

NWGA Womens Technical Committee



Womens Artistic Gymnastics

September 2008 Update

Headline news for this issue, not too difficult. The performance of our WA team in Beijing was the best for 100 years and congratulations to the whole GB team. We of course are more interested in the gymnasts from the North West, Beth Tweddle and Hannah Whelan who train at the City of Liverpool club. Beth made the Bars final and Hannah posted a beam score to count in the Team competition. Well done girls, can't wait for 2012.



Also in international action, this time representing England in Vladimir, were Nina

Dearman of Vernon Park and Amanda Wilkinson of Wigan who won the team competition against Russia, Muldova, and Japan. Congratulations.

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Dates for 2008

20th/21st Sept 2008

NW Novice & Regional Levels 4, 3 & 2 Team Championships (Out of Age)
NW Age Groups & Individual Apparatus
To be held at the Birchwood Community High School Warrington.

Contact is Fiona Wright

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

26th Oct 2008

Cheshire and Merseyside 4 Piece Championship to be held at City of Liverpool Club on Park Road.

Contact is Jacqui Yarwood

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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 Nov 2008.

NWGA Floor and Vault

The NWGA Club Floor and Vault Competition was held at Birchwood Community High School on 31st May with Pre-Novice, Novice and Intermediate Championships. Over 200 gymnasts competed in 17 age categories to become the North West Champion. The full results can be downloaded on the Salford Gymnastics Website. The individual overall champions were as follows:

Pre-Novice

Under 5	Robin Casey	Rochdale
Under 6	Ellee Cheetham	CMIG
	Ella Walsh	Appley Bridge
Under 7	Charlotte Loftus	Rochdale
Under 8	Fern Catton	Neston
Under 9	Shanice McConnell	Salford
Under 10	Elenor Drury	Salford
Under 11	Marisa Fish	Salford
Under 12	Baileigh Ashford	Blackpool
Under 13	Natasha Mudge	Appley Bridge
Over 13	Louise Hey	Stockport

Novice

Under 7	Charlotte Glenn	Appley Bridge
Under 8	Rebecca Shard	CMIG
Under 9	Shanaye Wolfe	Man South
Under 10	Melissa Collins	Rochdale
Under 11	Amy Kilkenny	Man South
Under 12	Aimee Dryburgh	Salford
Over 12	Laura Hallworth	Stockport



Intermediate

Under 11	Olivia Latham	Appley Bridge
Over 11	Bethan Murray	Neston

Are you linked?

Does your club have a website? Are you linked from the BG site or from the NW site? The links can be very useful for letting people know that you exist and keeping a steady flow of enquiries to your club. Email BG and for the North West you should send the details to:

info@northwestgym.org.uk

Artistic World Championship 2009



What a great opportunity to see live the very best gymnasts in the world in competition. The 2009 world championships will be at the O2 Arena, London from 13th-18th October and BG members will be given priority for the tickets and a discount. The details are on the BG website and there is time to get your club organised, get a bus or train and have a day out to remember.

Women's Qualification 14th October

Women's All Round 16th October

Women's Vault and Uneven bars finals 17th October

Women's Floor and Beam finals 18th October

Wedding Bells

Jane Beddoes, Chair of the WTC and Colin Leigh, Chair of the MTC and Chair of the NWGA tied the knot during August. They were married at home in Heywood and during the evening were joined by relatives and gymnastics friends including Lloyd Readhead. Colin seen here extolling the virtues of red wine was in great form and Jane never stopped smiling. After a honeymoon in Italy, back to the every day business of running the gym, the region, etc, etc.

Good luck from all of us in Gymnastics.



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

NDP Grades 2009

The Women's Artistic Technical Committee have announced the launch of New NDP Grades 2009. The National Development Plan Grades are now identified from Regional Grades 14 - 9, National Grades 8 - 5 with Compulsory Grades 4, 3 & 2.

The books are available from Gymnastic Enterprises at £20 and can be ordered over the phone on 0845 1297129 extn. 2355, and they are in stock.

The 6 regional grades are likely to be run in the Counties with a Regional Final. The National Grades will be run in the Region with a National Final.

When the full details are known NWGA WTC will be giving details of how we will be running our competitions.

Buy the books, get training the moves in your gym. New clubs that have not entered grades before, this is new for everyone so make this your time to get involved and enter.

Code of Points 2009

The code always changes just after the Olympics and this year is no different. The new code is available as a download on the FIG website, in English, and will use all of the ink on your printer if you choose to print it out.

There are not the full scale changes that we saw in the last update, however take note that the A and B judging panels have gone and are now replaced with D and E panels. D stands for Difficulty and E stands for Execution.

We are waiting to find out if the changes will need Judges to retake their courses and exams, or whether a refresher course only will be required.

Representing England

Congratulations to Amanda Wilkinson of Wigan Gym Club and Nina Dearman of Vernon Park Gym Club who were selected to represent England Senior Team in the Mayor's Cup at Vladimir in Russia on the weekend of 6th - 7th September 2008. The coaches were Barry McLaughlin and Franki Gee. Nina came 3rd overall and made all of the apparatus finals where she came 3rd on Vault, 3rd on Bars, 1st on Beam and 1st on Floor.

Full results will be available on the English Gymnastics Website

www.Englandgymnastics.org.uk

NWGA Affiliation 2008/2009

The way that clubs affiliate to the North West has been changed for 2008 /09 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 they will be checked when the club enters gymnasts into competitions. There is also a requirement to list the names of each coach associated with the club.

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

When should this be done? Actually the date, 31st August 2008, has passed, so get moving.

