

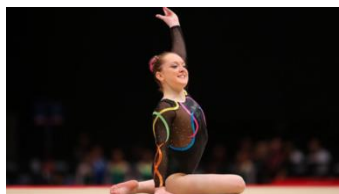


## International Success!

Gymnasts from across the North Region have enjoyed outstanding results in the World Championships recently! Starting with the World Championships in Glasgow – and I know lots of you were there! It really was a fabulous event.



**Amy Tinkler** from South Durham Gymnastics was one of the six Great Britain gymnasts to qualify the team in 3rd place after the qualification rounds. The



qualification also determined which gymnasts made it to the individual finals. 16 year old Amy marked her Senior World Championships debut with an appearance in the all-

around final having qualified 7th in the World, the highest all around qualifier for the Great Britain team!!

The team went onto produce an amazing performance in the final and take an historic BRONZE medal behind America and China and ahead of Russia!! Two days later, Amy went into the all around final on a high and although she was disappointed to make a couple of mistakes she was very happy and gained a lot of experience, ending the competition with a Team Bronze and an incredible 23rd place in her first World Championships. Congratulations to



Amy and everyone at South Durham GC.

And .....This is how Amy celebrated her 16th birthday!

Congratulations also to our European Acrobatics Bronze medallists who competed in Germany in October – Senior Women's Pair **Chelsea Fisher and Abbi Greaves** from Deerness GC!

Next the Trampoline World Championships in Odense!

**Kat Driscoll** from Apollo TC was competing in her 8th World Championships! She put on a brilliant display, anchoring the team into the semi-finals when others stumbled and ensuring that a full team qualified for Rio.



Kat ended the event with two more strong performances, finishing in an excellent individual 5th place. Congratulations to Kat, Gary, Bill and everyone at Apollo.

Unfortunately British Champion Nathaniel Scott, from Velocity TC, picked up an injury and had to withdraw from the World DMT event. We wish him a speedy recovery.



The Tumbling World Championship came next!

This time it was the turn of **Rachel Davies**, from Deerness GC, to

hold her nerve and tumble GB to a brilliant Team Silver Medal just 0.5 behind China. Rachel went down last for the Team competing an excellent run to score 35.20 marks. In the individual event Rachel again performed very well to end the competition in 5<sup>th</sup> place.

Finally, the Age Group Tumbling World Championships and yes.....still more success. This time for Deerness tumblers **Shanice Davidson** - Silver in the 15-16 girls and **Georgia Clayton** – Silver in the 17-18 girls section

Congratulations to the girls, their coach Glenn and everyone at Deerness GC.





## National Success!

Very well done to **Mia Scott** who competed in her first international event for England!! After an excellent clean competition Mia secured a place in the beam final and earned a silver medal for Team England!!



**Leah Greenland** and **Lydia Collins** represented South Durham in the National Level 2

Championships. After an excellent competition Leah (pictured at the award ceremony) finished in 4th place and Lydia in 17th. Leah also finished in an incredible 2nd place in the country when combining her compulsory and voluntary score!!



Representing the North in the National Level 4 Championships were **Mercedes Moore**, **Isobel Gosling** and **Ellie Potts**. The girls had another fantastic competition and finished in 5th place in the team event. Mercedes (pictured) finished in 13th place, Isobel in 17th and Ellie in 23rd. Mercedes also finished in 5th place in the country when combining her compulsory voluntary scores!!

Congratulations to **Debbie Couch** from Berwick – Gold on Vault and Bronze medallist overall at the GB Veterans Championships.



Well done to the gymnasts from **South Tyneside** and **Deerness** who competed so well at the British Championships in Liverpool.

Congratulations and well done to those who competed at the European Age Group Acrobatic Championships in Germany in October

11-16 WP **Lauren Said**, **Vienna Ramsey**

13-19 Trio **Erin Mattison**, **Lauren Emmerson**, **Lucy Atkinson**

12-18 MG **Nathan Brady**, **Ryan Dury**, **Michael Gill**, **Finnian Gavin**



## Regional News!



Congratulations! **Stainsby GC is 25!**

We couldn't believe it either as Charlotte still looks 21 – but it's true and the Club celebrated in fine style with a presentation and party night! The Club are also celebrating

regaining the title of North of England **Team Tumble Champions** for the 2nd year in a row to finish off a great competition year for their tumblers. Congratulations to all who competed and won medals at National competitions this year.

