

# NEGA NEWS



## Edition 127 December 2017 North of England Gymnastics Association

### *NEGA AWARDS 2017*

Thank you to everyone who has made nominations for the Awards. The nominees will be notified in the new year.

The Awards Dinner will be held at Hardwick Hall Hotel on Saturday March 10<sup>th</sup>. Further details about the menu and how to book tickets will be sent to all Clubs in the new year.

### *NEGA Affiliations*

Thank you very much to all the Clubs who have completed their Affiliation to NEGA for 2018. We know how difficult it has been to deal with membership issues over the last few months and we really appreciate your help in dealing with your North affiliation so promptly.

All Clubs who have affiliated, should, by now, have received their Certificate and Handbook. If this has not arrived with you, please could you let me know.

There are ten Clubs who have not yet affiliated. The current affiliation year has now run out so these clubs are no longer eligible for competitions, squads and events. All Technical Committee colleagues are aware and will apply the rules.

### *Competitions*

All competition dates received so far from the Technical Committee are shown on the Calendar at the end of the newsletter. Please ensure that entries arrive by the entry closing date, are correct, received with payment and include only gymnasts and coaches with the correct level of membership and appropriate coach qualification.



### *Safeguarding*

Following a number of concerns nationally, the BG Safeguarding Team has distributed guidance to the Region regarding the use of some new social media apps that allow young children to approach and be approached by others of all ages and to share live visual images.

The document was sent to all the Club Welfare Officers that I am aware of, with a request for them to share it with coaches and parents. Your support would be appreciated.

If your Welfare Officer is not receiving communication, or if they are no longer in post in that role, please could you ask them to contact me so that I can update my records. Thank you.

### *Women's Artistic News*

Congratulations to all the girls selected for the North Women's Artistic Squad for 2018. There are four squad weekends and camps planned throughout the year, hosted at City of Newcastle, South Durham, Redcar and Darlington. Well done to all the gymnasts and coaches involved and very best wishes for a successful year.

Coaches without squad members are cordially invited to attend. Please contact Diane Richardson if you require more information about WA rules, squads and competitions.





## GGTC Update

### Competitions 2018

Sport for All – Richmondshire Gym Club, February 25<sup>th</sup>.  
Closing date January 25<sup>th</sup>.

Floor and Vault 1 (Recreation) – Gateshead LC on April 8<sup>th</sup>. Closing date March 8<sup>th</sup>.

Floor and Vault 2 (Other levels) – at Hartlepool Gym Club on April 22<sup>nd</sup>. Closing date March 21<sup>st</sup>

Apparatus Competitions – June 10<sup>th</sup> and July 1<sup>st</sup> at Hartlepool Gymnastics Club.

Rules and Regulations for all competitions from January 1<sup>st</sup> 2018 have been circulated.

### GGTC Support to Coaches

The General Gymnastics TC agreed to offer clubs a grant of £100 towards supporting coach education, to help clubs and coaches to progress. This will apply to Level 2 General Courses run between October 1<sup>st</sup> 2017 and October 2018. Coaches must belong to a NEGA registered club.

1. The Club needs to have entered gymnasts in at least 1 General Gymnastics Competition during 2017
2. On applying for the L2 course the learner or the Club must inform Mrs. M. Sunley, that they have applied. [myrtlemsunley@msn.com](mailto:myrtlemsunley@msn.com)
3. Coaches then need to attend the course and complete the assessment before contacting the Chair to requesting the grant.
4. A maximum of 2 coaches per club may apply for the grant

### GGTC Support to Clubs

The TC has also agreed to support to Clubs towards the purchase of a piece of equipment. The maximum grant is £200 and Clubs must have the funds to complete any purchases prior to receiving the grant.

Club must have entered at least one General Gymnastics Competition in last year. The Club must be able to show how this equipment will enhance the training and progression of the gymnasts. Clubs applying must not

have received an equipment grant from NEGA in last 3 years. To apply, request a form from me then complete and return it to Mrs Sunley [myrtlemsunley@msn.com](mailto:myrtlemsunley@msn.com). You will be notified if you have been awarded the grant. Please do not purchase equipment before you have been notified. Retrospective purchases will not be awarded. Payment will be made on receipt of a copy of the invoice for the equipment.

**JUDGING COURSES:** The next Floor and Vault Level 1 and courses in the Region are being held on

January 25<sup>th</sup> in Penrith; February 14<sup>th</sup>, in Durham.

Contact Emma Docherty for more details. These courses are especially appropriate for people new to judging and to anyone wishing to judge at schools or your internal club competition. Minimum age 14 years.

We hope to hold a Level 2 course for people wishing to judge at GGTC regional competitions in the near future.

## BG News

### Men's Artistic Talent and Performance Symposium

This is a two-day event for all levels of coaches and judges within this discipline. The sessions will include: important technical updates; networking opportunities with other coaches; guest speakers and National coaching staff; current updates that will aid and enhance your coaching delivery. Discipline Specific session will include: Practical demonstrations from National Coaches; Andre Popov (Rings), Barry Collie (P-Bars), Carol-Angela Orchard (Artistry), Lee Woolls (Pommel Horse). Also EIS workshops covering Nutrition, Psychology, Strength & Conditioning and Physio.

