

March 2019

EVGC Talk

Jumping into Spring with this month's newsletter full of information about EVGC, our plans, achievements, upcoming events and updates on fundraising and community activities.



EVGC IS RECRUITING NOW!

WOMENS ARTISTIC COACH

Flexible Hours
Join our rapidly expanding
Womens Squad programme

EVGC - RECRUITING NOW!

We need a new Level 2 Coach or higher to join our Team. 5 years' experience preferred but not essential for the right candidate.

Looking for a progressive, enthusiastic Womens Artistic Coach focussed on excellence to work with our dynamic and dedicated WAG team in a rapidly expanding Women's Squad programme.

A chance to get involved with a community club hosting over 1100 gymnasts and running classes in preschool, recreational, mens and womens artistic and rhythmic.

Training opportunities and competitive salary based on qualifications and experience.

If interested, please email your CV and cover letter to managers@evgc.co.uk

DEADLINE FOR APPLICATIONS:

22 April 2019

If you know anyone who might be interested, please share this with them. Thank you.

MARCH WAS AN EXCITING MONTH AT EVGC

We have lots of news to share this month as well as an exciting new feature!

Here's what we have in store for you in this edition We have an update on our BG Badge scheme and our Big Balance event. News about our fundraising efforts and some exciting ideas to engage with local businesses. Upcoming events and initiatives following your feedback and also building related updates on both gyms. Meet two of our coaches in our exciting new meet the team feature and, as always, some very proud moments as we tell you about some fantastic gymnast achievements from the last month!

Find out how you could join us and train to be a coach.

Enjoy!

WAG AND MAG GO TO LOUGHBOROUGH

EVGC Gymnasts always have fun when they visit Loughborough University to train and this month was no exception. It was great to get MAG and WAG squads together. All the gymnasts really benefit from being able to practice their harder skills into the pits at the venue. This is invaluable as we go into the Competition Season.

We are all looking forward to being able to offer the facility of pits for training at Ilkeston very soon!



BRITISH GYMNASTICS BADGES



The second cycle of the British Gymnastics Badges have started within all our recreational sessions. Gymnasts practice different elements each week and then we have a dedicated testing week when each gymnast will be tested to make sure they have passed the badge they have been working on.

We had our first British Gymnastics Badge week from 4th March to the 10th March, finishing the week with our BIG Balance event. Lots of certificates and badges were awarded to our gymnasts. We even ran out of Level 7 badges, so we are restocking shortly!

Our next badge testing week will begin on 8th April to the 14th April. If your child passes their next badge, they will leave the gym with a pass slip with the badge they have passed written on it which can be purchased from reception. As the gymnasts move up the badge system the badges do get harder, so they may take longer than one cycle to pass the badges.

If your child is ever unsure which badge they are working on please ask any of our coaching team and they will be able to check our records.

So keep working hard on perfecting your new skills gymnasts. It is nearly badge time again!

BIG BALANCE



The BIG Balance was the chance for all parents to see what their children have been working on within the sessions. Each sequence includes skills from the British Gymnastics Awards they have been working on over the 6 weeks working up to the event. The day was a great success with over 100 gymnasts taking part over the day.

Our policy in our recreational sessions is to provide a happy, fun environment whilst ensuring progression of gymnastic skills. To make sure each child had fun at our Big Balance event the gymnasts all had the chance to win a medal. Even so for each year group the gymnasts were judged on the day on how well they performed which decided which colour medal they received!

We had lots of happy faces at the end of the day with lots of medals awarded and lots of happy parents because this event is only 30 minutes long for each group.

A huge well done to all the coaches and gymnasts who took part and the great news is that £736.76 was raised! Watch this space and we will let you know where those funds are allocated.

We look forward to our next BIG event later this year!



WE NEED YOUR HELP!

The Ilkeston extension project plans are starting to come together with the demolition being the first important phase which is now almost complete.

The extension of the rear gym will see an increase of 500 m² - almost doubling the size of the rear gym. The project in itself is costing in the region of £300,000 but we also need to purchase quite a lot of new equipment to the tune of £125,000 plus tiered seating!! We have some fundraising opportunities which will contribute to this cost and we also have a number of grants and funding opportunities which we continually explore.

However, we would like to explore other types of funding opportunities including the use of local businesses. The equipment needed is made up of a number of different areas such as floor, beam, P-Bars, High-Bars, etc. etc. at varying costs from £2,000 to £20,000 and we feel that local businesses could potentially purchase or sponsor these items or areas of equipment.

