

EVGC Talk

WELCOME to our February Newsletter. A month of wonderful events here at EVGC. We have been busy celebrating the successes, hard work and achievements of TEAM EVGC!!

CELEBRATING WITH THE STARS!



This year we created areas at both gyms to take those special photos to capture all our winners holding those coveted Gymnast of the Year 2018 trophies!

CELEBRATING OUR GYMNASTS

The end of January and the month of February saw us celebrate the achievements of all our gymnasts in all our disciplines. Our gymnasts worked hard in 2018 and we believe we should celebrate that, so we did!

With almost 1200 gymnasts training at EVGC now, that is some celebration!!!

Lots and lots of Trophies were bought and Certificates of Congratulations were printed. Then the festivities began.....

STAR AWARDS SHONE IN JANUARY

During the last two weeks of January we had our Annual Awards Weeks. Week One is an important one for all the coaches and it is always a BIG responsibility. We have so many hardworking gymnasts in our recreational programme, so it is always a very difficult choice to pick only one from each session. This year we included all our preschool classes for the first time as we felt it was important to let our smallest gymnasts know their achievements are recognised too.

The coaches consider lots of things when making their decisions. Who works hard? Who is a great member of the team? Who can always be relied on to bring a smile to the session? Who listens and does their best to achieve the goals their coaches set them?

Week two and decisions made, it was time share the celebrations with our gymnasts and parents. All the children received certificates this year, to let them know how much we appreciate and recognise their hard work throughout 2018.

We love to invite our parents to join in the festivities in the gym. The perfect time to watch some of the skills your gymnasts have been working on and to see what it is like to be part of Team EVGC. We hope that you managed to capture a few photos for your family albums.



AWARDS NIGHT

Traditionally Awards Night is an evening to celebrate our Squad Gymnasts' successes but this year our celebrations grew to include our Advanced Groups too! The more the merrier we say at EVGC.

It did prove a little difficult to secure a venue to fit us all in at a price that we could afford but the Prince Obolensky Building at Trent College was perfect!

Events like this one take a huge effort to organise and arrange so we would like to thank all our wonderful volunteers who transported all the refreshments to the venue, moved a mountain of tables and chairs, decorated, ran the bar, and then cleaned up and ferried it all away again! A special mention to Danni who always so generously loans and sets up her sound and light show that is a huge part of the ambience of the evening. You all did us and our gymnasts proud. The team spirit and generosity of all those that give their time to help at events like these is truly humbling and we recognise that you are ALL Team EVGC!

The stage was set, and our excited guests had arrived, it was time to get the presentations underway with Master of Ceremonies, Head Coach Ben ably assisted by our, somewhat shy, Coaching team! Wave a microphone in front of many of our coaches and their powers of speech evaporate it seems!

We are so proud of all our gymnasts and our team and we had a wonderful evening celebrating them all!

....AND THE WINNERS WERE

Gymnasts of the Year 2018:

Emily Henshaw, Emma Raynor, Amy Williams, Douglas Hill, Imogen Peberdy, Annie Hampshire, Lucia Morris, Emily Scott, Rhys Pounder, Zac Graham, Luke Stuart, Dylan Samson, Benjamin Batten-Plowright, Leon Morris, Poppy Bell-Minogue, Freya Burt, Sophie Martin, Lily-Rose Jones Sophie-Ella Wardle

Overall Gymnasts of the Year 2018:

Ellie Jarvis, Charlotte Notley, Atanaska Kirilova, William Ferguson, Chloe Pounder

Young Leader of the Year – Ella Ryley

Young Leader of the Year Runner Up – Atanaska Kirilova

Coach of the Year – Ivan Allen

Volunteer of the Year – Jo Pounder

Volunteer Runners Up – Amy and June of Bluewave Designs

Services to the Club – Marie Marshall



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 YouTube

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

BRITISH GYMNASTICS AWARDS

Our Primary School aged gymnasts are busy working hard to achieve their BG Core Proficiency Awards. The programme is well underway, and we will soon see the first gymnasts achieving their first badges and certificates.

