

## **Regional Committee Meeting Oct 2010 - Reports**

### **British Gymnastics Southern Region Management Committee meeting - Chair Report**

#### **New Tutor Training**

The region has had training for new UKCC tutors and the second scrutiny for the assessors. The region should soon be well served in tutors available for courses and assessors to complete the qualification. The region will now need to decide whether there is still a demand for further training. The new trampoline tutors also need a sports specific training day and the region will fund attendance.

**The 'Your Sport, Your Say'** meeting has now been advertised to ascertain the needs of the region for 2011/12 onwards. Helen Young will also table proposals for development in 2011.

**The post of Administrator** will cease to be part funded by the EGA in December 2010 and it has been agreed that the post will continue. Cristina has really improved the communications to clubs. It is now much easier for the clubs to access courses and activities in the region.

**The Women's Artistic Committee** has been reformed and I welcome Joanne Mills to the Management Committee.

**The AGM** is on 12<sup>th</sup> December and I look forward to the New Year with optimism.

**EAG** It was agreed to continue to support the WA squad activity as long as funds are available.

#### **Southern Trampolining Report**

The last competition of the year was in October in the Isle of Wight. The entry was rather lower than usual and it is hard to know the reason for this.

#### **Regional Squad**

The committee has decided to run a regional squad utilising the 4 newly qualified HPC coaches in the region.

#### **England Championships**

The Regional team to compete in the England Championships in October 23<sup>rd</sup> 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. We wish them the best of luck.

#### **New Tutors**

The region has 3 new trainee tutors attending UKCC training. They will need to attend the Sports Specific training day prior to running courses alone.

#### **Tutors' Conference**

Our other Regional Tutors (5) attended the annual tutors' conference in Loughborough, which is vital in keeping up to date with recent developments. I hope the region will agree to support 50% of their costs which is £50 per tutor.

### **Southern Region Development Report**

#### **Your Sport, Your Say**

In 2007 British Gymnastics England undertook a review of the sport on a national scale. A series of events were run across the country to talk to coaches, committees, gymnasts, parents and

volunteers to determine the future of gymnastics development. We are now giving everyone feedback on how we've used your thoughts and ideas to shape the development of the sport. We would also like your input on our current and future plans, programmes and activities. This year's event will take place on Sunday, 7<sup>th</sup> Nov, in Bisham Abbey, Near Marlow, SL7 1RR. To confirm your attendance, please email: [yoursport@british-gymnastics.org](mailto:yoursport@british-gymnastics.org). For more information and to download an event flyer and poster, please visit the British Gymnastics England website: [http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=193&Itemid=1](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=193&Itemid=1)

Biz Scales is unable to attend this event so I am looking for a volunteer to represent the region. Please contact me [helen.young@british-gymnastics.org](mailto:helen.young@british-gymnastics.org) if you are able to attend.

### **New clubs**

Slough Gymnastics (offering Women's Artistic and General Gymnastics) based in Slough will be opening its doors in their new facility later this month. The club would welcome support and representation at their official opening.

### **Regional Festival**

The regional festival has now been re launched. It is open to all disciplines, free enter and will be held at Basingstoke Gymnastics Club on Sunday 23<sup>rd</sup> January 2011. We look forward to you joining us in the celebrations.

### **Funding for Clubs**

A reminder that a funding newsletter is being created every 2 months and can be viewed at: [http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=51&Itemid=131](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=51&Itemid=131)

### **Facility Strategy/Facilities Funding**

The British Gymnastics National Facilities Strategy is now online and available for clubs and other organisations to download. Please follow the link below:

[http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=52&Itemid=134](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=52&Itemid=134)

Additionally the Facilities Funding application form has now been updated in-line with the priorities for development outlined in the strategy. All applicants for facility funding are strongly advised to read and use the facilities strategy to help them develop their application. The application can be found at:

[http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=131&Itemid=247](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=131&Itemid=247)

The closing date for applications will be the 15th December.

The regional strategy is in its final draft stages. Thank you for your feedback.

### **Berkshire Leadership Academy**

Partners from East Berkshire met to discuss the formation of the first Gymnastics leadership academy in Berkshire. More details to follow.

