



## Edition 126 October 2017

### North of England Gymnastics Association

### *NEGA AWARDS 2017*

It's that time of year again! Time for your Club to nominate all your hard-working coaches and volunteers and your talented gymnasts to receive an award.

The Awards Dinner will be held at Hardwick Hall Hotel on Saturday March 10<sup>th</sup>. Further details will be sent to all clubs in the coming weeks but mark this date in your Diary!

The closing date for nominations is November 30<sup>th</sup> and any nominations after this date will be deferred until the following year so start filling in the forms! Forms and full details have been sent to Clubs, but if they are 'lost' please contact me for a replacement.

Please check the full requirements before making nominations. The categories in brief are:

- Master Gymnast – awarded to those who have become Senior British Champions and or have represented GB
- Master Coach - awarded to coaches who have produced gymnasts working in National and Regional Teams.
- Master Judge - awarded to those who have judged at National and International level
- 'Life Time Achievement' - volunteers who have actively worked in a club, affiliated to the region, in any capacity (other than as a gymnast) for over 20 years.

- Service to Gymnastics in the North - to individuals who have made a positive contribution to Gymnastics in the North for over seven years.
- Junior Service to Gymnastics in the North - to individuals under 18 years of age, who have made a positive contribution to Gymnastics in the North

### *NEGA Affiliations*

Affiliation information was sent to all Clubs recently. Affiliations are due on November 1st and by December 1st.

A number of Clubs have already sent in their forms and payments. Thank you very much!

### *GymFusion 2018*

BG has announced that they will be hosting a GymFusion event at The Sage, Gateshead on October 21st 2018. Full details are on the BG website at

<https://www.british-gymnastics.org/technical-information/competition-handbooks/gymnastics-for-all>

This is a great opportunity to showcase work from you Club in our own area – so please do try to get involved!

### *TeamGym*

The English TG Tournament is being held at City of Newcastle GC on Sunday November 5th.

The TG British Championships will be held at Northumbria University on April 14-15th.

## GGTC Update

### GGTC 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>

Thanks to Hartlepool GC who hosted the GGTC TeamGym competition. This was thoroughly enjoyed by all those participating and the standard continue to rise. Three Clubs from the event have entered the English TeamGym Tournament.

Thanks to Redcar Gymnastic Club who hosted the Partner and Group Challenge Competition at their new venue. It was very well supported with an entry of 70 Pairs and 11 groups.

**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. The closing date for applications is December 10<sup>th</sup>.

To apply, request a form from me then complete and return it to Mrs Sunley [myrtlemsunley@msn.com](mailto:myrtlemsunley@msn.com) by the closing date. 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 GGTC are planning to hold Floor and Vault Level 1 and 2 courses in the Region in the near future. These courses are appropriate for people new to judging and to anyone wishing to judge at GGTC competitions and schools event. More details will be circulated by Emma as soon as possible.

## Club News

**Hartlepool GC** are hosting a Beam and Floor Workshop with Danusia Francis on January 28<sup>th</sup> 2018. Contact the Club directly for further information.

**Northern Hope GC** are hoping to host a workshop with Beth Tweddle. Again, contact the Club if you are interested.

**GymMad GC** are the latest club to be moving into new dedicated premises in October. This will enable the Club to double its membership and to increase its workforce. Exciting times for the Club!

### LEOTARDS for sale!

Diane Richardson is offering pre-loved sets of leotards in all sizes for sale. If your club needs leotards for training or competition please contact Diane to find out more - [dianergc@hotmail.co.uk](mailto:dianergc@hotmail.co.uk)

### LEVEL THREE THEORY Course

October 21-22<sup>nd</sup>. If you want to be accredited as a Level 3 coach you must attend the theory course as well as the practical modules. The course is being held at GymWorld in Middlesbrough and this is a great opportunity for L2 and L3 coaches. Please encourage your coaches to apply through the BG website.

### DATES

I am often asked for dates so that coaches can plan well ahead with their competition programme. Some disciplines are very good at providing dates – others not so good!!

| NORTH DATES 2017 - 18       |            |           |                                     |                  |                      |
|-----------------------------|------------|-----------|-------------------------------------|------------------|----------------------|
| Date                        | Discipline | Organiser | Event                               | Venue            | Entry By             |
| October 14-15 <sup>th</sup> | Women A    | Region    | North Voluntary Levels              | Newcastle        | Sept 12th            |
| October 14-15 <sup>th</sup> | Acro       | Club      | Deerness Floor & Acro Competition   | Deerness         |                      |
| October 27-29 <sup>th</sup> | WA MA      | Club      | Spooky Spectacular                  | Newcastle        |                      |
| November 5 <sup>th</sup>    | TeamGym    | England   | TeamGym English Tournament          | Newcastle        | Sept 10th            |
| November 12 <sup>th</sup>   | Women A    | Region    | North Team Competition              | tbc              |                      |
| Nov. 17-19th                | Acrobatics | National  | Club Team Championships             | Fenton Manor     |                      |
| November 26 <sup>th</sup>   | Schools    | Region    | NESGA Trampoline Championships      | Wansbeck LC      |                      |
| December 2nd                | Tumbling   | Club      | Durham Tumbling Event               | Durham City GC   |                      |
| December 3 <sup>rd</sup>    | Tumbling   | Region    | Christmas Competition               |                  |                      |
| December 3 <sup>rd</sup>    | Acrobatics | Region    | Pre-Grades Competition              | South Tyneside   |                      |
| <b>2018</b>                 |            |           |                                     |                  |                      |
| January 24th                | Schools    | Region    | Milano Championships                | Carlisle         | Dec 15th             |
| February 4 <sup>th</sup>    | School     | Region    | Acrobatics and Tumbling             | Northern Hope    | January 8th          |
| February 25 <sup>th</sup>   | General    | Region    | Sport for All                       | Richmondshire    | Jan 25 <sup>th</sup> |
| February 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 10-11th               | Acrobatics | Region    | NDP Prelims                         |                  |                      |
| 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           |
| May 5-6 <sup>th</sup>       | BSGA       | National  | Floor, Vault, Tumbling, Acro Finals | Stoke            |                      |
| June 30 – July 1st          | Acrobatics | Region    | Open and Team Championships         |                  |                      |
| December 8/9                | Acrobatics | Region    | Pre-Grades                          |                  |                      |

**NEGA NEWS – Thanks to everyone who has contributed. The next news is due in December. Please send in your news by December 1<sup>st</sup>. Thank you!**