

NWGA Womens Technical Committee



Womens Artistic Gymnastics

May 2009 Update

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In this issue we report on the Regional Grades Finals and the National and Compulsory Grades. This was the first running of the competition in the new format and resulted in some long days. We selected out teams to represent the North West in the National Finals which were held on the weekend of 25th/26th April.

The Compulsory Grades were also held in the Region and our Level 3 and 4 teams competed in the National Finals on 2nd/3rd May. Our Level 3 team came 4th and the Level 4 team came 7th

Congratulations to Charlie Fellows from Sandbach Gymnastics who won the British Schools Gymnastics Association Junior title at the City of Newcastle Gymnastics Academy on 15th



March. The North West Team of Abi Caig, Charlie Fellows, Kara Heaton, Hansol Kim and Georgia Finch came 3rd.

Charlie started gymnastics at Sandbach at the age of 6 years. Has 1 older sister and 2 younger brothers. Loves all sports. Favourite gymnasts, all Chinese

The new code is not as big a change as in 2005, but judges need to take a new course to continue to judge at NW and County competitions. The Brevet and National courses have been completed and the resource material will be out by early June, so Brendene and Chris will be giving the first course in June. Each club should be represented. Book early.

Dates for 2009

9th/10th May

NW Floor and Vault Championships
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

6th/7th June

GM Open
To be held at the Birchwood Community High School Warrington .

Contact is Mike Healy

20th/21st June & 11th July

Regional and Club Judge course. Details are on the website and have been sent to clubs.

Contact is Brendene Hardy

27th/28th June & 4th/5th July

Level 2 coaching course. Venue and dates to be confirmed, but this is the last one before UKCC take over. Book now while prices are still low.

Contact is Mike Lea

5th July

Lancashire Pre-Novice and Novice 4 Piece Competition to be held at Southport.

Contact is Sheila Hanson

19th July

Cheshire and Merseyside 4 Piece Competition (In and Out of Age) to be held at Park Road, Liverpool

Contact is Jacqui Yarwood

19th/20th Sept

NW Age Groups 4, 3, (& 2), Individual Apps FIG & OOA Teams

To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

10th October

Greater Manchester Floor & Vault, at Copley (To be confirmed)

Contact is Mike Healy

11th October

GM Out of Age 4 piece competition at Copley (To be confirmed)

Contact is Mike Healy

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 Sept 2009.

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Minimum Age for Comps

British Gymnastics have now ruled that Under 8s may not be announced as Regional or County Champions, and, since sending out the original information, we have been advised that this restriction extends to the giving of medals for 1st 2nd and 3rd places. However, on consultation with BG, some alternative awards will be presented in the under 8's categories for the Floor and Vault Championship. These are as follows:

Under 8s Vault:
Best straddle or squat on vault
Best straddle or squat through vault
Most dynamic vault
Least deductions on vault

Under 8s Floor:
Most artistic floor routine
Best dance elements (leaps, jumps, spins)
Best acrobatic elements
Least deductions on floor



Fiona Payton, Overall Champion
North West National Grade 8

Coach Education

The March/April Level 2 coaching course was successfully completed and we will be running another Level 2 course before August, when the course delivery will be by UKCC. The cost of the courses run by UKCC are noticeably higher so book on this last course before the prices go up. The provisional dates are 27th/28th June & 4th/5th July, but they will be confirmed when the notice is sent out to your club. Please contact Mike for your coaching needs and we will try and run courses accordingly.

For more info contact **Mike Lea**

Exam Success

In the exams for the Brevet and National Judges, 2 of our judges scored top marks. Chris McLaughlin in the Brevet was top of the list and Helen Hall was the highest scorer in the National Grades. Well done and also to our National Judges, including our Competition Organiser, Fiona Wright. We now have 6 National Judges in the region, a very healthy situation.

Judge Education

The North West

We will be running the Regional and Club Judging course on 20th/21st June & 11th July in the usual place in Bolton. Details can be downloaded from the website and have been sent to clubs. Exam will be in July with a chance to take it in September for those that are on holiday in July.

This course is a must as without the new qualification you will not be able to judge in the Region or the Counties.

For more info contact **Brendene Hardy**

The Sound System

I'm sure that you have spotted that the WTC has a new sound system for competitions. Very nice it is too, although very heavy, tricky to transport and needs a degree to operate it.

It is available for your competitions, but you will need to provide the transport and make sure it is returned in the same condition that you took it in.

For more info contact **Mike Healy**

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

Regional Grades Finals - Birchwood 7th/8th March

The regional grade certificates were awarded in the County Competitions and each county sent a team of 6 to the finals at Birchwood. At stake were the overall trophies for Grade 13 and 14, in and out of age, and

Grades 12 through to 9. The full results are on the website.