### **Regional Administrator Report**

#### **Website**

The website has been updated on a regular basis, by posting news, events, case studies, newsletters and other information for the clubs. As a request from the previous regional committee meeting, I contacted our website provider to check the cost and process to include the number of hits on the website and also create a PayPal account for regional affiliation.

The Stats have now been updated and I can show on a separate report the progress and number of hits since January. This helps us understand the interest and use of our website and also the most

visited web pages. I also changed the site map, home page, discipline pages of our website to make it more attractive, easy to read and looked for.

Next steps: implement the online regional affiliation and payment. Support the regional technical committees with posting events, competition info and results on our website, as requested.

### **Regional Affiliation 2011**

After discussions with the web provider and researching the options of online payment, the easiest and best option is still the PayPal account. The members will not incur any fees, as it is the responsibility of the payee to give a fixed percentage and a low transaction fee on every sale. No hidden charges. Transaction charges are 1.4% - 3.4% plus 20p, depending on sales volume. In most cases, this will be comparable to or better than what a business is currently paying for credit card processing.

- No monthly fees
- No set-up charge or cancellation charge

Money can be transferred from our PayPal account to a bank account in 3-5 business days.

The region would have to pay £0.70 for every £15 affiliation fee. In the first instance, we would collect online payment (with cheque payment option, too) for the Berkshire affiliated clubs and Trampoline and Acrobatic clubs. Hampshire, Bucks and Oxfordshire clubs will still apply through their county representatives, but they will be able to complete the online form, without payment, with the possibility to look at standardising the system in the future.

As previously approved by the Committee, the form was changed and a simplified version is now available for clubs to complete (see attachment). It was proposed and approved by the board to conduct online registration, which would cost us a one off payment of £495 (plus VAT).

Next steps: implement online registration and payment and send membership renewal letters. Look into possibility of standardising this in the future.

### **Volunteer Partnership**

I have been in contact with volunteer centres in the South to look into possible courses that our clubs/staff can attend, as they are offered at discounted prices to members. I have registered our organisation with the volunteer centers in Hampshire to be able to post volunteer opportunities for our events or any kind of roles. The information regarding the volunteer centres was included in our e-newsletter and a representative of the volunteer centre in Rushmoor will take part in our regional club conference 2011, running one of our workshops. Next steps: advertise a volunteer role to support the development team.

### **Communication**

Our weekly e-newsletter to the clubs has been sent and we received some very good feedback regarding the quality of the information provided. A newsletter to schools will be sent starting Oct 2010 to include information relevant to schools every other month. Our September newsletter was also sent to the clubs and added on our website.

### **Regional Club Conference 2011**

Our second Club Conference will take place on Sunday, 30<sup>th</sup> 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.

## **Regional Festival 2011**

Our first Regional Festival of Gymnastics will take place on Sunday, 23<sup>rd</sup> 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.

## **Hampshire Gymnastics Development Officer Report**

### **Club Development**

#### Gymmark

Congratulations to Starlight Trampoline Club and Gang Warily Gymnastics Club for achieving gymmark status. Gang Warily successfully gained gymmark in March this year, and Starlight in July. Both clubs will receive funding for this great achievement.

#### New Clubs

There have been a number of new clubs setting up in the County – Queensway GC, Calmore Acro, Stubbington GC and Aspire GC. The County Development Officer hope to be able to meet with these clubs soon and to offer support where appropriate. With funding from Gymnastics England, The Havant and Waterlooville School Sport Partnership were able to deliver a Cheerleading course for teachers and staff last year. Additional funding from the Local Authority allowed Street Cheer to be delivered across the Borough. There has been a fantastic uptake and interest from children in the local area, so much so that a new British Gymnastics cheerleading club will be setting up soon.

#### Club expansion

Through the support of the Local Authority Sports Development Officer together with the County Development Officer, Starlight TC have been successful in gaining funding to help pay towards new equipment to be able to expand to offer new disciplines.

#### Disabilities Roadshow

The County's first Disability Roadshow took place on Sunday 9<sup>th</sup> May 2010 at Chamberlayne Leisure Centre, Southampton. This was delivered by coaches from clubs which currently offer disability sessions; Basingstoke, Just Jump TC and Southampton GC.

The event allowed coaches to share ideas and good practice and allowed children with disabilities to come along and try Gymnastics and Trampolining.

Following this the Region will be organising a disabilities add-on module.