There are 8 awards to achieve with 8 being the easiest level and 1 the hardest. The Coaches have picked the most appropriate level for their classes to work towards.

Each award has 10 skills to master over a 6-week period (approximately).

All our gymnasts have been issued a Personal Development Card, so you can use it to help track their progress at home.



THE BIG BALANCE

All the parents of our Recreational Gymnasts received an email last week about the upcoming BIG Balance event. The event is happening on Sunday 10th March.

This is a great opportunity to see your child in action in the gym and also see the skills they have been working on over the past 6 weeks.

The gymnasts will perform two short routines, one on the floor and one on the beam. This is our BIG Balance event so the main aim is for the gymnasts to perform controlled, stylish skills in a small sequence. All the gymnasts will be marked out of 10, from these marks everyone will get a medal, but it will be dependent on how high the score is to what colour medal the gymnasts will receive!

The coaches will be preparing the gymnasts for this event over the next couple of weeks. Lots of practicing will be going on in the gyms ready for this fun challenge.

We expect you will see lots of balancing going on at home!



THIS MONTH WE ARE ASKING FOR YOUR ILKESTON PROJECT FEEDBACK.....

If you use our facilities at Ilkeston, we would be really grateful if you would complete our latest survey to tell us what you would like to know what you think we could offer in the way of facilities or what we could offer to the local Ilkeston Community!

We would be even more grateful if you could share the following survey link with any friends, family and colleagues from in and around the area who may have a community related interest!

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

Everyone who submits a response before the 31st March will be entered into a prize draw to win an EVGC Water Bottle.

We really value your input and your thoughts will really help us as we expand Ilkeston to ensure we are as useful to the local community as we

UPCOMING EVENTS

To help you plan in advance here are a few dates for your diaries:

Dates	Events
Sun 3 rd March	MAG and WAG Loughborough Training
Sun 3 rd March	County Under 8s – Advanced Competition
Sun 10 th March	The BIG Balance
Sun 17 th March	Womens Artistic - Regional Levels
23 rd to 24 th March	Open Apparatus - Rhythmic
Sun 24 th March	Womens Artistic - Club Grades and Compulsory 5
Sun 14 th April	County Primary 1 and 2 Competition - Advanced
Sun 14 th April	Rhythmic Grades
Sun 28 th April	Womens Artistic – National Grades
Sun 12 th May	Spring Invitational

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

BUILDING UPDATE

New Tythe Street - Redecoration of the cafe area was delayed in February, but freshly painted walls are on the agenda for early March!

More roof repairs were completed during February as we had further incidents of 'lead theft' causing leaks in the gym. We are in the process of getting quotes for a suspended ceiling for the Party Room (as we know the roof panels are unsightly)!

We will also be replacing the front door at New Tythe Street, hopefully before the end of March!

Ilkeston - The gas installation is still not quite complete, but we are literally now just awaiting the installation of a gas meter and then it will be all systems go! However, we are secretly hoping that this glorious weather continues, and we won't need the heating on until next winter ... ever the optimists!

We had an amazing group of parent volunteers help to clear our front offices in February as we work behind the scenes on the extension project! These front upstairs offices will soon be home to fitness equipment and showering/changing facilities as we welcome a new personal trainer to our location. More details to follow in March!

Whilst nothing is very visible at the minute, we have made great progress with getting electrics fitted in our middle office block, suspended ceilings are being fitted and walls being dry lined as we speak. This will enable our coaching and admin staff to relocate to the middle block offices which will become our central Hub in the next phase!

The demolition of the unused warehouse at the back of our rear gym will commence early March - making space for much needed parking as we extend the rear gym! The area will be secured with fencing with health and safety of our gymnasts, parents and visitors of paramount importance.



MEET SOME OF OUR ADULT GYMNASTS!

