

# EVGC Talk

WELCOME to our April/May newsletter full of information about EVGC, our plans, achievements, upcoming events and updates on Fundraising and Community activities. Read all about Atanaska Kirilova who we are really proud to announce qualified for the British Championships in Rhythmic (Page 4) and you can learn more about her coaching and gymnastic achievements as she is featured in our Meet the Team articles (Page 9).

## EXTENSION UPDATE!

Visitors to our Ilkeston gym will have noticed that the large building at the end of the gym is now gone!

This space will mostly be used for parking once the extension is finished.

You may think things have been a bit quiet, but the Coaches office is almost finished! We have lovely new desks and chairs and are working on installing the finishing touches. Our coaches are already putting their new home to good use! It is intended to start work on refurbishing the rest of the middle section of the building at the end of May.

We want to thank again, all the parents who have helped us move things around in the gym. We couldn't have done it without you. A special mention to Gareth Morgan who has gone above and beyond in the shelving department! He must have bigger muscles than some of our gymnasts now!! He will be happy to hear we are making good use of the shelving and they are filling up nicely and NEATLY!!

In April the Directors met with the coaches and they all had a first glimpse of the potential equipment layout of the new extension. It prompted many a discussion and we are all looking forward to being part of ensuring we have the best layouts in both gyms to ensure our gymnasts have the best training and competition gyms we can provide!

## TEAM UPDATE

April was a great month for coaching progression at EVGC.

Henry Richards became the newest EVGC coach when he passed his MAG Level 1 coaching course on Sunday April 21<sup>st</sup>. The course involves completing a theoretical log book as well as session plans and coaching feedback tasks and a practical examination of his coaching prowess.

Henry has now graduated from our Young Leader program and has earned his "COACH" T-shirt so look out for him around the gym. Many thanks to Ben Ellis who was Henry's "Guinea Pig" gymnast for the day!

Five Young Leaders also passed their Level 0 Proficiency Awards, Nicole R, Olivia H, Phoebe T, Eleanor Mc and Kara C. Congratulations! They can now lead small groups of children in the gym. All our Young Leaders are on different steps of the programme and we are proud to be training our young coaches for the future of EVGC.



Display coach Megan has also passed her Level 3 General Gymnastics, Module 1. She has worked hard with our Senior Advanced girls to prepare and get ready for this assessment. Thanks to our gymnasts for being at the assessment and well done Megan!







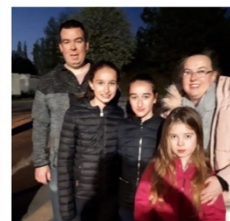
## TWINNING EVENT 2019

Over the Easter weekend we hosted over 30 gymnasts and their coaches from La Renaissance Gymnastics Club and L'Esperance Rhythmic Gymnastics Club from Chalons en Champagne, France.

Friday teatime and all our host families excitedly gathered at the Gym in Ilkeston ready to welcome our guests with refreshments....and cake!

Then it was time to introduce our guests to their families for the weekend and we were ready for the fun to begin! Host families entertained their gymnasts for the rest of the evening and many made good use of google translator when out and about!

All the coaches went to Becky and Bob's for an evening of long-awaited catch ups with old friends and we also began making new friendships too, a glass or two of glittery Prosecco and some beautiful food provided Indian fuddle style was enjoyed by all! The weather was so kind to us and we all dined alfresco, but we all made sure we were early to bed as Saturday Morning was training time!





## A VERY BUSY SATURDAY AND SUNDAY

Up early and into the gym for a training session with some fun conditioning routines at the end. The last time our French gymnasts trained with us we were still at Acton Road, so it was lovely to welcome them to our new Gym at Ilkeston and we didn't even need to turn the heating on as it was another lovely day!

A very big thank you to our parents who once again answered our call to arms, to everyone who came armed with power tools to help us put up our new tables in time for lunch and to all our talented bakers who helped us put on this magnificent Afternoon Tea style lunch!



We weren't finished there – home for a quick change then off on the tram into Nottingham for some fun on the ice. Praying, just a little, there would be no injuries prior to the Competition on Sunday. Then there was just time for a few more activities with our host families before bed... or staying up late chatting to new friends!

