



British Gymnastics England Norfolk Newsletter

Aug/Sept 2010

Welcome

The aim of this newsletter is to keep clubs and schools up-to-date with general news, course dates, events and competition results.

I have tried to make this newsletter as informative and beneficial as possible to all of its readers. If you feel that some content is missing, I welcome your feedback so please contact me on the details below.

I am keen to include case studies of your own experiences in the next edition so please contact me if you would like to appear in it.

Happy reading!

Sarah Parker

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Recent News

Norwich GC hosted the biggest event in the county's womens' artistic calendar on Sunday 5th September. A total of 57 gymnasts took part in the Voluntary Levels County Championships. The event catered for all levels across the gymnastics spectrum from the introductory county level 5 category all the way up to the full FIG competition.

Six clubs took part in the competition and it was fantastic to see five of those clubs coming away with at least one medal. The competing clubs were Easton, East Norfolk, North Walsham, Long Stratton, Norwich and the Norfolk Academy.

Winners

COUNTY LEVEL 5

8 Years: Iris Jaggard (Norfolk Academy)

9 Years: Charlotte Donnelly (Norfolk Academy)

10 Years: Laura Glover (Norfolk Academy)

11 Years: Paige Yarham (North Walsham)

12+ Years: Shelby Carr (East Norfolk)

IN AGE REGIONAL LEVEL 5

Grace Luckhurst (Norfolk Academy)

LEVEL 4

9 Years: Laura Rose Cooke (Norfolk Academy)

10/11 Years: Jessica Scarlett (Norfolk Academy)

12/13 Years: Poppy Brown (Norfolk Academy)

14+ Years: Eleanor Bradley (Norwich)

LEVEL 3

10 Years: Bethany Harmer (Norfolk Academy)

11/12 Years: Melissa Brown (Norfolk Academy)

13+ Years: Grace Ashworth (Norfolk Academy)

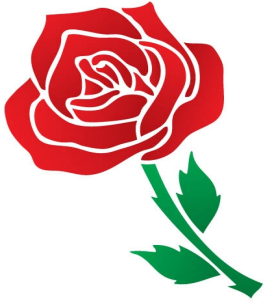
LEVEL 2

14+ Years: Naomi Loome (Norfolk Academy)

FIG

Emily Crowe (Norfolk Academy)





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GBSport Training

Your local course is:

NORWICH - Wednesday 15th September 10am-2pm
Royal Norwich Golf Club

The course is a 4-hour guide on the key business and taxation issues that affect those coaching and administering a sports coaching programme/business, with particular emphasis on the following areas:

Self-employment status - There are strict rules and regulations that must be met for a sports coach to be accepted as self-employed (as opposed to employed) by the taxman and there are serious financial consequences for both the coach and the organisation/person engaging the services of the coach should the taxman later declare them to be employed. The course details the key areas that the coach and client must address to ensure the coaches qualify as self-employed in the eyes of the taxman.

Taking on staff - The course outlines the issues relating to taking on coaches to expand a coaching programme, including employment status, insurance considerations, protection against the poaching of clients and child protection issues. We detail the various types of flexible employment contract available including zero hour contracts which are becoming increasingly popular as a means of engaging the services of sports coaches. We detail just what is involved in employing staff, including a detailed look at the administration required to run a PAYE system and employment rights.

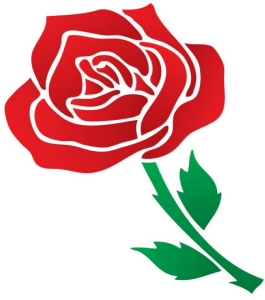
Contracts - The course details the key clauses needed to protect both coach and client and provide sample contracts for use with both self-employed and employed staff in a coaching programme.

Insurance - The course details the insurance cover that both coach and client must and should have in place to meet their legal and health and safety obligations.

VAT - The VAT regulations relating to delivery of coaching lessons are complex and the penalties for getting this wrong can be severe, particularly for the client/club. Level of turnover, employment status, the type of coaching are all factors in whether VAT should be charged. This course details the rules and regulations and works through practical examples.

All delegates attending the course receive a free hard copy of the GBSport 'Running a successful coaching programme' handbook which includes a free CDROM containing essential forms, guides and free software. We believe that this course is currently the only training of its type available for coaches and administrators and that it will provide them with vital information to ensure that they are operating legally and safely and thereby play an important part in professionalising the services they provide.

The course costs just £40 per person and has already been assessed and declared to be an approved training course by a number of sport national governing bodies and sports partnerships. If you would like more information or to book a place please contact alison.lynch@gbsport.org.uk or call 07535 993754.