We have over 1100 gymnasts and, therefore, over 1100 families that visit our sites on a week by week basis as well as holding events where external clubs also participate extending the audience further. The vision for the Ilkeston site expansion is to create a Gymnastics Centre of Excellence for the East Midlands Region increasing our gymnast participation to around 1800 by the end of 2019 as well as hosting regional competitions on a regular basis giving exposure to over 200 additional parents at any single event.

We also have wall space for potential advertising banners and are considering implementing an annual sponsorship package for these as well as the potential for our local business partners to be featured on our website, social media posts and newsletters.

DO YOU OWN A LOCAL BUSINESS THAT COULD PROVIDE FUNDING OR SPONSORSHIP FOR ANY OF OUR EQUIPMENT ITEMS OR TRAINING AREAS?

DO YOU KNOW A BUSINESS THAT MAY BE ABLE TO SUPPORT US?

DO YOU WORK WITH LOCAL FUNDING PROVIDERS?

CAN YOU HELP WITH OTHER IDEAS TO SUPPORT OUR FUNDRAISING EFFORTS?

If so, we would love to hear from you. We are in the process of putting together a schedule of costs and potential packages so if this is of interest and you could benefit from reaching a local target audience on a regular basis, or if you can contribute ideas, suggestions or contacts then please email our directors in the first instance:

directors@evgc.co.uk

OUR FEEDBACK LINKS

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>



WAITING FOR YOUR GYMNAST AT LONG EATON?

Then why not take a class with Dani?

Personal Trainer Daniel has been running classes in the Boxing Gym at Long Eaton for a little while now.

Dani plans great sessions using all the Boxing equipment, so you can get in shape whilst your gymnast perfects their skills.

Pick up a leaflet from Reception and see what class times suit you.

danreindl108@gmail.com



BUILDING UPDATE

Long Eaton:

During March we completed the redecoration of the reception and cafe areas and installed new fire doors.

We are still getting quotes for a new front door and replacement of the viewing window in the waiting area and if funds are available, we are hoping to include a new suspended ceiling for the party room.

Don't forget that we have a personal trainer running classes on Mondays, Fridays and Saturdays located in the boxing gym at the rear of our Long Eaton Gym. Early evening weekday sessions and early morning Saturday sessions to tie in with some of our busier recreational classes. Everyone welcome!

Ilkeston:

The gas installation and heating is now finished (typical that we are now entering the warmer weather) but we are already seeing how much better this will be for us in the colder months...how quickly the gym will warm up and also how much money it will save us!

The coaches' office has been relocated to the middle office block as planned and the personal trainer is now occupying the two front upstairs offices.

The demolition of the warehouse at the rear of the Ilkeston gym is now almost complete. This will eventually make way for additional parking once the extension is complete!

The next phase will be to continue with the internal refurbishment of the middle block and also start preparing the ground work for the extension. Very exciting times ahead!

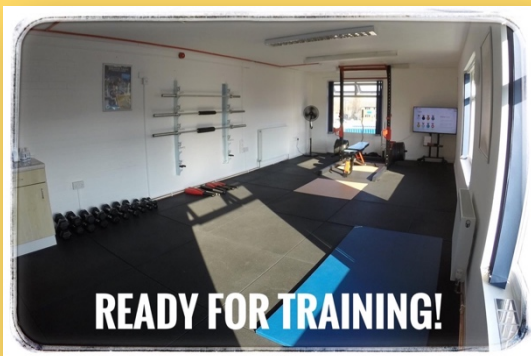
INTRODUCING ADAM, A PERSONAL TRAINER NOW AT ILKESTON GYM

I'm a REPs Level 4 Personal Trainer offering 1-2-1 Personal Training, private small group training and group exercise classes. I have qualifications in Pre/Post-Natal, Lower Back Pain, Obesity & Diabetes allowing me to adapt exercises and workouts accordingly.

Over the year I've built up links with multiple companies to offer clients great discounts for fitness technology, family days out, fitness clothing, nutritional supplements and more which will now become available to everybody involved with EVGC. My aim is to make sure people enjoy their health and fitness journey.

www.adamfretwellpt.co.uk

adam.fretwellpt@gmail.com



EASTER WEEKEND CLOSURE REMINDER

The Long Eaton and Ilkeston gyms will be closed for the entire Easter weekend from 19th to 22nd April. The gym will open again on the 23rd April.



