

# SOUTH WEST REGION GYMNASTICS NEWS

[www.southwestgym.org.uk](http://www.southwestgym.org.uk)

March 2010 edition

## News in Brief

### South West Squad 'Sparkles' at Bristol Hawks

On Sunday 10<sup>th</sup> January Bristol Hawks played host to the first Women's Artistic South West Squad session of the year. The squad was linked to an afternoon clinic open to all coaches from SW Regional Clubs. We were privileged to welcome guest coach & lecturer Carol-Angela Orchard.

### SW Motivational Squad 2010.

This was open to any club in the SW. It was organised by Liz Kincaid and hosted by City of Bristol. The gymnasts present were taught a dance warm up, a ballet bar routines, conditioning routine and did some basic lines as well as apparatus work. For most of the day the sessions were led by two gymnast from the Academy, Charlotte Bennett, and Maisie Dodds, who had made up the dance and ballet routines especially for the squad. They did an amazing job and as a result the gymnasts present had a fantastic day and now have routines to teach to others within their clubs. We hope to make this squad an annual event

## Benefits of affiliating to the South West Region in 2010 for just £50



### Courses

- Each member of a regionally affiliated club receives £50 reduction in their UKCC coaching courses.
- Subsidised course fees for Generic Club Development Courses and Add-on Modules; £5 reductions on all these courses per member of affiliated club.
- Mentoring course offered free to affiliated clubs and £10 to candidates from non-affiliated clubs.

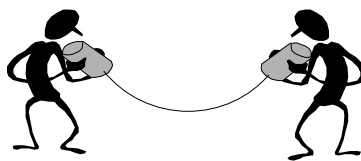


### Support

- Access to support from the Regional Development Officer, County Development Officer's, Regional Workforce Coordinator and Regional Administrator
- Funding support on request from Regional Development Officer and County Development Officer's
- Personal requests met for courses by the Regional Workforce Coordinator

### Club Communication / Publications

- Receive newsletters updating on the regions progress and achievements, access to imputing club/members achievements
- updates – club communication from British Gymnastics, Gymnastics England & English Gymnastics
- Receive direct information regarding courses within the region – posters, emails



### Advertisement

- Free advertisement for jobs on the regional website & Gymnastics England website
- Free advertisement for events, results, fundraising days on regional website
- Free advertisement for all areas of gymnastics – workshops, courses, events, results

### Funding

- Assistance with writing funding bids.
- Access to NGB reference to assist with achieving funding bids
- Free information about funding opportunities within your local area



#### Competitions

- Only affiliated club members can compete at local competitions
- Access to support before, during and after competitions from County Development Officer's, Regional Development Officer, Regional Workforce Coordinator and Regional Administrator.

### **COMPETITION ENTRIES 201**

#### **All competition entry forms are on the south West Website**

Somerset Schools Floor & Vault:

June 29th 2010 at Wellsprings Leisure Centre, Taunton, Somerset.

nicolavile@hotmail.com

Wiltshire Open 2010

Wiltshire School of Gymnastics, Melksham

frankigee@hotmail.co.uk

Somerset Schools Key Steps: 4th July 2010, Wellington Sports Centre, Wellington. TA21 8LL

- Nicola Vile ~ T: 07888 655397
- Katie Irwin ~ T: 07771 374037

#### **Are you missing an assessment?**

If you took a Non UKCC course between Jan 2008 and now, and did not manage to do the assessment and still want to take the assessment and completed the course please send the following details to me:

What course, discipline, Level, dates of course and who was the tutor.

Please note you must have your logbook and a mentor.

Cost £55 in region (SW) - £65 out of region

Also—if you still have your CC5 from your logbook this will be useful

## SOUTH WEST GYMNASTICS DEVELOPMENT TEAM

**Regional Administrator:** Carolyn Devereux 07771 374035

[carolyn.devereux@gymnasticsengland.org](mailto:carolyn.devereux@gymnasticsengland.org)

**Workforce Development Co\_ordinator:** Shelley Gonsalves

07825 343294 [shelley.gonsalves@gymnasticsengland.org](mailto:shelley.gonsalves@gymnasticsengland.org)

**Devon Development officer:** Jemma Soole 07825 343293

[jemma.soole@gymnasticsengland.org](mailto:jemma.soole@gymnasticsengland.org)

**Somerset Development Officer:** Katie Irwin 07771 374037

[katie.irwin@gymnasticsengland.org](mailto:katie.irwin@gymnasticsengland.org)

**South West Development Officer:** Christine O'Hagan

07739 512208 [christine.ohagan@gymnasticsengland.org](mailto:christine.ohagan@gymnasticsengland.org)

## SOMERSET COMPETITION RESULTS & INFORMATION

For competition results go to [www.southwestgym.org.uk](http://www.southwestgym.org.uk) and click on relevant page as shown below

Go to disciplines and click on relevant discipline —news and results

For Womens Artistic & Mens Artistic Dates and calendar of events go to disciplines and for WA click on 'technical'—for MA click on 'events'

For information on rules for 2010 competitions go to General Downloads for National competitions and SW Competition entry forms for Regional Competitions

## Young Leaders Camp 2010

**With two successful Young Leaders Camp's under our belt, Gymnastics England are set to recruit another 50 young leaders to attend the leadership event of the year!**

Gymnastics England is working in partnership with England Netball and United Kingdom Athletics to offer 150 16-19yr olds the opportunity to attend a four day residential Young Leaders Camp. The camp is taking place at Bradfield College, Reading from Sunday 15th August - Wednesday 18th August 2010 and will focus upon the development of leadership skills through sport, offering a good blend of practical and theory-based sessions.

