

HAPPY NEW YEAR and welcome to our first 2019 Newsletter. So many exciting things happening at EVGC this year and we are looking forward to sharing all the news with you!

FANTASTIC FUNDRAISING UPDATE!

We are so excited to announce that all the hard work from all our gymnasts, fantastic support from parents, friends and families, all of our amazing coaches, staff and superb volunteers, our CHRISTMAS SHOW raised a massive

£6,315

We would like to say a huge thank you to absolutely everyone involved in making this such a success - we couldn't put on a day of shows like this without the huge amount of support that we receive.

See the newsletter for more details and fantastic photos.

Since the last newsletter we have also received donations from Asda green tokens of £200 and from the Co-op a very welcome £6263.

Read on to see how we make sure all this fundraising results in improvements to the equipment our gymnasts can use to train on now and in the future.



WELCOME BACK!

We were happy to welcome our Gymnasts back to EVGC on Thursday, 3rd January 2019.

There is an air of excitement and renewed energy in both gyms and we hope to keep that momentum going and build on it as our gymnasts start working with their coaches towards achieving their British Gymnastics Award badges throughout the year.

We didn't manage to get a December Newsletter out as we were so busy with all the preparations for our fantastic Christmas Show. More on that later!

This month's EVGC Talk heralds the start of an exciting year for EVGC and it is packed full of news and updates for you.

UPCOMING EVENTS

An exciting and busy year ahead for EVGC and our coaches and gymnasts.

Here are a few dates for your diaries:

Dates	Events
Sun 20 th Jan	Loughborough Training for Advanced Groups
Mon 21 st Jan	Awards Week
2 nd & 3 rd Feb	BQT Competition - Rhythmic
Tue 19 th Feb	Half Term Funday at Long Eaton 9:30 to 15:30
Wed 20 th Feb	Half Term Funday at Ilkeston 9:30 to 15:30
Thu 21 st Feb	Half Term Funday at Long Eaton 9:30 to 15:30
Sun 17 th Feb	Valentines Competition
Sun 3 rd Mar	County Under 8s – Advanced Competition
Sun 10 th Mar	The Big Balance
Sun 17 th Mar	Womens Artistic - Regional Levels
23 rd to 24 th Mar	Open Apparatus - Rhythmic
Sun 24 th Mar	Womens Artistic - Club Grades and Compulsory 5
Sun 14 th Apr	County Primary 1 and 2 Competition - Advanced
Sun 14 th Apr	Grades - Rhythmic
19 th to 22 nd Apr	French Twinning Weekend
Sun 28 th Apr	Womens Artistic – National Levels

PLEASE NOTE: if your child is involved in any of the competitions listed you will receive an email or message from your coach.

ILKESTON EXTENSION PROJECT

The installation of heating was one of the first steps towards the Ilkeston Extension Project. This is now almost complete and covers both gyms, both office blocks and also the planned extension area.

Since our initial plans for the extension, we have agreed some further changes to the middle block refurbishment that will require a planning application change to be submitted. So, whilst this will cause a slight delay there is work that can be carried out whilst we wait for the minor changes to be approved.

We have a group of parents that will form an Extension Project Committee to help guide us through the next 6 months so that we can use their wealth of experience and knowledge to ensure the project is a success.

We will use the committee to appoint a new architect for this final phase as well as selecting contractors to complete the various elements of the project. If you are interested in becoming part of this committee then please email directors@evgc.co.uk.

Our aim is to share our plans for the extension including visuals for the interior layout and the new equipment once we have the plans approved, so that our parents and gymnasts can all share the excitement! This is likely to include monthly update meetings so parents, families and the local community can get an update of what is happening, provide us with valuable feedback and to find out how they can help!



DID YOU KNOW....

We offer more than just children's gymnastic sessions!!!

STAY AND PLAY SESSIONS

A parent and toddler group where you can have some fun in our gym with your little one.