EASTER FUNDAYS – TAKING BOOKINGS NOW



Our Fundays are returning for the Easter Half Term:

Long Eaton – Monday 15th April and Wednesday 17th April

Ilkeston – Thursday 18th April

All sessions are from 9.30 am to 3.30 pm (bring a packed lunch and drink/s).

The Fundays are £15 per day or book all 3 days for £35. We are taking bookings now so book early to avoid disappointment either in person at any reception or call 0115 9726070 (Option 1 for Long Eaton and Option 2 for Ilkeston)

We hope you can join us for our Fundays full of laughter, games and of course gymnastics!!!

LONG EATON CAFÉ SURVEY

Ellie B compiled and put out a café survey last week to find out what you all think and to get ideas for new things we could do or improvements we could make.

We have a very young and hardworking reception team and it was wonderful to see Ellie take this on and we would like to thank everyone that took part.

As a result of the survey and after chatting over the feedback with Ellie we will be introducing and trialling a few new initiatives and offers over the next few months.

Our Café is something we are proud of as it is a great facility we can offer our parents whilst they wait for their gymnasts. We hope to increase the numbers of customers using the café as all the profits we make are invested back into the club for the benefit of everyone.

You will shortly be able to pick up an EVGC café loyalty card and we will be running a Hot Drink and a Piece of Cake offer too. We hope you approve and of course eat lots of cake!!!

Well Done Ellie!

**CAFÉ LOYALTY CARDS
COMING SOON!**

FUNDRAISING NEWS

Family Quiz Night

In March we held a Family Quiz night to help raise funds for our Twinning Event coming up this Easter weekend.

The money raised helps us host our French guests and means we can arrange special trips out whilst they are with us.

The evening was a great success. So much so we are planning on arranging another one in the Summer so watch this space!

Christmas Show Photos

The Christmas Show Photos have been available for collection at Reception for over a week now and we are happy to report we raised over £100!

Upcoming Fundraisers

Our Fundraising Committee have met and have a whole host of fun ideas to help us reach various goals and targets.

We might have a little something up our sleeves for some Easter Fun and we are looking at sourcing more EVGC branded items that will make great gifts for your gymnasts as well as contributing to our fundraising efforts.

Fundraise While You Shop!

If you visit our website, you will find the link to EasyFundraising on our shopping page.

All you have to do is register and then whenever you shop on-line at participating vendors you will be fundraising for EVGC!



EASYFUNDRAISING

Use the easyfundraising link to shop with your favourite online stores and EVGC will receive small donations from these retailers.

[View Items](#)

EVGC VOLUNTEERS

DID YOU KNOW WE HAVE 5 VOLUNTEER COACHES AND AROUND 20 VOLUNTEER PARENTS WHO SUPPORT US ON A REGULAR BASIS.

We have a young leader programme of over 30 gymnasts who are all using their gymnastic skills to develop their coaching careers, starting from the age of 14!

We have a team of 4 Directors plus 5 in the Welfare team who are all volunteers. All of our coaching team and admin team, without exception, volunteer at our fundraising events throughout the year.

Did you know many of our coaches started out as parent volunteers? They became coaches because of their children's participation in gymnastics.



Are you looking for a challenge? Do you want to learn something that is rewarding? Would you love to change your career or add to your earning capacity? Then why not learn to coach?



We are on the lookout for people with a desire to learn a new skill and could commit to coaching for around 6 hours or more every week to support our recreational programme.



If you are interested, please speak to one of our coaches or email managers@evgc.co.uk and we can let you know what is involved and assist with applying for a Level 1 coaching course.



Read all about Sue and Ella in our Meet the Team interviews. Sue started coaching as a parent volunteer and Ella is part of our Young Leader Programme.

UPCOMING EVENTS

A number of parents have asked us to provide dates for events, competitions and Fundays with as much notice as possible to be able to plan in advance from a financial perspective and also from a work/school holidays perspective.

Here are a few dates for your diaries:

Dates	Events
Sun 31 st March	Regional 6 Piece - MAG
8 th – 14 th April	British Gymnastics Badge Week
Sun 14 th April	County Primary 1 and 2 Competition - Advanced
Sun 14 th April	Rhythmic Grades
19 th – 22 nd April Inclusive	Gym is closed for the Easter Break
19 th – 22 nd April Inclusive	French Exchange visit EVGC
Sun 28 th April	Womens Artistic – National Grades
Sun 12 th May	Spring Invitational
Sat 18 th May	Bag Packing
Sat 8 th June	Ilkeston Carnival
Sun 9 th June	Summer Showcase

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

MEET THE TEAM

This month we are really happy to introduce you to one of our most experienced coaches and one of our youngest up-and-coming coaches. I think you will agree they are both fabulous examples of dedication to gymnastics, coaching and EVGC! We are so proud of them both.

