

NEGA NEWS



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North of England
Gymnastics Association**

NEGA AWARDS 2018

Thank you to everyone attended the NEGA Awards Dinner held at the Hardwick Hall Hotel on Saturday March 10th. It was wonderful to see people from all parts of the North Region attending and you all made it a very special occasion for those receiving awards.

The awards were presented by Mr Brian Everett, President of British Gymnastics, who kindly took time out from attending the British Championships in Liverpool to be with us. He was accompanied by Dave Portas, Regional Chair and Peter Crawford, North Region President.

16 young people were recognised for their support to their clubs with a Junior Service to Gymnastics Award; 15 adults received the Service to Gymnastics Award and Chris Wrigley, Julie Kidd, Sue Mattinson, Charlotte Wilkinson, Marsha Hill and Marie MacLeod were all recognised for over 20 years of work in the sport. Technical Committee Awards went to Athena, Northallerton, Wansbeck, Stainsby and City of Newcastle. The Club of the Year went to two clubs, who have volunteers who contribute a huge amount to the region across all disciplines. Congratulations to everyone at Acklam Gym Club and Redcar Gym Club.

The Master Coach award this year went to Billie Piper, for her excellent work at Carlisle TC;, Mike Hill and Jake Phelan from South Tyneside and Caitlin Owston, Amelia Palmer and Bethany MacDougall from Deerness were awarded Master Gymnast awards.

The Honorary Life Award this year went to Iain and Lynn Fraser from Furness, Jill Tann from City of Newcastle and Katie Lawton from Deerness. Finally, the President's



Award went to Diane Richardson and Debby Said for their outstanding work over many years.

The biggest cheer of the night was reserved for the third Presidents Award recipient who was Peter Crawford. After over 50 years of service to the North, he was a very popular recipient and all agreed it was very well deserved.

Congratulations

BG has recently announced that the trampoline teams that will represent Great Britain at the European Championships taking place in Baku (AZE) in April 2018 will feature double-Olympian **Kat Driscoll**.

Shanice Davidson and Rachel Davies from Durham City GC have also been selected to represent GB at the Tumbling European Championships in Baku. Coach Glen Wharton will also be coaching the team.

Also, in April, the Acrobatic team that will represent Great Britain at the 2018 World Championships Antwerp, Belgium will include, in the senior categories, from South Tyneside GC **Jake Phelan and Michael Hill** and Mixed Pair **Gabrielle Evans and Oliver Mattinson along with coach Iain Said** and from Deerness, in the Women's Groups, **Amelia Pamler, Caitlin Owston and Bethany MacDougall**.

Many Congratulations to **Leah Greenland** from South Durham who became 14-15 Beam Champion at the British Championships last weekend and also her club mate, **Mia Scott** who competed very well to make the Bar finals.

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. Organisers will generally now need to have gymnast and coaches name, BG number and date of birth before they can process entries.

Please also ensure that your gymnasts, coaches and parents are aware of the rules and regulations for events and that parents are aware of competition protocols. At a competition recently, parents had not been made aware of which club members had been nominated in the club team and which gymnasts were competing as individuals. This led to an unpleasant incident with angry parents, which could so easily have been avoided.

Women's Artistic News

Women's Artistic Performance Development Programme

The following Coach Education CPD opportunities are now available to book on the BG website. The Clinics will cover technical elements focusing on current practices and demonstrating key skills, progressions and routines surrounding Elite Levels 4,3,2 & 1. The Open Days are an opportunity for a small group of coaches to observe the Pathway Development Squad in training at Lilleshall and the National Coaches delivering the programmes within these squads.

Clinic 2: Sunday 18th March Portsmouth GC

Open Day Squad 1: Saturday 7th and/or Sunday 8th April;
Venue: Lilleshall National Sports Centre

Clinic 3: Sunday 20th May 2018; Bury GC

Clinic 4: Sunday 1st July Loughborough

Open Day Squad 2: Saturday 21st and/or Sunday 22nd July;
Lilleshall National Sports Centre

Clinic 5: Sunday 2nd September, Birmingham

The next **North Region Squad is on 11th April** at South Durham. Coaches are welcome to attend to observe. Contact Diane Richardson for details.

JUDGING: There is a Regional and Club Judging course running on 28/29th April and 19/20th May for Women's Artistic judges. Apply via the BG website.

GGTC News

Thanks to everyone involved with the Sport for All competition hosted by Richmondshire Gym Club. Well done to all the gymnasts who were taking part in their first competition.

The next competitions are the Floor and Vault hosted by Gateshead Metro and Hartlepool.

JUDGING COURSES: The next Floor and Vault Level 1 and course in the Region is being held at Acklam GC in Middlesbrough on May 19th.

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. Apply through the BG website

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

In Carlisle on Sunday 8th July the Cumbria General Gymnastics Championship for Club and Competition levels will be taking place. The dates for other events will be available shortly.