UKCC

There was a download on the BG website during August that explained the new coach education structure that is being introduced and all clubs should look at the BG website to understand how the new system will work. The following has been lifted directly for the BG statement

" In common with other sports, BG has taken on board the standards and procedures of the United Kingdom Coaching Certificate - UKCC. These mean a change from the way we previously ran courses and examined candidates.

QUALIFICATION STRUCTURE

The changes to the qualification structure are quite fundamental and the implementation schedule is:

Introduction of a new "Award Scheme Coaching"-course under the Level 1 (start 1st September 2008)

Introduction of new UKCC Level 1 courses and assessments and procedures replacing all the current Level 1 courses (start 1 August 2008)

All Level 2 courses remain in the current system for another year and will be replaced by new UKCC Level 2 on 1 August 2009.

All Level 3 courses remain in the current system for another two years and will be replaced by new UKCC Level 3 on 1 August 2010."

This is a major change for our sport and currently our RCO is undergoing training to be able to deliver the new syllabus. What will we notice immediately? The aim is to improve the quality of the delivered courses however the costs will be greater. Your committee is determined to keep the rises to the minimum required.

Contact is **Mike Lea** who can be contacted on michael.lea55@ntlworld.com

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

Greater Manchester

GM Open

The GM Open was a new event for 2008 held over the weekend of 14th/15th June at the Birchwood Community School in Warrington.

FIG Senior

1st	Nina Dearman	Vernon Park	52.85
2nd	Abbie Stirrup	CMIG	47.666
3rd	Eva Nobbs	Wetherby	46.983

FIG Espoire

1st	Chelsea Leach	CMIG	41.366
2nd	Amelia Cockayne-Seddon	Sparks	37.483
3rd	Charlotte Jackson	Sparks	34.683

FIG Junior

1st	Paige King	Garstang	45.05
2nd	Natasha Law	Vernon Park	42.775
3rd	Melissa Wells	Sparks	41.908

Level 2

1st	Cara Trivett	City of Birmingham	37.9
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Level 3

1st	Emma Pickering	South Durham	47.892
2nd	Emily Gargan	South Durham	46.975
3rd	Jade Armstrong	South Durham	42.417

Level 4

1st	Amy Tinkler	South Durham	47.541
2nd	Caitlin Maguire	South Durham	44.358
3rd	Alice Morbey	Wetherby	41.333

Regional Level 2 Robyn Carter Rochdale

Regional Level 3 Yan Trinh Man South

Regional Level 4 Sen Georgia Hall Rochdale

Regional Level 4 Jun Millie Stanway Vernon Park

Novice Under 8 Carla Mansfield Stockport

Novice Under 9 Rebecca Gosling Salford

Novice Under 10 Polly McDonough Vernon Park

Novice Under 11 Emily Moore Vernon Park

Novice Under 12 Leah Wells Southport

Novice Over 12 Zara Gallichan Salford

This was a friendly competition that attracted the usual clubs for inside the Greater Manchester County, Some from the North West and from outside the region there were entries from Manx Gymnastics, City of Birmingham, South Durham and Wetherby. This comp will be repeated in 2009 and hopefully there will be even more teams from all over the UK.



Visit the GM Website at <http://gm.ssog.co.uk/index.php>

County round-up. (Continued)

Cheshire and Merseyside

It has been a quiet few months, preparing for the next competition, the 4 piece championships which are being held at the City of Liverpool Club on Park Rd in Liverpool on the 26th October. Please note that this is a change of venue as Fit City is undergoing a major refurbishment and is not available.

Lancashire

Lancashire held a Pre-Novice and Novice 4 piece at Southport on 22nd June 08. This was a successful event, thank you to all who attended and those who helped. The results are below.

Pre-Novice U8

1st Hannah Parker-Smith	Longridge
2 nd Jessica Andrew	Southport
3rd Allegra Hirst	Longridge

Pre-Novice U10

1st Megan Walker	Longridge
2nd Nadine Bold	Appley Bridge
3rd Olivia Fishwick	Appley Bridge

Pre-Novice U11

1st Cleo Bamber	Longridge
2nd Emma Robinson	Longridge
3rd Elle Waddington	Wigan & Ashton

Pre-Novice O11

1st Jacqueline Wood	Wigan and Ashton
2nd Steph Smith	Appley Bridge

Novice U10

1st Morgan McGee	Longridge
2nd Charlotte Warren	Appley Bridge
3rd Abi Gleig	Southport

Novice U12

1 st Siobhan Lough-Scott	Longridge
2 nd Emily Gaskell	Longridge
3rd Rebecca Speakman	Appley Bridge
3 rd Leah Wells	Southport

Novice O12

1st Abbie Unsworth	Longridge
2nd Hannah McCormick	Longridge
3rd Lauren Bentham	Appley Bridge

Heywood Sparks Gymnastics Academy

After 13 years of development, Sparks Gymnastics of Rochdale have now become the Heywood Sparks Gymnastics Academy, with a move to their new 17,000 sq.ft. state of the art facility.

The new facility, has a large pitted gym with vault, tumble track, bars, and powertrac, all into a foam pit. The main gym features 2 competition vaults plus training vaults, 8 bars stations including 3 competition A Bars & height adjustable single bars, 12 beam stations, a full sprung competition floor & separate matted floor area and Air Track. There is also a café & reception area .

Good luck to Steve and Alex Halliwell in their new venture.



Your News

This newsletter is reflecting your news and will be as big or small, interesting or dull as your contributions. Please send in any news (and pictures) you have, about your club, your competitions, your gymnasts and coaches. Early November is the deadline for articles for the next newsletter so please do send your contributions in good time.