



NEGA NEWS

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North of England
Gymnastics Association



Many Congratulations to....



South Durham Gymnast Mia Scott, who has been selected to compete for England at the Leverkusen Cup Competition at the end of October.

City of Newcastle Men took part in the London Open recently. Six gymnasts competed on Day 1, Level 5's William Johnson, Stuart Robson-Bain and Finley Martin and two Level 6's Thomas Minto and Thomas Coppen. Finlay, William and Stuart all had outstanding performances. Will was the overall champion at Club Level 5 with Stu and Fin finishing in 3rd overall. Individually Will came away with a Silver on both PH and VT and Gold on PB. Stu came away with 4 medals, 1st on SR and HB, 2nd on VT and a 3rd on PB. Fin also did a great job winning two medals, with silver on SR and on HB.



Competing at Level 6 gymnasts Thomas Coppen and Thomas Minto also achieved excellent result with Thomas 2nd overall and two 2 gold medals on FX and HB, two Silver medals on SR and VT and a Bronze on PH. Thomas Minto came 7th overall and considering this is his first competition in quite some time he performed well earning

Silver on VT and 4th on PB coming in 4th place.



City of Newcastle Club Level 3 gymnasts Lloyd Ball and James Little also did well at the event with Lloyd again winning a Silber medal on his favourite piece VT and a good 4th place on SR. James is a late starter to CNGA but is showing promise of good things to come as he works very hard. His goal was to come 20th and his determination made it possible. Achieving your goals and doing your best is just as important as medals so many Congratulations to both boys.

In the Under 14 category, CNGA's representatives were Tyler Lane and Charlie Swarbrook and though the boys performed well they both knew some pieces could have gone better. There were a large number of U14s this year 56 in all. Overall Tyler placed 37th and Charlie coming 38th it was a close competition.



In the Under 12 competition. CNGA's only representative was Luca Robinson. We had high expectations for Luca in the competition. His first piece was SR followed by VT and neither went quite to plan. He managed to pull it back on PB and went on to win a Silver medal on this

apparatus. HB continued with the same positive approach earning him another Silver medal. The final apparatus produced two errors that cost him further medals but overall a lot of positives and a good competitive spirit.



The final competition of the London Open saw Freddy Nelson competing at Under 16 level and finishing in 9th place overall. He worked hard to taking the bronze medal on high bar, had an unfortunate fall on pommel and competed vault with an injury, so well-done Freddy on this performance and Congratulations to all the coaches from City of Newcastle on these results and thanks to Jill for the report.

In July the Team Gym gymnasts and coaches from **City of Newcastle Gymnastics Academy** headed to Liverpool for the 2019 Team Gym British Championships. It was full steam ahead for the black and white army who had a set of brilliant results across the weekend!



The first results came from the Level 3 women's team in the Youth team event placing 2nd on floor with a score of 16.150, 3rd on

tumble with a score of 13.900 and joint 9th on trampette with a score of 10.150. A set of scores that earned them 7th place overall and a healthy score of 40.200 in a high-level competition.

In the Junior team event, the Level 2 Women's team triumphed with excellent performances all round placing



1st on trampette with a score of 14.200, 3rd on tumble with a score of 15.000 and 4th on floor with a score of 19.200. This earned the girls a

collective score of 48.400, 3rd place and a second consecutive British Bronze medal position!



The next day the Primary Challenge team entered the arena for their first ever British Championships. With their parents, coaches and friends behind them they took this in their stride with lovely performances all round placing 6th on tumble

with a score of 11.850, 8th on floor with a score of 15.500 and 11th on trampette with a score of 9.200. An overall score of 36.550 would earn the girls 10th place in their first ever British.

The final set of results came from our Junior Mixed team



in the Micro challenge event who showed amazing team spirit and gave fantastic effort on both

pieces of apparatus placing 7th on trampette with a score of 11.000 and 8th on tumble with a score of 10.550. This would earn them an overall score of 21.550 and 8th place.

A huge well done to gymnasts and coaches!



In other news, Newcastle TG gymnasts Abbie and Olivia attended GB Squad training at Reddam; the girls both worked hard and did very well. Another great learning experience for them! Thanks

to Scott for this report.

