- ❖ Winter Provincial Championships:

- 2004** – Provincial Level 3 Novice Category
- ❖ Eastern Canadian Championships
 - ❖ Winner of the Jane Titford Award
 - ❖ Winner of the Murphy Memorial Plaque
 - ❖ Winter Provincial Championships:

- 2003** – Provincial Level 3 Tyro Category
- ❖ Eastern Canadian Championships
 - ❖ Winter Provincial Championships:

Team Gold
All Around 5th Place
3rd Place - Beam & Floor
4th Place - Vault
5th Place - Bars
Team Gold
3rd Place - Floor

Team Gold
All Around Silver
1st Place - Beam
2nd Place - Vault & Floor
3rd Place - Bars

Team Gold
All Around Gold
1st Place - Vault, Bars, Beam & Floor

Team Gold
All Around Gold
1st Place - Bars, Beam & Floor
2nd Place - Vault

Team Gold

2002 – Provincial Level 3 Tyro Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2001 – Optional Level 2 Cadet-Argo Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

2000 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Allison Whitty

2007 – Provincial Level 2 Open Category

❖ Atlantic Canadian Championships:

2006 – Provincial Level 1 Novice Category

❖ Spring Provincial Championships

❖ NL Winter Games (St. John's Region):

Emily Williams

2011 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

Molly Wilson

2008 – Provincial Level 2 Argo Category

❖ Winter Provincial Championships:

All Around Gold

1st Place - Vault

2nd Place - Beam

3rd Place - Bars & Floor

Team Gold

All Around 4th Place

1st Place - Vault

3rd Place - Bars

5th Place - Beam

Team Gold

All Around Gold

1st Place - Floor & Vault

2nd Place - Bars

3rd Place - Beam

2nd Place - Beam

All Around Gold

1st Place - Vault, Bars, Beam & Floor

Team Gold

All Around Gold

1st Place - Beam & Floor

2nd Place - Vault

All Around 4th Place

2nd Place - Vault

3rd Place - Bars

Team Gold

2nd Place - Vault

3rd Place - Floor

Team Gold

2nd Place - Bars

Team Silver

2007 – Provincial Level 2 Argo Category

Claire Woodworth

1999 – Optional Level 1 Cadet Category

❖ Winter Provincial Championships:

Team Gold

3rd Place - Beam

Emma Young

1997 – Optional Level 1 Argo Category

❖ Winter Provincial Championships:

Team Gold

Jessica Young

2006 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

Team Gold

All Around 4th Place

2nd Place - Beam

3rd Place - Vault

5th Place - Bars & Floor

❖ Winter Provincial Championships:

Team Gold

2nd Place - Vault

2005 – Provincial Level 3 Open Category

❖ Atlantic Canadian Championships:

❖ Winter Provincial Championships:

Team Gold

1st Place - Beam

2004 – Provincial Level 3 Open Category

❖ Eastern Canadian Championships

❖ Atlantic Canadian Championships:

All Around 5th Place

5th Place - Floor

6th Place - Vault & Bars

❖ Winter Provincial Championships:

All Around Bronze

2nd Place - Vault, Beam & Floor

2003 – Provincial Level 3 Novice Category

❖ Atlantic Canadian Championships:

All Around 6th Place

3rd Place - Beam

6th Place - Bars

❖ Winter Provincial Championships:

Team Gold

2002 – Provincial Level 2 Novice Category

❖ Winter Provincial Championships:

All Around Silver

1st Place - Vault & Floor

2nd Place - Bars

3rd Place - Beam

❖ NL Winter Games (St. John's Region):

Team Bronze

All Around Silver

2nd Place - Bars

3rd Place - Vault & Beam

2001 – Optional Level 1 Argo Category

❖ Winter Provincial Championships:

Team Gold

All Around Bronze

1st Place - Bars

3rd Place - Vault

Alida Zedel

2011 – Provincial Level 1 Cadet Category

❖ Spring Provincial Championships:

Team Gold