Did you know we run Adult classes at our Ilkeston Site on a Monday and Wednesday evening from 8 pm to 9 pm?

Why not come along and join us? It is a drop-in session and aims to combine fitness with gymnastics skills in a fun and sometimes hilarious environment!!!

Check out those splits! Coming along nicely Ladies. We have heard you are all finding aches in muscles you didn't know you had. Check out this move on the beam by Leanne one of our Women's Squad Mums.....AMAZING!



POLITE REMINDERS

Fees

Please can we remind everyone that fees invoices should be paid on the first of the month.

Currently we spend a lot of time chasing late fees. We really don't want to introduce late payment fees, so we would appreciate your help paying promptly.

Booking In

All parents must ensure they book their gymnasts in at Reception PRIOR to their class starting.

It is vitally important that we have an accurate record of who is in the gym in case we ever need to evacuate the building in an emergency.

TWINNING NEWS

Preparations are well underway for the Twinning Event this Easter. Every 4 years we host gymnasts and coaches visiting from La Renaissance Gymnastics Club in Chalons, France.

This event has been running for over 58 years and the gymnastic clubs have been involved for over 30 years.

EVGC has the largest number of participants in the twinning event and as a club we pride ourselves on being great hosts, offering an exciting and varied weekend and continuing to promote the strong relationships we have developed over the years.

We have chosen to give t-shirts to our guests to mark the event this year. Our participating gymnasts have been invited enter a design competition which started this week.

An Ilkeston Twinning Committee fundraising event and social has been planned. The Quiz Night will be held on Friday 22nd March this will be a fun event that all the family can enjoy. It is being held at New Tythe Street Gymnastics Club, Long Eaton. Everyone is welcome. It is a good opportunity to get together and enjoy the social side to our sport. More details will be announced shortly.

LOUGHBOROUGH TRAINING FOR ADVANCED

On Sunday 20th January we took 50 Advanced and Display gymnasts to Loughborough University for a fun, learning day!

All our gymnasts had a great time jumping in the pits, trying new skills and having fun with their gymnastic friends.

The day was great success for all and our world Gymnaestrada Display Team got the chance to run their routine with their partner team Trix Academy.



BQT - RHYTHMIC

British Qualification Testing took place on Sunday 3rd March and Atanaska from our Rhythmic Squad attended the event this year.

This event is for Rhythmic Gymnasts who are aiming compete at the British Championships which will take place in July.

At the event Atanaska was tested on different flexibility skills, a ballet set and different conditioning exercises.

Atanaska performed very well but we will not know her results until she completes at Zonal Grades in April.

WE ARE HERE TO HELP!

Sometimes things go wrong and when they do, we will always do our best help. If possible, please chat to your coach in the first instance to see if they can help.

If your coach can't help and you do have a complaint or want to make a suggestion or express a concern please contact one of our managers, welfare team or directors, rather than via our social media. Then we can ensure your concerns are registered and dealt with in a timely and professional manner.

We appreciate that when things go wrong it can be frustrating but please be respectful to our staff and we will try to put things right as soon as we can.

We are here to help and are happy to do so.

CONTACT US:

managers@evgc.co.uk

directors@evgc.co.uk

welfare@evgc.co.uk



EAST MIDLANDS FLOOR AND VAULT COMPETITION

Sunday 3rd February saw 21 of our Men's Artistic squad travel to Leicester to compete in the East Midlands Regional Floor and Vault Championships.

In the under 9 category Ollie Wallis put in a fantastic performance to finish 4th missing out on the bronze medal by only 0.05 and only 0.25 off the gold medal.

Another solid performance and a heart-breaking result for Benjamin Batton-Plowright in Regional under 10 who also finished 4th just 0.15 behind the bronze medal. Medal success too for Mark Storer who took the bronze for Non-Regional under 10.

Our first gold of the day came to Luke Stuart in the Non-Regional under 11 who put in a blinding performance. Joining him on the podium by showcasing new harder routines and taking bronze was EVGC's Jacob Block.