City of Newcastle Girls have also had a busy time as Paula reports:

During the last week in August our younger gymnasts compete in the Liverpool Open Competition. This was a run out for the girls to compete new skills and routines ready for the competition season. The Newcastle girls brought home many medals and awards along with competition experience and areas to improve.

Starting on Friday, our 2012 gymnasts in their first ever competition for the club; the girls were super cute and enjoyed their first experience of competition. In the voluntary Level 5 competition Macey finished 6th, Charlie 5th and Laila 4th all-around, with Macey taking the gold on floor and bronze on bars, Charlie twinning Silver on floor and Laila earning bronze on vault. In Voluntary 4 Katie finished 6th and Rose 4th all-around with Rose taking bronze on bars and Katie winning an award for the best number. Onto Voluntary 3 Billie took 3rd all-around with gold on bars, silver on vault and bronze on beam. In Saturday's competition Lily was in 6th place all-around with a bronze medal on vault in Level 5 (9 years); Scarlett won the award for best number. In Regional 4 (senior) Amelia competed in her final competition as a women's artistic gymnast finishing 6th all-around. In the junior category Gracie finished 4th all-around with Stephanie 5th. Millie took the bronze on vault and Stephanie the Gold, Gracie and Libby won joint bronze on beam and Stephanie won silver on floor. In Regional Level 3 Libby took the silver medal on beam. Finally, Sunday's competition for our Level 6s and 5s In level 5 Millie finished 5th all-around and took the silver medal on beam. In level 6 CNGA smashed it with Gracie taking 1st, Lily-May 3rd, Brogan 4th, Sarah 5th and Elianna 6th in the all-around. Sarah took the bronze on vault and bars, Lily silver on vault and floor with bronze on beam, Brogan took the gold on vault and floor, Gracie took a silver on bars and gold on beam and Eliana took a silver on floor. A big thank you to The City of Liverpool Gymnastics Club for hosting this event we can't wait to return next year.

On the 15th of September our junior girls (Laura, Evie, Jamie, Maisie and Chloe) competed in the Adrian Stan team competition in Surrey. The girls performed well but unfortunately had a few costly mistakes on beam which kept them out of the medals, however they still managed to finish 5th in the Junior None Squad competition. They are already back in the gym working on upgrades and consistency for the rest of the competition season.



Carlisle Trampoline Club attended the English Championships for TRA/DMT/SYN in Sheffield on the 7th & 8th September. The gymnasts competed and showed outstanding performances with a 100% completion of routines and also some podium places!



SILVER EVENT

Kira 2nd 9-10 girls TRA; Belle 9th 9-10 girls TRA

Daniel 10th 9-10 boys TRA; Emily 5th 11-12 girls DMT

Harry & Alfie 1st 9-12 mixed SYN

GOLD EVENT

Emily 2nd 11-12 girls TRA; Ella & Emily 2nd 13-14 SYN

Hollie & Jemma 5th 15-16 SYN

A massive thank you to Kim & Billie for volunteering their time all weekend to

enable the gymnasts to succeed.



Regional News

- Thank you to everyone who has paid their **Affiliation** to NEGA so promptly. Really appreciated.
- **Just a reminder that only Clubs affiliated to NEGA and British Gymnastics are eligible to enter competitions in the region. This includes Club 'friendly and invitational' competitions. By including gymnasts not registered with BG you risk invalidating ALL the gymnast's BG membership. By inviting north region Clubs not affiliated to the North Region you are breaking the Region's rules.**
- **NEGA Awards:** The Awards Evening will again be at Hardwick Hall Hotel. The date is February 21st 2020. Nomination criteria and forms have been sent to all clubs. Please make your nominations on the appropriate form and return forms to me by December 1st. Menu and ticket information will be sent to clubs as soon as possible.

- **Safeguarding Courses;** The region has sponsored some S&PC and Young Peoples Safeguarding Courses this year to help people to gain a UK Coaching Certificate. Please make sure that your coaches apply for these courses correctly. The courses must be registered with UK Coaching and there are strict criteria regarding ages, course numbers and the advanced notification required by UK Coaching. It is also important so that the correct number of resources can be purchased.

Candidates must enrol by the closing date, using the form sent out for the course, and pay for the course with the application just as they would with a BG organised course. Everyone attending the courses will need a pen!

