

# NEGA NEWS



**Edition 129 July 2018  
North of England  
Gymnastics Association**



## *NEGA Affiliations*

Thank you to everyone who has paid their Club Affiliation to NEGA so promptly. This has been a real help at a busy time and your support has been really appreciated.

### *Many Congratulations to....*

**Rachel Davies** and **Shanice Davidson** who have been selected to represent GB at the Tumbling Senior World Championships in Russia.

Also, to **Sophie Allen** who has been selected to represent GB at the Age Group World Championships.

Rachel won the Senior British Championships title for the 2nd time in September, Shanice was 3rd in the seniors and Sophie was British Champion in the 15-16 age category.

**Penrith Gymnastics Club** who have been competing in Rhythmic competitions recently. The girls won a silver medal at the Scottish Open Rhythmic Championships earlier this year.

## *Cumbria Championships*

The Cumbria General Gymnastics Championships has grown so much since the first event in 2014 that this year it took place over two venues and two different dates.

Penrith Gymnastics Club hosted 113 gymnasts (girls and boys) in the Novice 1/2/3 levels, Sport for All and Recreation categories at Penrith Leisure Centre on Sunday 22<sup>nd</sup> of July whilst Carlisle Gymnastics Club hosted 20 gymnasts (again girls and boys) in the Club and Competition levels on Sunday 8th July. The Club and

Competition levels have been introduced this year to deal with the improving standards in this competition across the county. Clubs from Carlisle, Millom, North Lakes, Penrith, Whitehaven and Wigton were represented.



Both clubs provided excellent facilities for the events and we were also generously supported with a grant for medals from NEGA.

Thanks to Chris Wrigley for all his work and this report.

## *Northallerton Gymnastics Club*

Lynne Bell and Northallerton GC would like to say a big thank you to NEGA for the grant which was used to purchase a foam floor beam. We were lucky enough to be able to purchase a high beam for training this year and the floor beams have meant the gymnasts can practise trickier moves without the pressure of doing it up high!



## Robert Atkinson GC tries TeamGym!



Denis would like to congratulate all the gymnasts from the Robert Atkinson Gym club for their achievements in the recent Team Gym competition held at Hartlepool Gymnastics Club. All 22 gymnasts achieved medals many who were competing in their first ever competition.

The competition was held in the old-fashioned friendly atmosphere can credit for this must be given to the organisers, judges and the club itself for making everyone feel so welcome. There were many positive comments from the spectators as well.

(Denis also won a prize for the Best Tariff Sheets which was very well deserved as they were excellent!)

## Wansbeck in the news and on TV!

Chayne Barnes made history for the club on the 6<sup>th</sup> of October being our first ever competitor at the English Championships finals! She managed 2 clean routines to place 14<sup>th</sup> in a fantastic competition Well done Chayne what an experience!



Jenni Hall Secured a Bronze medal at national NDP 5 9-10 years in Nottingham in July

In Gymnastics we had a fantastic Levels competition with Jasmine Emolaga (4) and Ella Tilmouth (5) placing in level 5 under 11's, Poppy Muldoon and Poppy Caisley placing in Level 7 8years, Holly Townsend (4) and Anna Redshaw (2) placing in Level 7 12 and overs. With apparatus placings and medals for Jasmine,



Ella, Poppy, Poppy, Lucy Monkman, Lily Turner, Lucy Dack, Chloe Brown, Anna and Holly, Dakota Allan.

The Trampoline squad had success at the Northern Championships with Beth Candlish taking the games 13-14 years titles, Amber Davison taking the games 15-16 title, Tom Smiles taking the 9-10 boys games title. 15-16 girls team winning the team title. In synchro Clara Scott and Jenni Hall got silver in the 11-12 category whilst Chloe Brown and Samson Scott secured bronze in 9-10. Other medals included Chloe Brown came 2<sup>nd</sup> in games 9-10, Harry Redshaw pacing 3<sup>rd</sup> in 11-12 boys' games and silver for 13-14 girls team.



Last weekend in the regional NDP qualifier 25 trampolinists qualified for Regional finals next year. Harry Redshaw, Chloe Brown, Beth Candlish, Caitlin Riddex, Ruth Hunter Barnes qualifying in 1<sup>st</sup> position; Kacey Southgate, Jessica Lilloco, Noah Kemmish, Clara Scott all taking silvers and Amber Davison, Jenni Hall, Jessica Delf qualifying with Bronze. The girls NDP 5 team came away with gold along with club development level

13+ and the girls Level 4 team taking silver.



To top off our fantastic month we have also been involved in the Tiger Aspect production for CBBC Danny and Mick. Starring Panto Legends Danny Adams Mick Potts. Ellie Fraser and Beth Candlish have been chosen to take part in the gymnastics

episode to be aired in 2019. Another Fantastic experience!

Well done to Wansbeck and thanks to Liz for her report.

## Weardale Gymnastics Club

Weardale GC at Wolsingham, are urgently seeking new coaches for their Monday evening sessions from 5.00 – 8.00pm. If you are interested contact Melissa Carr <melissacarr233@gmail.com>





British Gymnastics would like to draw your attention to the new initiative – POW! Academy! This is linked to the Core Proficiency Scheme. Details on the BG website. <https://www.british-gymnastics.org/powacademy>

There is also an opportunity to study for a PhD in applied Physiology with British Gymnastics and EIS in partnership with the University of Northumbria. It is a rare 4-year funded scholarship (stipend and UK/EU fees) that is embedded at Lilleshall with British Gymnastics. The link to the post is here: <https://www.findaphd.com/search/ProjectDetails.aspx?PJID=99051>.