INTRODUCING SUE SNELGROVE

Sue how long have you been a coach and how long have you been coaching for EVGC?

I started coaching in 1998 (so over 20 years ago) and I have been coaching at EVGC since 2013.

How did you become involved in Gymnastics Coaching?

My 2 sons trained several times a week and I got bored waiting for them so when the club asked for volunteers to help for an hour or so a week, I got started and then it went from there!

Tell us a bit about your achievements in the world of gymnastics. What are you most proud of?

I am a Level 3 Men's Artistic Coach (it was called Club Coach when I took the qualification). I was involved in running Notts School of Gymnastics for Boys until it merged with the other Notts clubs to become Notts Gymnastics Academy. I was on the Notts county gymnastics committee for over 10 years and I have been on the East Midlands Gymnastics Association Men's Technical Committee for several years now – I am the regional MA competition organiser. I have mentored a number of coaches for their level 1 and level 2 qualifications and have coached gymnasts who are now coaches themselves (Ben Taylor and Sam Woodford, amongst others). I have coached a number of gymnasts who have represented the East Midlands at the NDPs and also some who have competed at national level competitions. Several gymnasts who I coached when they first started then went on to represent England and GB so I am proud to have helped start them on their way.

My most recent achievement was to get qualified as a National level BG Men's Artistic judge – that was a challenge and I was very proud to pass the exam!

What motivates you as a coach?

Several things motivate me but the main one is helping young gymnasts achieve new skills and develop life skills as part of their gymnastics development.

What do you do when you are not in the Gym?

My main job is as a Patent Attorney – I work for Potter Clarkson LLP and prosecute patent applications for a variety of clients. My main work is involved with specialist steels and other mechanical engineering matters, but I have also recently done a design registration for the new deep-sea submarine that is being used on Blue Planet.

Hobbies include cooking, reading, computer games, a little bit of tennis and going on holiday when I can! I also enjoy taking photos at gymnastics events.

Fun fact about you (one that might amuse your gymnasts)?

I can't think of anything at the moment, but they can probably come up with lots of things!

Do you have a coaching goal you still want to achieve?

Still lots of development to do – new skills, constantly learning new ways of coaching.

I am very proud to have been involved in gymnastics over a time when GB has developed from very much a second-rate competitive nation to being one of the top gymnastics nations – it has been very exciting to be involved in such a dramatic development in the sport.



INTRODUCING ELLA RYLEY

Ella how long have you been coaching at EVGC?

I have been coaching at EVGC for 2 years now. But I was a helper for 2 years before that.

How did you become involved in Gymnastics Coaching?

I was a gymnast at EVGC for 12 years. I ended my career as a gymnast so I could become a coach and concentrate on and put all my effort into it. I love this job so much and all the team around me when I am coaching are always helpful and a delight to be there with.

What do you like most about coaching – what motivates you?

Seeing all the children smile motivates me as I know they are having fun. Also knowing that this is something I love doing and wanting to be the best coach I can be for the children and myself.

Have you enjoyed being part of the Young Leader Programme and would you recommend it to others? If yes tell us why you think others would benefit from being a Young Leader.

I have thoroughly enjoyed being a part of the Young Leader Program. When I first started the Young Leader Program I was not as interactive with the children as I am now. It would benefit a lot of teenagers like me to become part of our Young Leader Program as you can get a lot of enjoyment out of it and when the children you are coaching always look forward to seeing you and you see such a big smile on their faces as they walk into the door it becomes such a happy environment to be in.

What do you do when you are not in the Gym?

When I am not in the gym, I'm a dancer which helps me choreograph routines within the gym. I also do the 100-meter sprint.