**Isaac Bennison** 9/10 Level 1 Gold medal British Champion, **Thomas Reynolds** Silver medallist in the same category. **Cole Parker** Level 5 11/12 Men's Silver medallist and **Erin Peters** Level 6 13+ Womens Silver Medalist.



**Berwick GC** recently changed the Club name to They have also been awarded a very useful grant of £5000 from The Simpson McCreath Trust. The money will be used

to buy a new competition tumble track

Over in Cumbria, **Kendal GC** was celebrating another successful day at this year's Cumbria County Championships.



All 6 Kendal gymnasts won medals, but the highlight of the day was **Ruby Dickson's** all around gold at Intermediate level, having come first on every individual apparatus. In the open category (12 and over) **Sarah Dixon** took overall silver on the back of beam and floor bronze, with **Jamie-Lea Trickett** shining on beam (gold), floor (gold) and vault (silver) in overall 4th place. Supported by **Chloe Sanderson** (floor silver) and **Amelia Edwards** (floor bronze) the team also took a silver medal. In the open (11 and under) **Millie Stephenson** gave a solid performance to win overall bronze, including a gold on the vault and bronze on the beam. An award is also given for the highest score on the day on any apparatus, and this was won by Jamie-Lea Trickett for her superb beam routine, scoring 12.55.



## Regional News 2!

**Denis Robinson** sent in this message.....

Some of the members of the **Robert Atkinson Gym Club** have just had one of the most enjoyable competition experiences for ages. I am referring to the Micro competition of the Teamgym event held at Hartlepool on November 15<sup>th</sup>. Having never seen Teamgym before I did not know what to expect, and we were a bit shell shocked at the beginning of the competition at the sheer speed and excitement the gymnasts perform at. We soon settled down and got the hang of it and a great time was had by all!



We entered six teams in total 3 gymnasts in each team and I am very pleased to say all teams came away with medals. Can we say a big thank you to the organisers who

guided us through the event. I know this will not be our last try at this. Next time we will try the full event! This competition was very well received by all the teams taking part and some teams are hoping to compete in Newcastle in January. The GGTC hopes to hold another competition in the early part of the year at Northern Hope GC and a second towards the end of the year at Hartlepool GC. Thanks to everyone who supported the event.

The **General Gymnastics TC** has updated the rules and regulations for competitions in 2016. A copy has been emailed to Clubs that participate in GGTC events and a hard copy will be available at competitions. Please check the rules before preparing gymnasts for competitions. If you have not received a copy by email and would like to do so, please get in touch.

The next GGTC event is **Sport for All** at Catterick LC on February 14th, **entry by January 14th**.

### Coaching Courses

Emma Lawton has asked me to let you know that she is looking for new course venues for 2016. Venues will be signed off according to specific disciplines, providing the equipment needed for UKCC Level 1 and UKCC Level 2 Courses is available. As well as gym space and equipment, venues need to have a classroom facility for the theory days of courses. Contact Emma if your Club would be interested. [emma.lawton@british-gymnastics.org](mailto:emma.lawton@british-gymnastics.org)

Thanks to everyone who has contributed to this Newsletter. Next News will be in March!

Thanks to everyone who has sent in nominations for the **NEGA Annual Awards**. Congratulations to all the award winners!

The event is being held on on Friday, **February 19th 2016** at 7.00pm at the Hardwick Hall Hotel, Sedgfield, TS21 2EH.

Tickets cost £27 to include a three course dinner.

Information has been sent to all Clubs and the closing date to book is **January 14th**.

The **Trampoline TC** has a new Committee  
The Officers for 2016 are:

Chair	Adam Rear
Secretary	Andrew Revell
Treasurer	Susan Robertson
Judging Secretary	Adam Rear
Schools Secretary	Susan Robertson
Welfare Officer	Susan Robertson
Competition Organiser	Joanne Rear
Coaching Secretary	Andrew Revell
DMT Squad Manager	Adam Rear
NEGA Representative	Adam Rear
Trampoline Squad Manager	Gary Short
Disability Officer	Emily Morritt

**Nova Aces GC** would like everyone to know that the next **Gym Challenge Event** will be held on Sunday February 21st 2016 - Bishop Barrington Sports Centre, Bishop Auckland. This has been really popular with Club – contact Dan dharrison8@sky.com for more details

**Kerrie Hay** from **Gateshead Metro** writes..... our girls had a fantastic day at the Group Challenge competition.



Our 10 and under girls were 2nd (2 of the girls are still 8) and our 12 and under girls were 4<sup>th</sup>!

