



## Edition 134 October 2019 North of England Gymnastics Association

### Many Congratulations to....

**Shanice Davidson** from **Durham City Gymnastics Club**. Shanice recently competed for Great Britain at the Senior World Tumbling Championships held in Tokyo. Shanice,



the current British Champion has upgraded her tumbling passes since last year and once again she achieved outstanding results. A GOLD in the team event and a SILVER with a fantastic score of 69.60 in the individual finals. Many congratulations to Shanice and to her coaches at Durham City and family and friends who give her such amazing support.

Gymnasts from **South Durham GC** have had some excellent results recently!



**Mercedes Mary Moore** was selected to represent England at the Horizon Cup in Thessaloniki, Greece between 8-10th November. This was her first International call up and she achieved excellent results with a



2nd All Around (Individual), 2nd for the Team and two individual medals, 1st on Bars and 2nd Vault. **Mia Scott** was Selected to represent England at the Leverkusen Cup in October and once again a silver medal came back to Durham – 2nd in the Team Competition. Most recently a brilliant



competition for **Charlotte Moralee** in the National Junior Challenge Cup! Despite a couple of uncharacteristic falls from the beam Charlotte still managed to finish in a fantastic 6th overall and 4th on Bars! Then at

**National Voluntary Levels** competition gymnasts also brought home medals!. At Level 3 Keira Pedelty placed 12<sup>th</sup> AA, 1<sup>st</sup> Bars, 7<sup>th</sup> Combined and at Level 4 Claire Smith 43<sup>rd</sup> AA, 21<sup>st</sup> Combined; Rose Cole 35<sup>th</sup> AA, 25<sup>th</sup> Combined. Level 4 North Team placed 9<sup>th</sup>

Excellent news from **Tees Valley Gymnastics Club**. The Club's Senior Elite team Tees Valley Diamonds recently won the 'Variety & Technical' Award at the British Ministrada 2019.

And Finally, from **City of Newcastle** we're delighted to announce the selection of 3 of our team gym gymnasts for the new **GBR Team Gym Squad**.

Congratulations to Abbie & Olivia who have both previously represented GBR at the Team Gym European Championships and congratulations to Katelyn who has been



selected after an excellent performance at the British Championships. We know you will make us proud girls!

### Regional News

**NEGA Awards:** Thank you to everyone who has sent in nominations for the NEGA Awards this year. Letters will be sent out to successful nominees soon! The Awards Dinner is being held on Friday, February 21<sup>st</sup> at the Hardwick Hal Hotel, near Sedgfield. Menu and ticket information has been sent to all clubs, but if you missed it, please get in touch.

**Affiliations:** Thank you to everyone who has paid their Club Affiliation to NEGA. Your support is really appreciated. The Handbook and Certificate with your Club number will be posted out to you as soon as possible. We do have a small number of clubs that are not affiliated to the Region. Some are affiliated to BG but not NEGA, one or two are affiliated to UK Gymnastics and some are independent. If you are organising an event

please check or get in touch for clarification. Clubs not affiliated to NEGA and BG are not eligible to take part in BG or NEGA events or events organised by NEGA Clubs and their participation may impact on your Club BG registration and insurance.

**Grants to Clubs:** Ten Clubs were recently awarded Grants from NEGA towards new equipment. If you were one of the 'lucky 10' we would love to see and hear about the impact the equipment is making to your gymnasts in future newsletters.

**Safeguarding Courses:** The next **S&PC** course is being held at GymMad GC, Stockton on Friday, January 24<sup>th</sup>. Forms have been circulated and the closing date is January 6<sup>th</sup>. Please get in touch if you need more details. The next **Time to Listen** course for Club Welfare Officers is at Deerness GC on February 29<sup>th</sup>. Registration is through the BG website.

## Club News

News from **Kendal** is very exciting - 'Kendal Gymnastics Club moved into new premises over the weekend of 21/22. September after being on the lookout for over 15 years! Thanks to the amazing work of so many people at the club and local businesses we trained for the final time at our old site on the Friday and re-opened immediately again on the Monday as if nothing had happened! There is a huge amount of work to be done before the full potential of our new home is realised but we have already increased our gymnast numbers by introducing new training groups and are looking forward to holding our first competition there, our annual club championships, on 15th December. The difference in space is amazing - we now have a full-size floor, a separate vault run-up and beam area (instead of these seriously encroaching on the floor), no pillars in the middle of the building and so much head room. The site

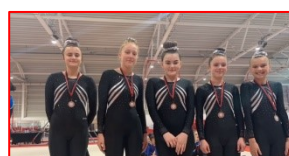
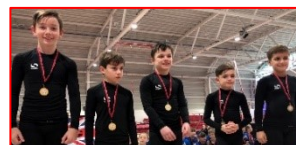
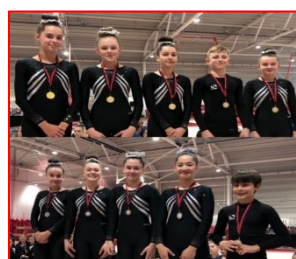
will not only benefit our club, but we will now be able to host Cumbria County competitions and squad training again.

Have a look at the photos of the old and the new place and you'll see why we are so excited!!!!