SENSORY PLAY

Bring your baby along to enjoy the magic of sensory play. Sessions run at the same time as Stay and Play

ADULT CLASSES

Come along and try new skills. Gymnastics is great for fitness, strength and agility. We welcome beginners and those that want to rediscover their gymnastic talents!

FREESTYLE

We set up the gym to provide an exciting space to practice all those Parkour and freestyle skills you have been watching on You Tube

CHEERLEADING

This is relatively new class and we are developing fun ways to combine dance and cheerleading skills with gymnastics skills and Acro balances!

PARTIES

Book your gymnastic party or get more information from:

parties@evgc.co.uk

ROOM AND GYM HIRE

Hire our gym or communal areas and meeting rooms.

Email managers@evgc.co.uk to find out more

MAG NATIONAL GRADES FINALS

National Grades Finals were held in Birmingham on the 9th and 10th November 2018.

The Friday afternoon session saw the weekend of competition start with the Level 3 Team. EVGC had a strong representation in this level with both Joe Peverley and Kwadwo Afirifah-Mensah qualifying for the team in 2nd and 3rd position. Both boys put in a solid performance and Joe came out with the top score of the competition on Vault with a huge 9.9 out of 10!

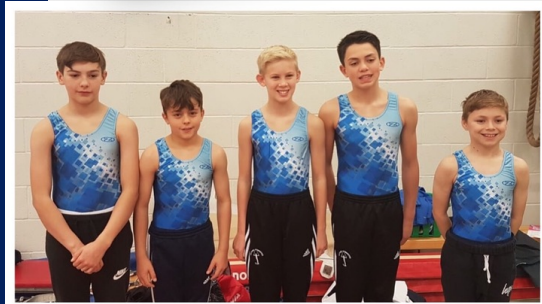
The next round saw the Level 2 Team in which Oliver Pascual did himself proud with a very stylish performance and many of his scores counted towards the team total.

Saturday Morning was the turn of the Level 4's. Unfortunately, Jack Morgan had to withdraw last minute due to an on-going elbow injury which left William Fergusson as the solo representative for EVGC. Will put in a good performance and managed to finish in 15th place despite a couple of mistakes.

Our final representation was Benjamin Batton-Plowright in the Level 1 competition. Benjamin finished in 4th position and was the East Midlands top scorer on the day showcasing a fantastic performance for his first National competition.

Erewash also had Rhys Pounder and Sammy Pascoe as team reserves. They didn't get called upon, but they have worked really hard to maintain their competition readiness regardless.

Well done to all the boys who competed and to their coaches. You made EVGC proud!



RHYTHMIC EAST MIDLANDS WINTER CUP

Some of our Rhythmic Squad Gymnasts competed in the East Midlands Winter Cup held at Wellingborough on Sunday 9th December.

Grace G and Eleanor H competed in Rope with Eleanor H taking Gold and Grace taking Silver in the under 10 age group!

Everyone else competed in Hoop with Lydia J taking Gold and Amelia H taking Bronze for the Under 6 age group.

Well done to everyone that competed. EVGC Rhythmic Squad Rocks!



**RHYTHMIC
GYMNASTICS!**

EVGC CHRISTMAS SHOW 2018!!!



The 2018 Christmas Show saw all our gymnasts practicing their acrobatic routines as we prepared to open the doors to the EVGC Big Top and this year's Circus Themed Christmas Show!

But the theme is just the beginning as all through October and November our coaches and young leaders choreograph routines for all our gymnastic classes. This is a mammoth task but one we really look forward to each year.

We want to say a really be thank you and WELL DONE to our young coaches this year who really pulled out all the stops to bring you a huge variety of performances for all the different abilities of EVGC Gymnasts!

We have had great feedback from the parents and the EVGC gymnasts really put on a fantastic show across 4 performances. It was amazing to see all our gymnasts performing with such confidence and showcasing their skills in such style. Even the coaches joined in and amazed some of their gymnasts with some brilliant tumbling!

