



Bi-Weekly Club Newsletter

Newsletter date: Issue 17 – 3rd Sept 2010



British Gymnastics and British Gymnastic-England Update

East Midlands Regional Festival

On Saturday 17th October from 4.00pm – 9.00pm the East Midlands will be hosting their first Regional Festival at New College, Leicester.

The Festival is open to all British Gymnastics Clubs, Schools and Leisure Centres and will be a great time for gymnasts to demonstrate their skills.

Flyers will be available shortly; Guidance Notes and Entry Forms will be available on the East Midlands website from the 10th September.

British Gymnastics Benefits and Fees

The Benefits and Fees for the membership year 2010/11 have been announced; please go to www.british-gymnastics.org for further information.

2012 Olympics Artistic Gymnastics and Rhythmic Managers Wanted

British Gymnastics is delighted to be working closely with London 2012 on the delivery of the Games, which is now just two years away. The full time positions of **Artistic Gymnastics Manager** and **Rhythmic Gymnastics Manager**, which will be crucial to the success of the Men's and Women's competitions at North Greenwich Arena, and Rhythmic at Wembley Arena has just been advertised on the London 2012 web site. For more information please go to www.british-gymnastics.org.



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Tesco Charity Trust Community Awards



What is it?

The Tesco Charity Trust Community Awards Scheme provides one-off donations to local projects that support children and their education and welfare, elderly people and adults and children with disabilities.

How much can we apply for?

Donations can be made for between £500 and £4000.

Who can apply?

The following organisations can apply:

- Registered charity
- Company Limited by Guarantee
- Voluntary organisation
- School
- Housing Association
- Others (not specified)

What is eligible?

Projects they have previously supported include:

- Playground equipment in schools and local communities
- Sensory garden or room projects
- Outdoor classrooms
- Breakfast and after school clubs
- Holiday play-schemes
- Part funding to purchase minibuses
- Befriending schemes
- Luncheon clubs / youth clubs
- Specialist equipment for disabled people
- Day trips / social trips – for elderly / disabled people

What don't they fund?

- Salaries
- Fundraising events or challenges
- Conferences or seminars
- Grants to individuals, including students
- Activities which collect funds for redistribution to other charities or individuals
- Purchase of land or buildings
- Refurbishment to fabric of buildings, including lift installations
- Overseas appeals
- Expeditions or overseas travel
- Promotion of religion
- Sponsorship and marketing promotions
- Endowment funds
- Political donations

Want to apply?

Applications should be made via the website:

www.tescocharitytrustcommunityawards-applications.co.uk

There are two categories of Community Awards:

1. Grants to support children's welfare and/or children's educations (including special needs schools)
2. Grants to support elderly people and/or adults and children with disabilities

How long will it take?

There are two rounds of funding every year for each category, please see the timescales below. Applications made outside the timescales for your category cannot be accepted.

Decisions will not be finalised for approximately 3 months after the closing date of each round. Please consider this when completing your application. Please note that charities can only make one application each year.

GRANTS FOR CHILDREN'S EDUCATION AND CHILDREN'S WELFARE

Applications should be made between:	Expected Decision date:
1st December & 31st January	End of April
OR	
1st May & 30th June	End of September

GRANTS FOR ELDERLY PEOPLE AND ADULTS AND CHILDREN WITH DISABILITIES

Applications should be made between:	Expected Decision date:
1st February & 31st March	End of June
OR	
1st August & 30th September	End of December

What makes a good application?

A certain amount is available at each Community Awards round and the number of donation requests always exceeds the funds available. Therefore this means some good applications, while meeting the criteria, may have to be refused.

If you require any support whilst completing the application contact the helpline on 0845 612 3575. A copy of the application questions can be found at the below link:

<http://cr2010.tescopl.com/communities/~media/Files/T/Tesco-Corporate-Responsibility-Report-2009/pdf-report-builder/tesco-charity-trust/caquestions.pdf>

As with all funding applications ensure that you are meeting the funders criteria, whilst offering good value for money.



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Coach Education

WA Judging Course

There will be a Womens Artistic Club Judging course starting in November, details of this course should be finalised by next week. Please look on the regional website for further details and an application form. Cost will be approx £85 per candidate.

Spaces Available

There is availability on the following recently advertised courses.

Level 1 Pre-School – Caldecott/Corby starting 26th September

Level 1 General Gymnastics – Derby starting 3rd October

Level 2 Trampoline – Northampton starting 17th October

Level 1 Womens – Leicester/Coalville starting 24th October

If you need one of the above courses don't leave it until the last minute to apply otherwise you may be disappointed as the course may be full or cancelled.

Mens Artistic Level 1

If you require a place on a Mens Level 1 course it may be possible to accommodate these candidates on the Level 1 Womens course at Leicester/Coalville in October. They will however need to attend an additional date to those advertised in order to complete the Mens specific part of the syllabus.

Please contact Alan Price 07739 512166 to discuss the above requirements.

Tumbling

A Tumbling Level 1 course has been organised in the East Midlands in November (Derby).

