

NWGA Womens Technical Committee



Womens Artistic Gymnastics

November 2009 Update

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Beth Tweddle, World Floor Champion. Adding to her World Bars Crown in 2006, I'm sure all of our gymnastics community will congratulate our top North West Gymnast on her recent win in London at the O2 Arena. Beth, always a keen supporter of our North West competitions is pictured on the Counties page presenting medals at the Greater Manchester Open. Well done Beth.

As we approach the end of 2009 there are 2 events that all clubs and coaches should be taking notice of. They are the NW AGM, which is on 18th November in Ormskirk and the NW Awards Evening on November 29th at Lancashire County Cricket club. One is exciting, full of comedy and a right good laugh and the other



honours the regions top performers. You will have to attend both to check out which is which.

We also have almost all of the competition dates fixed for 2010 and they are listed on page 2. The Regional competitions all take place at Birchwood and Greater Manchester have moved all of their competitions to Copley.

The County pages reflect the big new idea for 2009/2010, the formation of County Squad. Read on.....



Dates for 2009

14/15 November

NW Out of Age Championships Competition at Birchwood

Contact is **Fiona Wright**

14th/15th/21st/29th November & 13th December

Level 3 coaching course. Venue is Wigan for the first 3 dates and Sandbach for the last 2 dates. This is probably the last one before UKCC take over. Book now while prices are still low.

Contact is **Mike Lea**

18th November

NWGA AGM to be held , at Edge Hill College, Ormskirk commencing at 7.30pm. This is for all Gymnastic disciplines.

Contact is **Sue Langley**

29th November

NWGA Awards Evening 2009 to be held at Lancashire County Cricket Club starting at 7pm. Usually a great evening where we look for Gymnast, Coach and Volunteer of the Year.

Contact is **Mike Lockett**

29th November & 6th/20th December

Level 1 UKCC WAG Sports Specific coaching course at CMIG. You must have taken the General part of the course to participate.

Contact is **Mike Lea**

29th November

Lancashire Red Rose Competition to be held at Southport.

Contact is **Sheila Hanson**

All 2010 dates are overpage.

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 end Jan 2009.

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All committee members
to be re-election in Nov

The Competition Calendar for 2010

The competition calendar is coming together and all of the Greater Manchester County and Regional Competition dates are settled. Don't forget 2010 is Commonwealth Games year so look out for the dates, which will be during October, held this time in India.

Greater Manchester Regional Grades Competition

30/31 Jan 2010
Venue: Copley Recreation Centre

Cheshire and Merseyside Regional Grades Competition

31 Jan 2010
Venue: Park Rd, Liverpool

Lancashire Regional Grades Competition

7/8 Feb 2010
Venue: Flic Flac

NW Regional Grades Regional, National and Compulsory Competition

27/28 Feb 2010
Venue: Birchwood Tennis and Recreation Centre

Phil Tighe Competition

27/28 March 2010
Venue: Copley Recreation Centre

Greater Manchester Floor & Vault Competition

8/9 May 2010
Venue: Copley Recreation Centre

NW Floor & Vault Competition

12/13 June 2010
Venue: Birchwood Tennis and Recreation Centre

Greater Manchester Open

19/20 June 2010
Venue: Copley Recreation Centre

NW Age Groups, Open Teams, Individual Apparatus Competition

25/26 Sept 2010
Venue: Birchwood Tennis and Recreation Centre

Greater Manchester 4 Piece Competition

16/17 Oct 2010
Venue: Copley Recreation Centre

NW Out of Age Individuals Competition

5/6 Dec 2010
Venue: Birchwood Tennis and Recreation Centre

Electronic Scoring

2010 will be the year when all of the adult helpers are not needed at NW competitions. Taking the lead of GM comps, we are looking at a scoring system that will get the scores to you as soon as possible.

NW Affiliation

The affiliation fees to the NW are now overdue and are needed for all gymnasts to enter any NW competitions. Please make sure that all of your gymnasts that are likely to take part in our events are registered to make Sue's job easier.

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

NW Teams

The North West Teams Competition was held in September at Birchwood with a reduced number of teams from 2008. The Pre-Novice competition was won by Rochdale, the Novice by Rochdale, the Level 4 by Sparks and the Level 3 by Sparks.

Next year look out for a changed format with an open invitation. The Rochdale Novice team is shown below



NW Voluntaries

The Level 2, 3 and 4 voluntaries were held in September at Birchwood. The competition also picked our Level 3 and 4 teams for represent the North West in the National Finals in Guildford. Our teams in the finals finished as follows:

Level 4 - 9th overall

Lee Wright, Liverpool - 38th
Millie Jones, Liverpool - 36th
Livi Sands, Warrington - 25th

Level 3 - 4th overall

Amber Leyland, Liverpool - 21st
Georgina Clements, CMIG - 13th
Megan Coates, Liverpool - 6th
Stephanie Bowles, CMIG - 23rd

Level 2

Jade Stedford, CMIG - 14th
Ami Herring, Liverpool - 16th
Alice Adamson, Wigan - 29th
Leah Burke, Wigan - 30th

NW Apparatus Finals

All Seniors and Juniors withdrew from the competition, never known so many injuries, so our competition at Birchwood in September was for the Espoires only. The overall was won by Kara Heaton from Warrington, second was Hansol Kim from Garstang and the bronze medal was won by Georgia Finch also from Garstang.

As with all North West Competitions, the results are available for download on the NWGA WTC website



Focus on Affiliated Clubs — Medlock Gymnastics Academy

The North West are always to welcome new members into our competition community. In a focus on new clubs, delighted to welcome a new



club from Greater Manchester into the fold. I'll leave the write up to Jamie Stansfield, the Head Coach.