## TeamGym News from City of Newcastle.....

November has been a busy month for City of Newcastle's team gym gymnasts with competitions on home turf and away! First up was the level 5 micro teams who made their way to Hartlepool and had a fantastic competition resulting in lots of medals. First the level 5 mini micro 2 team placing 1st and mini micro level 5 1 team placing 2nd. It was then over to the youth team who also earned medal positions with the youth level 5 black team placing 1st and the youth level 5 white team placing 2nd. Thank you to Hartlepool for having us!



We then turned our attention to the Newcastle Team Gym Open which was a resounding success for home teams and visiting competitors alike with excellent results across the day. First on the competition floor were our mini level 5 micros who yet again took competition in their stride with big smiles on their faces, CNGA Sparkles placing 1st, CNGA Stars placing 2nd and CNGA Diamonds placing 3rd, fab work girls!

Next up was the youth Level 5 & 4 boys who have continued to go from strength to strength in competition both placing 1st in their respective competitions. A huge well done. Onto the youth 5 & 4 girls who showed several new skills with fantastic effort earning them 4th place and 3rd place, excellent work girls!

Next in the micro categories was the junior level 4 women's micros, all gymnasts gave lovely performances on both pieces earning 1st and 2nd Place overall. Our junior level 2 micros were up next each showing solid



work on their apparatus and putting out new skills for the first time. CNGA Hydrogen earned 1st place and CNGA Sulphur 2nd place, fantastic results!

In the full team competition, it was the primary challenge team who brought the first set of excellent results placing 1st in a fabulous display of skill, well done girls. Our youth level 4 women's team



youth level 3 women's team brought their A game placing 1st with a huge score of 44.05 with a lovely performance on floor and their highest tariffed tumblers yet.

Finally, our junior level 2 women's team put out some great work on their apparatus and competed a brand-new floor routine for the first time at competition placing 1st overall! CNGA would like to thank all the clubs for attending and to all the coaches, judges and volunteers across the day for making the competition a resounding success.



In other CNGA news, 6 of our up and coming coaches Jess, Chloe, Caity, Katelyn, Niamh and Sarah recently completed their practice assessment for their Level 2 team gym coaching awards and received fantastic feedback from tutors, keep it up ladies we know you will pass with flying colours!

**Tees Valley Gymnastics Club** are very pleased to congratulate some of the Clubs coaches on receiving their coaching awards: Well done to

Emily James Level 2 General and Laura Wood Level 2 General; George Foley Level 1 Tumble and Georgia Lane Level 1 Acrobatics. Well done to them all!

**Thank you to Scott, Chris, Alison and Mel for their News**



*Merry Christmas!*

NORTH DATES 2020					
January 26 <sup>th</sup>	F&V	NESGA	Schools Milano Championships	Royal Grammar	Dec 22nd
Jan 25 -26 <sup>th</sup>	TeamGym	Club	Newcastle Open	City of Newcastle	
February 2 <sup>nd</sup>	Acro/Tum	NESGA	Schools Acro & Tumbling	Northern Hope	Jan 10th
February 2 <sup>nd</sup>	Trampoline	Region	NDP Qualifier 2	Bishop Barrington	
February 9 <sup>th</sup>	Acrobatics	Regional	Open and Team Competition	Newton Aycliffe	
February 26 <sup>th</sup>	F&V	NESGA	Schools Floor and Vault Championships	Carlisle	Jan 24th
March 1 <sup>st</sup>	Trampoline	Region	RTF Qualifier	Penrith	
March 1 <sup>st</sup>	General	Region	Sport For All	Catterick	Feb 1st
March 8 <sup>th</sup>	Tumbling	Region	Tumbling NDP Competition	Durham City GC	
March 8 <sup>th</sup>	Women's A	Region	North Grades	South Durham	
March 14-15 <sup>th</sup>	Acrobatics	Region	NDP Preliminaries	Newton Aycliffe	
March 14-15 <sup>th</sup>	Women's A	Region	Regional Grades	City of Newcastle	
March 29 <sup>th</sup>	Women's A	Region	Compulsory & National Grades	South Durham	
March 29 <sup>th</sup>	Women's A	Region	English Champs Comp & Challenge Cup Qual.	South Durham	
April 3-5 <sup>th</sup>	MA WA	England	English Championships		
April 5 <sup>th</sup>	General	Region	Floor and Vault Recreation Level	Gateshead LC	March 4th
April 16-19 <sup>th</sup>	MA WA	National	British Championships MA WA		
April 26 <sup>th</sup>	Tumbling	Region	Tumbling Grades Competition	Redcar GC	
May 3rd	General	Region	Floor and Vault Club & Competition	Hartlepool	April 3rd
June 7 <sup>th</sup>	General	Region	Apparatus Recreation Level	Hartlepool	May 7th
June 28 <sup>th</sup>	General	Region	Apparatus Club and Competition	Hartlepool	May 28th
July 4-5 <sup>th</sup>	TeamGym	England	English Championships	Newcastle	
October 25 <sup>th</sup>	Women's A	Region	Regional Vols & Challenge Cup Qual	South Durham	
November 7-8 <sup>th</sup>	Women's A	Region	North Voluntary Competition	Redcar	
November 29 <sup>th</sup>	Acrobatics	Region	Pre-Grades Competition	Newton Aycliffe	
November 29 <sup>th</sup>	Women's A	Region	North Teams	Tbc	