**ALSO** We are looking for a new wooden box for **Metro**. We have a vaulting horse which we do not use and it is in excellent condition and we were wondering if anyone is interested in swapping the horse for a wooden vault.

Or if anyone is interested in buying it we would except offers in the region of £300 (they are £985 to buy brand new) Contact [kerrie.hay@gateshead.ac.uk](mailto:kerrie.hay@gateshead.ac.uk)



## NORTH DATES 2016

Date	Discipline	Organiser	Event	Venue	Entry By
<b>January 2016</b>					
January 21 <sup>st</sup>	Schools	NESGA	Milano Championships	Carlisle	December 16th
January 24 <sup>th</sup>	TeamGym	City of New	TeamGym Open Competition	Newcastle	December 11th
February 7 <sup>th</sup>	Schools	NESGA	Acrobatics and Tumbling	Northern Hope	January 8th
February 7th			Trampoline Qualifier 1		
February 14 <sup>th</sup>	General	Region	Sport For All – Beginner F&V	Catterick LC	January 14th
February 19 <sup>th</sup>	Region	Region	Annual Awards Dinner	Hardwick Hall	
February 21 <sup>st</sup>	GfA	Club	North Gym Challenge	Durham	
February 21 <sup>st</sup>	WA	Region	North Grades	South Durham	
February 28th	Tumbling	Region	NDP Regional Tumbling Championships	Hartlepool	
March 5-6 <sup>th</sup>	TeamGym	BG	North National Qualification	Meadowbank	
March 12-13 <sup>th</sup>	Schools	BSGA	Milano Finals	Stoke	
March 12-13 <sup>th</sup>	Acrobatics	Region	NDP Competition		January 29th
March 13th			Trampoline Qualifier 2		
March 16 <sup>th</sup>	Schools	NESGA	School Teams Floor and Vault	Hartlepool	February 7th
March 20 <sup>th</sup>	Region	WA	Regional Grades	Newcastle	
March 26-27 <sup>th</sup>		WA	WA Event	Tyneside	
April 10 <sup>th</sup>	General	Region	Floor & Vault Recreation Level	Gateshead	March 10th
April 17 <sup>th</sup>	General	Region	Floor & Vault Club and Competition	Hartlepool	March 10th
April 17 <sup>th</sup>	WA	Region	National Grades	South Durham	
April 30th	Schools	BSGA	School Gym - Team Floor and	Stoke	
May 1st	Schools	BSGA	Vault; Acrobatics; Tumbling Final	Stoke	
June 19 <sup>th</sup>	General	Region	Recreation Level Apparatus	Hartlepool	May 19th
June 26 <sup>th</sup>	Acrobatics	Region	Open/Team Competition		May 13th
June 26th	WA		South Durham event		
July 3 <sup>rd</sup>	General	Region	Club and Competition Apparatus	Hartlepool	May 19th
July 10 <sup>th</sup>	WA		Summer Classic		
July 28 <sup>th</sup> – 31st	Multi	BG	British Championships Acro; TG; RG	Liverpool	
September 25 <sup>th</sup>	WA	Region	WA Voluntary F&V	South Durham	
Sept 30-Oct 2nd	WA		Pink Ladies	South Durham	
October 16 <sup>th</sup>	WA	Region	Regional Voluntary 5,4,3,	TBC	
October 23 <sup>rd</sup>	WA	Region	North Voluntaries	Newcastle	
November 27 <sup>th</sup>	Acrobatics	Region	Pre-Grades		October 7th
November 27 <sup>th</sup>	WA	Region	Team F&V	TBC	

**Safeguarding Courses:** We have had to arrange quite a few of these courses at short notice in recent weeks.

Please contact Emma Lawton as soon as you become aware that there is a demand for a course from people in your Club –if you are willing to host, please let her know.

**NEGA Affiliation:** Your affiliation pack and Handbook has been sent out to you this week. A letter is enclosed explaining how to affiliate. Your Club affiliation certificate is included but this is not valid until the affiliation fee has been paid. Affiliations are due on January 1st and should be completed by January 31st.

