

NWGA Womens Technical Committee



Womens Artistic Gymnastics

February 2008 Update

This month is mostly about the grades competitions that have just occurred in the counties and preparing for the most fiercely contested competition in the NW calendar, the Grades finals. Since the last newsletter we have had an AGM and we

have elected a new committee, all on page 2. We were also successful at the NWGA Awards evening in December winning 2 of the categories. Have you got a copy of the 2008 Competition Handbook? It is now available. Lots going on, so get involved.

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Dates for 2007/8

1st/2nd March 2008

NW Club Grades 4, 3, 2 & 1, Compulsory Levels 4 & 3, Club Grades 6 and 5 finals
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

5th/6th/13th April 2008

Level 2 coaching course at Wigan and Sandbach

Contact is Mike Lea

12th/13th April 2008

The Phil Tighe 2 piece
To be held at Medlock Leisure Centre in Droylesden .

Contact is Geoff Machan

tsogym@aol.com

10th May 2008

GM Floor and Vault Championship
To be held at Fit City, Ordsall, Salford.

Contact is Mike Healy

11th May 2008

GM Pre-Novice, Novice and Regional Levels (out of age) Championship
To be held at Fit City, Ordsall, Salford.

Contact is Mike Healy

31st May/1st June 2008

NW Floor and Vault Championship
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

14th/15th June 2008

GM Open Novice, Regional Levels, Levels and FIG championships
To be held at Birchwood Community High School Warrington .

Contact is Mike Healy



Contacts

N W Regional Secretary

Sue Langley
n.w.g.a@btinternet.com

WTC Chair

Jane Beddoes
info@cmig.net

WTC Competitions

Fiona Wright
fionaw.5@tiscali.co.uk

WTC Coach Education

Mike Lea
michael.lea55@ntlworld.com

WTC Judge Education

Brendene Hardy
brendenehgy@sky.com

Affil'd Clubs/County Rep

Mike Healy
michael.healy@virgin.net

The North West Gymnastics Association Womens Technical Committee, NWGA WTC, reports to the North West Executive along with the Technical committees of other FIG disciplines affiliated to English Gymnastics. It is responsible for the governance of Womens Artistic Gymnastics in Cheshire, Merseyside, Lancashire and Greater Manchester. This newsletter has been written by Mike Healy. All articles for the next issue by mid May 2008.

NWGA Awards Evening

The NWGA Awards evening was held on the 2nd December 2007 at Lancashire County Cricket Club. Organised by Mike Lockett, the Regional Development Officer, the WTC won 2 of the awards. Fiona Wright, pictured below with Mike Lockett was the Events/Competition Organiser of the year and Brendene Hardy, pictured on the right received a Long Service Award. Both well deserved.



NWGA Website

The NWGA have a website and it is packed with useful information. It covers all FIG disciplines and is expanding all the time. It is worth checking all of the information on your club to make sure that it is current. If not send an email to the website.

If you have articles or are running a competition, advertise it on the website. The address is at the bottom of the page.

The WTC website is offline, currently being updated.

The Greater Manchester website has been updated, reflecting the new county name.



NWGA WTC Competition Handbook 2008

Hopefully you will all have seen a copy of the 2008 NWGA WTC handbook which gives all of the details that you will need to enter competitions in the North West. As the NWGA WTC website is being updated you can download from the Rochdale or Stockport websites.

GymMark

Congratulations to the following NW clubs who have recently achieved Gym Mark status:

CMIG, Salford & Vernon Park

There is a lot of hard work necessary to achieve GymMark so well done.

Affiliated Clubs

There was a big long list in the last newsletter and since that date welcome to City of Preston and Flic Flac.

Your News

This newsletter is reflecting your news and will be as big or small, interesting or dull as your contributions. Please send in any news (and pictures) you have, about your club, your competitions, your gymnasts and coaches. Mid May is the deadline for articles for the next newsletter.