Each of the above clubs are looking to apply to Aiming High for additional funding to expand the disability sections which they have running.

### **Workforce Development**

#### Tumbling Camp

Using funding from Hampshire County Council and working in conjunction with Basingstoke Gymnastics Club, British Gymnastics Southern Region was able to organize and deliver their first Tumbling Camp.

The camp ran from Monday to Friday, 10am until 4pm (with the exception of Friday which finished at 1pm). The days were split into morning and afternoon sessions, usually training in the morning and a workshop in the afternoon. Workshops included a display from some of the Great Britain tumblers, an introduction to judging, video analysis of the gymnasts' own performance, and a question and answer session with a couple of Great Britain's most successful tumblers.

The camp was attended by 27 gymnasts from across 5 Southern Region clubs. The practical sessions covered skills throughout the National Development Plan into FIG-level work. For many of the gymnasts on the camp, they were able to learn new skills and return to their clubs with increased confidence and understanding.

Alongside this, the camp was also open to British Gymnastics Coaches who wished to increase their understanding of the discipline and gain coaching support to develop some of the tumbling skills.

## **Teachers Training**

The County's first 'Key Step' teacher's courses are to be delivered in September. The Hampshire LEA plan to roll out 3 in September and a further 3 in December.

## **Leadership Academies**

The Gymnastics Leadership Academies embrace youth involvement and bring together young volunteers (aged 12-24yrs) from an education, club and community setting to develop their own skills whilst volunteering within gymnastics. The leaders undertake an introductory programme to volunteering within gymnastics based on the 'super six' areas of volunteering: Coaching, Judging, Events, Publicity / Promotion, Health, Safety & Welfare and Admin & Management. There are currently two Leadership Academies in Hampshire who have completed the above training; one in Hamble, and another in Portsmouth. The County Development Officer is looking to establish another in the New Forest area and the Isle of Wight.

## **Opportunities to Perform and Achieve**

### **Hampshire Schools Gymnastics Association**

This group meets regularly and plans for the coming academic year include:

- Deliver 1 x Acro Next Step comp for KS 3 and 4 (November 2010)
- Deliver 1 x Tramp Next Step comp for KS 3, 4 and 5 (March 2011)
- Deliver 3 x Key Step Comps across County – North, Mid and South (May 2011)

If you would like to be involved in the Schools Development work and the group, please contact Hayley Buckman. [Hayley.buckman@british-gymnastics.org](mailto:Hayley.buckman@british-gymnastics.org) or 07825 982099.

## **Hampshire Youth Games**

On Saturday 19<sup>th</sup> June 2010 7 teams of 12 children from across Hampshire took part in the Gymnastics Competition at the Hampshire Youth Games. Each gymnast competed in the floor, body management and vault and the top 10 scores counted towards the team score. The results were:

1. Portsmouth
2. Basingstoke and Deane
3. Eastleigh

Next year's Youth Games will be taking place on Saturday 11<sup>th</sup> June and plans are to expand the competition to accommodate Year's 5 and 6.

## **Workforce Development Regional Report**

### **Courses**

A full course programme has been created for 2011. The programme is structured so there is a geographical balance of courses across the Region as well as a regular structure in terms of availability. (For example, one core proficiency every month, one Level 1 General Gymnastics and Trampoline every 2 months etc.) The planner was based on how courses have run well in the past as well as input from Regional analysis results and requests.

Teachers Awards have started to roll out with 12 due to attend a Primary Gymnastics Teachers Award on 19<sup>th</sup> & 20<sup>th</sup> October. Dates have been booked with tutors for courses in Trampoline and Gymnastics for 2011.

Young Leaders courses have also been offered within the Region, mainly within the SSP network. This line of work often ties in with the County Development work being conducted by Hayley Buckman as well as with the Regional Development Officer.

The Region has become a workshop partner with Sports Coach UK in order for Safeguarding and Protecting Children courses to become more available in the Region. The next course is due to take place in Farnborough with 5 currently booked. The first 16 – 18 yrs course is due to take place at Winnersh Community Centre, Berkshire on 12<sup>th</sup> December 2010.

#### Tutor and Assessor Training

All trainee tutors have been assigned to a course as part of their training. Sign off sheets are currently being drafted by Coach Education to be released to our trainee's shortly. Weekend Two of Tutor training is due on 6<sup>th</sup> & 7<sup>th</sup> November at The Quality Hotel in Reading, Berkshire. In terms of future Tutor training, there is a small budget available nationally for each Region. A gap analysis should be conducted and a decision should be made based on the needs of the Region.