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Norfolk Gymnastics Website

Please visit our Norfolk
Gymnastics website regularly
at
www.norfolkgymanstics.org.uk
to keep up-to-date with all
gymnastics news from our
County.

The website contains
information on both club and
school gymnastics, details of
all clubs in the County, as
well as links to our partner
websites.

The website is regularly
updated to ensure all
information is relevant, but if
you feel that vital information
is missing, or you would like
to write an article to be
uploaded onto the website,
please contact Sarah Parker
via
sarah.parker@gymnasticsengland.org

Upcoming Events

'Your Sport, Your Say'

Pipers Vale GC, 14th Nov 2010

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BCS Regional Open Day

Venue TBC, 18th Dec 2010

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East Region Gymnastics Festival

Pipers Vale GC, 6th Feb 2010

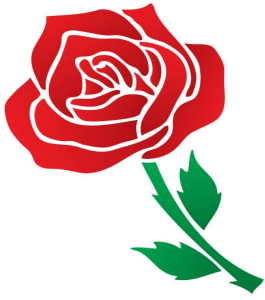
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East Region Disability Festival

Venue TBC, March 2011

Congratulations to Easton GC
on passing their GymMark re-
accreditation!





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County Sports Partnership News

Safeguarding and Protecting Children conference

The Cambridgeshire & Peterborough Sports Partnership, Living Sport, have organised a Safeguarding & Protecting Children in Sport Conference in partnership with Cambridgeshire Football Association and Cambridgeshire Cricket Board, and are welcoming our Norfolk clubs to attend. It is taking place on the 30th of September 2010 at Burgess Hall, Westwood Road, St Ives, PE27 6WU.

The Geese Theatre Company will be bringing safeguarding issues alive through sports based scenarios. In this case, the scenario will be set in a sports club.

The benefits of attending this event include an opportunity to network with local authorities and sports organisations from which we have had a very positive response, refresh your knowledge or learn more about the current legislation/recommendations and exchange examples of good practice. A free buffet lunch will also be available.

Course costs are £10 for the first ticket, £5 for the second and the third is free.

The afternoon session including buffet is for professionals and local authorities: 1pm-5pm

The evening session including high tea is for clubs and members of the public: 6pm-9pm

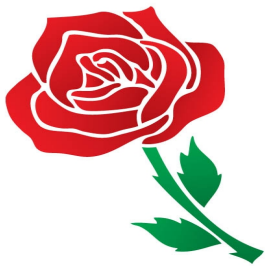
To book online, please go to <http://www.livingsport.co.uk/events/by-date/2010/9> and view the Safeguarding Conference PM booking options or contact me on 014870841559 and lucy.vollborth@livingsport.co.uk for more information.

Active Norfolk's Coach Database

Active Norfolk have set up a new and interactive coaching database, to register as a coach please visit www.activenorfolkcoach.org. Membership is FREE and benefits include:

Access to the latest coaching news, funding available to help support coaching qualifications, details of forthcoming Governing Body coaching courses, information regarding all coach development workshops, discounted booking rates on all coach development workshops, coaching related employment opportunities within Governing Bodies, School Sports Partnerships, clubs and Local Authorities, produce your own coaching CV by the click of a button, enhance your clubs relationships with key partners and stakeholders in Norfolk.





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Courses in the Eastern Region

Trampoline Cycle 5/6 Upgrade

Sawston Village College, Sawston,
Cambridgeshire
19th Sept 2010
Contact Michelle Ellis
michelle.ellis@gymnasticsengland.org
or 07775020870

Men's and Women's Artistic Level 1

Waveney GC, Lowestoft, Suffolk
11th Sept, 9th, 10th & 24th Oct, 19th Dec
2010
Contact Michelle Ellis
michelle.ellis@gymnasticsengland.org
or 07775020870

Women's Artistic Level 1

Pipers Vale GC, Ipswich, Suffolk
21st Nov, 11th & 12th Dec, 20th Feb 2010
Contact Michelle Ellis
michelle.ellis@gymnasticsengland.org
or 07775020870

Acrobatic Gymnastics Level 3

Lynnsport Leisure Centre, Kings Lynn,
Norfolk
Date TBC
Contact Janine Musson
janine.musson.ntlworld.com
or 01933 350405

Women's Artistic Club Judge

Tiptree Sports Centre, Colchester,
Essex
4th, 5th, 11th & 12th Sept 2010
Contact Michelle Ellis
michelle.ellis@gymnasticsengland.org
or 07775020870

Trampoline HPC course

Harris School, Rugby &
Northamptonshire Trampoline Centre
23rd, 24th, 25th, 26th & 27th Oct 2010
Contact the coaching department on
0845 129 7129 ext 2392



*For club competition dates in
the Eastern region
please go to
eastgymnastics.org.uk*