



Bi-Weekly Club Newsletter

Newsletter date: Issue 14 14.07.10



British Gymnastics and Gymnastic England Update

British Gymnastics Benefits and Fees

The Benefits and Fees for the membership year 2010/11 have been announced, please see the below link for further information.

GymBlast – Your Weekly e-news from British Gymnastics

The latest issue of GymBlast is now available please go to the below link to read the latest issue.

http://www.british-gymnastics.org/site/index.php?option=com_acajoom&Itemid=107&act=mailing&task=archive&listid=1&listtype=1

GymBlast is a weekly e-news to help improve communication between clubs and coaches offering the most up to date news from British Gymnastics.

Gymnastics England Funding Newsletter July 2010

The July edition of the Gymnastics England Funding newsletter is now available and can be downloaded from;

http://www.gymnasticsengland.org/index.php?option=com_frontpage&Itemid=1

The newsletter is packed with information on funding streams and successful case studies showing how funding has positively contributed to club growth.



Gymnastics
England

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Wells Sports Foundation



What is it?

The Sports Grants Scheme has been established to create a lasting legacy for future generations through the development of club sport.

How much can we apply for?

Grants of between £500 and £2,000 are available to sports clubs to support worthwhile projects.

Who can apply?

They are looking to fund projects that support the development and sustainability of sports clubs. For example - projects that need equipment that is specifically focused on increasing participation, CRBs for volunteers, coaching qualifications and refereeing/umpiring courses.

What is eligible?

They will only accept applications from sports clubs that meet all of the criteria in our self assessment checklist:

- The project supports the development of grassroots sport for young people aged between 5-18
- The club has achieved ClubMark
- The club has at least one partnership agreement with a local state school
- The club has raised at least 50% of the funds required for the overall project and can provide evidence of this if required
- The remaining funding requirement for the project is between £500 and £2,000 and the overall project cost does not exceed £5,000
- The club understands that the grant may not be available for up to 90 days from the Panel assessment date
- The club agrees to the terms and conditions that will form part of the Grant Agreement
- The club can provide a copy of its latest financial accounts
- The applicant is an Officer of the club

What don't they fund?

- Individuals
- Staffing costs
- Administration
- Management fees
- Travel expenses
- Bid preparation
- Trophies
- League entry fees
- Fines
- Outsourcing
- Maintenance costs
- Sponsorship
- Items which only benefit an individual, for example, bursaries, kit and equipment that is not shared

- Costs incurred or expenditure committed (including deposits) before the date of the offer letter

Can a club reapply if its application is unsuccessful?

Whilst they do not restrict clubs from reapplying, they urge you to consider why your application may have been unsuccessful in the past against the criteria.

Want to apply?

An application pack can be found at www.wellsportsfoundation.org. When completed email an electronic copy to info@wellsportsfoundation.org. Please send a completed and signed hard copy of the application pack to the **Wells Sports Foundation, CityLab, 4-6 Dalton Square, Lancaster, LA1 1PP** and retain a copy of your application pack for your records.

How long will it take?

The closing date for grant applications is the 10th of every month. An electronic copy and hard copy of your application pack is required by this date. If your application is received after the month's closing date, it will be rolled forward into the next month. Your completed application pack must have been received before being progressed to the next stage. You will be sent an email confirming that your application has been received and when the application will be assessed.

If your application does not meet all of their criteria then it will not be processed further. A panel assessment will be completed by the last day of every month. You will receive notification of whether your application has been successful within 90 days of this date. During this time, the Foundation may wish to contact you for more information.

What makes a good application?

Your club's application must be typed and you are also required to provide a copy of your club's most recent financial accounts in support of your application. They receive a high volume of applications and want to achieve the best possible results and work with clubs that can truly make a difference. They assess all eligible club applications and identify those which score the highest based on their assessment criteria on a monthly basis, as opposed to working on a first come, first served basis.

Wells Sports Foundation – Sporting Ambassadors

They have 14 world class athletes who are Ambassadors that will visit qualifying grassroots sports events to engage with young people and inspire them to participate in sport.

The Ambassadors are all in training full-time for the 2012 Olympics, so visits are limited to areas local to them. Our Ambassadors include swimmers, track and field athletes, triathletes and modern pentathletes who are able to carry out the following activities:

- Activity days
- Coaching sessions
- Small group sessions

They will only accept applications from schools, sports clubs and other community organisations that are planning an event that meets all of the criteria in our self assessment checklist.

Self-Assessment Checklist

- The event will be held in one of the following areas: Aberdeenshire, Avon, Berkshire, Cambridgeshire, Hampshire, Hertfordshire, Leicestershire, Merseyside, Nottinghamshire and Yorkshire.

- The event aims to deliver the following themes: the importance of health and fitness; promoting participation in sport; and leadership and volunteering in sport.
- The organisation hosting the event has a detailed plan for the event and has a clear idea of what is expected of the Ambassador on the day.
- The planned date for the event is at least 6 weeks away.
- The event will target young people between the age of 10 and 18.
- You are happy for a Wells Sports Foundation representative to attend and be significantly involved in the event.

Download an expression of interest form at:

<https://creatingexcellence.wufoo.com/forms/sporting-ambassador-scheme/>



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Coach Education

Club Survey

Please remember to complete and return the club survey that was recently sent to all clubs, this is your chance to assist the region in the planning and provision of future courses to develop the East Midlands workforce. Please remember to look on the website to see whether any courses you require are already available.