The event will be run by staff from the three sports and the programme offers a range of workshops including coaching and officiating, media, sports psychology, leadership & management and much more! There will also be time built in for relaxation and evening social activities, co-ordinated by trained staff.

Gymnastics England is offering 50 of the most dedicated young volunteers the opportunity to attend the Camp completely FREE of charge (including all accommodation, workshops and meals). Leaders are required to transport themselves to the camp, however there may be the opportunity to share transport with others.

To be eligible, the leaders will need to meet the following criteria:

- 16-19yrs old at the time of the camp
- Actively volunteering in gymnastics within a club / school / college. Please note that priority will be given to applications from clubs that have achieved, or are working towards GymMark
- Have obtained a Leadership Award or Level 1 or equivalent Coaching / Judging Award
- Enthusiastic, motivated and committed to developing their skills and experience

This is an excellent opportunity to recognise the achievements of our young volunteers within gymnastics. If you know of any young people who meet the criteria and would benefit from attending the camp please ask them to complete the attached application form and return to Gymnastics England, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB by Friday 21st May 2010. Additional application forms can be downloaded from the Gymnastics England website [www.gymnasticsengland.org](http://www.gymnasticsengland.org) Applicants will be notified of their success within two weeks of the closing date

## What's your future? Gymnastics England Club Conference 2010

Gymnastics England are set to host their inaugural Club Development Conference and Awards Evening this June. The conference will offer inspirational and educational workshops with keynote speakers and examples of practical and workable case studies to help you build a sustainable legacy for your club. The awards will celebrate our passionate and dedicated workforce, who are giving their time and efforts to drive our sport at grass roots.

Gymnastics England Club Conference & Awards Evening will be on 12th and 13th June 2010 at Burleigh Court, Loughborough. This exciting new conference has been developed to up skill the gymnastics workforce. Speakers will include Mark Gannon - UK Development Director, Paul Hall - Performance Coach, Sheffield Sharks and many other inspirational and educational people to help you build a sustainable legacy for your club.

The 2010 Gymnastics England Club Conference theme is "What's your future?" and will focus on perhaps the most exciting few years' gymnastics in England has ever had. It will celebrate the workforce that's supporting all of our gymnasts in the community and those who are winning medals and aiming for Olympic success. The next few years will have an even bigger impact on clubs and it's important that Gymnastics England are ready for the increase in demand on our beautiful sport.

Gymnastics England has pulled together an array of inspirational speakers and workshops to inspire, inform you and support your clubs development. It will provide both ideas and inspiration to maximise your club's capacity and possible future opportunities, against the backdrop of the new Gymnastics England structure and sporting landscape.

### **Workshops Include:**

- Mark Gannon, UK Development Director - What's Your Future?
- Developing the Club as a Sports Enterprise
- Building an Effective Club Workforce
- Marketing Your Club
- Continuing Professional Development
- The Key to Writing Successful Funding Applications
- Engaging the Aspirations of 2012
- Embedding Satellite Clubs Into The Community
- Facilitated Discussions
- What Is Talent? Talent ID Explained
- Embracing Disabilities within your Club
- Developing the Gymnast's Motivation and Mental Toughness
- Creating Opportunities Through the Running of Festivals
- Independent Safeguarding Authority Vetting & Barring Scheme-Am I ready?
- Coach Protection - How to Protect Yourself and Your Club
- Gym for Over 50's

- Diversifying Delivery
- Developing Elite Performers
- Prevention of injuries
- Young Leaders and Your Community
- Street Cheer
- Pre-School

- Adult Classes
- Freestyle
- TeamGym

### What the Conference offers

- Invaluable lessons from successful funding bids applied for by clubs
- An insight into Gymnastics England structure, plans and priorities over the next few years and how these will impact on the sporting landscape for clubs and their members
- Advice on how to maximise the potential of your club using effective initiatives
- Case studies from leading pioneers within the gymnastics community
- How to use local media to promote your club: Inspirational accounts from successful club businesses that utilise media to attract members and promote their club
- Experience fantastic networking and development opportunities
- A varied programme will assist individual delegates to tailor each day of the conference to their needs and interests.
- The programme offers something for everyone...