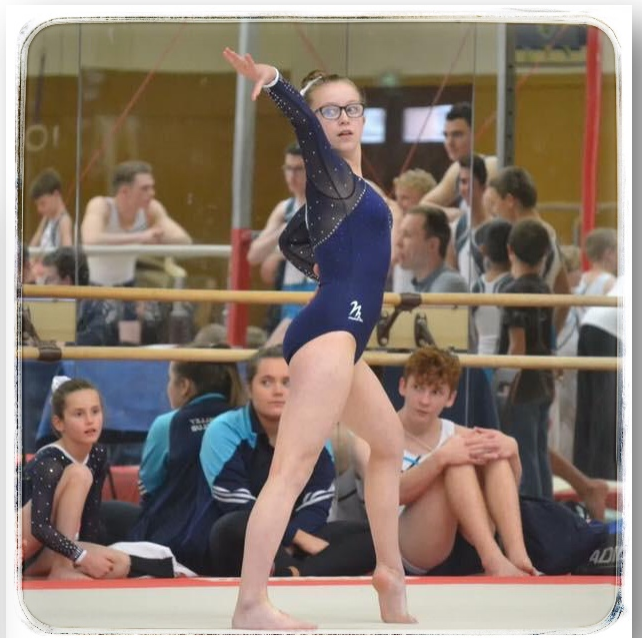
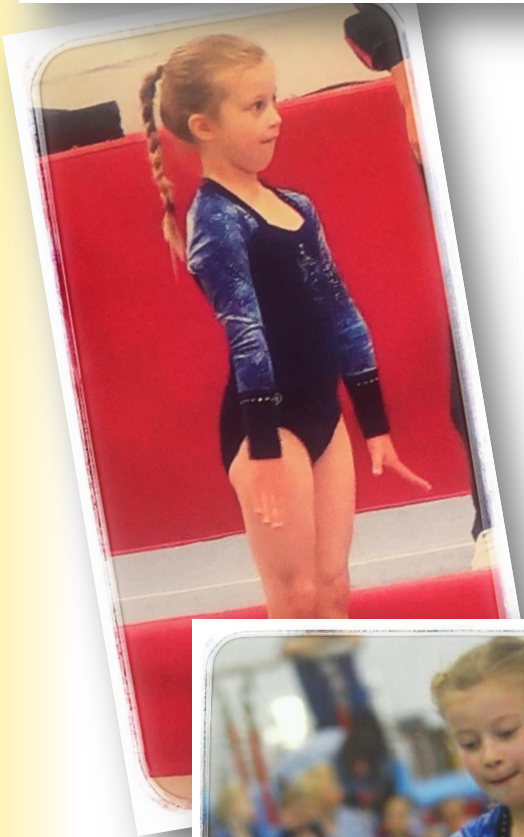
Fun fact about you?

At the gym I like to have a lot of fun which may include games and having an amazing time with the children as they make me who I am.

Do you have a coaching goal you want to achieve?

I would like to do so much more within the gym including going through all my levels within my coaching journey which would also help me with a lot of things further in life.

This team is my home and I don't know what I would do without it.



MAG NEWS - BRITISH CHAMPIONSHIPS 2019

We are very proud to have had two gymnasts from EVGC go forward to represent the club at the highest level of national competition.

Jack Morgan and William Fergusson both competed at the under 14 British Championships on Friday 15th March at the M&S Bank Arena, Liverpool in front of a 2000 strong crowd.

The boys both did themselves and the club proud putting in solid performances and keeping their cool in such a huge arena and at such a high level of competition.

Unfortunately, due to a re-occurring ankle injury flaring up on the day Jack had to withdraw from the Vault sacrificing an all-round position.

Despite a mistake on the pommel horse, Will went on to perform one of the cleanest Parallel Bar routines of the day only losing 0.9 in execution.

This was the boys first year of competition in the under 14 category which is quite a step up from what is required at under 12.

Huge congratulations to Jack and Will and also to the team coaches Ben Taylor and Sue Snelgrove. Finally, thank you to all the supporters who were following their every move on the live stream!

We are looking forward to next year and the exciting things to come, well done boys.



MAG TRIAL

March saw some exciting developments for our Men's Artistic Gymnastics (MAG) program in the form of a trial to create 2 new groups. We invited all boys from our recreational classes to come and trial for our new Mini MAG squad groups. The morning was a huge success which culminated in us offering spaces to 20 boys in our Men's Squad groups and Advanced Recreational boys groups.

The new squad groups coached by Ivan Allen and Sue Snelgrove, are made up of boys aged 4-7 and they are on the first step of the pathway to elite competitive gymnastics so watch this space!

REGIONAL TRAINING CAMP

Sunday 17th March saw EVGC take 16 of our top boys to the high-performance centre at Loughborough University to attend a training camp hosted by the East Midlands Gymnastics Association.

The day was a huge success and a great chance for the boys to try out their new skills in the fully pitted facility ahead of their Regional 6 Piece Championships, March 31st.

