

Annual General Meeting Report 2020

Officer	Regional Chairman
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Chairman's Report for 2019 Gymnastics Season

Foreword

As I write the 2019 Annual report, the COVID-19 virus which hit us at the start of 2020, is still wreaking havoc across our country, and has badly hit our member clubs and the ability of London Gymnastics to run our activities.

The Management Board and TC Chairs have come together at critical moments, to take decisive action as the situation unfolded, and none less so than the decision in June to cancel all events and activities for the remainder of 2020.

We only hope that our clubs will find strength in the months ahead to return their clubs to a new normal, and London Gymnastics will do its best to support in whichever way we can. We will ensure that what we lost in 2020 will be replaced with an even better experience for our gymnasts, coaches, parents and officials in 2021.

2019 Report

Accounting

We are two years into our journey as a Company Ltd by Guarantee and we are now making great strides forward. As I write this report, we have prepared our first set of Company Accounts for submission, and working with our Accountants, Moorgate, we have been able to reconcile all accounts and ensure we have met all financial regulations. Getting our accounts in order, which includes items such as VAT, TAX, Corporation Tax etc is no mean feat with a significant turnover across multiple disciplines and central accounts.

For an organisation with a large turnover, it's been a massive milestone in my own tenure to see us finally feel that we have our accounts fully in order.

With all accounts now having their transactions managed via XERO accounting software, this means that we can very quickly run P&L reports, and have far greater transparency of our Financial position across all accounts within the click of a button. And we can start to see where we can make savings and efficiencies across the region – meaning we don't need to collect more money from our clubs than is required.

I must pay sincere thanks to our longstanding Treasurer Dave Balmer, who took over London Gymnastics accounts when we were on our knees. At the time he brought order to our accounting, has since helped shape our Financial Regulations and undertook a major role to move all our accounts across to HSBC. Dave retired his duties at the end of 2019 and like everything else Dave has done over the years, he handed over the accounts, years of files in great working order. This made the task for Carol Bailey, our new Financial Manager significantly easier.

I would like to thank Carol for an immense effort, together with her Daughter for working to move all accounts in to XERO Accounting, reconciling everything, undertaking training of our Treasurers, and preparing our first Annual Accounts. My thanks also to the TC Treasurers who have supported this change

Dave Balmer

Finally, as I wish Dave Balmer a well-earned restful retirement, I thank him on behalf of everyone involved in London Gymnastics for his loyalty to our organisation and the sport of gymnastics across many decades. I hope as an Honorary Life Vice President we will see Dave around for some time yet, and joined by his loyal wife Pauline, who to has given much of her time to the sport her husband adours.

IT Systems

As we continue to modernise our organisation, and look for efficiencies, there are other items of good housekeeping that set us up as a strong organisation, and this year we invested in cloud-based storage. No not somewhere to collect rain, but somewhere on the WWW where we save all our files which have been on hard drives and PC's around our volunteers. This won't happen overnight, but by end of 2020 we will have transitioned all local files to the cloud, meaning that our historical files are safe, and we set ourselves up for easy handover between our various positions.

In addition, our move to a "Cashless society" within London Gymnastics has proved extremely successful, and the use of Square Payment systems means we can collect spectator income and other items with ease. This also fed into our accounting systems, giving us complete transparency on the monies collected and amounts needed to be paid for our financial obligations.

Affiliation

As the Affiliation system worked well in its first year, I was pleased that we were able to retain the current banding levels and this was only possible by reviewing and reducing our operating costs, and passing that onto clubs. We will be reviewing our Financial position by July 2020 to see how we can support clubs with the cost of affiliation following an extremely tough environment for clubs.

Health & Safety

With the appointment of William Flint as our new Health & Safety Consultant, I am pleased to say that London Gymnastics now has a fully compliant Health & Safety Policy. William is also ensuring that all the venues used for competitions and events are Health & Safety compliant with the London Gymnastics Service level Agreements and risk assessments.

