

NWGA Womens Technical Committee



Womens Artistic Gymnastics

February 2011 Update

In this Issue:

- © County News
- © 2011 Dates
- © Competition Pictures

This issue is all about the Grades Finals at Birchwood on 19th Feb and to give you a heads up on the competition calendar for 2011. There are more dates in the pipeline, all is kept reasonably up to date on the NW WTC website.



Dates for 2011

19/20 February

NW Regional Grades Finals, National and Compulsory Grades Competition, British Schools Trials.

Venue: Birchwood Tennis and Recreation Centre

Contact is Fiona Wright

2/3 April

Phil Tighe Competition

Venue: Copley Recreation Centre

Contact is Geoff Machan

10 April

C and M Floor and Vault Competition

Venue: Camm Street, Crewe

Contact is Jacqui Yarwood

15 May

C and M 4 Piece Competition

Venue: (TBC)

Contact is Jacqui Yarwood

28/29 May

NW Floor & Vault Championship

Venue: Birchwood Tennis and Recreation Centre

Contact is Fiona Wright

12/13 June 2010

NW Floor & Vault Competition

Venue: Birchwood Tennis and Recreation Centre

Contact is Fiona Wright

11/12 June 2010

Greater Manchester Open

Venue: Birchwood Tennis and Recreation Centre

2/3 July

GM Floor & Vault Competition

Venue: Fit City Ordsall, Salford

17/18 September

NW Age Groups, Open Teams, Individual Apparatus Competition

Venue: Birchwood Tennis and Recreation Centre

Contact is Fiona Wright

15/16 October

GM 4 Piece Competition

Venue: Copley Recreation Centre

12/13 November

NW Out of Age Individuals

Venue: Birchwood Tennis and Recreation Centre

Contact is Fiona Wright

November (Date TBC)

Red Rose Championships

Venue: TBC

Contact is Sheila Hanson

November/December (Date TBC)

NW Inter County Teams

Venue: TBC

Contact is Fiona Wright

There will be additional competitions during the year and some of the dates may change depending on venue availability. GM comps are committee organised, the best contact presently is Barry McLaughlin.

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 2011.

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Vacant, but best contact
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Gymnastics in the NW

We are lucky to have 2 major events close by to us and we should support them to ensure they come back.

The **English MAG/WAG Championships 2011** are to be held at Fenton Manor Sports Complex, which is in Stoke on Trent, over the weekend of 25th-27th February. Tickets are available on the door and which competition is on which day is available on the BG website. There are NW gymnasts competing.

This year the **WAG British Jnr/Snr Championships** will be moved from Guildford to the Echo Arena in Liverpool. It is being held on the weekend of 9th/10th July. This is a big arena and there will be lots of space for all NW gymnasts and families to attend. No details yet on tickets, but we will keep the NW WTC website up to date on this.

Please support gymnastics in the NW.

Equitable Transfer

Parent/carers and gymnast must voice concerns to the resident club as to their intention to leave prior to approaching a prospective club.

Prospective clubs who are approached by parent/carers and/or gymnasts must first contact the resident club for their consent.

If the resident club does not give consent then the parent/carers and gymnast must leave the resident Club before approaching the prospective club.

Prospective club must contact resident club immediately if approached by a North West affiliated competitive gymnast or parent/carer.

If/when transfer completed amicable or non amicable both clubs must inform Regional Secretary as to the affiliation status of gymnast.

Any breach of transfer ethics should be brought immediately to the attention of the discipline Technical Committee Chairperson, there may be sanctions.

New Gym for Longridge

Longridge Gymnastics Club will move this weekend to their new centre in Grimsargh. The club have tried for many years to find a suitable venue and have obtained change of use planning permission to operate at Astra Business Park. The sprung floor and equipment is being fitted next week and the club will open its doors on Saturday 27th February. Longridge have six gymnasts competing in the teams on Saturday and coach Sheila Hanson is delighted. We hope to achieve even greater results now that we have a permanent home.

2012 Olympics

Tickets and Timings are now known, so I guess time to register (<http://www.tickets.london2012.com>).

Venue: North Greenwich Arena (O2 Arena)
Dates: Sunday 29th July - Tuesday 7th August

29th July—Qualification
31st July—Team Finals
2nd Aug—Individual, all round
5th Aug—Vault Finals
6th Aug- A-Bars Finals
7th Aug- Beam and Floor Finals

Coaching Courses

There was a time when all of the relevant courses for WA were sent out by email to all affiliated clubs. The system has changed and now you have to scan the NW website on a regular basis to see what is there. Do still contact Helen Wallis if you have coaching needs and she will endeavour to organise it if there is a general need. The link is:

http://www.northwestgym.org.uk/page.asp?node=174&sec=Course_Information

You will also notice that the costs of courses has risen considerably. Don't panic as there are sources for grants, both through BG and through local authority organisations, such as Greater Sport.

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

County Round Up

Greater Manchester - Regional Grades



Grade 10 medallists



Grade 11 medallists



Grade 13 in age medallists

The Greater Manchester Grades were held at the end of January at Copley. Results and picture below.

