

# NEGA NEWS



**Edition 143 March 2021**  
**North of England**  
**Gymnastics Association**



## New Logo

About 50 years ago, our President, Peter Crawford BEM and a few other stalwarts of the Association at that time, designed the logo that you see on our newsletter, website etc. This year Peter felt it was time to change the logo and we set up a competition.

We had entries from a range of ages and so we split the entries into two sections – Under 16 and Over 16. Panels of judges including coaches, judges and Committee members were contacted independently and asked to judge the entries.

In the under 16 section it was very difficult to choose and so we decided that all entrants would receive a prize. This is now on the way to them all either directly or via their club coach. Congratulations to them all.

In the Over 16 section, there were some excellent entries and once again it was difficult to choose, but the independent judging did produce a 'top three'. These were then discussed at our recent NEGA meeting and logo was chosen.



The chosen entry was sent in by Daniel who is a student from Houghton-le Spring. You will see it soon on all NEGA documents. Congratulations and thanks to Dan and to everyone who took part for all your work. Prizes are on the way to you all either directly, or through your coach.

## News from DC Gymnastics

Although fundraising successes do not necessarily help with core business cash flow challenges - which DC Gymnastics still faces for sure - they can provide a real smile opportunity when new kit heralds a hopeful restart in April. DC Gymnastics raised over £10,000 via its Crowdfunder appeal early in the new year, and I am very happy to help anyone seeking information on what worked for us. With our Crowdfunder more worked for us than didn't.

We also succeeded in being allocated a little over £7,000 from Sports England's 'Return To Play Small Grants' fund, however with this application I feel we learnt as much about what not to put in, as what to put in. Again, very happy to chat to anyone who is thinking of making such an application.

The combined grants have helped us purchase some new kit which genuinely helps on the non-contact side of 'new world coaching', and to fit-out, a room we had that was 100% for spectating but is now turning into a small extra gym/warm-up room/transition area/occasional spectating room. Well done to DC. Contact Neil if you would like advice or support to get your bids moving.

## News from Redcar GC

The team at Redcar have carried on being creative on zoom with lots of things to keep our girls and boys engaged. We have run Poi classes, circus skills dance and of course the usual strength and conditioning zooms! We have also enjoyed some excellent different zooms by Elliot Browne world class tumbler and Danusia Francis holding Dance and beam zooms.

(12 months ago we couldn't image how much time we would all spend looking at screens like this!)



Recently we offered a virtual competition with set exercises for our boys, WA girls and all our General Gymnasts. This was to encourage and engage our gymnasts and have some fun. Lots of medals and prizes on offer!

We are also planning for the future, holding our Redcar Rocks Competition on 28th & 29th August 2021. We invite every club to attend; Saturday will be the floor and vault levels with Sunday being WA. For more information text Diane on 07969705998: its lots of fun!

## TeamGym News

The TeamGym TC held their AGM recently and have some news to share. If you train TeamGym gymnasts in your Club and want to keep up to date with meetings and events, please contact the new secretary Sara Bowers.

The Social Media rep is Scott [rec@newcastlegymnastics.org](mailto:rec@newcastlegymnastics.org) Scott writes that he wants to let clubs know about the active TG social media pages on Facebook and Instagram. He is to use these social media pages to promote good gymnastics, skills and work being done in our region, Clubs will be able to contact him with photo's and videos. He won't share any personal information or share any photo's or videos without permission from the clubs. As the administrator/social media officer he will be the only one able to post information sent in by clubs. He says that the pages will be for parents and participants to see what is going on in the region and not an open forum or place for club officials and managers to discuss important matters. If you want to find out more, contact Scott.

**Good Luck!** To all the North Region Clubs hoping to re-open soon. It has been a long year, but we are getting there!

**Volunteers don't get paid – not because they are worthless, but because they are priceless**

## Sport for All

This is a competition for beginner gymnasts, both boys and girls who have never competed before (other than in a virtual event!) Gymnasts must be BG members with at least Bronze membership. The General TC circulated some information about a virtual Competition a few months ago but sadly it wasn't to be. For this year it will be Floor Routines only. Now with fingers crossed we have the following dates:

Entry on SfA entry form by 12.00 noon on May 10th. Video, clearly marked with age groups and names, to be received either in Enid's Drop Box account, or on data stick or DVD to her home address by 12.00 noon on June 4th.

Gymnasts must dress and behave appropriately for a competition. Gymnasts may have only one attempt to be filmed and coaches must apply this rule to all their competitors. Please try to cover mirrors in the gym to avoid distractions.

Entry fee £3.00 per gymnast payable to GGTC either by cheque or BACS to GGTC Bank A/c no. 36119288 Code 55-61-02 or to Mrs Andrea Lamb. All gymnasts taking part will receive a 'well done' medal and the first 6 in each age group will receive an additional award.

**Finally – many thanks to Denis for his brilliant poem:**

### PANDEMIC.

The gymnastics world it has collapsed  
I am sitting thinking of times past  
The ups the downs, heartbreak and joy  
Are given to me by each girl and boy

My second family would arrive at seven  
To me this is my life,  
I suppose you could say it is my heaven  
Girls and boys young and older,  
Sometimes want to cry on my shoulder

As warm up starts the pace will gather  
Some will work while others chatter  
Handstands, rolls, flics too  
All these things will matter to you

Coaching gymnastics is a way of life  
A career taken on by myself and my wife  
Suddenly it is gone taken by Covid 19  
To put us in a life never before seen



Shut the door stay inside  
This has been said the whole world wide  
The gym stands empty as a shell  
No floor no track or music too  
No one knows how much I miss you

The ups the downs that you create  
Makes my life feel so great  
When are we back? we shall have to wait  
But I can't wait to welcome you back, through the gate  
So please stay safe obey the rules  
And remember that the Robbie Ak rules.

### Denis Robinson.

Head Coach, Robert Atkinson (Robbie Ak)  
Gymnastics Club.

