

British Gymnastics Southern Region AGM 2010 - Reports

Chair's Report

This has been a busy year for the region. The region has seen several changes and several new initiatives. The region has supported several competitors who have represented GB in international events and we are proud of their success. Most management meetings consider application for grants. It has been decided that the discipline must be represented at the meeting for further applications to be considered.

Communication:

The new Admin Officer Cristina Mitchell has developed the weekly newsletter and this has made a big difference to the ability for clubs to know what is happening in the region and take full advantage of the activities on offer. The regional website has been developed so that information is more accessible. Information and minutes of meetings are posted after each meeting. I hope that the regional clubs feel that the small affiliation fee is value.

Courses and New Tutor Training:

The new Regional Workforce Development Officer, Emily Sanderson, settled into her role very quickly and the number of courses run in the region has increased. The regional members are reminded weekly of forthcoming courses and it seems that the regional needs are being met. Affiliated clubs have a reduced fee for these courses. The management committee recognise the need for clubs to mentor trainee coaches. I believe the subsidy of mentor courses have helped clubs to have a trained mentor We are looking to extend this support next year.

The increase in the number of courses has highlighted the need for additional tutors and so the region invested funds into training of new tutors. This process is time consuming as after the UKCC training, new tutors need to observe and shadow other courses until they can tutor alone. The trampoline new tutors also have to attend a Sports Specific training day. It is hope that in 2011 there will be sufficient available tutors to staff courses. The region now needs to address the development of the smaller disciplines.

Club Conference:

This was the first club conference and the varied programme was well received. The support from the BG England team was appreciated. This was an opportunity for clubs to raise questions about the new developments in BG and in particular the new coaching scheme. This will be an annual event and this year's conference will be in a larger venue. I hope that more clubs will attend for this year's exciting programme.

Awards:

The annual awards were made at the Club Conference. This acknowledges the huge contribution the coaches, officials and volunteers make to the competition success both within the region and also in the National and International arena. Special congratulations go the Stuart Wood who won a national award for his work.

Festivals:

The regional acknowledges the need to provide performance opportunities for gymnasts who are not in the competitive section of our sport. The introduction of a regional festival is to provide this opportunity. This seems to be a new concept for clubs and unfortunately it did not recruit sufficient groups to make a show. I hope that the new date in January will be a better fit in the calendar.

Updating qualifications:

There are several qualifications which need updating and this is quite a drain on resources for clubs. Trampoline needs a skills update at Cycle 5 Coach award. All cycle 5 coaches need the UKCC update prior to moving through the coaching awards. Protecting Children, Time to Listen, Club management all have a 3 year life span. The regional management committee hope to support clubs in the costs of these courses.

Women's' Artistic Committee:

The formation of a new committee is welcomed and I extend my best wishes to Joanne in this new venture. It was good to have WA represented at the management meeting.

Management Committee:

The committee meet 4 times per year and I would like to thank the stalwart members who regularly attend and help in making decisions about regional affairs.

My personal thanks go the Lynda Tee, Yasmin Stammers, Su Killeen, Val Brown, Justine Abraham, Paddy Lavelle and Helen Young, Cristina Mitchell and Emily Sanderson.

Yasmin is resigning her Vice Chair Post and I thank her for her wise council in the past 3 years.

My plea is to Men's Artistic, Sports Acrobatics, Team Gym, Rhythmic Committees and also to County committees is please to try to find a representative to attend the meetings and alert us the how we can support them.

The dates are posted ion the regional website. Please ensure that Cristina has an email address for your representative.

I would like to stand again for the position of Chair of the management committee and look forward to continuing development of services for the region.

Biz

Mrs E.W.Scales

Regional Administrator Report – Cristina Mitchell**Communication**

The website has been updated on a regular basis, by posting news, events, case studies, newsletters and other information for the clubs.

The weekly e-newsletter to the clubs has been constantly improved, providing more and better information, in a new and more attractive and easy to read design.

The quarterly newsletter has been extended from 4 pages to 8 pages, providing very good stories and articles from our clubs, events, posters, information on affiliating and other news.

Regional Affiliation 2011

We are implementing the new online registration and online payment for the regional affiliation, with a possibility to extend this to the courses, too. Clear information on how clubs can affiliate depending on the region/discipline is included in the Dec newsletter and also posted on our website. The region offered a discounted £15 fee to the clubs who affiliate before 31st Dec 2010. After the new online system will be implemented, the regional affiliation will increase to £16, as proposed at our last committee meeting. The benefits of affiliating will be advertised in the December newsletter, weekly e-newsletter and on the website.

Regional Club Conference 2011

Our second Club Conference will take place on Sunday, 30th January 2010, at Wavell School, Farnborough. We target the event for maxim 100 participants, with a range of workshops and a combination of theoretical and practical workshops. We have been promoted the event in our newsletters, on the website and via posters. The Award Ceremony will take place in conjunction with the conference and the categories and nomination forms are posted on the regional website and promoted to the clubs. Please encourage all the clubs/committees to submit nomination forms in.

