

NWGA Womens Technical Committee



Womens Artistic Gymnastics

March 2009 Update

It has been a quiet few months with Christmas holiday and the like, but the main activities as we enter 2009 are the Grades. The format has changed considerably for 2009, with the introduction of Regional and National Grades, luckily the Compulsory 3 and 4 are the same. It all cumulates on the weekend of 7th/8th March with the Regional Grades finals and the selection of the NW teams for the finals of the National Grades and the Compulsories. The annual NW Award Evening was held



before Christmas and the Gymnast of the Year was Beth Tweddle (over 16) and Hannah Whelan (under 16). This award was the final part of a fantastic year for Hannah, pictured receiving her award from the Regional Development Officer, Mike Lockett, which included a great performance at the Beijing Olympics.

If you are affiliated to the NW and are reading this news letter for the first time, do get involved, enter our comps.

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Dates for 2009

7th/8th Mar

NW Regional Club Grades 14-9 Team finals, National Grades 8 to 5 & Compulsory Grades 4 & 3
To be held at the Birchwood Community High School Warrington.
Contact is Fiona Wright

21st/22nd/28th March & 4th April

Level II coaching course to be held at Robin Park Arena in Wigan
Contact is Mike Lea

26th April

Cheshire and Merseyside Floor and Vault Championship. Venue, Crewe and Nantwich.
Contact is Jacqui Yarwood

16th/17th May

NW Floor and Vault Championships
To be held at the Birchwood Community High School Warrington.
Contact is Fiona Wright

6th/7th June

GM Open
To be held at the Birchwood Community High School Warrington.
Contact is Mike Healy

12th July

Lancashire Pre-Novice and Novice 4 Piece Competition to be held at Southport.
Contact is Sheila Hanson

19th July

Cheshire and Merseyside 4 Piece Competition to be held at Park Road, Liverpool
Contact is Jacqui Yarwood

June/July

Regional and Club Judge, dates to be confirmed.
Contact is Brendene Hardy

19th/20th Sept

NW Age Groups 4, 3, (& 2), Individual Apps FIG & OOA Teams
To be held at the Birchwood Community High School Warrington.
Contact is Fiona Wright

* 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 re- *
* sponsible 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 early May 2009. *
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NW Out of Age Individuals

Seems a long time ago, but this was our last competition and we crowned our Out of Age Champions at Pre-Novice, Novice and the Levels at Birchwood in November.

Our Champions were as follows:

Pre-Novice

U8 Madison Howard Salford
U9 Ellie Birkett Salford



U10 Isabella Raven Preston
U11 Mia Bellingham Preston
U12 Siobhan Moore Tameside
O12 Sophie Lomax Rochdale

Novice

U8 Daisy Navesey Sparks
U9 Danielle Wray Sparks
U10 Shannon Meehan Sparks
U11 Katie Frith Hartford
U12 Lauren Smith Southport
U14 Ophelia Thompson Blackpool
O14 Melanie Evans Blackpool

Level 4

Juniors Polly McDonough Vernon Park

Level 3

Seniors Sabrina Birchenough Rochdale

Seniors Charlotte Wrigley CMIG

Seniors Abbie Winstanley CMIG

Seniors Charlotte Wrigley CMIG

Coach Education

We have announced the next Level II course which will be at the end of March, beginning of April.

The intent is to run 2 Level 1 courses and a Level 3, but this will be subject to demand. Please contact Mike for your coaching needs and we will try and run courses accordingly.

For more info contact **Mike Lea**

Judge Education

The code has changed, always does after the Olympics and the changes are big enough that all Judges from Cycle 11 will need to go on another course and take a further exam

The International judging courses are complete and the National Judging courses have been announced.

We will be running the Regional and Club Judging course in June and July, exact dates to be confirmed. Exam will be in September.

For more info contact **Brendene Hardy**

NW Awards Evening

The NW Awards evening was on 12th November at Old Trafford. Woman's Artistic were well represented with both Junior and Senior Gymnast of the Year as reported on the front page and

awards for Jane Leigh, Mentor/Volunteer Co-ordinator and Keith Hardy won a Special Recognition Award for many years coaching the sport. Keith is currently our Performance Director.



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

County Round-Up Lancashire Regional Grades

Lancashire Competition Report

Grades were held at Garstang and Southport on the 7th and 8th Feb

There was an original entry of 211 but there were some withdrawals. All gymnasts passed at Grade 14 and 13 in and out of age but there were some failures at the higher grades. Lancashire

has been able to submit full teams to the Regional finals. The competitions ran smoothly apart from a judging issue on Sunday which was resolved. Each grade competition ran separately was presented and we moved on to the next competition which negated the need for a large venue. We will use this system again as the cost of venue hire was

£600 for the weekend.

We have had to change the date of the next competition which is pre-novice and novice Lancashire Championships from 5th July to 12th July.

Sheila Hanson
Competition Organiser

County Round -Up Greater Manchester Regional Grades

Greater Manchester were first to run their Regional Grades competition and because of the numbers, 240, had to move out of the County to Birchwood on the weekend of 31st Jan/1st Feb. This page show some images of a successful competition, where we selected full squads. The

first squad training took place at the new Hayward Sparks Gymnastics Academy, many thanks to Steve Halliwell for the offer of sole use. Are we ready for the finals, yes, fully kitted up and ready to retain the trophies that we won last year.



Visit the GM Website at <http://www.gmga.co.uk/home.htm>

County Round-Up Cheshire and Merseyside Regional Grades



Cheshire and Merseyside held their first grades competition under the new structure. After a very successful competition held at Liverpool, the teams were announced to represent C&M at the NW grades in March.



Although we won't have full teams in all grades - we will definitely be noticed for our new smart leotards and tracksuits - not to mention the talent that will be on display!

A huge thank you needs to go out to all the judges from outside the County who helped to make our day run so smoothly.



The gymnasts have now all met each other at a training session and are looking forward to enjoying working together to achieve their best.



The committee would also like to thank Ron Bell for all of his hard work over the years as he has announced he will be stepping down from the committee due to work commitments. We all wish you good luck for the future!

Visit NWGA WTC website at <http://www.nwgawtc.co.uk/nwhome.html>