



# British Gymnastics England Norfolk Newsletter

January 2011

## Welcome

I hope you've all had a great start to 2011!

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

**Level 2 or above GG or WAG coach needed!**

Fakenham LC are seeking a new coach to lead their gymnastics sessions. The centre currently run several recreational classes as well as one squad session per week.

If you are interested in this paid work, then please contact the General Manager, Pat Dodd on 01328 850010 or [patdodd@dcleisure.co.uk](mailto:patdodd@dcleisure.co.uk).

*For club competition dates in the Eastern region please go to [eastgymnastics.org.uk](http://eastgymnastics.org.uk)*





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## Membership News

As you are aware it is the end of the membership year for all coaches and club officials. Please could you ensure that you remind all of your coaches, judges and officers to re-register with British Gymnastics.

We appreciate how busy you all are with your clubs, but could we also encourage you to keep up to date with your gymnast registrations. This can be done very quickly via the online self-service system. Please feel free to call British Gymnastics on 0845 1297129 for further assistance, or alternatively you can download the help document from the British Gymnastics website.

Please remember that a gymnast is only covered for the first two taster sessions. If you do not register them with BG before their 3rd session you and the club may be liable for any accident they may have.

For further information on British Gymnastics Membership please follow the link below.  
[http://www.british-gymnastics.org/site/index.php?option=com\\_content&view=article&](http://www.british-gymnastics.org/site/index.php?option=com_content&view=article&)

## County Sports Partnership News

### Get Back Into

Get Back Into continues to go from strength to strength in Norfolk, with around 500 people booked on 8-week programmes in the coming quarter. The scheme has been a resounding success and presents a fantastic opportunity for sports/clubs to attract and retain new adult participants. For further information or to register your interest in the programme please contact me at [sarah.parker@british-gymnastics.org](mailto:sarah.parker@british-gymnastics.org) or 07825 056 156.

### Coach Education Week

Active Norfolk have organised the county's first Coach Education Week which takes place at Easton College over the first week of the Easter holidays (April 11th to 17th 2011). The programme of coach education will see a number of NGB coaching courses taking place, as well as a wide range of coach development workshops such as Safeguarding & Protecting Children, Sports Psychology and Disability Sports Adaptation.

All of the coach development workshops are heavily subsidised to make them as accessible as possible for your coaches to book onto and attend. Full information regarding the Coach Education week will be available by clicking on [www.activenorfolk.org/coachedweek](http://www.activenorfolk.org/coachedweek) as of next week. Please distribute this information to your clubs/coaches.



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## Core Proficiency Award course for Teachers

This is a Level 0 course that allows qualified teachers to deliver extra-curricular gymnastics within their school setting, without needing a Level 2 coach present.

The course was piloted last month in Cambridgeshire and went down very well with the candidates so we have now organised another course to run during Active Norfolk's Coach Education Week on the 9<sup>th</sup> April 2011, taking place at Easton College.

We are extremely lucky to be able to offer this course to teachers with 100% funding, but please go to [www.activenorfolk.org/coachedweek](http://www.activenorfolk.org/coachedweek) for further details and to book your place onto the course.

## Upcoming Events

### Regional Festival

6<sup>th</sup> Feb 2011  
Pipers Vale GC, Ipswich

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### East Region Disability Road Show

Sapphire SoG, 18<sup>th</sup> Mar 2011

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### Key Step County Final

19<sup>th</sup> May 2011  
Easton College, Norwich

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### Level 1 & 2 GG Competition

27<sup>th</sup> Feb 2011  
Easton College, Norwich



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## Courses in the Eastern Region

**For Technical Modules and Skills Upgrades please go to [www.british-gymnastics.org](http://www.british-gymnastics.org)**

### **Women's Artistic Level 1**

Colchester SoG, Essex - 22<sup>nd</sup> May, 12<sup>th</sup> & 19<sup>th</sup> June, 21<sup>st</sup> Aug 2011

### **Trampoline Level 1**

Sawston SC, Cambs - 13<sup>th</sup> March, 9<sup>th</sup> & 10<sup>th</sup> April, 10<sup>th</sup> July 2011

### **Women's Artistic Level 1**

Norwich GC, Norfolk - 27<sup>th</sup> March, 16<sup>th</sup> & 17<sup>th</sup> April, 24<sup>th</sup> July 2011

### **Core Proficiency Award (Level 0)**

Kings Lynn GC, Norfolk - 7<sup>th</sup> May 2011

### **Trampoline Level 2**

Sawston SC, Cambs - 29<sup>th</sup> May, 11<sup>th</sup> & 12<sup>th</sup> June, 3<sup>rd</sup> & 17<sup>th</sup> July, 20<sup>th</sup> Nov 2011

### **GMPD Add-On Module**

Falcon Spartak GC, Kent - 26<sup>th</sup> & 27<sup>th</sup> Feb 2011

### **General Gymnastics Level 1**

City of Peterborough GC, Cambs - 7<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> May, 14<sup>th</sup> Aug 2011

### **Core Proficiency Award for Teachers**

Easton College, Norfolk - 9<sup>th</sup> April 2011

### **Tumbling Level 1**

Kings Lynn GC, Norfolk - 15<sup>th</sup> May, 4<sup>th</sup> & 5<sup>th</sup> June, 7<sup>th</sup> Aug 2011