Finally the Business Support Partners at BG are available to support and advise clubs with development. Management, governance, finance and health and safety matters. [business-support@british-gymnastics.org](mailto:business-support@british-gymnastics.org)

### *Women's Artistic News*

#### National Voluntary Levels

The vault landing area has been clarified. It means a 20cm biscuit mat and a 10cm soft mat, making 30cm in total.

#### North Voluntary Rules

On Floor, Level 6 gymnasts may round off flic tuck back. However, a straight back salto is included in the list of barred elements.

### *General Gymnastics*

#### From Myrtle Sunley (Chair)

The Partner Challenge held on 23<sup>rd</sup> September was again ably hosted by Hartlepool GC. The event was not quite as well supported as usual with 49 pairs and 9 groups taking part. Most clubs entering travelled home with medals

Thanks to Hartlepool GC again for hosting GGTC Team Gym competition. Those who have entered before are now more used to speedy warm-ups with stream tumbling and vaulting. The floor work from the full teams demonstrated some excellent choreography, so hopefully a few of the 14 Micro teams will come back as full teams next year.

There are a small number of changes to the Rules and Regulations for 2019 so please check the 2019 Handbook and Code of Points before entering a competition

The General Committee is to continue its support for Level 2 General coaches' taking courses for a further 12 months. Please notify Myrtle if your club is forwarding a General Level 1 coach to attend a Level 2 Course. There is a limit to the number of coaches from each club and of course clubs must be actively engaged in entering GGTC competitions. [myrtlemsunley@hotmail.com](mailto:myrtlemsunley@hotmail.com)

### *Team Gym*

Well done to everyone who attended the TG Club Judge Course at Deerness in September 8-9<sup>th</sup>.

Congratulations to the gymnasts who represented GB at the European Championships in Portugal. You can watch them in action on Youtube!

TG coaches are getting together to form a formal TeamGym TC. More news soon.

### *North Schools News*

A reminder that school entries may only be done with the permission of the school. Forms must be signed by an appropriate adult from the child's school. British Gymnastics membership does not insure gymnasts for school's competitions. Participants must have British Schools membership **before** they enter and numbers must be shown on the entry form. Please also be aware that if you offer to supervise children at a school's event, you must be present and actively supervising throughout the event. You must also hold an appropriate and current qualification. The BG rules regarding coaching within your level of qualification still apply. Finally, gymnasts must enter in the region where they go to school – not in the region where they train in their club!

## *NORTH DATES 2018 - 2019*

<b>Date</b>	<b>Discipline</b>	<b>Organiser</b>	<b>Event</b>	<b>Venue</b>	<b>Entry By</b>
November 11th	TeamGym	Club	Newcastle Open TG Championships	City of Newcastle	
November 18th	Women A	Region	North Team Competition	South Durham	October 18th
November 24 <sup>th</sup>	Acro	Region	Pre-Grades	Newton Aycliffe	
December 2 <sup>nd</sup>	Tumbling	Region	Christmas Tumbling Competition	Durham	
December 9 <sup>th</sup>	Schools	Region	Trampoline Championships	Wansbeck	
<b>2019</b>					
January 27 <sup>th</sup>	Schools	Region	Milano Championships	Royal Grammar	Dec 20th
February 3 <sup>rd</sup>	Schools	Region	Acrobatics and Tumbling	Northern Hope	Jan 8th
February 10 <sup>th</sup>	Acrobatics	Region	Open/Team Competition	Newton Aycliffe	
February 26 <sup>th</sup>	Schools	Region	Floor and Vault School Teams	Carlisle	Jan 27th
March 2-3 <sup>rd</sup>	TeamGym	National	British Qualifiers	Northumbria Un	
March 10 <sup>th</sup>	Tumbling	Region	Tumbling NDP	Durham	
March 16-17 <sup>th</sup>	Acrobatics	Region	NDP Regional Qualifiers	Newton Aycliffe	
March 22 <sup>nd</sup>		Region	Annual Awards	Durham	
April 7 <sup>th</sup>	General	Region	Floor and Vault Recreation	Gateshead	March 7th
April 21 <sup>st</sup>	General	Region	Floor and Vault Two	Hartlepool	March 21st
July 25-26 <sup>th</sup>	TeamGym	National	British Championships	Liverpool	
September 29 <sup>th</sup>	Tumbling	Region	Tumbling Team Competition	Hartlepool	
October 20 <sup>th</sup>	BG	National	Gymfusion	Gateshead	
December 1 <sup>st</sup>	Acrobatics	Region	Pre-Grades	Newton Aycliffe	
December 15 <sup>th</sup>	Tumbling	Region	Christmas Competition	Durham	

***Inter-Club Competitions:*** Please remember that it is a requirement of your affiliation to NEGA that you send details of any proposed competitions to the NEGA Committee before advertising the event.

All Clubs taking part must be affiliated to BG. Failure to check this will invalidate your own gymnasts' insurance. Competing Clubs must also be affiliated to the North Region, or to their home region if the event is 'open'.

All Competitions should have a trained Welfare Officer identified and present for the whole day.

### ***NEGA NEWS:***

**Thanks to everyone who has contributed to NEGA News The next news is due in December. You will also receive your Handbook and Affiliation Certificate.**