<i>Coaching Courses 2016</i>			
<i>UKCC Level 1 Acro</i>	<i>3, 16 &amp; 17 Jan</i>	<i>Deerness Gymnastics Academy</i>	<i>Vicki Copeland</i>
<i>UKCC Level 1 Womens</i>	<i>3, 23 &amp; 24 Jan</i>	<i>Carlisle Gymnastics Club</i>	<i>Gayle Crowell</i>
<i>UKCC Level 2 General</i>	<i>17, 30 &amp; 31 Jan and 13 Feb</i>	<i>AAA Sports, Sunderland</i>	<i>TBC</i>
<i>UKCC Level 2 Trampoline</i>	<i>17 Jan, 20 &amp; 21 Feb and 5 March</i>	<i>AAA Sports, Sunderland</i>	<i>Andi Revell</i>
<i>UKCC Level 2 Trampoline</i>	<i>31 Jan, 14, 21 Feb &amp; 6 March</i>	<i>Pennywell Community Centre</i>	<i>Natalie Godley</i>
<i>UKCC Level 1 General</i>	<i>31 Jan, 13 &amp; 14 Feb</i>	<i>Hartlepool Gymnastics Club</i>	<i>Gayle Crowell</i>
<i>UKCC Level 1 TeamGym</i>	<i>31 Jan, 13 &amp; 14 Feb</i>	<i>Hartlepool Gymnastics Club</i>	<i>Enid Harrison</i>
<i>UKCC Level 1 Womens</i>	<i>6, 27 &amp; 28 Feb</i>	<i>AAA Sports, Sunderland</i>	<i>Susan Robertson</i>
<i>UKCC Level 1 Trampoline</i>	<i>6 Feb, 5 &amp; 6 March</i>	<i>AAA Sports, Sunderland</i>	<i>Andi Revell</i>
<i>UKCC Level 2 TeamGym</i>	<i>7, 20, 21 Feb &amp; 19 March</i>	<i>City of Newcastle Gymnastics Academy</i>	<i>Enid Harrison</i>
<i>UKCC Level 1 Womens</i>	<i>3, 16 &amp; 17 April</i>	<i>Hartlepool Gymnastics Club</i>	<i>Shelley Walton</i>
<i>UKCC Level 2 General</i>	<i>24 April, 7, 8 &amp; 22 May</i>	<i>Northern Hope GC</i>	<i>Lynn Hope</i>
<i>UKCC Level 1 General</i>	<i>8, 21 &amp; 22 May</i>	<i>Northern Hope GC</i>	<i>Deny Hill</i>

### **And Finally..... Safeguarding**

The BG Time to Listen Training has been modified (less time spent on 'laws! Hurrah!!'). The new course will start in January. There is no need for Welfare Officers to take the new course until their current course runs out. BG is now recommending that Head Coaches and Club Chairs also undertake this training so that safeguarding is a key issue across the Club and that the Welfare Officer is recognised as a Committee Member and key member of the Club.

DBS – as you know DBS has replaced CRB checks. Initially it was thought that if you did a DBS check you would only need to do it once. However it is a bit more complicated in practice.....

If you do a DBS through your Club and BG it will cover all gymnastics related work – but not other roles you may have such as coaching tennis, leading at Guides or your job. In theory it should last for ever though BG reserves the right to ask you to do another. If you are a volunteer it is free. You must be over 16. You only need one if you are a coach, welfare officer or volunteer in a regulated activity – providing instruction or supervision frequently (e.g. once a week or more, about 4 times a month), or overnight. It is illegal to ask someone to have a DBS check that is not in a regulated position, so if you send to BG for a check and it is returned, it is likely to be because the role of the person requesting a DBS does not meet the criteria. For example a person who judges or who is the Club Chairperson but does not also coach in the club would not need a DBS. You can also apply direct online for a DBS and this will cover all areas of your life; however it has to be updated annually and costs £13. You then give permission for your employer or club to check the DBS on-line. It is complicated! You can get more information on the web and it is worth checking before you need to apply. [www.british-gymnastics.org/clubs/club-membership/dbs](http://www.british-gymnastics.org/clubs/club-membership/dbs)  
[www.gov.uk/government/organisations/disclosure-and-barring-service](http://www.gov.uk/government/organisations/disclosure-and-barring-service)