### Cost

#### **Early Bird Cost - Limited Time Only - 5th March - 19th March**

£50.00 for GymMark Clubs (per person)

£60.00 For Non GymMark Clubs (per person)

#### **Delegate Price After March 19th 2010**

£75.00 for GymMark Clubs (per person)

£90.00 for Non GymMark Clubs (per person)

#### **Special Offer from 19th March 2010 - Pay for 1 delegate; get a 2nd from your club at ½ price!**

£112.50 for GymMark Clubs (2nd delegate for £37.50)

£135.00 for Non GymMark Clubs (2nd delegate for £45.00)

For more Information about the Conference workshops please visit the Gymnastics England website ([www.gymnasticsengland.org](http://www.gymnasticsengland.org)). All booking forms will be available to download from this site.

## **Celebrating Gymnastics In England:** **Do you know someone who symbolises the very best** **in Gymnastics?**



Gymnastics England is pleased to announce the staging of its first ever annual awards on the 12th June at Burleigh Court, Loughborough. We are now looking for nominees who you think deserve recognition for either their achievement or dedication to Gymnastics over the past 12 months.

Is there someone who you think deserves an award for his or her hard work and commitment to the region or club? The workforce are an essential component in the gymnastics delivery system within England and the Gymnastics England Awards provide a unique opportunity to recognise and celebrate the achievements of the members from our Regions and the priceless contribution they make to the gymnastics landscape.

**The purpose of the Awards is to thank and reward English clubs and their workforce for their dedication and hard work in the development of gymnasts and club networks. It will celebrate the hard work and commitment of the workforce including Coaches, Volunteers, Welfare Officers, Event Organisers, Tutors, Judges and those in the education sector giving children their first taste of our exciting sport. Winners will be awarded at the Gymnastics England Awards Celebration Evening, at Burleigh Court, Loughborough.**

Mark Gannon UK Development Director said, *"In order for gymnastics to happen many selfless, dedicated and passionate individuals give their time, energy and vision to an activity that is both exciting and rewarding for all involved. I am delighted to introduce the inaugural Gymnastics England Awards 2010, which aim to recognise individuals from the gymnastics community who go the extra mile and make a difference."*

### **Award Categories are:**

- Service to Gymnastics Award
- Special Recognition Award
- *Most Improved Gymnast Award*
- Development Coach of the Year
- Club of the Year Award
- ***Gymnastics Volunteer of the Year Award***
- Young Volunteer of the Year Award
- Education Award – Individual
- Education Award – Organisation
- Recognition Of The Coaching Chain

Nomination Forms can be found on the Gymnastics England website [www.gymnasticsengland.org](http://www.gymnasticsengland.org), you'll be asked to fill in details about the number of years the nominee has been involved in gymnastics and how they have improved peoples enjoyment of gymnastics. Deadline for the nominations is the 2<sup>nd</sup> April 2010.



#### **4th Somerset Festival of Movement 2010**



Friday 26th March 2010 saw the fourth Somerset Festival of Movement, taking place at Wellsprings Leisure Centre, Taunton. Sarah Binding, Somerset Activity and Sports Partnership (SASP) joined forces this year with Katie Irwin, Gymnastics England (GE) to co-deliver the event.

The festival has been developed to encourage participation in display work from all levels of Gymnastics and Dance. Whilst bringing together schools, school clubs, recreational clubs and competitive clubs, to demonstrate their skills and abilities. This event allows us to celebrate the talents and hard work of those within Somerset and its surrounding areas. The evening show cased a total of 147 gymnasts and dancers, and over two hours of fantastic dance and gymnastics.

**This year a mixture of Schools and Clubs came together to take part, with Gemini Gymnastics Club entering the event for the first time, bringing a mixture of boys and girls who displayed in a wonderful group display, winning them the 'Most Imaginative Group Display' award at the end of the event. Other winners included a pair of Haygrove pupils who personally choreographed and performed a lovely dance piece, gaining the 'Best School Performance', and also a group display from Weston Aerobic Gymnastics Club, who performed several different displays on the night which won them 'Most Imaginative Competitive Display'.**

Katie Irwin, GE was quoted in saying, "This was the first year we introduced selective awards, and we feel they have been well received and well deserved, well done to all".

The audience, which was over 150 strong, were treated to a fantastic display of aerobic, acrobatic, rhythmic, men's and women's artistic and dance. Along with the talents on show there was a raffle where spectators were in with a chance of winning a Milano Tracksuit, an A-Star Leotard, Easter eggs and various other goodies.

Sarah Binding, SASP said of the event "We have made some small changes since receiving feedback on last years event, all of which have made this event a large success, thank you to all who have entered and supported the festival".

Each gymnast and dancer went home with a participation certificate and their own event branded tee shirt.

Although this year there were no trampolinists entered it is hoped that we will see that discipline covered again in the 2011 Festival of Movement.

A massive thank you to all those who entered and took the time to show off their routines to the eager audience: Orchard Gymnastics Club, Gemini Gymnastics Club, Enmore Church of England Primary School, Haygrove School, St. Joseph's Primary School, Spirit Gymnastics Club, Weston Aerobic Gymnastics Club and City of Bath Rhythmic Club.

We hope you will continue the celebration of Gymnastics and Dance in Somerset!!