We want to say a huge THANK YOU for the massive support from some of our parents this year. We had an Epic Decorating and Costume team who transformed the gym into a BIG TOP and provided some lovely costumes.

We had a hardworking team of volunteers throughout the day who sold tickets on the door, refreshments galore and raffle tickets as well as providing some first aid and welfare cover and even going above and beyond to stand out in the cold to ensure the car park didn't grind to a halt!

We were really lucky to have a wonderful ringmaster this year who's compering talent really added to the Big Top performance I think you will agree.

Then last but not least a big PAT ON THE BACK to all the Coaches, Reception Team and Volunteers who transformed the gym (no small task!) and then ran the front of house, sound and lighting and to everyone backstage, who looked after all the gymnasts and made sure they hit their cues ready to perform in the spotlight!

It was a wonderful day full of magical performances and really got the Christmas festivities off to an exciting and memorable start.





THIS WAS THE GREATEST SHOW!

Here are just a few of the fabulous photos that were taken backstage before the gymnasts went on to perform.

There will be a display of all the photos in the Reception Areas very soon and you will be able to order prints of this wonderful record of our 2018 EVGC Circus Themed Christmas Show.

ALL profits made will be ploughed back into the club for the benefit of all our wonderful gymnasts!

It seems that some of our coaches might well be budding photographers too! I hope you agree that they really captured the magic and excitement of the entire day.



GYMNAESTRADA – DISPLAY SQUAD VISIT LONDON

The Senior Display Team travelled down to London with Trix Academy to take part in their first group practice for the World Gymnaestrada event.

The day began with the excitement and pride of trying on their GB kit which they will be wearing when they represent Great Britain in Austria.

Then it was time for a mammoth team practice with the other clubs in preparation for their performance in Austria with the rest of the GB team.

The girls had so much fun getting to know the rest of the teams and travelling as a team on the coach with Trix Academy!



GYMFUSION IN BIRMINGHAM

This year our advanced groups and our display groups took part in the annual Gymfusion event at the Birmingham Hippodrome.

Theme for all groups performing was Time.

Our Senior Advanced Squad performed their routine to a Michael Bublé tune and the Display Squad performed a routine to I'm a survivor.

Well done to everyone taking part and representing EVGC with such enthusiasm and flair.

Just look at the concentration of the squad as they gather round Coach Megan for their final Team Talk!



FEEDBACK!

We would like to say a big thank you to those of you that provided feedback on the parents evening and the volunteers register via our new survey system.

Getting feedback is absolutely vital for the Club whether it be to ensure our gymnasts are happy and progressing, feedback on the facilities or feedback from the local community on the use and benefits of our centres. Feedback can also be used to contribute towards grants and bids to show our commitment to continual improvement with our members, gymnasts, families, coaches, staff and the local communities.

With this in mind we have created online feedback surveys so that we can collate our member feedback easily. We have also created a fun, easy to complete survey for our gymnasts so they can tell us what they like about gymnastics and their club!

We will promote completion of these surveys on a quarterly basis and may introduce new ones from time to time to gather feedback on specific projects or topics that we need your views on!

For this month we would love you to participate in the following surveys:

GENERAL FEEDBACK

Open dated survey to collect your ideas, suggestions, feedback and comments.

<https://www.surveymonkey.co.uk/r/EVGCHYS>

MY GYMNASTICS CLUB

Open dated survey to collect feedback from our gymnasts.

<https://www.surveymonkey.co.uk/r/MYEVGC>

ILKESTON EXTENSION PROJECT

Survey for our Ilkeston based gymnasts, parents and local community. This survey will be used to support a fundraising bid for equipment!