List of courses available in the East Midlands

Coaching Courses

Further details on all of the courses below can be found on the East Midlands website under Coaching & Judging (www.emgymnastics.org.uk)

To avoid disappointment please ensure you book onto courses early – do not leave it to the last couple of weeks

Regional coaching courses are in **Blue**, National courses in **Black**, **Teachers** courses in **Red** and **Judging** courses in **Green**

- Level 3 Tumbling Module 3 (National Course) – Basingstoke 11th September
- **Trampoline Proficiency Awards Scheme Course – Lincoln 12th September**
- Level 3 Acrobatics Module 2 (National Course) – Wigan 12th September
- Level 3 Tumbling Module 1 (National Course) – Wakefield 18th September
- Level 2 Trampoline Skills Update (National Course) – Cambridge 19th September
- Level 2 Trampoline Skills Update (National Course) – Sunderland 26th September
- **Level 1 Pre-School course – Caldecott/Corby starting 26th September**
- **Level 1 General Gymnastics Course – Derby starting 3rd October**

- Level 1 Womens Course – Lincoln starting 17th October (Course Full)
- Level 2 Trampoline course – Northampton starting 17th October
- Level 3 Trampolining Module 1 (National Course) – Cambridge 17th October
- Level 3 Trampoline HPC course (National Course) – starting 23rd October
- Level 1 Womens Course – New College, Leicester & Coalville GC starting 24th October
- Level 3 Acrobatics Module 3 (National Course) – Wigan 24th October
- Trampoline Skills Upgrade (National Course) – Birkenhead 30th October
- Womens Artistic Club Judge course – Nottingham November 2010
- Level 1 Tumbling – Derby starting 7th November
- Level 1 Teachers Trampoline course – Northampton – 11th & 18th November 2010
- Level 3 Trampolining Module (National Course) – Birkenhead 11th December
- Teachers Trampoline Refresher course – Northampton – 16th December 2010
- Level 1 Teachers Trampoline course – Northampton – 27th January & 3rd February 2010
- Womens Level 2 – New College, Leicester & Coalville GC – starting 29th January 2011
- Fun for Baby – add-on module (Yorkshire Region Course) 29th January
- Teachers Trampoline Refresher course – Northampton – 12th May 2011
- Level 1 Teachers Trampoline course – Northampton – 9th & 16th June 2011
- Level 2 Teachers Trampoline course – Northampton – 14th & 15th June 2011
- Gymnastic Disabilities Add-on Module – Date TBC
- Pre-School Level 2 – Jan/Feb 2011
- General Gym Level 1 – Jan/Feb 2011
- General Gym Level 2 – Mar 2011
- WA Level 1 – Mar/Apr 2011
- MA Level 1 – Mar/Apr 2011
- MA Level 2 – date & venue TBC

Other Courses

- Safeguarding & Protecting Children – Autumn 2010 (TBC)
- Time to Listen – Autumn 2010 (TBC)
- Club Management – Loughborough Autumn 2010 (TBC)

For further details of all courses:

- Look on the regional website www.emgymnastics.org.uk
- or
- Contact Alan Price, Regional Administrator
 - alan.price@gymnasticsengland.org
 - 07739 512166



Bi-Weekly Newsletter

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Schools Gymnastics

British Gymnastics - England recognise that teachers are the bridge between school and club environments. We are working towards supporting the workforce to encourage teachers to experience gymnastics and grow within the sport as teachers and coaches.

What Gymnastics offers...

"Gymnastics is a foundation sport for all other sports. This is because it develops agility, balance, coordination and speed (the ABC's of athleticism). These physical qualities are inherent in all sports. For this reason, all British children will benefit from exposure to gymnastics during their first eight years. Participating in gymnastics at an early age, children will acquire "physical literacy", which is the foundation for life-long participation in physical activity and for successful performance at the elite level of sport". Dr Istvan Bayli - world-renowned expert in Long Term Athlete Development.

Gabby Logan, Television Presenter: "I have a lot to be grateful to gymnastics for: it gave me confidence about my body and what it can do, it kept me strong, flexible and fit, it gave me friends who I still count as my closest 20 years on. I was lucky to train at the top end of the sport but gymnastics is for everybody. My brother was a gymnast from 5 until 10 years old and I am sure the flexibility and coordination he gained from those years helped him when he changed sport and devoted his time to being a footballer.

Remember to re-register your school on line at the start of the new academic year. Follow this link to get you started:

http://www.british-gymnastics.org/site/index.php?option=com_content&view=article&id=941&Itemid=471

If you want to know more about schools in your area, contact your Gymnastics Development Officer:

NORTHAMPTON AND LINCOLN

Samantha Harding – 07739 990 210 - Samantha.harding@gymnasticsengland.org

DERBYSHIRE

Emma Law - 07824 547193 - emma.law@gymnasticsengland.org

NOTTINGHAMSHIRE

Rachel Clerck - 07739 512207 - rachel.clerck@nottscc.gov.uk

LEICESTERSHIRE & RUTLAND

Hazel Colton - 07827 303 967 - hazel.colton@gymnasticsengland.org



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Events

Further details on all of the below events can be found on the East Midlands website under competitions (www.emgymnastics.org.uk)

SEPTEMBER EVENTS

5 September 2010

Leicestershire Level 5, 4, 3 & FIG All Round
New College Leicester

26 September 2010

WA – Regional Age Group Championships, Open Age Championships
New College Leicester

OCTOBER EVENTS

3 October 2010

Leicestershire Girls Level 7 & 6 Allround, Boys Novice Level 1 & 2 Allround comp
New College Leicester

10 October 2010

WA – Regional Open Age Championships (Level 4)
New College Leicester

17 October 2010

Multi-Discipline competition
New College Leicester

17 October 2010

Northamptonshire – Womens County Grades
Kettering

31 October 2010

Leicestershire Club Teams Level 5, 4, 3, 2 & FIG competition
New College Leicester

