

General Gymnastics report
Wednesday 31st March 2016

There have been 3 Sussex competitions held in the last year. The Floor & Vault at the Sussex Championships multi-discipline competition that was held in July 2015 at K2 for Bronze, Silver & Gold level gymnasts, the Sussex Advanced, Bronze, Silver & Gold 4 Piece & All-Around competition that was held on 4th October 2015 at 1066 & the Sussex Novice & Intermediate 4 Piece & All-Around competition that was held on 29th November 2015 at The Triangle. Entries were much the same as the previous year at all the competitions. & they ran smoothly & made a good profit.

Future competitions being held are the Sussex Floor & Vault for Novice & Intermediate levels on 15th May 2016 at The Triangle & the Sussex Floor & Vault for Advanced, Bronze, Silver & Gold levels at the Sussex Championships on 2nd & 3rd July 2016 at K2. The dates for the Sussex 4 piece Competitions for all levels will be held later in the year. I will confirm these dates as soon as possible. The 4 piece competitions will be run using the Regional criteria for floor & vault & the Sussex Bar & Beam criteria's that are on the Sussex website for bar & beam.

A new general committee still needs to be formed to assist with the organising & running of competitions; hopefully we will find time to do this before the 4 piece competitions are held towards the end of the year.

Thank you to all the clubs that have been a huge help at the competitions this year, it has been very much appreciated.