



SOUTHERN REGION GYMNASTICS NEWS

www.southgymnastics.org.uk



Regional Club Conference and Awards 2010

Our region is running the first club conference on Sunday 31st January 2010 at Basingstoke Gymnastics Club. There will be various workshops running throughout the day which are designed to help you and your club personnel. Workshop outcomes include: an overview of coaching courses, an update for tutors and assessors, ideas around generating income for your club, adapting mainstream sessions to include young people with a disability, the role of the Welfare Officer and ideas for marketing and publicising your club. Tea, coffee and lunch will be provided. You will have the opportunity to meet your regional team and regional committee, other regional clubs and some of the Gymnastics England national team. We believe this conference offers great value for money at £5.00 per attendee. Please circulate this information amongst your club. We look forward to receiving your application form which is attached.

Linked into the Club Conference mentioned above there is now an opportunity to showcase the achievements of both clubs and individuals at the Regional Awards 2010. Nominations are encouraged for 'Individual Achievement of the Year' for each discipline and for 'Club of the Year'. It is a fantastic opportunity for you to nominate members within your clubs for these awards and for them to be recognised within the region as contributing to the sport of gymnastics. We look forward to receiving your nominations.

New Regional Staff

Our new Workforce Development Co-ordinator is Emily Sanderson. Emily is a recent Sport Science graduate who will take over her new role on a full time basis. Emily will be responsible for planning and coordinating the courses in the South Region, working directly with clubs, coaches, officials, tutors and volunteers. Her main goal will be to build a sustainable 'people based' infrastructure through providing an education and development service in the region.

Our new Regional Administrator is Cristina Mitchell. Cristina is coming from a background in sports, performing a few roles with National Governing Bodies in the United States. A swimmer and a badminton player, Cristina is very passionate about sport and in particular, gymnastics. She will perform the Administrator role on a part time basis, supporting the region with the creation of the newsletter, maintaining regional website and club database, improving club communication and supporting the developmental team in the South Region.

Level 2 Coaching Bursary

Gymnastics England is delighted to announce the launch of its Coaching Bursary Scheme, which is now available across all 10 English regions. This scheme is available to support coaches in achieving the UKCC Level 2 qualification and will run until the **end of March 2010**. The full details of the scheme can be found on our website, under Funding: <http://www.southgymnastics.org.uk>

Evie Slater – Overall South Region Champion

8 years old Evie Slater from Harlequins Gymnastics Club in Havant has added the South Region title to the Hampshire County title she had won.

Evie from Emsworth competed against 8 year olds from across the county in the Hampshire Championships and took gold on bars, gold on beam and silver for her floor exercise, which was packed with great choreography, as well as top difficulty. The overall competition had been of a very high standard; however, Evie took the overall gold and champions shield. Team mate Imogen Bailey placed 2nd overall in the 9 yrs championship, also taking individual silver medals for bars beam and gold on floor. Shannon Mouland also from Harlequins finished very respectably in 5th position overall.



Two weeks later Evie competed at the South Region Championships with the best 8 year olds from Hants, Bucks, Berks and Oxon. She took silver medals on bars, beam and vault, with a gold medal for her stunning floor routine. Being the only gymnast to achieve a medal position on all four apparatus she was crowned the overall South Region Champion.

Evie has been a gymnast at Harlequins since she was four years old but for a gymnast of her age to be so consistent and solid is quite rare. She shows real character and has enthusiasm to succeed. We are all really excited about her future. Evie along with team mate Imogen Bailey will now be part of the South Region Squad.

Harlequins Gymnastics is based at Staunton Community Sports College in Havant. If you would like further information about Harlequins, please contact Dee on 02392 617318 or mail to enquiries@harlequinsgymnastics.co.uk or visit our website at www.harlequinsgymnastics.co.uk

Recreational MegaGym Competition Biggest Yet

Over 200 recreational gymnasts from around Hampshire attended the Autumn MegaGym competition at Andover Gym Club. This event provides the opportunity for gymnasts from clubs who do not normally compete and from school gym clubs to participate in a friendly competition.

One section of the competition is based on the national Key Step Gymnastics programme implemented in schools. Gymnasts perform two vaults, with the best score to count and a sequence of floor skills. Bronze, Silver and Gold medals are awarded for each school year group and the best six scores from each school or club are used to determine the team winners who are presented with cash prizes. This year saw 3 school clubs and two gym clubs participating, with over 50 gymnasts competing on the day. Winners of the Key Step team event were Winchester GC, who gained £100 for their club. Second place was a tie between Knights Enham Junior School and Thornhill School, who each left with a £40 cash prize.

The second section of the event is also floor and vault based, with different abilities catered for by different Colour requirements. All gymnasts again perform 2 vaults, with the best score to count, and a floor routine of 10 elements selected from a skill matrix. Currently gymnasts can compete at White (entry level), Blue, Bronze and Silver. Fareham GC claimed the Colour team prize of £100, Winchester GC claimed second prize of £50 and Treasure GC the third prize of £30.

At the end of the day every club or school team went away with medallists. The next event will be held on Good Friday 2010 at Andover Gym Club. If your school or gym club would like more information please email andovergymclub@aim.com.