Sunday was competition time after a lazy Easter Breakfast and the odd Easter Egg hunt or two. There were medals galore in this fun competition before it was time to put on our party outfits for the Twinning Evening Hosted by the Ilkeston Twinning Committee. We met up with the Art and Basketball contingent and danced 'till.....well as late as we dared knowing it was a five o'clock departure time for our guests on Monday! Lots of hugs and kisses and it was time to say goodbye as the sun rose on Easter Monday.



**A fabulous weekend which we can't wait to repeat in two years time when our gymnasts and coaches visit France!**





## 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](mailto:parties@evgc.co.uk)

## ROOM AND GYM HIRE

Hire our gym or communal areas and meeting rooms.

Email [managers@evgc.co.uk](mailto:managers@evgc.co.uk) to find out more

## RHYTHMIC APRIL NEWS

On Sunday 14<sup>th</sup> April our Rhythmic Squad Girls headed to the GMAC Centre in Birmingham for their Grades.

We took 7 Gymnasts this year and we are pleased to say all the girls passed their grades.

A special Well Done to Atanaska who became the Zone C Senior Champion and also qualified for the British Championships which will take place in Liverpool at the end of July. Very exciting for EVGC Rhythmic Squad indeed!

All the girls are now busy getting ready for the many competitions diared in the coming months! Busy times ahead!



## PRE SCHOOL NEWS

This month saw the BG Awards Programme being rolled out to our Pre School gymnasts. There are 3 Badges in this category and all our tiny gymnasts will be working towards their first badges over the coming weeks!





## WE PASSED OUR NATIONAL 4 GRADES!



## TIME FOR SOME FUN!



## GO ARE READY TO TRAIN!



## WOMEN'S ARTISTIC APRIL NEWS

April saw the arrival of the WAG Squad training leotard much to everyone's excitement!

This leotard will be worn every Saturday for training, so you will be able to spot our sparkly gymnasts in their gorgeous bejewelled attire all working hard with their coaches to master new skills and to perfect existing ones.

We also saw the conclusion of the Women's Artistic Grades competitions for this part of the year with Chloe and Imogen competing in National 4 at New College Leicester on Sunday 28<sup>th</sup> April.

Both gymnasts worked very hard to master the skills required to achieve a pass at this high level.

Congratulations to Imogen and Chloe on passing their Grades and to Chloe for achieving a Commendation.

G3 will now be training in the gym to learn new skills to help Callum pass his Level 3 assessments as well as working towards their Levels later on in the year.

GO, our youngest group, and their coach Ella continue to work hard at flexibility, strength and shaping as they work towards their very first Grades in two years' time.

G1 and G2 are now working with Jenna and Callum also preparing for their Levels later on in the year.

Womens Artistic are also recruiting for a new Coach at the moment as Jenna will sadly be leaving us to go to University after the Summer Holidays.



## G3 RELAXING AFTER A STRENUOUS VAULT SESSION!





## NEXT BG BADGE WEEK!

All our Recreational Gymnasts have been doing so well learning new skills for the British Gymnastics Badge Scheme.

As the Gymnasts get to the higher levels of this scheme you may notice it takes longer than the 6 week programme to achieve the skills as they get much harder and training for them takes longer.

Our next badge assessment begins on:

**MONDAY 3<sup>RD</sup> JUNE 2019**



## MEN'S ARTISTIC APRIL NEWS

The East Midlands MAG Voluntary Championships were held on March 31<sup>st</sup> at New College Leicester. Our boys put in a fantastic performance and came home with a host of medals.

**Under 9** - EVGC only had 1 competitor in this age group but boy did he do us proud! Ollie Wallis had a great day taking a silver medal on Pommel and winning the Overall title.

**Under 10** - Benjamin Batton-Plowright took the silver medal on Pommels and a bronze on High Bar where he was just pipped by team mate Sammy Pascoe who took the silver. Mark Storer won bronze on Vault.

**Under 11** - EVGC took a clean sweep on the Pommel Horse in this age group with Gold going to Luke Stuart, Silver to Rhys Pounder and Bronze to Zachary Graham.