Regional Festival 2011

Our first Regional Festival of Gymnastics will take place on Sunday, 23rd January 2010 at Basingstoke Gymnastics Club. We hope to have a very good participation, as the event is free for the teams to enter. The spectators will be charged a small entrance fee.

Southern Trampolining Report 2010

Regional Competitions

The year's competitions have been hit by the weather in January and again in December. The earlier downfall resulted in the competition being postponed but the recent bad weather only made the travel to Alton more difficult. My thanks to Janet Payne and Dugald Davidson who spent many hours on the phone and email to ensure that competitors had the chance to progress through the scheme.

Regional Squad

The committee has decided to run a regional squad utilising the 4 newly qualified HPC coaches in the region. A meeting has been arranged to decide on the criteria for selection. The regional squad will dovetail with the new Excel programme supporting development squads throughout the country.

England Championships

The Regional team to compete in the England Championships in October 23rd in Gloucester comprises largely of Edgbarrow competitors with one from Portsmouth and one from Ricochet. The DMT team is a mix of competitors from Edgbarrow and Team Lightning. The team were placed 3rd and our congratulations go to all the team and officials.

New Tutors

The region has 3 new trainee tutors who have attended UKCC training and a Sports Specific Training Day. They will now embark on observing courses, co presenting parts of the course. Trainees will be assessed before they can run courses solo. Eventually the region will have 5 trained trampoline tutors spread throughout the region.

Tutors' Conference

Our other Regional Tutors (5) attended the annual tutors' conference in Loughborough, which serves to keep tutors up to date with recent developments.

International Selections:

The region has been well represented in International events this year. Edgbarrow club had two senior Internationals in the team for the World Championships in Metz. Sue Lawton accompanied them as Team Coach and Biz Scales was the GB judge.

The region was also represented by 6 Edgbarrow competitors in the World Age Group games.

Congratulations to all.

The programme for next year is already filling up and my thanks to clubs who have volunteered to run regional competitions.

It is hoped that the region will host some coaching courses at Level 3 later in the year.

Biz Scales

South Region WTC Report - 12th December 2010

2010 has seen many changes for the WTC with a new committee elected in July positive changes have been made making the WTC run more efficiently and effectively.

We have continued to run successful and professional competitions particularly the Age Group championships.

The South Region teams have produced good results at both Age Groups and Grade National Final events with several individual medals being won from our gymnasts, a fantastic result.

Congratulations are also deserved for our gymnasts traveling further afield to compete internationally representing England and GB.

The WTC will look to improve and better those results in 2011, a stronger SR squad system is now in place and with a talented crop of youngsters the coaches will be looking to share knowledge and expertise to gain the best results possible.

The WTC will also be looking to improve in other areas making our competitions more in-line with the National set ups in both venues and professionalism.

With a strong and enthusiastic committee in place for 2011 I am confident and excited for the future for the South Region and would like to thank everyone on the committee for their continued support and dedication to the WTC.



Southern Region Development Annual Report 2009/2010

Introduction

This year we have seen the development of our programme of courses in that it has now become a centralised and structured process, with over 350 individuals attending a course within the southern region. We now have 30 Young Leaders regularly accessing training and deployment opportunities through our Leadership Academies. Time has been invested in the development of 4 new clubs resulting in 287 new members and the development of existing clubs to increase their capacity. Our Club Conference also saw 50 coaches and volunteers gaining invaluable training and networking opportunities. Key Step Gymnastics Competitions are happening in the majority of School Sport

Partnerships with a number of Next Step Trampoline also planned. Finally, the excellent communication between clubs and the region through the weekly update has resulted in the strengthening of our club network. We are very proud of our achievements.

Workforce Development

Coaching

The region has run a range of courses for both coaching and generic club development resulting in the training of:

- 72 Core proficiency coaches
- 25 Trampoline proficiency coaches
- 158 Level 1 coaches
- 41 Level 2 coaches
- 48 Individuals with Child Protection Training
- 39 Individuals with Time to Listen Training
- 17 Individuals with Club Management Training
- 55 Mentor Coaches

Key achievements from the Club and Coach coaches are summarised below:

The Southampton Gymnastics Club and Coach programme has enabled the Club to review its current structure and identify gaps in provision throughout its squad groups. Successes include:

- Restructure of Acrobatic Gymnastics Squad Section of the Club
- Restructure of Tumbling Squad Section of the Club
- Established Talent Identification Development Squads
- Selection of a Tumbler for the Great Britain National Team
- 12 New Proficiency Award Coaches

The Dynamo Gymnastics Club and Coach programme has introduced high quality gymnastics at grass roots level. The club has been able to identify High Performance potential and successfully produce performers at the highest levels. The programme has also allowed for successful mentoring to produce quality coaches. Key achievements include:

- 2 Women selected for Great Britain National Squad
- 3 Women selected for England Squad
- 1 Boy in Great Britain Elite Potential Squad
- 300 gymnasts involved in Talent Identification programme
- Gymnastics Festivals, workshops and master classes delivered across the Hamble School Sport Partnership

[Hamble's Leadership Academy, Leaps and Bounds Ahead!](#)

- 15 young people involved in a gymnastics Leadership Academy
- 15 Young Leaders trained as event officials
- Young Leaders supporting teachers across the Hamble School Sport Partnership
- 10 young people assist in running a partnership gymnastics master class.