It was also a day of learning for our coaches as included was a lecture on Pommel Horse development given by Head Coach and East Midlands Men's Technical Committee member Ben Taylor. In attendance it was great to see our up and coming young coaches, Will Riddle and Henry Richards.



WAG COMPETITION NEWS

This month began with the arrival of our brand-new Competition Leotards and ended with the arrival of our very sparkly Training Leotards!!! Lots of excited WAG gymnasts, coaches and parents at EVGC.

It has been a very busy couple of months as the coaching team have been preparing our squad for the many different levels of competition happening this month and next. All the girls have been practicing new skills and working on those all-important finishing touches that impress the judges.

On Sunday 17th of March Callum took 4 of the G3 gymnasts to Regional Grades at New College Leicester. Four excited but nervous girls gave it their all and achieved two passes and two commended which was a great result. Well done to Sophie-Ella and Faa on passing their grades and to Laura and Ava for their Commendations. A special shout out to Laura for achieving 3rd highest score on beam with a beautiful routine.

On Sunday 24th of March a whole new set of gymnasts and their coaches, Callum, Hannah and Jenna went to New College Leicester for Club Grade and Compulsory 5. Congratulations to Sophie, Grace and Molly for competing at Compulsory 5. This grade is the hardest for their age and they all put in a great effort.

G1 went on to compete in Club Grade 6 and Mia, Ellie, Elyza, Helena and Freya all passed. This competition was the first for this young group and everyone did an amazing job.

Last but not least Anya from G3 was competing at Club Grade 5 and put in a great performance passing with a Commendation and was excruciatingly close to achieving a Distinction and missed it by .2 of a mark!!! She also joined the 13 club on Bars by putting in a lovely routine.

Next month the final two members of G3 Chloe and Imogen will compete at National 4 on the 28th of April. The next couple of weeks will see them working hard with their coach to perfect the skills necessary to compete at this level.



DID YOU KNOW....

We offer more than just children's gymnastics 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 gymnastics 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

RHYTHMIC COMPETITION NEWS

The National Open Apparatus Championships was on Sunday 24 March and it was the first competition for Atanaska in 2019. Atanaska has now moved up an age group and was competing for the first time as a Senior Gymnast.

The level of Senior Rhythmic Gymnasts in Great Britain is very high, so this was a great chance for Atanaska to work hard and show everyone how much she has improved over the last year.

Atanaska competed with the hoop, ball and ribbon apparatus and overall her skills were performed nicely, however, she did make a couple of mistakes on her hoop and ribbon routines.

Despite this she still managed to get a decent score which resulted in her ranking 5th with her ribbon routine. Congratulations Atanaska!

The next competition in the Rhythmic Squad diary is Zonal Grades on Sunday 14th April.



DISPLAY UPDATE



Our Display Squad had a great time at the Derbyshire Festival hosted by Mickleover Gymnastics Club who hosted a lovely event.

The girls had great fun and look at those lovely medals.

Our Gymnaestrada trip is coming up fast and training is going well. The girls....and coaches are getting really excited now!

The example costumes arrived this week and they look wonderful, so we are ordering for the squad this week.

We will share pictures with you shortly.

We held Display Trials this month and we have lots of new members starting in April. Thank you to everyone that came along and Welcome to the EVGC Display Teams.

EVGC SHOP

Did you know we offer EVGC branded sportswear from our online shop?

Here is a selection of some of the range, some of which can be personalised with your Gymnast's name.



Front

Back

Zip Hoodie - Price From:
£25.00



Front

Back

Big Stars T-Shirt - Price From:
£14.00



Front

3/4 Capri pants - Price From:
£17.50



Front

Back

Onesie - Price From:
£30.00

These items make great gifts as well as ideal clothing to wear in the gym. Follow the link below to begin shopping!!!

www.evgc.co.uk/shop/



You can find us at:

New Tythe Street, Long Eaton
NG10 2DL

Hallam Fields Road, Ilkeston
DE7 4AZ

WWW.EVGC.CO.UK



COUNTY UNDER 8'S GFA COMPETITION

We took 20 under 8 girls from our Advanced Recreational Programme to take part in this competition.

For many of the girls this was their first time competing and they all performed so well!

All their coaches are so proud of how well they did on the day and how well they represented EVGC.

These girls are all training hard to be future gymnastic stars!

Keep a look out for the next competitions our Advanced gymnasts will be taking part in during April and May.