**Under 12** - Joe Samson performed a very neat Pommel routine to win the gold medal on the Mushroom whilst team mate Sam Tebbs made bronze medal position on the Rings. Joe Peverley had a great day winning gold on P Bars, silver on High Bar and Pommel Horse and a bronze on Vault. Kwadwo Afirfah-Mensah performed solidly to win bronze on Pommel Horse and High Bar.

**Under 16** - Dylan Samson had a blinder of a competition winning gold on the Rings and Vault, team mate Will Riddle fought back from injury and managed silver on Floor and High Bar.

**Over 16** - A very exciting field indeed and great to see a return to competitive Men's Artistic gymnastics for George and Oliver Swinson. George managed to win one of each medal, with Gold on P Bars, Silver on Floor and Bronze all around. Brother Oliver performed well to finish in bronze medal position on Vault and P Bars. Henry Richards performed well showcasing his upgraded routines with new higher difficulty values than ever before and won bronze on Floor and Rings.

Overall a very successful day for our EVGC Men well done and thank you to all gymnasts, coaches, judges and volunteers involved!

## GYMNASTICS FOR ALL NEWS

On the 14th April we took 10 Advanced girls to compete in the Gymnastics For All (GFA) Primary 1 & 2 County Competition. All the girls did so well. For some of them it was their first time competing! Well done to all the girls, you made EVGC proud.





## GYMNEASTRADA TRAINING CAMP – DISPLAY

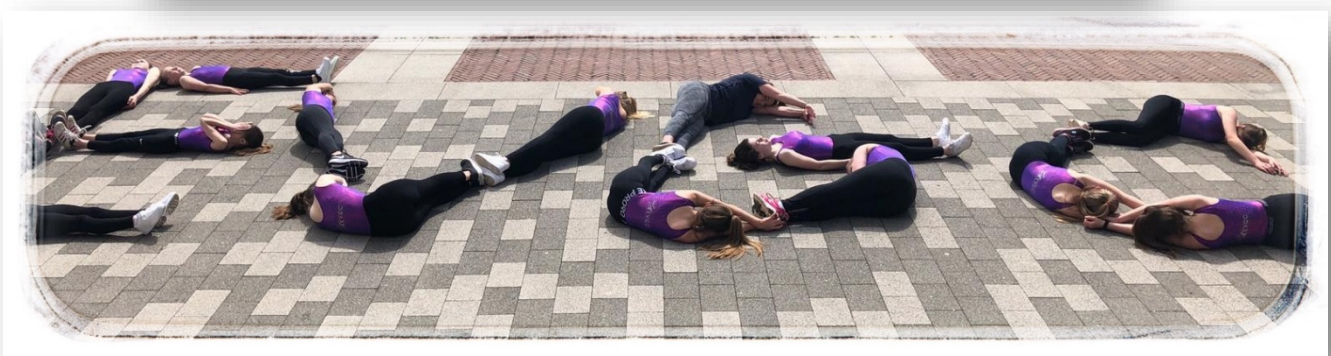


Over the weekend of 27th and 28th April our display squad had their final practice with all the clubs going to the World Gymnastrada in July 2019.

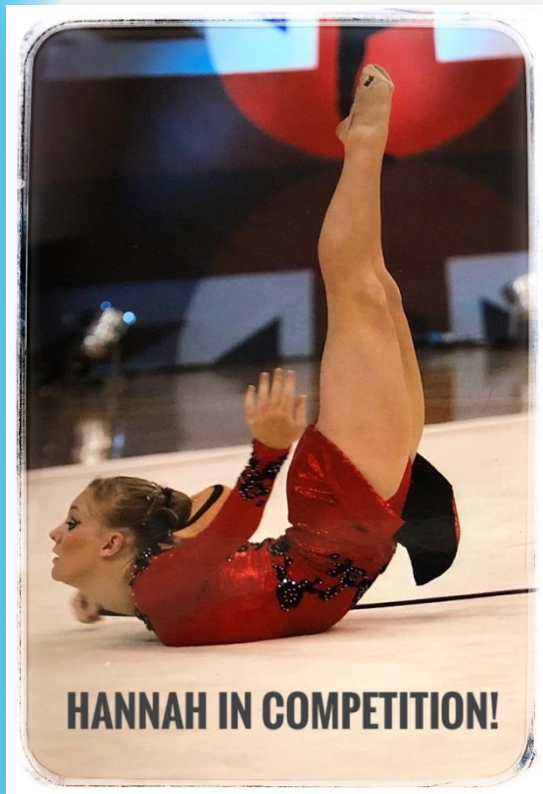
There were over 700 gymnasts taking part over the weekend which was amazing to see. So many passionate and talented people in one place.