"Medlock Gymnastics Academy began in 2008 and is the elite side of Busy Bodz recreational club. Based in Droylsden Manchester we currently have approximately 25 mem-

bers, both boys and girls who make up the 2, 4 and 6 piece squads. The MGA gymnasts train up to 12 hours per week at the moment and recently entered their first GM competition. All performed really well and did the club and its coaches proud, with 8 out of the 9 entered taking medals.



Its an exciting time for the club, coaches and gymnasts alike as all continue to grow and work towards both individual and team goals. We would like to thank all in the North West who are helping us in the development of our club and we look forward to seeing you all at the next competition."

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

County Round Up

Greater Manchester - GM Open

The second running of the GM Open was held at Birchwood and clubs came from South Durham in the North to Horsham in the South. Great weekend of gymnastics capped by Beth Tweddle presenting medals on the Saturday afternoon.



County Squads

2009 saw the start of the formation of County squads and all 3 counties will have them up and running during 2010. First off the blocks were Lancashire where Keith Hardy has held trials for gymnasts born in 2000, 2001 and 2002 based on Level 4 competition and Compulsory 5 testing. Martin Williams has agreed to kick off the Cheshire and Merseyside squad and will be inviting 7 to 9 year olds to a seminar session, packed with testing stations. Barry McLaughlin will be taking charge of the Greater Manchester Squad, which is aimed at out of age gymnasts and will be selected on the basis of 2009 competition results, with invitations to others who have not competed.

Lancashire - 4 Piece

On the 12th July Lancashire held a novice and pre-novice four piece competition which was well attended. 87 gymnasts took part with the pre-novice U9 having the largest entry.



Cheshire and Merseyside 4 Piece

The Cheshire and Merseyside 4 Piece competition was held in July in Liverpool.

The Novice winners were as follows:

- Over 13 - Lauren Harrop, Warrington
- Aged 13 - Danielle Collier, Warrington
- Aged 12 - Katie Frith, Hartford
- Aged 11 - Phillipa Wynne, Crewe and Nantwich
- Aged 10 - Sophie Lynch, St. Helens
- Aged 9 - Bethany Lawrie, Crewe and Nantwich

The Pre-Novice winners were as follows:

- Over 12 - Catherine Porter, Neston
- Aged 12 - Madeleine Burrows, Hartford
- Aged 11 - Tamara Talbot, Crewe and Nantwich
- Aged 10 - Rachel Newsham, Hartford
- Under 10 - Grace Preston, Liverpool

Level 4 - Bethany Platt, Crewe and Nantwich

Level 3 - Esme Littlefair, Warrington

Modified FIG - Melissa Doan, Warrington

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

Greater Manchester - Floor and Vault

For the first time in 2009, the GM Panel held their competition in the County, at the newly refurbished Copley recreation Centre. The centre staff were great and it was a real luxury having food and drink available for the full weekend.

From 190 gymnasts the winners were as follows:

Pre-Novice

- Over 12 - Bethany Fisher, Rochdale
Sarah Boswell, Stockport
- Under 12 - Olivia Smith, Sparks
- Under 11 - Danielle Dawson, Medlock
- Under 10 - Emma Prescott, Salford
- Under 9 - Claire Bradburn, Sparks
- Under 8 - Sophie Newbery, Sparks

Novice

- Over 12 - Charlotte Cooper, Salford
- Under 12 - Aimee Hussey, Rochdale
- Under 10 - Raechel Jackson, Bolton
- Under 8 - Lily Jenkins, Manchester South

Intermediate

- Under 12 - Niamh Gillan, Rochdale
- Over 12 - Leah Faulkner, Salford



Greater Manchester - 4 Piece

The Greater Manchester 4 piece was held on Sunday 11th October at Copley Recreation Centre in Stalybridge. A record entry of 140 gymnasts made this a very long day. There was a FIG competition as well as the normal out of age events.

Pre-Novice

- Over 12 - Ellie Rowell, Tameside
- Under 12 - Elaneor Drury, Salford
- Under 10 - Rachael Winterburn, Sparks
- Under 8 - Leah Fletcher, Sparks

Novice

- Over 12 - Jessica Tosizczuk, Sparks
- Under 12 - Tia Gribben, Manchester South
- Under 11 - Fiona Payton, Rochdale
- Under 10 - Mercedes Miladinovic, Rochdale
- Under 9 - Ella Clutterbuck, Sparks



FIG

- Senior - Connie Briggs, Sparks
- Espoire - Samantha McLennan-Greaves, Sparks
- Junior - Sophie Thompson, Sparks

Modified FIG

- Shannon Royal, Sparks

Level 3

- Senior - Hannah Turner, Sparks
- Junior - Lauren Stevenson, Sparks

Level 4

- Senior - Natalie Morris, Sparks
- Junior - Georgia Smith, Sparks

Compulsory Level 5

The North West will be running a Compulsory Level 5 competition in 2010 in the same competition as the Compulsory Level 3 and 4 competitions. This is a Regional competition and there is no National Final. **Contact is Fiona Wright**



Cheshire and Merseyside - 4 Piece

After feedback from coaches when we discovered that July was not a good time for a county four piece, C&M held a second one in October. This competition was met with great enthusiasm by gymnasts and coaches alike. The atmosphere was fantastic and it was lovely to see everyone helping each other. The venue at Liverpool was a great setting for a friendly competition and everyone agreed it was a success.