<https://www.surveymonkey.co.uk/r/EVGCIEP>

TEAM EVGC GO ICE SKATING



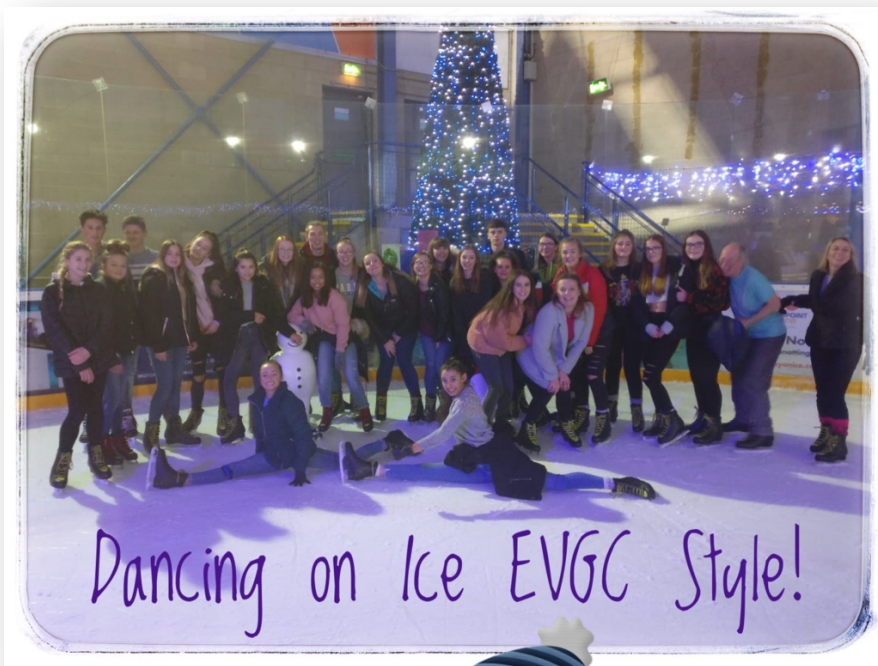
So what happened after the Christmas Show.....?

Time to let our hair down and enjoy a spot of EVGC Team Ice Skating!

There were some tumbles and some skills but most of all there was fun and a perfect photo opportunity!

For those that did not skate there was the chance to drink hot chocolate and reminisce whilst cheering on our skating colleagues.

We won't mention the names of the winners of the most spectacular falls awards!! Suffice to say all our coaches were unscathed LOL!



2019 FEBRUARY FUNDAYS

19TH and 21ST February at Long Eaton
and 20TH February at Ilkeston
£15 per day 9.30 am to 3.30 pm. We
are taking bookings NOW! Ask at
Reception.

**BOOK EARLY TO AVOID
DISAPPOINTMENT**

SPECIAL OFFER

Book all three days and save £10

BRAND NEW BABY AND TODDLER SINGING AND STORYTIME GROUP

Starting in January in the Long Eaton
Party Room

More details
available Soon



 **easyfundraising**
feel good shopping

Please sign up to register as an EVGC member, the club will benefit from a small percentage of the purchase amount from selected stores. Click on the link to find out more and see how easy it is to fundraise for your favourite Club whilst you shop!!

<https://www.easyfundraising.org.uk/causes/evgc/>

VOLUNTEERS!

WE NEED YOU... If you can spare some time to get involved please follow the link to join us!

<https://www.surveymonkey.co.uk/r/EVGCVOLUNTEER>

FITNESS NEWS – FITNESS NEWS

Personal Trainer Daniel Reindl will be introducing fitness classes in the Boxing Gym located at the back of EVGC Long Eaton.

These classes will run alongside the Preschool and Recreational classes on Mondays, Fridays and Saturdays. So, you can drop your child into their class and do a fitness class on site and be finished in time to collect them!

There are FREE taster sessions starting Monday 14th January with classes officially starting on Monday 21st January.
Pick up a leaflet from Reception for more information.

GET IN SHAPE WHILST YOU WAIT!

MORE FITNESS NEWS.....

