

# British Gymnastics England Norfolk Newsletter

October 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**

Gymnastics Development Officer for  
Norfolk and Cambridgeshire  
07825056156  
sarah.parker@gymnasticsengland.org

## Recent News

### Norfolk Sports Awards

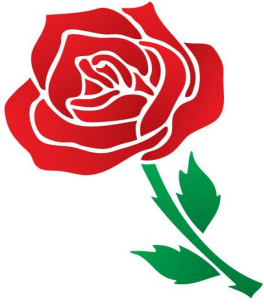
Nominate your favourite:

- Sports Personality of the Year
- Team/Club of the Year
- Coach of the Year
- Young Sports Person of the Year
- Sports School of the Year
- Inspirational Sports Person of the Year
- Services to Sport (Keith Peel Award)
- Active Norfolk Winner of Winners

To nominate and vote please go to  
[www.edp.co.uk/sportsawards](http://www.edp.co.uk/sportsawards)

Deadline for nomination entries is 31<sup>st</sup>  
Oct 2010.





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## Your Sport Your Say

Your Sport Your Say is an event held in each of the regions in England inviting clubs, coaches, committee members, volunteers, parents, gymnasts and all partners with an interest in the development of gymnastics to come and have their say.

We will be updating people on what we have done since the last round of consultation events in 2007 as well as inviting solutions for current challenges and questions from the floor. We understand how important it is to maintain a strong connection with our members and partners and this is just one opportunity to do this.

Whether you feel the need to voice your opinion or to just be informed of the future plans of British Gymnastics at a national and local level, this event will be beneficial to you.

You are invited to attend the East Region's event which is being held at Pipers Vale GC on Sunday 14<sup>th</sup> Nov 2010. The event will be commencing at 3.30pm, once the Inter County Teams competition has finished, and will go on until 6.30pm. We will be providing refreshments (sandwiches etc) for you and hope to see many of you there

If you would like to attend please see the flier attached to this email and complete the RSVP.

Please feel free to contact me if you have any questions.

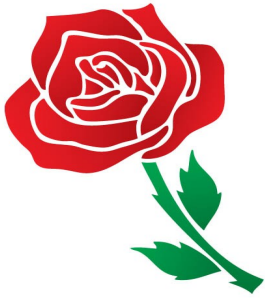
## National Facility Strategy

The British Gymnastics National Facilities Strategy is now on-line and available for clubs and other organisations to download. Please follow the link below to view the strategy:

[http://www.gymnasticsengland.org/index.php?option=com\\_content&task=view&id=52&Itemid=134](http://www.gymnasticsengland.org/index.php?option=com_content&task=view&id=52&Itemid=134)

We are currently putting a Regional Facility Strategy together to go alongside the National Strategy. Ideally, all facility developments that are currently under construction or even just in the planning stages need to be included in this strategy so please let me know if this applies to you so that the details can be added to the document. If your developments do not appear in the strategy it may hinder your chances of receiving funding in the future.





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## Funding

### ***BGE Facility Fund***

The Facilities Funding application form has now been updated in-line with the priorities for development outlined in the strategy.

All applicants for facility funding are strongly advised to read and use the facilities strategy to help them develop their application.

The application can be found at:

<http://www.gymnasticsengland.org/index.php>

The closing date for applications will be the 15th December.

### ***Mars Refuel Fund***

Contributing up to £500 to individuals, teams or clubs to help them play longer.

The application form can be found at:

<http://www.marsrefuel.com/refuel-fund/archive>

The closing date for applications is 31<sup>st</sup> Oct 2010.

## Upcoming Events

### **Inter County Team competition**

14<sup>th</sup> Nov 2010

Pipers Vale GC, Ipswich

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### **Your Sport Your Say**

14<sup>th</sup> Nov 2010

Pipers Vale GC, Ipswich

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### **Regional Festival**

6<sup>th</sup> Feb 2011

Pipers Vale GC, Ipswich

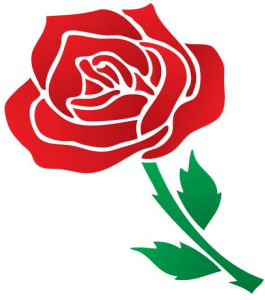
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### **Key Step County Final**

19<sup>th</sup> May 2011

Easton College, Norwich

*Key Step  
Gymnastics*



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## County Sports Partnership News

### 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](http://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.

### Performance Coach Bursary Scheme

Active Norfolk have recently introduced a new Performance Coach Bursary Programme.

A large investment has been made in coaching over the last 18 months via the East Links: Leading The Field project, with the bulk of the funding paying for level 1 and level 2 coaching qualifications. This programme specifically funds coaches in Norfolk to complete level 3 or equivalent coaching qualifications.

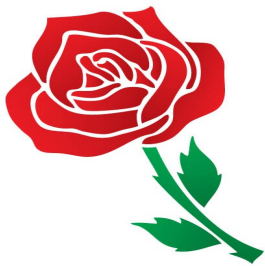
Please find an application form attached to this email.

### Get Back Into

This is a scheme run by Active Norfolk which aims to target those in the community that are no longer regularly participating in sport. They have funding for clubs to deliver 8-week programmes and I believe that gymnastics will help make this scheme a success.

If you would like to offer an 8-week adult class programme at your club with funding from Active Norfolk, and the potential to continue the class once the programme is complete then please contact me for further details.





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## Courses in the Eastern Region

### Trampoline Skills Upgrade

Sawston Village College, Cambs  
14<sup>th</sup> Nov 2010

To book onto this course please follow  
this link:

<http://www.british-gymnastics.org/site/>

All non-UKCC Level 2 Trampolining coaches (ie anyone who  
attended a Trampolining assessment prior to September  
2009) will need to attend an update module prior to  
applying for a Level 3 Technical Module.

### Women's Artistic Level 1

Sapphire SoG, Hemel Hempstead  
20<sup>th</sup> Nov, 11<sup>th</sup> & 12<sup>th</sup> Dec, 27<sup>th</sup> Feb 2011  
Contact Michelle Ellis  
[michelle.ellis@gymnasticsengland.org](mailto:michelle.ellis@gymnasticsengland.org)  
or 07775020870

### Women's Artistic Level 1

Pipers Vale GC, Ipswich, Suffolk  
20<sup>th</sup> Nov, 11<sup>th</sup> & 12<sup>th</sup> Dec, 20<sup>th</sup> Feb 2010  
Contact Michelle Ellis  
[michelle.ellis@gymnasticsengland.org](mailto:michelle.ellis@gymnasticsengland.org)  
or 07775020870

### Aerobic Level 3 Technical Module

Potteries, Weston  
14<sup>th</sup> Nov 2010

To book onto this course please follow  
this link:

<http://www.british-gymnastics.org/site/>

### Women's Artistic Level 3 Technical Module

Lilleshall NSC, Shropshire  
12<sup>th</sup> Dec 2010

To book onto this course please follow  
this link:

<http://www.british-gymnastics.org/site/>

### Trampoline Level 3 Technical Module

Sawston Village College, Cambs  
23<sup>rd</sup> Jan 2011

To book onto this course please follow  
this link:

<http://www.british-gymnastics.org/site/>



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