



Edition 121 June 2016
North of England
Gymnastics Association



Club News.....



Congratulations Karl!

Many congratulations to Mr Karl Wharton from Deerness Valley Gymnastics Club on his award of the MBE in the recent Honours List.

Over the last 20 years, Karl's club has become one of Britain's top gymnastics clubs in Acrobatics and Tumbling with over 60 international gymnasts, winning more than 50 World and European medals, including World and European Champions and numerous British Champions. Karl's personal achievements are many. He is an International Performance Coach, an International Judge, and a former GB National Coach. He was awarded the first ever International Coaching Brevet for Acrobatic gymnastics by the International Gymnastics Federation (FIG) in 2011 and he is currently an FIG Technical Committee member and 'World expert in coaching pedagogy' for the FIG Coaching Academy which aims to raise standards of gymnastics coaching across the world. Karl's contribution to the sport has been immense in Durham, across the Region and throughout the country and this award is very well deserved!



Best wishes to.....

Kat Driscoll from Apollo Trampoline Club. Kat is a member of the GB Squad aiming for a place in the Olympic Team for Rio.

Amy Tinkler from South Durham Gymnastics Club. Amy is a member of the GB Women's Artistic Squad also working hard for Olympic selection. She has also just finished her GCSE exams!

For both ladies the next few weeks and months will be tough with training, trials and competitions and we wish them both every success.

North Region Tumbling Team. Very well done to all our North Tumblers who won the Regional Trophy at the event in Birmingham recently. A number of Clubs from across the North were involved in the excellent result – Champions two years in a row now and hoping for more excellent results at the Final.

From Hartlepool Gymnastics Club

Earlier this year David Smith and Ella McCann travelled to Lillishall National Sports Centre for the aged 9-10 tumbling trials. Both had a great weekend and showed off plenty of new skills. Later David went to Coventry for the first of the FIG qualifiers and placed 5th and then at the Sheffield qualifiers he placed 2nd. David has now been selected for the Great Britain tumbling squad for aged 9-10 years. This is a first for the club and we wish him luck on the upcoming British Finals in Liverpool In July.



Ella along with team mates Jake Wahab and Millie-Anne Donley have now qualified for the NDP tumbling finals to be held in Telford in July. Millie-Anne has also been selected for the tier 2 pathway performance squad. Congratulations Millie-Anne.

Meanwhile, the artistic section went to the Manchester Open for the first time and the girls, Abigail Neil, and Alexia Engoulvent in U/10 Reg 5, with Maisie Quain, Emma Worth, Amelia Brynn and Jenny Worth in Senior Regional 4 – competed confidently showing off new skills. Jenny Worth placed 6th Overall. A fantastic achievement at this big event.

In TeamGym our first time teams in Level 5 had a great time competing as micro teams as the recent competition in Newcastle. The Level 4 Hurricanes placed 2nd. All the teams thoroughly enjoyed the day and thank you to Sam Smith from Newcastle for organising the event.



Kendal Gymnastics Club

The Club suffered very badly following the floods in Cumbria but happily, after much work by the coaches and volunteers, things have now been restored and they are looking forward to more happy years in their 'new' Club.



AAA Gymnastics News

The 9th Annual AAAsports Championships went ahead on the 11th June and was held at our new centre in Sunderland. The event saw a huge number of members showcase their hard work on the floor, vault, DMT and Trampolines. The day started off with a display from some of our Pre-Schoolers who were proud to show the audience what they had been working on in their gymnastics and trampoline classes. Next our Elite DMT members had their turn to showcase their work to the audience and the judges, they all completed their passes to the best of their ability and the competition proved to be tough between them. After this event the Recreation and Intermediate events started in Cheerleading, Gymnastics and Trampoline with many of our members excited to show their parents what they had been working on during classes. There were some excellent routines and lots of potential talent!

The highlight of the day was the Elite Showcase event, which saw the top members in the Elite Trampoline, Cheerleading and Gymnastics categories compete to decide who deserved the title. All competitors in the showcase pulled their routines out of the bag and showed how much our club has developed in the last year. The rest of the afternoon saw a continuation of the recreation competition. The competition was a huge success for the club, a massive thank you to the coaches, judges, marshals, members and their families for making this day special for everyone!

Award winners

Ladies Elite DMT: Amy Blake

Mens Elite DMT: Bradley Walsh

Ladies Elite Trampoline: Ruth Callaghan

Mens Elite Trampoline: Peter Evans

Ladies Elite Gymnastics: Charlotte Gomez Mens Elite Gymnastics: Shae Illingworth Ladies Elite Cheerleading: Alice Ward

We then followed this up with a spectacular Presentation Ceremony, with 500 members and their families joining us at Rainton Meadows Arena to receive their awards! We also had performances from the AAA Tigers, plus several VIPs from across the region to help us present the prizes! Our ceremony concluded with video highlights from the last year, and then finished with actual indoor fireworks! An amazing day once again - looking forward to next year!

Well done to Sam Smith and everyone at **City of Newcastle GC** for the excellent TeamGym event held recently. This competition continues to grow and this time was held over two days to fit in all the teams taking part from as far afield as Utttoxeter and Scotland. Looking forward to the next one!

Wansbeck News...

This month we enjoyed representing the north! Kayla Devon having placed in the regional round of national grades represented the north at the National Grade 2 finals in Stoke had a great time and experience.