The first round of new IAPS training started 9<sup>th</sup> & 10<sup>th</sup> October at Salto Centre with all six candidates attending. Candidates must now shadow an assessment as part of their training. The next round of new training is due on 20<sup>th</sup> & 21<sup>st</sup> November 2010 also at Salto Centre with six candidates.

The Region has two new tutors to deliver Time to Listen courses – Graham Swatridge and Anne Bidmead.

Club Management tutor training will be offered again nationally as the South had no trainees attend.

#### Future Plans

The main priority is to continue offering a regular programme of courses to the Region and to fill in the gaps in the planner.

A meeting has been arranged to create a comprehensive IV/EV programme within the Region so the quality of our UKCC courses can be monitored. (Meeting arranged 20<sup>th</sup> October at Salto Centre, Andover.)

A future aim is to work with Universities in hosting courses for their students and encouraging them to volunteer/be mentored in our network of clubs. (Meeting to be arranged with Portsmouth University).

### **South Region Women's Technical Committee Report**

A special meeting was held on the 12<sup>th</sup> July to review the current situation within the SRWTC and get the committee back on track, with Gareth Tyzack retiring as chairperson it was decided according to the South Region constitution that a caretaker committee would be selected for the remainder of the year in order to allow the WTC to improve and change any previous issues and problems the SRWTC has had in the past, the post will then be filled correctly by election at the AGM.

The following temporary posts were elected, we hope that with a new committee we can move the WTC forwards in a productive and successful manner.

Chairperson: Jo Mills & Ross Falsetta

Vice Chairperson: Amy Jones

Competition Organizer: Helen Golding & Wendy Lamb

Regional Squad Administrator: Dee Rosavall

#### **Website - [www.southbga.co.uk](http://www.southbga.co.uk)**

A new website has been up and running since July and is being updated regularly with competition results, general information and the WTC Handbook, this is helping to improve the communication a great deal within the region.

#### **Competitions**

We have had successful SRWTC competitions so far this year, the South has sent teams for both the National Compulsory and National Grades Finals, we recently just had our Age Groups championships and will be sending two full teams for the National Age Group Championships on the 6<sup>th</sup> & 7<sup>th</sup> November.

Competition entries are healthy and the WTC is looking at ways of encouraging older gymnasts to continue competitively by providing more user friendly rules and regulations in the older age group categories.

### **Results**

Gymnasts from across the South Region have been producing excellent results in both National and International competitions, notably Laura Edwards (Dynamo School of Gymnastics) was selected to represent England at the Commonwealth Games held this month in Delhi, Laura helped the team to win the silver medal and also placed an excellent 6<sup>th</sup> in the AA, qualified for both the Beam and Floor final placing 4<sup>th</sup> and 5<sup>th</sup> respectfully, this is a fantastic result and the WTC would like to congratulate both Dynamo School of Gymnastics and her coaches Debbie and Keith Richardson.

### **Judging**

20 candidates recently took part in the Club Judge course held in September, this is an impressive number for the South and puts us in a good position for the 2011 Competitive season, another course is being planned early next year.

### **[Southern Region Aerobic Gymnastics Report – October 2010](#)**

Report by Su Killeen

#### **Coaching courses**

Level 1 and 2 course should be commencing November 14, (subject to final numbers)

### **Regional Training**

Regional training sessions have occurred this year but not the amount of times it was originally wished for. Training sessions for the Coaches have been decided for next year with a workshop of Choreography and on level 1 and level 2 coaching moves in support of the new coaches which will hopefully be added onto the system from the above course.

### **Southern Region Aerobic Finance**

Southern Region Aerobic funds raised from the Regional competition held each year has continued to be used to support the Gymnasts with Regional training sessions, the Coaches and Judges by part funding Courses. The Balance on the account to date is £5546.75.

### **Regional Clubs**

Hart Gymnastics have continued to develop and improve as a new club and presented RAC (Recreational Aerobic Code) routines this year. The Southern Region was able to assist Hart in directing them to another coach (Vicki Smith – Waterside) from the region to support the club during the absence of its qualified Aerobic Coach (Gemma Hart). The Region is grateful for this support, as we did not wish to see this new club fold before it had a chance to establish itself. Well done to the gymnasts who were able to cope with this interruption in the continuity of their coaching.

