



Bi-Weekly Newsletter

Newsletter date: Issue 17 - 1st September 2010



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