NWGA WTC Committee for 2008

Chairperson:	Jane Beddoes	CMIG
Secretary:	Caroline Casey	Sparks
Treasurer:	Paul Reay	Bury
Judging Organiser:	Brendene Hardy	Blackpool
Competition Organiser:	Fiona Wright	Rochdale
	Jayne Evett	Unattached

Performance

Development Officer: Kelly Simcock Warrington

Coaching Course

Organiser: Mike Lea Wigan

Affil'd Clubs/C'nty Rep: Mike Healy Stockport

GM Representative: Mike Healy Stockport

Cheshire & Merseyside

Representative: Jacqui Yarwood Warrington

Lancs Representative: Fiona Begbe Flic Flac

Committee Member: Sheila Hanson Longridge

Web Site Admin: Cheryl Gharbi Rochdale

Visit the NWGA Website at <http://northwestgym.org.uk>

Coach Education

We have a Level 2 course as advertised during April, please book early to make sure you get your place. The last level 1 course was oversubscribed, so we will be running another course in June. By September/October we will hopefully have all of the Level 2s through their exams and will have enough numbers to run a Level 3 course during those months. If you have any other WA coaching needs then do tell us by contacting Mike Lea on his email:

michael.lea55@ntlworld.com

2 Piece WTC Competitions

I sent a clarification round to clubs recently and forgot to mention that qualifications in MA will also allow you to enter WTC 2 Floor and Vault Competitions.

All Clubs, Centres and schools must be affiliated to the NWGA in their chosen discipline to be able to enter gymnasts into NWGA County 2 piece competitions. The attending coach must have a level 2 (club) qualification in their chosen discipline which should cover within their syllabus all the necessary skills and elements. eg NWGA WTC 2 piece comp...Clubs Centres and schools.. NWGA affiliation in own discipline MA, WA, GG. Coach level 2 (club) in MA, WA, GG.

WTC Out of Age Championships 2007

The 2007 NW Novice & Out of Age Levels 4, 3 & 2 Championships were held on 17/18th November at Birchwood and the full results are available on most club websites. Our 2007 Champions were as follows:

Pre-Novice

Under 8 Rebecca Gosling - Salford

Under 9 Bethany Wills - Blackpool

Under 10 Amy Hassall - Hartford

Under 12 Gabrielle Southern - Rochdale

Over 12 Morgan Hanley - Blackpool

Novice

Under 8 Stefanie Bowles - CMIG

Under 9 Lauren Stevenson - Sparks

Under 10 Georgia Smith - Sparks

Under 11 Lois Bryon - Warrington

Under 12 Leanne Hardy - Sparks

Under 14 Laura Sefton - Stockport & Deanna Nickerson - CMIG

Over 14 Jenny Wiseman - Bolton

Level 4

Juniors Abbie Winstanley - CMIG

Seniors Megan Wills - Blackpool

Level 3

Emma Silvester - Warrington



Pre-Nov Under 8 Rebecca Gosling
Salford



Pre-Nov Under 10 Amy Hassall - Hartford
(With runner up, twin sister Abby)



Nov Under 8 Stefanie Bowles
CMIG

County round-up. What has been going on in your area.

Greater Manchester

The GM Grades were held on the 2nd/3rd February at Fit City in Ordsall. In addition to the Grade 5 and 6 competitions to select the GM team a practice Grade 4 and a Pre-Grade 6 competition was held. The county team is as follows:

Grade 6 In Age

Madison Howard Salford
Kerris Scrivner CMIG
Paisley Letham Salford
Ella Clutterbuck Salford
Reserve Daisy Navesley Sparks

Grade 5 Out of Age

Fiona Payton Rochdale
Aimee Kilkenny Manchester South
Shannon Wood Sparks
Lizzie Fisher Manchester South
Reserve Caitlin Scott Holmes Bury

The Grade 4 GM Champion was Shannon Meehan for Sparks with Hannah Turner from Sparks second and Ebbie Chappel from Vernon Park third.

The Pre-Grade 6 GM Champion was Chloe Astley from Stockport, with Lily Jenkins from Manchester South second and Poppy Fletcher from Sparks third.



Coaches and Judging Seminar

Fiona Wright ran a couple of sessions to explain to coaches and judges on the finer details of the BDP Grades 5 and 6 in preparation for the county grades competitions and the NWGA finals in March. The first was for Cheshire and Merseyside and the second was at Rochdale for Greater Manchester. The Grades have been around for many years so how much can you pick up at this sort of session. It was agreed, A LOT.

