

NWGA Womens Technical Committee



Womens Artistic Gymnastics

November 2008 Update

Congratulations to Nina Dearman of Vernon Park Gymnastics Club who won the English Senior Championship 2008 on 4/5th October at Wiltshire School of Gymnastics. Nina picked up Gold on Bars and Floor, and Silver on Vault. Nina also won the Beth Tweddle Senior Bars Trophy - for the highest bars score and for her coach Barry McLaughlin the Amanda Kirby Trophy - Coach to the highest bar scorer.

As disclosed in the last newsletter the NDP grades for 2009 have changed and the WTC has decided how the competitions will be run. The regional Grades will all take place in the Counties with a Re-



gional Teams final, the National Grades final and the Compulsories on the same weekend. Read about it on page 4.

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Dates for 2008 and Provisional for 2009

8th/9th Nov 2008

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

To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

31st Jan/1st Feb 2009

GM NDP Regional Grades 14 to 9

To be held at the Birchwood Community High School Warrington .

Contact is Mike Healy

8th Feb 2009 (TBC)

Lancs NDP Regional Grades 14 to 9

To be held at Southport YMCA.

Contact is Sheila Hanson

8th Feb 2009 (TBC)

C&M NDP Regional Grades 14 to 9

To be held at Park Road Sports Centre Liverpool.

Contact is Jacqui Yarwood

7th/8th Mar 2009

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

16th/17th May 2009

NW Floor and Vault Championships

To be held at the Birchwood Commu-

nity High School Warrington .

Contact is Fiona Wright

6th/7th Jun 2009

GM Open

To be held at the Birchwood Community High School Warrington .

Contact is Mike Healy

19th/20th Sept 2009

NW Age Groups 4, 3, (& 2), Individual Apps FIG & NW Out-of-Age 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 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 early Mar 2009.

NWGA Team Challenge and Individual Apparatus Finals and Voluntaries

The NWGA Out of Age Team Challenge, the Voluntaries and the Individual Apparatus Finals were held at Birchwood Community School on the weekend of 20th/21st September.

Team Challenge

The largest entry ever for the teams competition saw Salford win the Pre-Novice and Novice Competitions and CMIG winning the Level 3 and Level 4 competitions. The winning CMIG Level 3 team is pictured below with Sparks 2nd and Garstang 3rd.



On hand to present the medals we were pleased to have one of our Olympic heroes, Hannah Whelan, seen above. Not the best of pictures I' afraid.

scoring 47.882, runner up was Amelia Cockayne Seddon of Sparks with a score of 43.399 and in 3rd place was Samantha McLennon Greaves of Sparks with a score of 40.316. The Espoires are pictured below.



Kelly Retires

The NWGA WTC is sad to see the retirement of our Performance Director, Kelly Simcock, who is leaving the sport. Kelly has been on the committee for 3 years running the Regional Squad, leading our levels gymnasts to national competitions and numerous training sessions. Kelly is seen here receiving flowers and our best wishes for the future at the last competition in September. Kelly we thank you.



Voluntary 4 was won by Megan Coates, unattached with a score of 49.332, second was Sophie Greaves Brayne from Sandbach with a score of 49.165 and in third place was Naomi Gayle of CMIG with a score of 48,149.

Voluntary 3 was won by Jade Stedford of CMIG with a score of 52.066, runner up was Morgan Finnegan of CMIG with a score of 50.449 and the bronze medalist was Ami Herring who scored 50.016. All 3 are pictured below.

The Apparatus Finals was the final event of the weekend and the results were as follows:

Juniors was won by Paige King of Garstang with a score of 48.082, runner up was Melissa Wells of Sparks with a score of 47.466

and in 3rd pnce, also from Sparks was Connie Briggs with a score of 44.249.

The Seniors had only one competitor so a win for Nina Dearman of Vernon Park with a score of 53.183.

Espoires was won by Erin Long of Wigan



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

Affiliated Clubs 2008/2909

The following clubs are affiliated to the NWGA WTC for 2008/2009:

Bebington Gymnastics Club
Blackpool Gymnastics Club
Bolton Gymnastics Club
Bury Gymnastics Club
City of Liverpool Gymnastics Club
City of Manchester Institute of Gymnastics
City of Salford Gymnastics Club
Crewe & Nantwich Gym Club
Focus Institute of Gymnastics
Garstang School of Gymnastics
Halton Gym Club
Hartford School of Gymnastics
Heywood Sparks Gymnastic Academy
Longridge Gymnastics Club
Macclesfield School of Gymnastics
Manchester South Gymnastics Club
Middleton Gymnastics Club
Neston Gymnastics Club
Oval Gymnastics Club
Penketh Gymnastics Club
Rochdale Olympic Gymnastics Club
Sandbach Gymnastics Club
Southport YMCA Competitive Gymnastics Club
St Helens Centre for Gym
St Helens YMCA Gymnastics Club
Stockport School of Gymnastics
Tameside School of Gymnastics
Tessaro Gymnastics Club
Thornton Sport Gymnastics
Vernon Park Gymnastics
Warrington Gymnastics Club
Wigan & Ashton
Wigan Gymnastics Club
Wingate
Wirral Gymnastics

There are still a few clubs who have not affiliated, please do and make sure that your gymnasts are eligible for all NWGA WTC events and courses.

The way that clubs affiliate to the North West has been changed for 2008 /9 and is based on a fee for the club, £25.00, and a fee for each competing gymnast, £2.00. The forms need the name of each gymnast and all coaches and they will be checked when the club enters gymnasts into competitions.