Inclusion

Fay Mitchell from our Management Board took on the position to oversee London Gymnastics commitment to Inclusion. We took a great step forward in gathering feedback from the London region's TCs. We created a disability matrix of what is already on offer. In addition we have engaged with a wide ranging group of stakeholders to understand what is needed. We hope in the near future to offer the first meeting for a disability group. This group would be a pool of ideas and resources that we could all use to take disability further in our TCs. As well as this, the Management Board will be closely following BG for any signs or signals of new opportunities for disability gymnastics. If you would like to be a part of a new group of forward thinkers for inclusion in the region, please do not hesitate to contact Fay via e-mail on: inclusion@london-gymnastics.co.uk

Club Numbers

We welcomed another 7 new clubs since September 2019. Give us 115 affiliated clubs, and 22,553 gymnasts.

Plattern Scholarship

We continued to support the education and personal development of coaches, judges and welfare officers through the Plattern Scholarship Scheme. The scheme is open to all coaches, judges and volunteers who are connected to a LG affiliated club.

No:	Grant:	Level /type:	Totals:
55	£80	L1 coaches	£4,400.00
14	£125	L2 coaches	£1,750.00
9	£200	L3/L4 coaches	£1,800.00
7	£65	disability modules	£455.00
10	£56	WO	£560.00
105	varied	judges (varied levels)	£2,405.00
			£11,370.00

Thank you

I would like to say a massive thank you to our army of volunteers who supported our Committees and many supporting activities of London Gymnastics.

I would like to welcome Andrew Freeman as our elected Trampoline Chair, and particular thanks to Kate Fitzgibbon for stepping forward as acting Chair of the GfA Technical Committee. Additionally, I would like to thank the GfA Transition who have played a major role in reviewing the previous GfA programme with clubs, listening to concerns and implementing changes required to keep building the GfA programme.

And of course, thank to you, our member clubs, the gymnastics and all those supporting our great sport.

Finally, below, I would like to share some of the exciting news from across our Technical Committees in 2019.

Best wishes

Ben Murphy

Chairman, London Gymnastics

Technical Reports

Trampoline

Chair: Andrew Freeman

I've fully enjoyed watching clubs enhance and improve this past year. The highlight is seeing a greater number of London clubs and gymnasts competing at a national level. I can see this momentum rolling into our regional level NDP with coaches and gymnasts raising their standard on the trampoline and in the Range & Conditioning events. DMT has seen a huge growth breaking the 100 entries barrier. In 2019 we welcome two new clubs, Nitro Gymnastics and Elstree School of Gymnastics into our disciplines.

We ended the season with a great London Championships, thank you Harriet and Karen for such a wonderful event. Thank you to my current committee and transitional committee for their contributions as making the changes to challenge clubs to reach higher heights for their athletes has not been easy.

Looking ahead, the trampoline, tumbling, DMT committees are to merge into the Rebound Gymnastics committee. For the 2020/21 season events will move to Redbridge Sports Centre allowing trampoline, DMT and tumbling competitions to be held together. The move will mirror the national setup and reduce the number of competition days for families, coaches and judges. The new Rebound Gymnastics committee will reintroduce Team Gym competitions in London.

Men's Artistic

Chair: Mark Westley

Our Regional Championships went ahead in the Spring with 56 boys across the age groups using our own Regional rules which seemed to work well, allowing voluntary routines with additional lower value skills to encourage participants.

Later in the year our National Finals Results were as follows

Bob Currier Trophy (Club Grades) Team London were 7th out of 12

Blakeborough Trophy (Elite Grades) Team London were 9th out of 12

Although the results were a bit disappointing overall, there has been some really good work from the coaches with individual gymnasts. A lack of numbers of gymnasts across the Region means our teams are only just full and in some cases are the minimum number required for a team. Other age groups simply didn't have the numbers to even make a team.