The girls did so well to show their routine, which they will be performing in Austria, to two senior British Gymnastics staff to be judged. They had great feedback and will be working on everything ready for July.

They also practiced the large group routine they will perform in the closing ceremony of the event. The girls were very excited to pick up their GB kit and we were very proud to see them all kitted out ready to represent their country.







## MEET THE TEAM

This month we are featuring Hannah Vickers who is part of our Management Team and is Head of Rhythmic and Pre School too. We are also chatting to Atanaska Kirilova who qualified for the British Championships this month. We hope you enjoy finding out more about them.

## INTRODUCING HANNAH VICKERS

### How long have you been a coach?

I have been a coach for 10 years, I did my Level 1 Rhythmic coaching qualification at the age of 16. Since then I have become a Level 2 General Gymnastics Coach, Level 2 Rhythmic Coach and Level 2 Pre-School Coach. I started helping at EVGC at the age of 14.

I became involved in Rhythmic because I trained as a Rhythmic Gymnast from the age of 7, as I got older, I knew this was the sport for me and decided the best way to stay in the sport was to coach.

### What is your best achievement as a gymnast and a coach?

I have had a few achievements as a gymnast they include qualifying for the Rhythmic British Championships for 4 years and gaining my highest ranking of 7th in the Country. I have also been the East Midlands Regional Junior and Senior Champion. Another great achievement of mine was being selected for the Great Britain Rhythmic Group where I went to Russia to compete at the 2010 Rhythmic World Championships.

As a coach I am most proud of working with Madlen and coaching all our girls to achieve their best. As a club we have had East Midland Regional Champions for many years in a row, we have had gymnasts that have been selected for the Great Britain Performance Squad and also had gymnasts qualifying for the Rhythmic British Championships.

### What motivates you as a coach?

I'm motivated by my gymnasts. I try to do everything I can to make sure they all reach their potential in the levels they are working towards. I also am motivated by keeping up-to-date with Rhythmic Gymnasts in other countries to gain different ideas and try them out at EVGC.

### What qualities do you look for in a Rhythmic Gymnast?

The ideal Rhythmic Gymnast used to be tall, long legged and flexible! Nowadays we look for gymnasts who are willing to work hard in order to gain flexibility and master the difficult apparatus handling skills.