- **Women's Artistic News:**
REGIONAL SQUAD DATES
 - Sunday 5th January at South Durham
 - Wednesday 8th April at City of Newcastle
 - Mon 24th and Tues 25th August at Redcar
 - Sunday 13th December at City of Newcastle
- **Schools News:** British Schools Affiliation: A reminder for those of you who work in schools or enter gymnasts and trampolinists in the school's competition – Affiliation to BSGA is due now. It must be paid before entering a competition and the affiliation number must be included on the entry form. The registration region is NORTH.

BG News:

- Club Registration and Membership renewal is now underway.
- If you plan to coach in a British Gymnastics recognised environment, you must hold the relevant level of membership and coaching qualification. For example, Level 1 coaches require silver membership and Level 2 and above coaches are required to have gold membership. You must also have a current safeguarding certificate and a relevant criminal record check through the governing body. Safeguarding certificates should be sent to Customer Support to allow your record to be updated. Membership can't be renewed or upgraded if the above criteria are not met.
- Coaches must now complete the Positive Coaching on-line course – this is a mandatory requirement if you coach.
- BG Awards Dinner January 25th 2020

NORTH DATES 2019-20

Date	Discipline	Organiser	Event	Venue	Entry By
October 26-28 th	MA WA	Club	Spooky Spectacular	C. of Newcastle	
October 27 th	General	Region	GGTC TeamGym Levels 6,5 ,4	Hartlepool	Sept. 29 th
November 1-3 rd	MA	National	Men's Artistic Elite and Club Grades		
November 2/3 rd	Women's A	Region	North Voluntary Levels	City of New	Sept 20 th
November 11 th	Trampoline	Region	NDP Qualifier 1	Billingham	
November 17 th	Women's A	Region	North Teams	South Durham	Sept 20 th
December 1 st	Acrobatics	Region	Pre-Grades	Newton Aycliffe	
December 15 th	Tumbling	Region	Christmas Competition	Durham	
December 1 st	Trampoline	NESGA	North Schools Championships	Billingham	
January 26 th	F&V	NESGA	Schools Milano Championships	Royal Grammar	Dec 22 nd
February 2 nd	Acro/Tum	NESGA	Schools Acrobatics & Tumbling	Northern Hope	Jan 10 th
February 2 nd	Trampoline	Region	NDP Qualifier 2	Bishop Barrington	
February 9 th	Acrobatics	Regional	Open and Team Competition	Newton Aycliffe	
Febr 25 th tbc	F&V	NESGA	Schools Floor and Vault Championships	Cumbria tbc	Jan 24 th
March 1 st	Trampoline	Region	RTF Qualifier	Penrith	
March 1 st	General	Region	Sport for All	Catterick	Feb 1 st
March 8 th	Tumbling	Region	Tumbling NDP Competition	Durham City GC	
March 8 th	Women's A	Region	North Grades	South Durham	
March 14-15 th	Acrobatics	Region	NDP Preliminaries	Newton Aycliffe	
March 14-15 th	Women's A	Region	Regional Grades	City of Newcastle	
March 29 th	Women's A	Region	Compulsory & National Grades	South Durham	
March 29 th	Women's A	Region	English Champs Comp & Challenge Cup Qual.	South Durham	
April 3-5 th	MA WA	England	English Championships		
April 5 th	General	Region	Floor and Vault Recreation Level	Gateshead LC	March 4 th
April 16-19 th	MA WA	National	British Championships MA WA		
April 26 th	Tumbling	Region	Tumbling Grades Competition	Redcar GC	
May 3 rd	General	Region	Floor and Vault Club & Competition	Hartlepool	
June 7 th	General	Region	Apparatus Recreation Level	Hartlepool	
June 28 th	General	Region	Apparatus Club and Competition	Hartlepool	
October 25 th	Women's A	Region	Regional Vols & Challenge Cup Qual	South Durham	
November 7-8 th	Women's A	Region	North Voluntary Competition	Redcar	
November 29 th	Acrobatics	Region	Pre-Grades Competition	Newton Aycliffe	
November 29 th	Women's A	Region	North Teams	Tbc	



Thank you to everyone who has contributed to this News.

The next issue is due in December!