Young Leaders Volunteering Throughout Havant

The County Gymnastics Development Officer worked with the Competition Manager to run leadership training and a partnership competition. 20 students were trained as Key Step gymnastics judges and 15 students were trained up as Event Officials. The team of newly trained Young Leaders ran the Key Step competitions that were organised on the back of the training. Through partnership working, a support structure has been developed for competitions.

Club Development

Support to existing clubs

Support to existing clubs has taken many forms this year and below details four specific examples:

Club Conference 2010 – The first Regional Club Conference was held on 31st January 2010 at Basingstoke Gymnastics Centre. With a chance to attend three separate workshops and meet other coaches, National Gymnastics Officers, as well as the Southern Region staff and committee, the event was a great success with 50 coaches attending. There was a general positive atmosphere and the event ran very smoothly. Workshop outcomes included: an overview of coaching courses, an update for tutors and assessors, ideas around generating income for clubs, adapting mainstream sessions to include young people with a disability, the role of the Welfare Officer and ideas for marketing and publicising your club. Linked into the Club Conference, we had the opportunity to showcase the achievements of both clubs and individuals at the Regional Awards 2010.

Club Audit – A survey was sent out to all Southern Region British Gymnastics registered clubs, asking them to answer a few questions to help prioritise the support given to clubs from the Regional and County Development Officers. Clubs were asked whether they were looking to increase club capacity and if so by how much, how the club may plan to do this and whether there were any barriers that may prevent the club in achieving this. Finally, the clubs were asked to state what support they may need to assist them with this. 51 responses were received from the 132 clubs that the survey was sent to and of these, over half stated they were looking to increase their capacity. Replies were analysed and resulted in: a) running a regional Street Cheer/Cheerleading project that trained 50 coaches to run sessions at their club b) developing information about funding opportunities and fundraising and c) conducting 19 meetings to work with individual clubs.

Club Empowerment – Winchester GC ran as a community club aided by the local school. However, as the club grew, the school was unable to support the club as it had done previously, with the administration and membership and the club itself needed to take this over. The County Development Officer held a meeting with the head coach and provided useful information to help them set up independently.

Re-establishing a Club – David Cadmore Gymnastics Club, based on the Isle of Wight, had unfortunately closed due to unforeseen circumstances. The Hampshire County Development Officer and Sports Development Officer supported and encouraged coaches from this club to re-establish initially as an after school community club. It is currently still growing and is now a registered British Gymnastics club that is looking to achieve its club accreditation in the near future.

'Gymnastics is the talk of the town in Tilehurst since the opening of their new Gymnastics Club'

Prior to the opening of Tilehurst Gymnastics Club there was little opportunity locally for a child to access a British Gymnastics registered gymnastics class. A child would need to travel some distance to their nearest club and would often be added to the club's waiting list of several months. Given this, it made logical sense to set up a Gymnastics club to serve the local community and surrounding areas of Tilehurst and West Berkshire. Rebecca Taylor, Club Manager, along with the support of various partners did just that.

The club now has a membership of over 160, gained GymMark within 6months of the club opening, has developed sustainable School-Club links and now plans to introduce

Opportunities to Perform and Achieve Competitions

Key Step Gymnastics Competitions are happening in the majority of School Sport Partnerships. Next Step Trampoline competitions are happening in all 8 partnerships within Berkshire and a selection of Hampshire partnerships. Further Next Step competitions are planned in Acro and Cheerleading for next year.



Festivals

Planning for the first regional festival of gymnastics is well underway and we are now accepting applications for team entries.

Communication

Clubs mentioned they felt there was a gap in communication. As a result of this, large amounts of emails were sent by way of trying to address this communication gap. This however offered an unstructured communication system. This was proving difficult for everyone involved and it was decided that collating them into one weekly email would be more time efficient. The new Regional Administrator now offers this communication weekly and has had some very positive feedback. It is an opportunity for all clubs to receive the same most up-to-date information from national and regional sources.

Within a year we achieved the following:

- Vastly improved club communication
- 80 different funding streams shown
- Promotion of Southern Regional Website leading to its increased use
- 74 different courses advertised
- Training new tutors and assessors to enable us to run more courses
- Working towards a 6-month course programme so clubs can forward plan
- Utilising the cancellation process for booking tutors and venues to professionalise the service offered
- Devising a volunteer database to help deploy volunteers into more opportunities.
- Running annual club conference
- Continuing to support clubs with maintaining and increasing their capacity
- Addressing gaps in the competition pathway

- Running an annual regional festival
- Running an annual disability roadshow
- Running an annual tumbling camp
- Extending communication to volunteers and tutors

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