Grade 14 In Age

1st	Mica Dramah	Salford
2nd	Robin Kilbourne	CMIG
3rd	Nicole Decamps	Rochdale

Grade 14 Out of Age

1st	Lauren Jones	Vernon Park
2nd	Holly Appleton	CMIG
2nd	Aaliyah Neille-Stewart	CMIG
3rd	Philippa Lord	Rochdale

Grade 13 In Age

1st	Elisa Waugh	CMIG
2nd	Georgina Blackburn	Stockport
3rd	Charlotte Clarke	Sparks

Grade 13 Out of Age

1st	Hollie George	Sparks
2nd	Casey Exley	Bury
3rd	Skye Howarth	Sparks

Grade 12

1st	Leah Fletcher	Sparks
2nd	Imogen Perry	Sparks
3rd	Abigail Marshall	Vernon Park

Grade 11

1st	Rebecca Shard	Stockport
2nd	Jasmin Maxwell	Sparks
3rd	Philee Ang-Chen	Rochdale

Grade 10

1st	Ellie Birkett	Salford
2nd	Francesca Rossi	Vernon Park
3rd	Sophia Housley	Sparks

Grade 9

1st	Fiona Payton	Rochdale
2nd	Sophie Lomax	Rochdale
3rd	Catherine Gregg	Sparks



The Greater Manchester Squad 2011 at their first training session at Heyward Sparks Gymnastics Academy

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

Cheshire and Merseyside - Regional Grades

The C&M Grades were held at the beginning of February. Results below, no pictures available.

Grade 14 In Age

1st	Ami Evans	C & N
2nd	Megan Riley	C & N
3rd	Katie Lang	St. Helens

Grade 14 Out of Age

1st	Emily Howley	Hartford
2nd	Katie Ingham	Hartford
2nd	Olivia Dunlop	Neston
3rd	Anais O'Regan	EPC

Grade 13 In Age

1st	Chloe Barlow	St. Helens
2nd	Millie Arcangelo	Warrington
3rd	Leah Aldridge	Warrington

Grade 13 Out of Age

1st	Kayleigh Perrin	Warrington
2nd	Daisy Evans	St. Helens
3rd	Latisha Gemmell	Wire

Grade 12

1st	Olivia Mullineux	Hartford
2nd	Ebony Gumbs	Warrington
3rd	Amber Woodward	Warrington

Grade 11

1st	Abby Hassall	Hartford
2nd	Rachel Newsham	Hartford
3rd	Megan Walley	Warrington

Grade 10

1st	Heather Stewart	Neston
2nd	Philippa Wynn	Sandbach
3rd	Amy Hassall	Hartford

Grade 9

1st	Katie Frith	Hartford
2nd	Abby Lyon	Neston

Lancashire - Regional Grades

181 gymnasts took part in the Lancashire County Grades last weekend. We held the grades at West View Leisure Centre which is the home of City of Preston Gymnastics Club. This is the first time that Lancashire have used this venue and everything went very well apart from a slight overrun on Saturday. Teams were selected for the Regional Finals with all eight clubs in the region having representatives on the teams. Well done to the coaches, judges and gymnasts from Garstang, Thornton, Longridge, Blackpool, Preston, Southport, Appley Bridge and Wigan & Ashton. A team training was held at Garstang on the 13th February. Results below, no pictures available.

Grade 14 In Age

1st	Natalie Shores	A.Bridge
2nd	Alice MacKinnon	Southport
3rd	Laila Powell	Blackpool

Grade 14 Out of Age

1st	Holly Bentley	W & A
2nd	Jasmine Carey	Blackpool
3rd	Caitlin Pooke	W & A

Grade 13 In Age

1st	Amy Haslam	A.Bridge
2nd	Megan Joynt	A.Bridge
3rd	Mia Rodriguez	Garstang

Grade 13 Out of Age

1st	Keisha Lynch	W & A
2nd	Leah Bretherton	Preston
3rd	Megan Carr	Southport

Grade 12

1st	Zara Tachtai	Garstang
2nd	Sadie McNulty	Southport
3rd	Trinity Hamilton	Garstang

Grade 11

1st	Shanon Lyons	A.Bridge
2nd	Olivia Baxendale	Garstang
3rd	Stacey Cloran	W & A

Grade 10

1st	Katie Coward	Garstang
2nd	Maddie Brook	Garstang
3rd	Megan Walker	Longridge

Grade 9

1st	Bethany Patton	Southport
2nd	Ginny Buckley	Garstang
3rd	Hannah Newell	Thornton

'Adult Helpers'

It can be a struggle getting the adult helpers in place for competitions. So is it difficult and does it spoil the competition for the volunteer? Read on.....

"I volunteered to be an adult helper at the regional and national club grades.

My daughter was competing in the round that I volunteered for, and I

have to be honest, I was worried that I was going to miss my daughter competing.

However, this was not the case, instead I ended up with a better view than I had sitting in the crowd. I still managed to watch my daughter on each piece and I also felt that I helped the organisers, who at the end of the day had gone to the time

and trouble to organise the event, and without whom my daughter wouldn't have an event to attend."

L McCallister

Appley Bridge School of Gymnastics

So don't try and hide when your coach comes looking for help on competition day, you get a great view, can watch your daughter and even the calculator bit is straightforward

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