



NEWS

Edition 149 October 2022
North of England
Gymnastics Association



Celebrating our Volunteers

For many years it has been our practice to formally recognise our volunteers through a presentation evening. For the last two years we did not feel it was appropriate to plan this event, but it will go ahead in 2023. You will receive further information about the **Awards Dinner** soon. In the meantime, please complete and send in nominations for your club members using the appropriate form, to arrive by November 1st.

Club News

From City of Newcastle WA

On 2nd October 2022, four of our WAG gymnasts travelled to Stoke to compete in the British Team Championships. The girls performed a lot of upgrades



for the first time and impressed out on the competition floor. Unfortunately, the team had to carry two falls, but despite this managed to

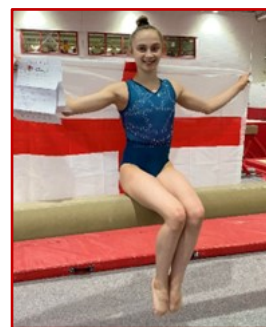
come home with a Bronze medal in the Non-Squad Junior category! This was a fantastic achievement with only 3 Espoirs and 1 Junior completing our team. (Billie, Hannah, Keira and Katie)



INTERNATIONAL SELECTIONS

Exciting news came for our England squad Espoir gymnast **Billie**, who has been called up for her very first international representation! Not only once but twice, Billie has been selected to represent England at the

Rose Bowl Championships in mid-October, and then onto the Czech Republic later in the year to compete in the Olympic Hopes Cup! We couldn't be prouder of her achievements and we can't wait to hear all about her experience!



REGIONAL CLASSIC CHALLENGE AND VOLUNTARY LEVELS

CNGA had 26 gymnasts take part in the regional Classic Challenge and Voluntary 5 and 4 levels on 16th October 2022.



Our gymnasts had an absolute stormer, taking a huge number of trophies, medals and ribbons, and showing beautiful work and artistry throughout the competition.



Our highlights being overall champions in the Voluntary 5, Voluntary 4, Classic Copper Plus Junior, Classic Copper Plus Senior, Classic Bronze senior, Classic Silver, Classic Gold and 2nd all around in the Bronze Junior section!

Some final congratulations for eleven of our gymnasts who qualified from this competition to head to National Finals in Surrey for the Classic Challenge Championships in December! Rose G, Sadie, Charlie, Darcy, Lily making Bronze. Arianna, Rose C and Amey making Silver. Finally, Pagiella, Libby and Lucie making Gold! Best of luck girls!

Thanks to Clare for this report and Congratulations to all the gymnasts and coaches involved.

TEAMGYM

Congratulations to the gymnasts and coaches from CNGA TG who were involved in the successful British Teams who competed in the European Championships in the recent European Championships in Luxemburg.

- **James Ash** – Men's Junior Team, 4th at the Europeans
- **Chanelle Burwood** and **Abbie Thompson** both members of the Women's Junior Team, 4th at the Europeans
- **Katelyn Little** – Senior Mixed Team 1st at the European Championships!

International Selection: Tumbling

Congratulations to the gymnasts and coaches who have been selected to represent GB at the World Tumbling Championships and World Age Group Championships taking place in Sofia in November.

Senior: **Lewis Westwood**, **Shanice Davidson** and current British Champion **Jessica Brain** all from Durham City

17-21: **Isaac Bennison** from Northern Hope

13-14: **Aaron Steel** from Durham City Gymnastics Club

Congratulations to Velocity....

Thank you to Joanne who writes that.....

VELOCITY Trampoline & Gymnastics Club are celebrating a string of successes on Trampoline and DMT at the English Championships in Sheffield



On Saturday, **Caitlyn** Turnbull, 15, won Gold in the Silver DMT championships. Congratulations!

James Duff, 9, finished just outside the finalists in his event.

On Sunday the club had three boys in the Gold Under 15 Disability

Trampoline event- **James** Morris, 14, **Joseph** Brown 12, and **Joseph** Nicholson 12. The two Joseph's also competed in the Gold DMT event.

Joseph Nicholson finished in first place on Trampoline and Joseph Brown took the Bronze medal, with James finishing 4th. On DMT Joseph Brown took the top honours with Gold, with Joseph Nicholson finishing 2nd.



THREE youngsters from Velocity Trampoline & Gymnastics Club took part in the English Championship final - but in a different way.

Siblings, **Elizabeth 11**, **Alice, 8**, and **Aidan, 8**, were asked by the organisers to be part of the presentation party.

So they headed to Sheffield where they worked hard all weekend marching out the athletes and presenting medals to those who hung medals round the necks of the champions.

"It was great fun", said Alice, "Everyone was clapping and there was lots of music. I hope we get to do it again someday!"



Never too young (or too old!) to be a volunteer!!

Safeguarding

Safeguarding and Protecting Children: This course can be accessed on line or face to face. It is likely that two face to face courses will be offered shortly in the region. Face to face costs for the 3-hour course may well be cheaper than on-line providing we have at least 10 learners and a 'free venue'.! More information to follow. Please get in touch if you have learners and would be willing to host.

Calendar 2022

November		
November 6th	General TC Club, Competition & Open Level Apparatus	Redcar
November 12-13 th	WA Zinc, Copper plus additional Levels	City of Newcastle
November 20 th	TeamGym Newcastle Open	City of Newcastle
November 19-20 th	WA Pink Ladies events	Redcar
December		
December 4 th	Tumbling Christmas Competition all grades	Durham City

Calendar 2023

January		
January 21st	NESGA School Milano Championships	Royal Grammar School
January 29 th	TEAMGYM City of Newcastle TeamGym Open Competition	Newcastle
February		
February 4 th	NESGA Acrobatics and Tumbling Competition	Northern Hope
February 11-12 th	ACROBATICS Pre-Grades	
March		
March 3 rd	NESGA School Team Floor and Vault Competition	Cumbria
March 11-12 th	ACROBATICS Regional NDP	
March 10-11th	BSGA Milano Schools Finals	
April		
May		
May 6 th	BSGA Acrobatics, Tumbling and School Team F&V Finals	
May 21st	TUMBLING Silver Qualifiers Levels TBC	Northern Hope
May 27th		
June		
June 11th	TUMBLING Club Cup Grades 1-6	Northern Hope
July		
July 2nd	TUMBLING Regional Team Qualifier	Durham City
July 28 th - 30 th	TEAMGYM National Finals	
August		
September		
October		
October 22 nd	ACROBATICS Open and Team Competition	
November		
December		
December 3rd	TUMBLING Christmas Competition all grades.	Durham City



Thank you to everyone who has contributed to this NEGA News

Next issue – December! This will be number 150 – so start sending your news in now!