The winning teams were:

Grade 14 in Age	Lancashire
Grade 14 out of Age	Cheshire & Merseyside
Grade 13 in Age	Greater Manchester
Grade 13 out of Age	Greater Manchester
Grade 12	Greater Manchester
Grade 11	Greater Manchester
Grade 10	Lancashire
Grade 9	Lancashire

Pictured below are part of the Greater Manchester Team, the overall champions



National Grades

This is a new competition and the team was picked on the highest scores overall, even though Range and Conditioning was not going to be competed when the top 4 gymnasts represented the NW in the finals in Birmingham. Our Champions were Fiona Payton from Rochdale in Grade 8, Lois Byron from Warrington

in grade 7, Millie Stanway from Vernon Park in Grade 6 and Sarah Perry from Blackpool in Grade 5.

Re-sits were allowed and all entered gymnasts passed the required score of 50.

Compulsory Grades - Birchwood 7th/8th March

The Level 3 and Level 4 Compulsory grades choose our teams to go to Birmingham for the national Finals. Re-sits are allowed for gymnasts who do not pass range and conditioning.

Our NW Champions for 2009 were Lee Wright from Liverpool in Compulsory 4 and Megan Coates from Liverpool in Compulsory 3. After re-sit all Gymnasts passed Level 3, scoring more than 50.



Visit the GM Website at <http://www.gmga.co.uk/home.htm>

Compulsory Grades - National Finals

The National Compulsory Grades were held on the weekend of 2nd/3rd May at the Cocks Moors Woods Leisure Centre. We entered full teams in each of the Grades, congratulations to all team members

At Level 4 our NW Team came 7th with the following placings for our Team:

Holly Byron	Warrington	56.25	39th
Lee Wright	Liverpool	59.90	10th
Livi Sands	Warrington	57.95	26th
Madison Howard	Salford	58.30	19th

At Level 3 our NW Team came 4th with the following placings for our Team:

Georgina Clements	CMIG	54.00	28th
Megan Coates	Liverpool	60.45	7th
Sophie Decker	Liverpool	57.075	20th
Stephanie Bowles	CMIG	57.225	18th

National Grades - National Finals

The finals for the National Grades were also held at the Cocks Moors Woods Leisure Centre on the weekend of 25th/26th April. The results are not on Gymdata or the BG website, so I'm a bit stuck for the full results but can report that the Grade 8 team came 7th with a score of 141.325, the Grade 6 team came 8th with a score of 138.350 and the Grade 7 team was the highest placed coming 3rd with a combined score of 144.3.

The Grade 7 team was Mandie Tither (Flic Flac), Chloe Bades (Flic Flac), Jessica Triffit (CMIG) and Lois Byron (Warrington).

We did not enter a team in the Grade 5 competition.



The zone is our only sponsor and provides all of the leotards for the NW squads. All NW events have a Zone stall with their current range. Please support our sponsor.

County Round Up

Cheshire and Merseyside

The Cheshire and Merseyside Novice and Pre-Novice Floor and Vault competition was held on the 26th April at Crewe and Nantwich. Nearly 100 gymnasts took part with the first outing in Floor and Vault competition for Focus. Institute of Gymnastics. The results can be downloaded from the Warrington Gym Club website with the gold medallists as follows:

Novice

Under 8	Sharni Jones	Crewe & Nantwich
Under 9	Fern Catton	Neston
Under 10	Olivia Mullineux	Hartford
Under 11	Tamara Talbot	Crewe & Nantwich
Under 12	Madeleine Burrows	Hartford
12 and Over	Shelbey Leadbetter	St Helens

Pre-Novice

Under 8	Bethan Mosspar	Crewe & Nantwich
Under 9	Chelsea Fox	St Helens
Under 10	Olivia Caitlin Kenny	Focus
Under 12	Lucy Hurley	Focus
12 and Over	Alexandra Farrel	Focus

The next C&M comp is the 4 piece in July.

Greater Manchester

The Greater Manchester panel is gearing up for the GM Open which is to be held on 6th/7th June at Birchwood. This year there will be nearly 200 gymnasts from as far south as Horsham and as far north as South Durham. There are competitions at all levels from Senior FIG to Novice.

The Code changes have not yet filtered through to the Regional and Club judges and as the Judging Course takes place after the GM Open, the GM Panel have arranged a session for all GM coaches and judges and for the judges for the GM Open to understand the main changes presented by Fiona Wright. This session is due to take place at Vernon Park Gym Club on Thursday 28th May at 6.30. Please email Mike Healy if you intend to come so that numbers can be accommodated by 22nd May. The fee is £2.00 to cover expenses.

Although the GM Open is being held out of the county, the Phil Tighe competition was held at the end of April at the newly refurbished Copley Recreation Centre. Initially it was thought that the extension would prevent the equipment being delivered, but all was well. It is hoped that the next GM competition, the Floor and Vault and 4 Piece, set for 10th/11th October, will be at Copley.

Visit NWGA WTC website at <http://www.nwgawtc.co.uk/nwhome.html>