We are in talks with a Personal Trainer who is interested in renting some rooms at Ilkeston to be able to offer 1-2-1 personal training sessions.

WATCH THIS SPACE...

SHOP VIA THE LINK ON THE EVGC WEBSITE
Click on the link to purchase items from our EVGC Clothing range, Head over Heels gymnastics books and training aids, and to enquire about bespoke leotard designs with Bluewave Designs.

<https://www.evgc.co.uk/shop/>



6 WEEK FITNESS BOOTCAMP

Starting on 21st January 8 pm – 9 pm at our Ilkeston Site. An exciting 6-week programme combining fitness with gymnastic skills for £25.

Call 0115 972 6070 (Option 2) after 4pm to book your place or to find out more.

LOOK WHAT THE TUMBLETHON BOUGHT!

Thank you once again for the huge effort of gymnasts and parents to raise over £2,500 from this event.

We are really pleased to let you know we bought two 12 metre mats and a new adjustable high bar for Ilkeston and two new crash mats for NTS!



If you would like to be involved and join our Fundraising Committee, please register your interest by sending an email to

directors@evgc.co.uk

and we will send you some further information.

2019 is a massive year for EVGC and we will need all the help and ideas we can get to keep improving the gymnastics facilities we can offer to our EVGC gymnasts.

COOP FUNDING - £6,263

We were presented with a cheque for £6,263 from the Coop's Local Community fundraising for the past 12 months in December.

This generous and welcome donation has already bought four 12 metre mats for Long Eaton and we hope to buy an air track for all the gymnasts at Long Eaton to develop their tumbling skills very soon!



EVERYONE SAID....

Brrrr its cold in here

WE DID....

New heating is being installed and should be switched on early February!

YOU SAID....

Traffic and Parking at Long Eaton is crazy!

WE DID....

Installed a new one-way system with clearly marked parking bays.

YOU SAID

It is very dark in the carpark at Ilkeston.....

WE DID....

Outside lighting for the carpark area being installed now.

You can find us at:

New Tythe Street, Long Eaton
NG10 2DL

Hallam Fields Road, Ilkeston,
DE7 4AZ

WWW.EVGC.CO.UK

Follow us on Facebook and
Instagram



HAVING A CLEAR OUT FOR 2019

Having a clear out for 2019 then why not pop your clutter in our big red clothing bins and help us raise funds whilst you make space!!

Just bag up your unwanted clothing, sheets, towels, blankets, curtains, shoes, CDs, DVDs and Books and pop them in.

THANK YOU!



GENERAL BUILDING UPDATE

Ilkeston: We are finally coming to the end of the heating installation at Ilkeston. We now have gas heating in both office blocks and industrial gas heaters being fitted in the main gyms. Once this has been finished and the gas is connected, we hope you will find the reception and waiting areas much warmer and cosier and your gymnasts will hopefully need less layers!!

We have also had outside lighting fitted to the car park area at the Ilkeston Gym. Thanks to parent Simon Pounder for sorting this for us.

Long Eaton: The new one-way system was introduced at the beginning of December at Long Eaton. Whilst we are not yet in a position to resurface the car park, we have marked out the spaces as best we can for the time being and hope that as parents you have found that parking and entering and leaving the site is now much improved. We have received lots of positive feedback so far and would welcome any further comments or feedback.

If we could politely remind parents that parking against the hedge as you enter the car park via New Tythe Street is not permitted as this does cause an obstruction and is particularly dangerous when parents and children are walking from the car park to the front door.

We have also had some urgent repairs done to the roof at Long Eaton as lead had been stolen from the roof causing a number of leaks in the bad weather. Further work to the roof and internal ceiling tiles will be carried out in the next couple of months.

You will also see the viewing window in the waiting area at Long Eaton being replaced by plain glass towards the end of this month, so you will be able to keep an eye on your gymnasts while they are training! We also hope to give the cafe and reception area a lick of paint during January.