The fees and forms need to be sent to the NW Regional Secretary, **Sue Langley**,
email n.w.g.a@btinternet.com

NWGA WTC Committee 2008/2009

This could be the least accurate article in the newsletter as it is being printed before the AGM which is on the 5th November. Hence I am having a guess that the existing committee will continue and leaving the positions that are currently vacant as still vacant. A full update will be available immediately after the AGM on the website.

Chairperson

Jane Leigh CMIG info@cmig.net

Secretary

Caroline Casey Sparks

Treasurer

Paul Reay Bury

Judging Convenor

Brendene Hardy brendenehgymsky.com

Competition Organiser

Fiona Wright Rochdale fionaw.5@tiscali.co.uk

Coaching Organiser

Mike Lea Wigan michael.lea55@ntlworld.com

Affiliated Clubs and Counties Rep

Mike Healy Stockport michael.healy@virgin.net

Cheshire and Merseyside Rep

Jacqui Yarwood Warrington

Lancashire Reps

Janet Lavendon Flic Flac

Fiona Begbe Flic Flac

Greater Manchester Rep

Mike Healy Stockport

Performance Director

Vacant

NWGA WTC Website

Our website has been down for some time and until we sort out something that looks professional and permanent, we have set up a temporary space where you can download the handbook, have a look at the newsletters, examine the results from competitions, check out the affiliated clubs and see who is on the committee.

All clubs that have websites have been linked and if there are any that are missing, then please send the website address and email and it will be corrected. WE are always pleased to receive news from your gym, especially if you have pictures.

<http://nwgawtc.ssog.co.uk/nwhome.html>

NDP Grades – Organisation for 2009

You have brought the book, you have tried to decide who will go Regional and who will go National, you have scratched your head on the performance pathway and have sort of started the training. Excellent because this is how we are going to run the comps.

Regional Grades

These will be run in the Counties and the dates are on the front page of this newsletter and are on the new NWGA WTC website. Take care not to miss the entry dates, for instance GM will be before Christmas. There will be 8 competitions, Grades 9, 10, 11, 12, 13 in age, 13 out of age, 14 in age and 14 out of age.

The Counties will award the Grades Certificates and select their teams to represent the County in the Regional Finals.

The teams will be the top 6 gymnasts in each Grade. In addition to the team the 7th and 8th gymnasts will be allowed to compete as individuals on finals day.

Regional Grades Finals

This competition will be run by the NWGA WTC at Birchwood on 8th March. The finals will be run for Grades 9, 10, 11, 12, 13 in age, 13 out of age, 14 in age and 14 out of age both as a team competition for the 6 gymnasts representing the County, but also to crown the overall champions who will be selected as the highest

score from the teams and the 7th and 8th gymnasts from the County who are competing as individuals.

There will be team trophies and an overall trophy for the top team score from 9, 10, 11, 12, the average 13 and the average 14 scores added together.

Please note that the Regional finals the Grade 13 and 14 gymnasts will not need to redo their range and conditioning set, but must pass it in the County Comp to qualify.

National Grades

The National Grades will be run by the NWGA WTC at Birchwood on 7th March. This will be for Grades 5, 6, 7 and 8 and will select a team to represent the NWGA at the national finals at Cocks Moors Woods Leisure Centre (TBC) on 25th/26th April 2009.

Compulsories

Compulsory 3 and 4 will be run by the NWGA WTC at Birchwood on 7th March. In the same format as previous years. We will select a team to represent the NWGA at the national finals at Cocks Moors Woods Leisure Centre (TBC) on 2nd/3rd May 2009.

Confused? I hope not, but a Grades pack should be with all affiliated clubs, the information is on the website and Fiona Wright is always on hand to answer the detailed questions that coaches inevitably have.

County Round-Up Cheshire and Merseyside 4 Piece comp

Cheshire and Merseyside held their Pre-Novice, Novice, Level 4 and Level 3, four piece competition on Sunday 26th October at Liverpool Park Rd. The day was a huge success, with all clubs getting several medals. Overall champions are as follows:

Pre-Novice U10

1st	Phillipa Wynne	Crewe
2nd	Ellie Grace Dodd	Crewe
3rd	Lauren Tarpey	Warrington

Pre-Novice U12

1st	Heather Stewart	Neston
2nd	Catherine Porter	Neston
3rd	Samantha Simpson	Warrington

Pre-Novice U12

1st	Abby Lyon	Neston
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Novice U10

1st	Bethany Platt	Crewe
2nd	Nicole Steel	Warrington
3rd	Nadia Barr	Crewe

Novice U12

1st	Katie Frith	Hartford
2nd	Abby Hassall	Hartford
3rd	Rebecca Reynolds	Warrington

Pre-Novice U8

1st	Bethanie Lawrie	Crewe
2nd	Livi Sands	Warrington
3rd	Megan Collins	St Helens

Nov 12+

1st	Lauren Harrop	Warrington
2nd	Jade Twine	Warrington
3rd	Rowan Pugh	Hartford

Level 4

1st	Emma Steele	Warrington
2nd	Becky Foulkes	Crewe

Level 3

1st	Melissa Doan
2nd	Esme Littlefair
3rd	Katie Johnson
All from Warrington.	

Grades Workshop

Cheshire and Merseyside are holding a grades workshop at Warrington Gymnastics Club on 23rd November to explain all about the new NDP Grades. Open to all judges and coaches. Contact is Jacqui Yarwood email jacquier@hotmail.com

Visit the NWGA WTC at <http://nwgawtc.ssog.co.uk/nwhome.html>