Spaces Available

There are still spaces available on the following courses in August.

- TRA Proficiency Award Scheme – Benham, Northampton 1st August
- Cycle 5 / Cycle 6 UKCC update course – Benham, Northampton 22nd August

Application forms are available on the regional website.

If you are interested please apply asap

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**

- Level 3 Trampoline Module 1 (National Course) – Somerset 18th July
- Level 3 Acrobatics Module 1 (National Course) – Wigan 25th July
- Level 3 Womens Artistic Module 1 (National Course) GMAC, Birmingham 25th July
- **GMPD Trampoline Course – Grimsby 27 July 2010**
- **Trampoline Proficiency Awards Scheme Course – Northampton 1st August**
- Level 3 Womens Artistic Module 3 (National Course) – Bristol 15th August
- Level 3 Trampoline Module 1 (National Course) – Northampton 22nd August
- **Cycle 5 / Cycle 6 UKCC update – Northampton 22nd August**
- 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 18th 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 Trampoline Module 1 (National Course) – Cambridge 17th October
- **Level 1 Womens Course – New College, Leicester & Coalville GC starting 24th October**
- Level 3 Acrobatics Module 3 (National Course) – Wigan 24th October
- **Level 1 Tumbling – Derby starting 7th November**

- MA Level 2 – date & venue TBC
- Gymnastic Disabilities Add-on Module – Date TBC
- WA Level 2 (UKCC) – January 2011
- Pre-School Level 2 (UKCC) – Jan/Feb 2011
- General Gym Level 1 (UKCC) – Jan/Feb 2011
- General Gym Level 2 (UKCC) – Mar 2011
- WA Level 1 (UKCC) – Mar/Apr 2011
- MA Level 1 (UKCC) – Mar/Apr 2011

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

USING PROFICIENCY AWARDS FOR YOUR AFTER SCHOOLS CLUB

PROFICIENCY AWARD - BENEFITS FOR SCHOOLS

- Develops a sound structure for the development of gymnastics skills
- Only requires basic equipment available in most schools
- Provides children with motivation, encouragement and rewards in the form of certificates, badges and medals.
- Develops children to work towards advanced awards and different discipline awards (See later for a list)
- Promotes a healthy, active lifestyle and forms a base for physical literacy development for all sports.
- Young leaders can also get involved to support the activities. If your out of school hours club is run by a gymnastics coach qualified to level 2 or above, then a 'Proficiency Award' qualification is available for young leaders, which can really make a difference to the structure and development of the sessions. If a teacher who has the teacher's gymnastics award runs the sessions, then the young leaders can do a 'Helpers Award'.

PROFICIENCY AWARD – THE RESOURCE

- The Proficiency Award Pack – included are:
 - An information booklet with details about the awards, how to organise the session, safety information and how to assess the awards.
 - A full set of laminated resource cards, with technical, safety and assessment information on the back (See example card below.)



- Skills range from basic shapes, balances and jumps to rocks and rolls. Also, there is a section on partner work and sections on basic apparatus preparation, (hand apparatus, benches and box or stool.)

Also included in the resource pack is:

- Proficiency Award Activities chart with an overview of all the 8 awards.
- Eight Proficiency Award charts. One for each award with each skill illustrated.
- DVD (windows compatible) that includes:
 - Group progress and Personal achievement charts, printable from the DVD, that provides the teacher with the means to record group or class progress, and the gymnast the means to monitor personal progress
 - Allows the teacher to view the award scheme skills by level or category, giving both front view and side view (powered by Dartfish).
 - The Dartfish analysis tool is included in the DVD and allows you to compare your gymnasts' skills alongside the DVD footage of skills.

PROGRESSION FROM THE CORE PROFICIENCY AWARDS

Once children have progressed through the Core Proficiency Awards they can they proceed to the Advanced Proficiency Awards, or one of the Discipline Specific Awards.

- Advanced Proficiency Awards - includes 75 work cards, Information book, 18 Wall Charts, DVD (powered using Dartfish Technology.) The Advanced Awards are divided into Bronze, Silver and Gold awards in each of the following sections:
 - Apparatus
 - Dance and Aerobics
 - Fitness
 - Floor Awards
 - Hand Apparatus
 - Pair and Groups
 - Vault Awards
- Trampoline Awards – (teachers trampoline qualification of trampoline coach qualification essential.) Includes 27 Work Cards, 4 Wall Charts, a DVD (powered by Dartfish Technology) and an information book for levels 1-15.
- Cheerleading Spirit Awards - Includes 44 Work Cards, Information book, Wall charts & DVD with printable achievement charts

For more information about these resource packs follow the link below:

https://secure.british-gymnastics.org/shop/product_info.php?cPath=5_148&products_id=1486&osCsid=c5d7c2419a948eadd554f29775a1d737





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east
midlands
GYMNASTICS
ASSOCIATION

Events

September Events

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

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

East Midlands Multi Discipline Competition and Regional Festival/Conference

On Sunday 17th October 2010 East Midlands will host their first ever multi discipline team competition along side the Regional Conference and Regional Festival.

Counties will enter teams which will consist of gymnasts from men's and women's artistic, acrobatics, rhythmic, general and trampolining and the final part of the competition will see all disciplines working together to perform a team display. Scores will be combined to give a county total. Squads will be selected through the County Associations with support from their Development Officer so look out for further information from your Development Officer.

The second part of the day will be a Regional Conference and Festival, which will be open to all clubs.

Further information on the day will be distributed shortly.