Club News

South Tyneside Gym Club has had a great start to 2018 and are collecting medals a plenty. January saw us take a 17 strong squad of Acrobatic Gymnasts to the Scottish Open in , Glasgow. Our 12-18 WG's (Lucy Weir, Lucy Atkinson, Georgie Scandle and Lauren Conlin, Olivia Parker and Hannah Smith) took Gold and Silver Podium positions as did our 11-16 WP's (Morgan Nelson & Lilly Gladman Chloe Heley & Alara Watson) 11-16 MP (Sam Cain and Leighton Carr) also won Silver as did our Grade 4 WP (Ellie McDonald and Ellen Proud). New partnership 11-16 WG (Emily Norton, Megan Neal and Holly Beard) performed their Balance routine, proving they were up to the job and are working hard to perfect their Dynamic skills together.

Next, we travelled to Bristol for the King Edmond Inter Club Cup on the 10th & 11th February with a 26 strong Acrobatic Gymnastic Squad from the Junior Section of the Club. For some it was their first ever competition, others it was their first competition away from their home venue. This was a massive competition with 30 to 40 partnerships in each event making competition very fierce. Everyone put in a PB performance finishing in the top third of the scores table. Our Grade 4 WG (Amy Thompson, Ashleigh Pinder and Eve Armstrong) came 2nd to bring home silver medals.

At the Acrobatic British Championships at Fenton Manor, on the 17th & 18th February our 12-18 WG (Lauren Conlin, Olivia Parker and Hannah Smith) came 2nd as did our 11-16 MP (Sam Cain and Leighton Carr). Our 11-16 WP's (Chloe Heley, Alara Watson, Morgan Nelson & Lilly Gladman) both qualified for the Final, a fantastic achievement for their first British Championships.

Sad News from Kendal Gymnastics Club: The President and original founder of Kendal Gymnastics Club back in the 1970s died peacefully on 19th February. Ray continued to attend our displays and keep in touch with the club as long as his health permitted and he will be remembered as a pioneer of our sport in Kendal.

Grant for GymMad. We have recently been successful in receiving £60,000 towards dedicated gymnastics equipment and work in our new facility.

Good News from Carlisle Trampoline Club!

On February 25th Carlisle Trampoline Club played host to the regional team semifinals at Penrith Leisure Centre. This competition was the last regional qualifier event of the season and each member was fighting for the top two positions and a qualification mark to land a place on the North of England Squad and represent the North of England in June at the finals at the Birmingham Arena.

Each Club member showed outstanding routines in their selected discipline with many of our members taking away trophies, titles and places on the North of England squad. Our results included - Alfie 1st Trampoline; Harry 2nd Trampoline & 1st DMT; Lewis 1st Trampoline & 2nd DMT; Fae 3rd Trampoline & 1st DMT; Cara 6th Trampoline; Jessica P 2nd DMT Adam 3rd Trampoline & 3rd DMT; Kira 2nd Trampoline & 1st DMT; Daniel 2nd Trampoline; Evie 11th Trampoline; Ella 1st DMT; James 1st DMT; Jess B 2nd Trampoline & 3rd DMT

Congratulations to those who have gained a place in the team: DMT James, Lewis & Adam and Trampoline - Sarah, Olivia & Jess B And to all those who gained a place in the Regional Squad.



Winners All from Carlisle Trampoline Club!

We would like to thank Abby Mitchelson, Ben Ewart, Tanya Dixon and Rachael Cross for being officials on the day ensuring we could enter the competition. We would also like to thank our Coaches Kim Trotter, Louise Trickett and Billie Percival who volunteer their time each week to enable the members to grow as gymnasts and achieve great things. And thank you to everyone who was part of the day ensuring we hosted a fantastic event.

NEGA NEWS:

Thanks to everyone who has contributed to NEGA News The next news is due in July.

NORTH DATES 2018					
Date	Discipline	Organiser	Event	Venue	Entry By
April 8th	General	Region	F&V Competition 1 (Recreation)	Gateshead	March 8th
April 14-15th	TeamGym	National	British Championships	Northumbria Univ	
April 22nd	General	Region	F&V Competition 2 (Club etc.)	Hartlepool	March 22nd
April 22nd	Women A	Region	Compulsory & National Grades	South Durham	March 22nd
May 5-6th	BSGA	National	Floor, Vault, Tumbling, Acro Finals		
June 10th	General	Region	Apparatus Competition	Hartlepool	May 10th
July 1st	General	Region	Apparatus Competition	Hartlepool	June 1st
July 1st	Acro	Region	Open and Team Championships	Newton Aycliffe	
July 8th	General	Cumbria	Club and Competition event	Carlisle	
Sept 22nd	Women A	Region	Age Groups; Regional Challenge Cup	South Durham	
September 30th	Tumbling	Region	Team Tumbling	Hartlepool	
October 6-7th	Women A	Region	North Voluntary Championships	Newcastle	Sept. 5th
November 18th	Women A	Region	North Team Competition	South Durham	October 18th
November 24th	Acro	Region	Pre-Grades	Newton Aycliffe	
December 2nd	Tumbling	Region	Christmas Tumbling Competition	Durham	