

NWGA Womens Technical Committee



Womens Artistic Gymnastics

November 2007 Update

November is a fairly busy month with the NW AGM on the 7th, the NW Novice & Out of Age Levels 4, 3 & 2 Championship on the weekend of 17/18th before the rundown to Christmas. We also wish our teams good luck in the National Finals in Guildford for the Age Groups. Don't forget the Awards evening at Lancashire County Cricket Club, which this year is on 2nd December. Nominations should be in by 2nd Nov, so think about who needs a special mention from your club.

On the competition front we congratulate the following NW gymnasts who hit the headlines during October:

Jennifer Pinches from the City of Liverpool who is the English Junior Champion.

Nina Dearman from Vernon Park who was runner up in the English Senior Championships.

We have an article from Kelly Simcock on the last page talking about the regional squad. Get involved, coaches at all levels.

In this Issue:

- ☺ 2007/8 Events
- ☺ Affiliated Clubs
- ☺ NW Age Groups
- ☺ Committee Changes
- ☺ County News
- ☺ The County Structure
- ☺ The North West Regional Squad

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Dates for 2007/8

3rd/4th November

National Finals—Age Group Championships in Guildford. We are sending NW teams.

Contact is **Fiona Wright**

17th/18th November

NW Pre-Novice, Novice & Out of Age Levels 4, 3 & 2 Championships

To be held at the Birchwood Community High School Warrington.

Contact is **Fiona Wright**

7th November

The NW Annual General Meeting to be held at Edge Hill College, St Helens Road, Ormskirk, L39 4QP commencing at 8.00pm.

Contact is **Sue Langley**

28th October 18th/25th November 2007

Level 2 coaching course, run jointly with Men's Artistic.

To be held at CMIG, Garret Way, Gorton, Manchester

Contact is **Paul Hockwart**

2nd December

NWGA Awards evening at Lancashire County Cricket Club. Please note that nominations for the awards must be in by 2nd November. This is a fun night out and has been widely advertised. See you on the night.

Contact is **Mike Lockett**

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.

The North West Gymnastics Association Womens Technical Committee, NWGA WTC, reports to the North West Executive along with the Technical committees of Men's Artistic, Rhythmic, Trampolining, General, Acro and Aerobics. 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 end Oct.

Affiliated Clubs

Are you affiliated? The following clubs in the NW are. If you are not on the list and want to enter NW competitions then please affiliate.

Cheshire & Merseyside

Greater Manchester

Appley Bridge GC

Blackpool GC

Bolton GC

Bury Metro

City of Liverpool

City of Manchester

City of Salford GC

Crewe & Nantwich

Garstang

Halton GC

Hartford

Longridge

Macclesfield School of Gymnastics

Manchester South

Middleton

Neston GC

Oval GC

Penketh Gymnastics Club

Rochdale Olympic

Sandbach GC

Southport YMCA

Sparks

St Helens Centre of Gymnastics

St Helens YMCA

Stockport School of Gymnastics

Tameside School of Gymnastics

Tessaro GC

Thornton Sport

Vernon Park

Warrington

Wigan GC

Wigan and Ashton

Wingate Spec - Wrenbury

Wirral Gymnastics



From the Archive

NW Novice and Intermediate Championship in Liverpool in 1989. The gymnast is Emma Stanway from Dialstone School of Gymnastics, now Stockport.....but who is the judge presenting the medals? It's Brendene!

This photo was taken from the Stockport Archive, but have you got any photos that you would like to share with us? They don't need to be embarrassing or unusual or even old, but of course if they were... Please send to Mike Healy.

AGM

The WTC does not have it's own AGM. All disciplines share the North West AGM, which this year is to be held on Wednesday 7th November at Edge Hill College, St Helens Road, Ormskirk, L39 4QP commencing at 8.00pm.

There is the usual dry committee reports and election of officers, but this year there will be a motion to change the structure of the counties, which does affect the way that the WTC runs it's committees.

Interested? See you on the night.

WTC Level 3 and 4 Voluntary Finals

Held along side the Teams and Individual Apparatus Finals in September, were the Voluntary 3 and 4 Finals to crown the NW Champions for 2007 and to select our team for the National Finals in Guildford at the beginning of November.



The Voluntary Champion, **Level 4**, pictured on the left, is Morgan Finnegan from City of Manchester Institute of Gymnastics. The other team members are Jade Stedford, also from CMIG, Leah Burks from Wigan and Alice Adamson, also from Wigan. The travelling reserve is Abbie Fowler from Garstang.

Morgan was also the Overall Level 4 Champion for 2007 for the combined Voluntary and Compulsory scores.



At **Level 3** the Voluntary Champion was Charlie Fellowes from Sandbach. The other team members were Abbie Caig from City of Liverpool, Paige Wright from Garstang and Hansol Kim from Garstang. Travelling reserve was Alice Mountford from Sandbach.

The Overall Level 3 Champion for the combined Voluntary and Com-

pulsory scores for 2007 was Charlie Fellowes.

Visit our Website at <http://northwestaga.tripod.com/>

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

The County Structure

The existing County structure operates something like this. There are 3 counties, Lancashire, Cheshire and Merseyside and Greater Manchester. There used to be a fifth but the Isle of Man now have their own system and are not part of the North West. The counties report to the North West Executive and can cover all of the gymnastic disciplines, although in practice only Women's Artistic are represented. Each county has a committee and is responsible for it's financial well being.