Additional sessions will cover Judging reflections from the Elite Grades and the Worlds review; Club Grades presentations from Eddie Van Hoof via Academy portal. Guest Speakers include: Scott Hann MBE and Nick Ruddock. Full board and refreshments provided throughout the weekend. Overnight accommodation will be at Lilleshall National Sports Centre.

Places are limited. Book your place <https://www.british-gymnastics.org/course/21780/national-talent-and-performance-symposium/> or email Rebecca Partridge at [rebeca.partridge@british-gymnastics.org](mailto:rebeca.partridge@british-gymnastics.org)

Booking is now open for the **BG Inclusion Conference** at Lilleshall, February 18<sup>th</sup> and 19<sup>th</sup>. This is a really useful event for everyone working with disability gymnasts. Book through the BG website by January 16<sup>th</sup>.



**Gymnastic Scholarship** opportunities are now available at the **University of Cumbria** from September 2018.

Suitable for students wishing to follow a BSc in Sport & Exercise Science, Sport Rehabilitation or a BA in Sports

Coaching and PE. Applications are open now and details are on the BG website.

**Women's Artistic NDP Grades:** The Women's Artistic Gymnastics NDP Grades are now available to view online via the British Gymnastics Academy. If you completed the steps to access the Elite Compulsory Levels, there are no further actions you need to take. The NDP Grades PDF will now be live for you to access in the same place on the Academy. If this is the first time you are accessing

these resources on the Academy, you will need to take the steps shown below -

1. First, enrol onto our free course. At this stage, you will need your British Gymnastics membership number and password to log in.
2. Once step 1 is complete, you will receive a confirmation email that will direct you to the Academy.
3. You will find the NDP Grades PDF by clicking the 'Resources' tab on the Academy and then selecting 'Women's Artistic Gymnastics Resource'.
4. Click the start button to begin and you can then select the NDP Grades and access the PDF.

## Club News

**Carlisle Trampoline Club:** In October the Child Protection in Sport Unit organised a Parents in Sport Week. This was designed to raise awareness of the important role that parents play in their child's involvement in sport while also demonstrating some of the negative impact that inappropriate parental involvement can have. All Clubs

were invited and encouraged to organise an event to encourage positive parental involvement in their Club. The Welfare Officer at Carlisle Trampoline Club, Julie Thomas, organised a Workshop for parents that was very well received by all who attended. Well done Carlisle TC!



**Northallerton Gymnastics Club:** Well done on moving into new premises!

**Young Persons Panel:** This is an opportunity for your club to nominate a young person to receive the newsletter, the awards news and similar information, an opportunity to have articles published in the NEGA NEWS or just to email the Executive Committee to draw attention to their views. There is a section on the Affiliation Form to name your representative and an email address is required. This can be a club or parent address if desired. If you have not named a YPP member and would like to do so, please email the details across.

**Gateshead TeamGym:** I know you will all join me in sending our sincere condolences to everyone at Gateshead TeamGym. As you may have heard, Head Coach and Club founder Marian Bailey, passed away very suddenly a few weeks ago. Marian will be greatly missed by her coaches, gymnasts and the TeamGym community and our thoughts are with them all and with Marian's family at this very sad time.



## NORTH DATES 2018

Date	Discipline	Organiser	Event	Venue	Entry By
January 24th	Schools	Region	Milano Championships	Carlisle	Dec 15th
Feb 4 <sup>th</sup>	School	Region	Acrobatics and Tumbling	Northern Hope	January 8th
Feb 25 <sup>th</sup>	General	Region	Sport for All	Richmondshire	Jan 25 <sup>th</sup>
Feb 28 <sup>th</sup>	Schools	Region	School Team Floor and Vault	Hartlepool GC	January 31st
March 3-4th	BSGA	National	Milano National Finals		
March 3-4 <sup>th</sup>	TeamGym	National	North Qualification	Stirling	
March 10-11	Acrobatics	Region	NDP Prelims		
March 17-18 <sup>th</sup>	Women A	Region	Regional Grades Competition		
March 24-25 <sup>th</sup>	Women A	Region	North Grades	South Durham	
April 8 <sup>th</sup>	General	Region	F&V Competition 1 (Recreation)	Gateshead	March 8th
April 14-15 <sup>th</sup>	TeamGym	National	British Championships	Northumbria Univ	
April 22 <sup>nd</sup>	General	Region	F&V Competition 2 (Club etc)	Hartlepool	March 22nd
April 22 <sup>nd</sup>	Women A	Region	Compulsory & National Grades		
May 5-6 <sup>th</sup>	BSGA	National	Floor, Vault, Tumbling, Acro Finals		
June 10 <sup>th</sup>	General	Region	Apparatus Competition (1)	Hartlepool	May 10th
June 30 – July 1st	Acrobatics	Region	Open and Team Championships		
July 1 <sup>st</sup>	General	Region	Apparatus Competition (2)	Hartlepool	June 1st
Sept 22 <sup>nd</sup> / 30 <sup>th</sup>	Women A	Region	Age Groups and Challenge Cup Qual		
October 6-7 <sup>th</sup>	Women A	Region	North Voluntary Championships		
November 18th	Women A	Region	North Team Competition		
December 8/9	Acrobatics	Region	Pre-Grades		



### NEGA NEWS:

**Thanks to everyone who has contributed to NEGA News in 2017.**

**The next news is due in March. Please send in your news by March 1<sup>st</sup>.**