In the under 12 category Kwadwo Afirifah-Mensah demonstrated mastery of his new routines and brought home the bronze medal. The under 13 category and another 2 EVGC boys on the podium with William Fergusson taking Gold and Jack Morgan bronze. These boys will both be going on to compete at the British championships at the M&S Bank Arena in Liverpool next month.

Under 14 Non-Regional we saw Brayden Clarke take the silver medal with very clean and tidy routines and more success in the under 16 Category where Finn Dineen nailed his landings to take the gold.

In a very high level Over 16 category Henry Richards and Ewan Moody put in solid performances to finish 4th and 5th respectively.



WE ARE CURRENTLY FUNDRAISING FOR:

Twinning Event at Easter:

Check out the Twinning News article to find out more about the fun quiz night we are planning on Friday 22nd March. Everyone is welcome, and all funds raised will go towards hosting our lovely guests from Chalons.

Sweetie Cones:

You will have noticed a basket of sweetie cones at both of our sites.

This sweet little fundraiser has been organised by two of our gymnasts to raise money for the Gymnaestrada event. Well done Neve and Emily!

Christmas Show Photos:

You will have noticed the wonderful displays of our Christmas show photos in reception this week. Orders are being taken now.

We are hoping to raise enough money to buy some smaller equipment that we have on our wish list – we will keep you informed!!

Tumblethon News!

Check out the last page of our Newsletter to see what we spent the last of our Tumblethon Money on!

We are sure you will agree this is a great addition to the equipment on offer to our gymnasts at Long Eaton.

CHARITY BEGINS AT EVGC!

You may be wondering why we hold so many fundraising events (oh no not another fundraiser!!!). We hope this little article will help you understand it all comes from a good place.

EVGC is a Registered Charity and every single bit of profit or extra funds we raise goes back into the club to benefit our gymnasts.

We are very proud of our charitable status and it is one of our main aims to keep our fees affordable for everyone in our catchment areas so that anyone can reach their gymnastic potential with us here at EVGC.

Another goal high on our list of priorities is to provide the best facilities, equipment and opportunities that we can and that is where our 'many' fundraising activities come in as well as all our lovely Volunteers who give up their time and their expertise to help us reach our targets!

So far our fundraising and army of volunteers has moved us from our less than ideal premises at Acton Road to refurbishing New Tythe Street in Long Eaton and buying and renovating and soon to be extending our Ilkeston gym.

So next time you see us running a fundraiser or two please support us when you can. It does not always have to be money as a little time donated makes those funds stretch much further and means we can give our gymnasts the best facilities for the most affordable fees we can achieve! Thank you for your support and understanding.

LEOTARD COMPETITION WINNERS

Congratulations to our, not one, but THREE competition winners!

Amy and June of Bluewave Designs very generously picked three gorgeous leotard designs and we are really looking forward to seeing the winning gymnasts wearing them very soon!

Here are the winning designs on paper! Well done Evie, Ellie and Phoebe!!!



VALENTINES CUP 2019

The format for this annual in-house competition changed this year to include our Womens and Mens Artistic Squads, Rhythmic Squad and Advanced Seniors in a team competition.

Six teams competed for our brand-new Valentines Cup. It was great to see all our different disciplines competing side-by-side in this fun event and we hope you all enjoyed seeing all the different skills that our gymnasts showcased.

The event saw some of our youngest and oldest gymnasts taking part. We were really pleased that February's weather was Spring like, and the gym was nice and warm for everyone that came along to cheer our gymnasts on! A marked contrast to last year....Brrrrr!

Once again, a big thank you to all our Volunteers and the EVGC Team for bringing together this lovely event.