The counties are responsible for running the Grade 5 and 6 National Development Plan competitions and sending teams to the North West Finals. They can also organise other competitions and events, for instance Cheshire and Merseyside have a 2 and 4 piece competition and Greater Manchester have a Presentation Evening.

All this will change in the AGM where the proposal is that the counties report through their Technical Committee and the NWGA WTC appoint a panel to run the counties. Should be a lively discussion so turn up and let your view be known.

GMGA Presentation Evening

The Greater Manchester Gymnastics Association held it's 2007 presentation evening in Rochdale at the start of October. This event celebrates the success that the county has had in the NW Grades finals during the last 2 years and is an opportunity to give out special



Cheshire and Merseyside 4 Piece



The Cheshire and Merseyside County Competition was held on the 14th October at Fit City, Ordsall and attracted nearly 70 gymnasts for Pre-Novice, Novice, Out of Age level 3 and 4, Voluntary 2, 3 and 4 Competitions. See elsewhere for a full report.

The winning gymnasts at each age were as follows:

Pre-Novice Over 9

Amy Hassal (Hartford)

Novice Under 8

Jennifer Mills (Warrington)

Novice Under 10

Katie Frith (Hartford)

Novice Over 10

Lois Byron (Warrington)

Pre-Novice Under 9

Chelsea McCarthy (Warrington) Katy Johnson (Warrington)

Voluntary 2

Bethany Lambert (Liverpool)

Voluntary 4

Amy Herring (Liverpool)

Out of Age Level 4

Charlotte Wrigley (Warrington)

Out of Age Level 3

Katy Johnson (Warrington)

Voluntary 3

Abbie Caig (Liverpool)

The organising committee were delighted that our World and European Champion, Beth Tweddle, was present all day and gave out the medals and trophies. A big Thank You to Beth.

awards to all of the coaches, gymnasts and judges that have been involved with the county squad.

The theme this year was Country and Western and almost everybody entered into the spirit. Coaches and judges are pictured on the left and the organiser and Squad Manager Cheryl Gharbi on the right.

Look out for the GMGA Open to be held in June 2008 at Copley!



North West Regional Squad

The Regional squad meets on average around every 6-8 weeks with gymnasts from the ages of 7-16yrs in attendance. Squad members consist of those gymnasts who score within the top ten of 'elite' level gymnastics from level 4 to level 2(at regional level), to senior level gymnasts that compete at the British championships.

The aim of the regional squad is to facilitate the collective development of gymnastics at regional level. Gymnasts and coaches alike are mixed into working groups at each session to ensure that best practice is shared so that coaches at all levels have the opportunity to develop and grow.

Squad session see gymnasts from different clubs 'mixed up' so that they can build relationships which help to increase confidence. In the North West, we are lucky to be home to a number of top national and international competitors. These ladies occasionally attend sessions (*as long as they don't clash with National or International commitments*) and inspire the younger gymnasts to work harder and strive for more. Their attendance often allows developing coaches to see the 'next level' and enables those coaches to observe their training sessions and programmes.

Squad features clinics and specialist sessions throughout the year with National coaches occasionally in attendance to support regional development. Experienced coaches often put themselves forwards to run clinics within sessions focussing in individual or groups of skills sharing best practice around preferred and successful

techniques and skills development activities.

When gymnasts qualify for National finals (at club or 'elite' level) gymnasts are invited to attend 2 of the squad sessions in preparation for an effective and professional team performance! This is a wonderful opportunity for gymnasts across the levels as it allows them not only to share best practice, but it also provides them with the opportunity to work together as a team and develop a sense of camaraderie and support.

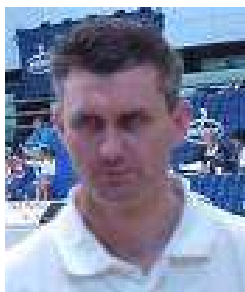
There is a relaxed, friendly and informal atmosphere at squad sessions with coaches and gymnasts alike working together in the spirit of team and of friendship. The sessions often see pre-level 4 gymnasts in attendance with their coaches-preparing the gymnasts for their future participation at this level, and likewise, often preparing developing coaches for competition and training at this level.

The next squad session will take place at the City of Liverpool Gymnastics Club on Sunday 2nd December from 10am-1.30pm. Entrance fee is £5.per gymnast. Coaches with gymnasts pre level 4 (intended for elite level gymnastics) are welcome to attend with their gymnasts (Please let RPDO Kelly Simcock know at kelly-fish2002@hotmail.com of you wish to attend with gymnasts.)

Coaches from any club at any level are also welcome to attend-real coaching opportunities can be provided or just a chance to observe!

WTC Committee

The WTC is very pleased to be able to announce that two of the vacant positions on the committee have been filled and we have co-opted a third.



Mike Lea, the Gymnastics Development Officer for Wigan will be looking after Coach Education. Mike is helping on the Level 2 course running this month at CMIG and has top priority to organise Level 1 courses. Please

email the WTC Affiliated Clubs rep, at michael.healy@virgin.net with your requirements, but note that it is unlikely that we can fit all those who need the qualification on the first course.

Caroline Casey from Sparks will be our Secretary.

Sheila Hanson from Longridge has been co-opted onto the committee and will represent Lancashire County.

We wish all of our new members long and successful postings on the committee.

Provisional Dates

The intent is to publish the NW competition Handbook before Christmas as we have most of the BG competitions confirmed. The provisional Calendar looks like this for 2008:

31stMay/1st June

NW Floor & Vault

20th/21st September

Individuals and Teams

6th/7th December

Out of Age Individuals