Use of the new Square payment system was a bit temperamental at the competition venue but worked better later in the year when selling Regional Kit. Xero seems to be working well and taking away some pressure from the MTC Treasurer role.

2020 will not see any competition and as and when training can resume will affect the preparations for 2021. We need to be aware that training times and days may well be reduced by clubs in order to facilitate the income stream of General Gymnastics. This could in turn affect our numbers of gymnasts and entries into future competitions.

Tumbling

Chair: Andrew Payne

Tumbling in London was well represented in 2019 with 26 Tumblers representing the region at NDP Semi-Finals and 8 progressing through to NDP Finals or FIG Development Finals. At the English Silver Championships, 25 Tumblers from the region took part, mainly in the lower NDP categories. FIG Tumblers from the region also took part at the English Gold and British Championships.

The re-introduction of regular Regional Squad training impacted positively on these numbers and was attended by 40 – 50 Tumblers at NDP / FIG Development level each time.

The TC identified the lack of Performance level coaches and facilities in the region as a barrier to success and worked hard to find ways to overcome these issues. We included as many coach development opportunities as possible within Regional Squad Training sessions and helped with additional track training times wherever possible. This has been possible because of the closeness between the clubs and coaches in the region. A strong network of support has begun to emerge which is great to see.

As we moved into 2020, the TC had finalised plans to reintroduce the Tumble League for recreational level Tumblers but unfortunately this had to be put on hold following lock down. Likewise, our Regional Championships, due to take place in April, were cancelled.

Moving forward the Tumbling TC has agreed to merge with Trampoline to form a new committee that oversees the Rebound based disciplines. We look forward to building on the progress made so far with new opportunities to develop competition structures, training and events alongside our Trampoline and DMT colleagues.

Gymnastics For All

Chair: Kate Fitzgibbon

At the beginning of this year a new GFA Technical Committee was formed after a transition period when the previous chair stepped down. I have stepped in as caretaker chair originally until the AGM which was due to take place in July, as the AGM has now been postponed the Management Board have asked if I will remain in place until the next AGM can be arranged, and I have agreed.

In the past year the TG and the TC have spent a huge amount of time contacting clubs, taking on board comments, hosting meetings and as the result of such have updated the Floor & Vault competition programme. This updated programme was then publicised for all clubs with 3 roadshows throughout the London region offering support and explanation of the new programme.

With some issues around venue hire for the competition year we also spent a great deal of time trying to find venues that the region could not only afford, but our main challenge was finding venues that could hold our capacity. Updated venue hire has now been arranged for future competitions.

Unfortunately, due to the current Covid epidemic all competitions for this competition year have been cancelled.

This year the TG and the TC also put an emphasis on progressing our judging at the F&V events. There has been three level 1 course and two level 2 courses arranged most of which went ahead before lockdown. These courses

were open to all and coaches and judges alike attended in order to learn about or better understand the updates to the F&V programme. We have had great feedback from those who attended these courses and hope to run more upon our return to normality.

Women's Artistic

Chair: Jackie Murphy

Continued success both nationally and internationally from our London gymnasts including some great results at age groups at the end of the year. We had a very healthy programme in 2019 and were looking forward to building on this in 2020. Our execution certificates were tweaked per apparatus and are well received by coach and gymnast alike. We were looking forward to seeing how the new Compulsory Level 5 rules suited us this spring but will now have to wait till 2021. Clubs are working well at competitions helping and encouraging each other.

Thank you to all the coaches and judges who have given their time and feedback to the program, to the team at Heathrow Gymnastics Club for the friendly helpful manner in which the competitions are conducted.

Thank you to Sam James for undertaking training for national representation and providing feedback to coaches to ensure everyone has the correct skills in place at national finals

Thank you to our judging convenor Siobhan Drivers and the rest of the TC for their hard work

Thank you to everyone who helped this year be as successful as it has been and continues to be in the future. Keep safe and more than ever coming out of this pandemic we must remember "Together we are better!"