Oxford School of Gymnastics Enjoy Early Season Acrobatic Success

Acrobatic gymnasts from the Oxford School of Gymnastics club are enjoying a highly successful start to the new season, which began with the recent Regional Championships where they won the gold medal and regional title in all but one of the categories that they entered. At the end of the weekend, 28 competitors, across a range of partnerships had won a gold medal, the clubs best regional success so far.

Coaches, Emma Parr, Carrie Day and Rich Evans were absolutely delighted with their gymnast's performances and praised the huge amount of effort and time the young people had put in, in preparation for the event, some of whom were competing for their very first time.

**Oxford School of Gymnastics
British Open Tournament 2009**



**Oxford School of Gymnastics
Southern Region Championships 2009**



Two weeks later there were more celebrations when 4 partnerships from the Clubs Elite level squad competed at the British Acrobatic Gymnastics Open Tournament at Fenton Manor. The Oxford gymnasts had won 3 medals and achieved a very creditable 4th place for a new Trio competing at the Tournament for the first time. The medals included the Gold in the 11-16 AG women's groups (a near

faultless performance which earned the girls the highest score of the entire event: 28.75), Silver in the hotly contested 11-16 AG women's pairs and Bronze in the Junior mixed pairs. The club who train at Lord Williams's School in Thame have gymnasts aged from 4 upwards and coach from grass roots level to International standard, with currently 5 gymnasts in the Great Britain squad. For more information, please visit the clubs website at www.oxfordschoolofgymnastics.com

Coach of the Year

Congratulations to Patricia Francis from Winchester Gymnastics Club, who was awarded the Coach of the Year by the Winchester and District Sport Awards 2009. The awards, which are sponsored by Wild Sports, were presented at a ceremony in Winchester Guildhall. The awards aim to recognise publicly the commitment and excellence of coaches, volunteers, sportsmen and sportswomen across the Winchester District.

Tumbling News

Pinewood gymnastics club had 5 tumblers automatically selected to represent Great Britain in the World Age Group Championships in St Petersburg, Russia. Three girls, Emily Marsden Payne, Lucie Colebeck and Louisa Bellis and two boys, Shaun Gregory and Ryan Dyer qualified automatically for Russia. A superb result once again for Pinewood Gym, 5 selected out of 5 trials, 100% success for Vladimir Podobin, head of tumbling. Due to the number of gymnasts selected from Pinewood, Vladimir has also been selected as the nominated coach to travel as part of the British delegation.

New Tutors and Assessors

Are you interested in becoming a tutor or an assessor for our coaching courses? If so, then we would like to hear from you. The region are currently collating a list of potential names. All you need to do is to send your CV and a statement explaining why you think you would be suitable to helen.bushell@gymnasticsengland.org. Your details will then be forwarded onto the relevant technical and regional committee for consideration.

Tutors - Individuals must be a minimum BG Level 3 Gymnastics Coach and must be nominated by the Regional Committee and accepted by the Discipline Coach Education Panel

Assessors - Individuals must be a minimum BG Level 3 Gymnastics Coach and have the ability to attend the IAPS training weekend (1st4sport qualification linked to the UKCC qualifications) more information will be given.



Courses



Coaching Courses:

14th Jan Cycle 5/6 Update to UKCC: Phoenix Gym Club

14th, 27th & 28th Mar UKCC Level 1 Course Acrobatics: Oxford School of Gym

6th, 27th & 28th Feb, 3rd & 4th Apr UKCC Level 2 General Gymnastics: Pinewood Gymnastics Club

24th Jan, 20th & 21st Feb UKCC Level 1 Trampoline: Cotswold Sports Centre

20th Mar, 3rd & 4th Apr, 8th & 9th May UKCC Level 2 Trampoline: Cotswold Sports Centre

28th Mar, 10th & 11th Apr, 8th & 9th May UKCC Level 2 Acrobatics: Southampton Gymnastics Club

6th Mar UKCA Street Cheer Level 1: FREE course to those from an affiliated club, Hart Gymnastics Club

7th Mar UKCA Cheerleading Level 2: FREE course to those from an affiliated club, Burnham Gymnastics Club

Mentoring Courses: - course free to one member per regionally affiliated club, £20 for additional candidates

21st Feb 2010: Priory School, Portsmouth, Hampshire

13th Mar 2010: Haydon Hill Community Center, Buckinghamshire

Generic Club & Welfare Courses:

7th Feb Safeguarding & Protecting Children Awareness: Oxford Road Community Center

7th Feb Time to Listen: Oxford Road Community Centre

Job Opportunities

For further details please visit www.southgymnastics.org.uk Job Opportunities

Trampoline Level 2 coach or above required for Bracknell Forest School Sports Partnership to deliver sessions to secondary school children. Applicant must have a recent CRB check (last 6 months). Sessions will be offered at Sandhurst School or Easthampstead Park School and will run between 3:30pm and 4:30 pm from Jan - March 2010. Please contact Lee Spindlow for more information 01344 766513, mail to: lee.spindlow@bracknell.ac.uk

The next edition of the Southern Region Gymnastics News is March 2010
If you have news, stories, photos, results, etc that you wish to be included, please send them to:
cristina.mitchell@gymnasticsengland.org - Tel: 07795 336900