Starlight Aerobics is now fully in the competition arena coached by Tony Ware with Choreography by Roxanne Edmunds.

Goshawks Gymnastic Club Gymnast Elizabeth Kempton retired from NAC (National Aerobic Code) Gymnastics this year with the British NAC CUP received for the highest scoring NAC routine at the recent British NAC Cup competition. Elizabeth went out in style with a high scoring and clean routine. Elizabeth will continue to Support Goshawks and its coaches when her demanding schedule allows. We all wish her the best of luck in future and hope that she can return at a later date and qualify as a coach.

Basingstoke Aerobics have occurred in club only and has recently undergone a change of Coaches. Amy Woods has taken over as Head Coach with sister Zara assisting. The Coaching course to be held at Basingstoke in November/December should help them to achieve additional coaches.

Suki Aerobics coach Natalie Porter has taken the lead on the Regional training days for the gymnasts and continues to develop as a coach by taking Aerobics into Gosport Schools Partnership schools. Natalie was dismayed to realise the complete lack of fitness in many of the participants in the year 10 and 11 classes she has been taken.

### **Competitions**

Bulmershe have gone from strength to strength this year regardless of the internal changes that have occurred at the club. They are the measure that the rest of the clubs in the country hope to attain. Their results are achieved through the hard work, determination and dedication of the coaches Kerry Scotts and Holly Lowe, the supporting coaches and backing of the club.

Kerry Scotts was applauded for this work along with her gymnasts by being awarded Coach of the Year at the British Championships.

“Earlier this year Scotts led her gymnasts **Sebastian de Verteuil and Chloe Farrance** to their (and Britain’s) first World medals at the World Age Group Championships held in Rodez, France (Silver in the Junior Pairs, and Silver for Sebastian in the Individual Men’s competition).”

*“Both results are testament to the tremendous work of our coaches and gymnasts, in producing excellent contemporary Aerobic Gymnastics and to our parents who continue to offer constant support to our sport”,* said **Nigel Saunders, Chair of the Aerobic GTC.**

The British Championships were the last National competition of the year so the FIG gymnasts are now looking to any change in age categories and routines ready for next years competition season starting with the Alex Strachen at the end of February.

RAC and NAC gymnasts have one last chance to compete their routines at Suki Aerobics Open Club competition in Gosport on Saturday 30<sup>th</sup> October, before they too contemplate the changes for the following year.

Aerobic Gymnastics is changing and improving fast, the skills, speed and stamina required to compete a top scoring routine has dramatically changed from a few years ago. It has been amazing to watch and judge these routines, and as a coach I know that many of us are still in awe of the way the gymnasts have coped with the demands we have placed on them to keep improving.

Well done to all the Clubs, Coaches, Gymnasts and supporting volunteers, committees and parents for all that has been achieved this year. We look forward with baited breath to the new season and wish to remind all that the Southern Region Aerobic Committee are here to support and develop Aerobics and the Clubs in away feasible so please contact us with requests or ideas.

### **Southern Region Welfare Officer Safeguarding Report – October 2010**

No incidents have been reported since the last SR committee meeting.

In September I attended a conference organised by Reading Safeguarding Children Board, which focused on the possible risks to young people resulting from the increased use of social networking sites.

In April, British Gymnastics issued a memo to all clubs updating the requirements for safeguarding training. It is now a requirement that anyone aged over 18 who works with children or vulnerable adults must undergo safeguarding training and that this must be updated every 3 years. Please contact Heidi at BG if you require more information.

In July a new CRB form was issued. Please note that the old forms will no longer be processed and all renewals and applications for new CRB disclosures must be made on the 'pink' forms. When making payment please enclose a cheque or give credit card details – do not send cash!

Val Brown  
SR Welfare Officer

Useful Contacts:

British Gymnastics (Ethics & Welfare) 0845 129 7129 option 6

CEOP – Child Exploitation and Online Protection Centre – 0870 000 3344 [www.ceop.police.uk](http://www.ceop.police.uk)

Think u Know – CEOP's education training programme – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk). This site gives helpful advice to young people, teachers and parents on how to stay safe online.