Acrobatic Gymnastics

Chair: Christine Brockbank

In 2019 we welcomed Julianna Lewis to the LG Acro Technical Committee and said "good-bye" to Jo Little who has been a TC member for many years, but felt it was now time to step down.

The London developmental Acrostars programme continues to offer competitive and performance opportunities to the less experienced gymnasts, our young coaches and inexperienced judges. This is a true training ground for all our future stars.

Every acro club in London now has a minimum of 2 qualified Acro judges- with 55 in all- including 2 Brevet and 5 National judges. A Regional level course during the year has ensured the continued up-skilling of judges and together with 9 newly qualified club judges, means that the quality of judging in the Region is exemplary. This is a necessity when the skill level of the Acro gymnasts is so high and the competition between clubs is so tight.

London Acrobats continued to maintain their usual high standards, once again proving they're at the forefront of acrobatics in the country, with fantastic results at the NDP Acro & Disability Finals with 10 gold medals, 5 silver medals, 3 bronze medals and the overall National Team trophy.

The Inter-Regional Acro Championships produced solid results of 7 gold, 4 silver and 7 bronze medals, just missing out on the Inter-Regional Team trophy.

At the FIG British Championships in July, London Acro clubs won 4 gold, 3 silver and 2 bronze medals and had 6 London partnerships selected to represent Great Britain at the 2019 European Championships in Israel in October- 4 from Heathrow and 2 from Richmond. This produced 2 gold, 2 silver and 3 bronze medals at the Europeans by London clubs, a wonderful achievement.

A further 3 London partnerships represented Great Britain at the Pan-American Games in Mexico in November, producing 3 Gold medals.

This was followed by exceptional results at the Pat Wade Classic- the selection competition for the World

Championships- with 10 London partnerships selected to represent Great Britain in Switzerland in May- 6 from Richmond and 4 from Heathrow. (The World Championships has subsequently been postponed because of the pandemic).

Rhythmic

Chair: Monika Vedrichkova

Competitions

We have successfully organised two London Championships (Nov 19 and Feb 20).

The Championship in Feb 2020 had a record participation of 500 routines performed by the gymnasts during the weekend. The competition ran smoothly with very few minor delays.

We secured continuous bookings in Redbridge. The new venue is with higher ceilings, which accommodates the height requirement for our Junior and Senior gymnasts. Agreed storage for equipment in Redbridge.

Completed the asks from the London Gymnastics TC from 2019 AGM:

Price per routine for gymnasts performing multiple routines have been reduced and currently matches the price per routine for entries in BG events. We have replaced balloon decoration with more eco-friendly banners, which are re-used for every event, thus reducing decoration expenses.

Produced a thoughtful apparatus allocation per age category, to ensure the London RG Championship apparatus program is aligned with the British Gymnastics Events and is used as a platform for further development and competition practice.

The RG London Championships have covered all NDP Levels to accommodate all gymnasts and encourage their participation in the event.

Introduced GROUP routines in the London Championship events.

Zone A grades planned to take place on 28-29 March 2020 in London were cancelled, however all preparation for the event was completed within the timeline.

Funding

London Rhythmic Gymnastics TC has received two GYMNOVA carpets in September 2019, which have been used for the Competitions in Nov 19 and Feb 20.

Regional Squad and Gymnasts Development

Espoir and pre-Espoir London Squad has been selected based on Nov 2019 London Championship.

We successfully organised one London Squad Training Camp in Oct 19 and Feb 2020 with extremely positive feedback from all participants.

Coaches and Judges Education

We continue working with BG representatives and new Venue Managers to assist with organisation of judge and coaching courses in the region.

Results

Eight gymnasts from London Region have been selected for GBR Espoir Squad (out of 11 total squad)

Three gymnasts from London Region have been selected for GBR Junior Squad (out of 5 total squad)

One gymnast from London Region has been selected for GBR Senior Squad (out of 5 total squad)