VALENTINE CUP WINNERS 2018 – TEAM ROSES

SILVER MEDAL WINNERS – TEAM CUPIDS

BRONZE MEDAL WINNERS – TEAM ARROWS

Top All Round Girl – Anna Stringer

Top All Round Boy – Dylan Samson

Top Boys Individual Apparatus – Ollie Wallis

Top Girls Individual Apparatus – Atanaska Kirilova





MEET THE 2018 COACH OF THE YEAR

This award is voted for by all our team and we think we can honestly say that it was a huge surprise to the coach that won it this year!

We thought you might like to know a little more about our Coach of the Year and this article is the start of a series where we hope you will enjoy learning a little more about our EVGC family.

INTRODUCING IVAN – AKA ELEPHANT-IN-CHIEF!

It may surprise some to learn that Ivan has only been a full-time coach for two years!

Ivan served a full career in the British Army (22 years). He was a Warrant Officer in the Royal Army Medical Corps specialising in Environmental Health and he served in the UK, Cyprus, Germany, Gibraltar and completed three tours with the UN Peace Keeping Forces in Croatia for which he was awarded a Commendation.

This news might explain the flair he has for running those challenging conditioning sessions kids! It also explains his natural Elephant leadership qualities displayed as he put our Gymtots through their paces in this year's Christmas Show!

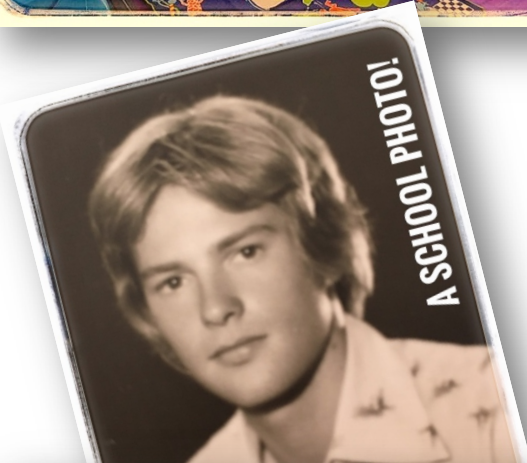
Ivan has always been fit and a lover of all things sport and was a keen and talented footballer who played for the RAMC and the British Army too! Ivan has jumped out of a plane and once flew a motorised glider into Larnaca Airport in Cyprus.

Ivan left the Army in 2004 and became the Group Environmental Health and Safety Manager for Luxury Hotel Business.

So how did Ivan get involved in coaching? It started with Callum, his son, training at EVGC in Acton Road 10 years or so ago! Let us call Ivan an 'interested' parent, always ready with a question or three for the coaches.....then one day one of our coaches, Kath, challenged Ivan to come in and help coach! The rest, as they say, is history. Ivan volunteered as a coach helper for many, many years before qualifying and joining the EVGC Full Time Coaching Staff. We think you will agree that Ivan brings an energy to his sessions that inspires our gymnasts to work hard and of course play hard too!

Did you know as well as being a Level 2 Preschool coach currently on his Level 2 Mens course Ivan is a level two freestyle coach and when he attended the course there was not an age category old enough for him on the paperwork?...lol! That did not stop him competing with the younger coaches on the Freestyle assault course!

We hope you have enjoyed getting to know Ivan a little better and we look forward to introducing more of our team to you over the coming months.



BRAND NEW TUMBLE TRACK AT LONG EATON!

We are really excited to show you what we spent the last of our Tumblethon Fundraising Pot on!!!!

A very large delivery truck stopped by and dropped off a very heavy parcel and within the hour it was up and being used by our gymnasts!!

Coaches Megan and Hannah took delivery and were so excited to see our gymnasts faces that they managed to get it unpacked, laid out, inflated and tested in time for our first gymnastic sessions! Well done ladies.

Maisie had the honour of testing the track and then it was over to our gymnasts.....

We don't have a sprung floor at Long Eaton, so this will make a huge difference to our gymnasts learning to tumble.

We look forward to seeing what they can all achieve over the coming months.



You can find us at:

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WWW.EVGC.CO.UK

Follow us on Facebook and
Instagram

