

# History of Gymnastics in Mount Pearl

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Gymnastics has grown and flourished into a thriving sports organization in Mount Pearl over the years. Having experienced the difficulties of utilizing a set-up, takedown styled administration at the Reid Centre, the individuals involved in Gymnastics obtained a permanent facility for the Club in Donovan's Industrial Park. The establishment of a permanent facility gave way to the extensive growth Campia has experienced. As the number of athlete enrollments rose, so did the involvement opportunities at Campia. Under tremendous leadership, Campia grew to support numerous full time staff members and part-time coaches.

Wayne Andrews, once President of Campia Gymnastics states that showcasing Campia's talents at local events was fundamental to the growing club's existence. As he mentions; "Gymnastics was one of those smaller sports, not many people knew about us, we were at the Reid centre three days a week. We ended up moving over to a warehouse over in Donovans [Industrial Park], and we were asked to participate, and we did participate, in the winter carnival. We used to do what you call "The Frosty Flip" every year." The Frosty Flip became an iconic event that increased the popularity of gymnastics in Mount Pearl through exposing its talented athletes to the community. Moreover, Wayne states that "the one big thing during the carnival was [when] we did the opening ceremonies. We set up the floor down in one corner of the Glacier, and this was after all the speeches. Of course, a lot of kids are in the audience and things were getting pretty slow. And then they asked our group to perform. When they did, the place just went up! I recall, people didn't realize the caliber that these tiny kids could actually do in terms of tumbling and going up and doing all these tricks. [The opening ceremonies for the winter carnival] was an event that really stands out in terms of getting gymnastics out there.

Since then the Campia Gymnastics Club has acquired the necessary equipment to ensure the highest quality training in programs. These equipment pieces included a \$4000 vault and a \$13,000 spring floor. The equipment and permanent facilities Campia has obtained have allowed for them to expand their opportunities; They have hosted numerous provincial championships, have created an annual invitational tournament and have created the Frosty Flip, as previously mentioned, which became an official Mount Pearl Frosty Festival event in 2003.

Indeed, though Campia holds numerous events now, this was not always the case. Wayne remembers having one of their very first large competitions in the old Memorial Stadium in 1996; "We co-hosted the Atlantic championships with the other club in St. John's. It had an international flavor to it: We had a team from England, an Olympic team from England, come over and participate. We truly had the Atlantic Championships; both sides of the Atlantic [were there]. That was one of the bigger ones. It was a coming of age for our club."

Campia Gymnastics was and still is a Mount Pearl based non-profit organization committed to providing a variety of competitive and recreational gymnastics programs. Campia offers a range of programs from pre-school classes which teach the fundamentals of gymnastics through to the elite world of competitive gymnastics. Through participation in Campia's programs you will acquire skills which can be built upon through years of gymnastics training or transferred to many other sports. At Campia they believe in offering programs that instill a love for physical activity which will help with all other athletic and

scholastic endeavors. Campia has certified coaches that guide youth towards achieving goals and developing skills through the meaningful experience of gymnastics. At Campia they have four different programs; Preschool, Recreational, Competitive, and Specialty.

Each of those programs has their own separate age groups and skill level advancements. Preschool has three other programs; Kanga & Roo is for ages 1-3 years old, Mini Monkey is for ages 3-4 years old and Mighty Monkey is for age 5.

Recreational has four different programs; boys, boys, boys is a boy only class for the ages of 6-16, CanGym is for boys and girls from the ages 6 and up, advanced recreational is for the ages of 8-16 that have completed 2 of the bronze and silver level in CanGym and Trampoline is for the ages of 6 and up concentrating on the CanJump program.

Competitive has two different programs; Pre- Girls Competitive is for girls ages 4-8, and Pre- Boys Competitive is for boys ages 4-8. Athletes in this program are evaluated periodically for their readiness for the competitive program.

Specialty has three different programs; Campia Champs is for ages 5 and up this program was designed for children with gross motor delay, Teen Gym is for the ages of 13-17 years old that allows teens to develop strength, flexibility and gymnastics skills in a class geared towards individual goals and interests, and Adult Gym is for people over the age of 18 years old who want to move away from the traditional workout and start something fun and exciting.

Source:

Wayne Andrews, past president of Campia Gymnastics