Many thanks to Fiona for organising.

Pictured below is the session at Rochdale.



Grade 6 Out of Age

Philee Ang-Chen Rochdale
Mercedes Miladinovic Rochdale
Isobelle Blissett Stockport
Sophie Wells Rochdale
Reserve Megan Gomersall Sparks

Grade 5 In Age

Chloe Haynes Salford
Rebecca Gosling Salford
Danielle Wray Sparks
Ellie Birkett Salford
Reserve Sioban Cheung Salford



GM Website re-launched

The old GM website has been updated and modernised with all reference to GMGA now removed with the change in the county structure. There are the competition results for the last 6 years and details of all new competitions to be run during 2008. Visit the website at:

<http://gm.ssog.co.uk/index.php>

County round-up. (Continued)

Cheshire and Merseyside

The Cheshire and Merseyside Grades were held at Neston Recreation Centre on Feb 10th

The grades were very well attended on the whole, with 63 gymnasts hoping to gain a pass at Grade 6 (in and out of age) and Grade 5 (in and out of age). It was great to see most of the registered clubs participating - it was the first time Penketh had entered grades and it was lovely to see that all of their gymnasts passed!

It was also nice to welcome St Helens back to the grades circuit after their enforced closure last year. The other participating clubs were Warrington, Wirral, Neston, Hartford, Crewe and although there were no gymnasts from Macclesfield this year it was great to have Barry, their judge on board. Hopefully next year they will be in a position to enter a team as well. The day went really well with a lovely atmosphere and all clubs helped each other out. The committee received several compliments on the organisation, which is always nice to get. A huge huge thank you must go out to the coaches, judges and gymnasts for all their hard work this year - with an even bigger thank you to Fiona Wright for her help with the grades workshop prior to the event. It really was a big help.

Grade 6 In Age

Hollie Byron (Warrington)
Lauren Gallagher (Wirral)
Livi Sands (Warrington)
Bethan Williams (Wirral)
Katie Williams (Warrington)- travelling reserve

Grade 6 Out of Age

Gabriella Cooksley (Hartford)
Catherine Ross (Warrington)
Lauren Tarpey (Warrington)
Jessica Clay (St. Helens)
Megan Morgan (Warrington)- travelling reserve

Grade 5 In Age

Chelsey McCarthy (Warrington)
Bethany Platt (Crewe)
Megan Lang (St. Helens)
Nadia Barr (Crewe)
Francesca Lee (St. Helens) - travelling Reserve

Grade 5 Out of Age

Claudia Bartlett (Wirral)
Caitlin Sutcliffe (Warrington)
Danielle Collier (Warrington)
Sophie Parry (Warrington)
Samantha Simpson (Warrington)- travelling reserve
Catherine Porter (Neston) - travelling reserve

Lancashire

Lancashire Grades were held on Sunday 3rd Feb at Southport 99 girls entered the competition and it all went well and finished almost on time. We held a training session last Sunday and the teams are looking forward to the regional final.

Grade 6 In Age

Megan Boocock (Garstang)
Hannah Parker-Smith (Longridge)
Anna Jenkinson (Garstang)
Allegra Hirst (Longridge)
Reserve - Antonia Jones (City of Preston)

Grade 6 Out of Age

Leah Davies (Wigan & Ashton)
Megan Walker (Longridge)
Olivia Fishwick (Appley Bridge)
Catherine Fiddler (Flic Flac)
Reserve - Courtney Lee Grundy (Wigan & Ashton)

Grade 5 In Age

Katie Coward (City of Preston)
Shannon Gibbons (Southport)
Madeleine Brook (Garstang)
Abi Gleig (Southport)
Reserve - Emma Parker (Appley Bridge)

Grade 5 Out of Age

Erica Shaw (Longridge)
Laura Stokes (City of Preston)
Sophie Walker (Longridge)
Lucy Worswick (City of Preston)
Reserve - Emma Robinson (Longridge)

There was also a Pre-Grade 6 competition and the winner was Bryony Reeve from Appley Bridge.