Just one week later she joined 3 other members of our trampolining squad Shanon Black, Beth Candlish and Chis Bell travelling down to the Barclaycard arena in Birmingham to compete for the North. Shannon our highest level competitor at NDP 6 17+ came 4th, Beth came 4th in NDP 2 11-12yrs, Chris 3rd in NDP 2 13+ mens and Kayla 2nd in NDP 2 13+ womens. All 4 qualify for National NDP finals in July in Telford where they will represent the club.



Northern Hope GC News

Some of our Acro gymnasts took part in a friendly international in Kent on 17th April. Silver medals were won by our Acro Mixed pair Josh Smirk and Ellie Stevens.

14 of our tumblers took part in the NDP semi-finals at Birmingham on 28th & 29th May and 10 of those qualified for the National Finals on the weekend of 8th & 9th July. Lucy McKenna won the Gold in the Women's 11-12 level 1, Paris Ash won silver in the Women's 13+ level 2, Jada Langley won Silver in women's 9-10 level 3, Kody Langley won Bronze in the Men's 13+ level 1, Fin Lewis won Bronze in the Men's



13+ level 3, other qualifiers were Grace Hewitt, 4th in women's 9-10 level 2, Joshua Smirk 5th in the Men's 11-12 level 1, Rebekah Davies 7th in the women's 10-12 level 5 and Eleanor Walmsley 8th in the women's level 4 13+

Congratulations to everyone!

WA PERFORMANCE PATHWAY COACHING CLINIC:

The next coaching clinic is taking place at City of Birmingham Gymnastics Club on Sunday 7th August 2016 Time: 10:00-17:00 £25. Led by Jody Kime. Closing Date July 27th. Enrol on line.





North News.....

Congratulations to the gymnasts and coaches involved in the recent **Recreation Level Apparatus Competition** held at Hartlepool. With 15 Clubs involved it was a busy day of gymnastics and close competition amongst the medal winners. The next event is at the same venue on July 3rd for the Club and Competition competitors. Many thanks to all the volunteers, judges and officials who make these events possible.

Dates:

GGTC Challenge Competitions October 23rd Hartlepool GC

GGTC TeamGym Challenge Competition Levels 6-4 November 6th Hartlepool



Coach Education

Just a reminder that courses are booked on line. Emma Lawton is the contact and information is circulated each week. If there are insufficient applications then courses are cancelled so it is important that course dates are made available to people in your Club and that they apply in plenty of time. Also – both Level 1 and Level 2 courses now have ‘on-line’ or ‘e-learning’ as part of the course. This must be completed or candidates can not pass. Candidates also need to ensure they keep the exam date as well as the courses dates free and that they have gymnasts that they work with regularly and can take along to the assessment as this is also an examination requirement. Finally Log Books should be completed fully and carefully if candidates are to be successful.



BG Membership and NEGA Affiliation

Just a reminder that it is a requirement for all Clubs wishing to be accepted for Affiliation to NEGA and to participate in regional events, **that all gymnasts must be members of British Gymnastics**. In recent weeks it has been noted that some clubs have not complied with this requirement. We are working with British Gymnastics to ensure gymnast and coaches in North Clubs have up to date membership and are appropriately insured so that their participation in the sport is safe.



Finally a **request to all Clubs running events**: It is very helpful for us to have some information about the event prior to the event being advertised. This ensures we can include information on the Regional Calendar, inform the relevant TC and as far as possible avoid date clashes. It helps us to support your Club should there be a problem of any kind and we can send out adverts, requests for judges and information on your behalf. An email to the Chair or Secretary is all that is required. Please also be aware that a handful of Clubs choose not to affiliate to NEGA and so should not be included in events and that a further small group of ‘clubs’ are not affiliated to BG. If you are running an event we can provide further information if required.

NORTH DATES 2016

Date	Discipline	Organiser	Event	Venue	Entry By
June 19th		Cumbria	General Gymnastics Competition	Millom	
June 26 th	Acrobatics	Region	Open/Team Competition		May 13th
June 26th	WA		South Durham event		
July 3 rd	General	Region	Club and Competition Apparatus	Hartlepool	May 19th
July 10 th	WA		Summer Classic		
July 28 th – 31st	Multi	BG	British Championships Acro; TG; RG	Liverpool	
September 25 th	WA	Region	WA Voluntary F&V	South Durham	
Sept 30/Oct 2nd	WA		Pink Ladies	South Durham	
October 16 th	WA	Region	Regional Voluntary 5,4,3,	TBC	
October 23 rd	WA	Region	North Voluntaries	Newcastle	
October 23 rd	General	Region	Partner and Group Challenge	Hartlepool	Sept 23rd
November 6 th	General	Region	TeamGym L 6-4 Challenge	Hartlepool	October 6th
November 27 th	Acrobatics	Region			October 7th
November 27 th	WA	Region	Team F&V	TBC	
December 3 rd	Acrobatics	Region	Pre-Grades	South Tyneside	
NORTH DATES 2017					
February 24-25	Acrobatics	National	Pat Wade Classic	Fenton Manor	
May 13-14th	Acrobatics	National	NDP Finals	Fenton Manor	
July 27-30th	Acrobatics		British Championships	Liverpool	
Nov. 18-19th	Acrobatics	National	Club Team Championships	Fenton Manor	

Thanks to Liz, Lynn, Shelley, Myrtle, Sandra, Andi and Gordon for their contribution to this newsletter.



Next issue: September.

Have a lovely summer!