### What do you like to do when you are not in the gym?

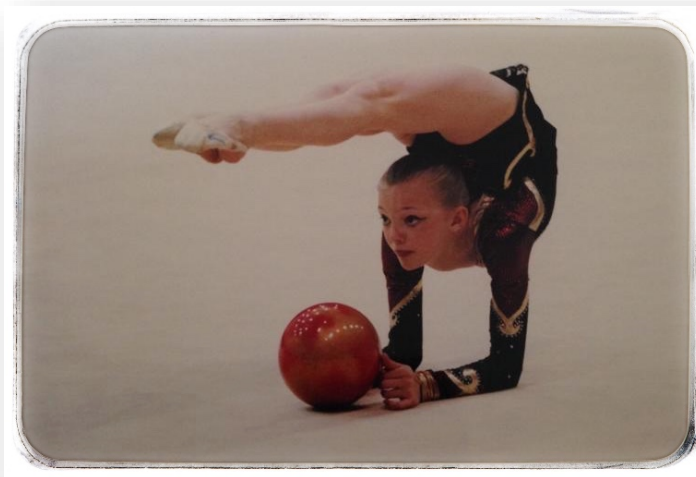
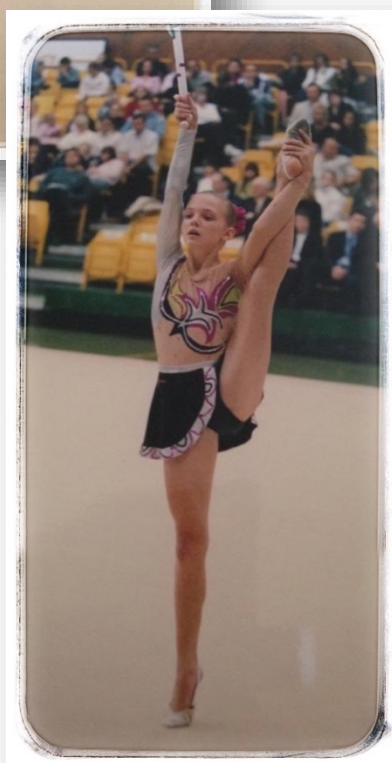
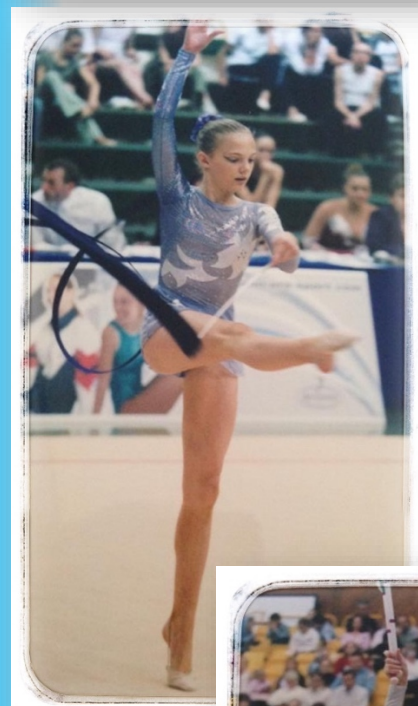
I spend my time relaxing with my family or babysitting for my friend.

### A Fun Fact about you!

This fact is more interesting than fun. So far, my husband and I are the only couple to get married at Nottingham Castle!

### Do you have a Coaching goal?

I would like one day to become Great Britain coach and coach at international competitions for Rhythmic Gymnastics.





## INTRODUCING ATANASKA KIRILOVA

### Attie how long have you been coaching at EVGC?

I have been coaching at the EVGC for almost a year. I started off as a helper for a couple of months before that. I would like to progress my coaching and gain my level 1 qualification.

### How did you become involved in Gymnastics Coaching?

I did my work experience in year 10 at EVGC for a week, which made me want to carry on helping/coaching because of how enjoyable I found it and how easily I got along with the kids I was helping.

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

What motivates me is helping and encouraging the young gymnasts, seeing how happy they are once they have achieved a new skill and having a fun time whilst working towards goals.

### How long have you been a Rhythmic gymnast and do you still train?

I have been a rhythmic gymnast since the age of 5 so around 10 years. I joined EVGC at 7 years old and I still train 6 days a week as well as compete.

**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.**

Yes I have enjoyed being a part of the Young Leaders program, I would recommend this for aspiring coaches and people who generally are good with kids to join. It will gain them a lot of experience as well as being involved in a supportive team environment, whilst helping the club.

### What do you do when you are not in the Gym? (hobbies)

When I am not at gym, which is rare, I usually like to relax by watching movies or reading books.

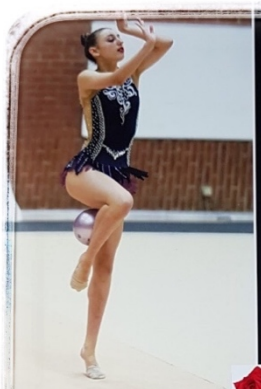
### Fun fact about you (one that might amuse your gymnasts)?

Fun fact about me is that I can say grandma in 8 different languages, also I am bilingual since I can speak fluently in Bulgarian. When I was 12 I was in the English Squad for rhythmic gymnastics.

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

My goal is to achieve a Level 2 or 3 in Rhythmic Gymnastics, in order for me to gain knowledge and understanding of how to be an inspiring coach to my gymnasts.

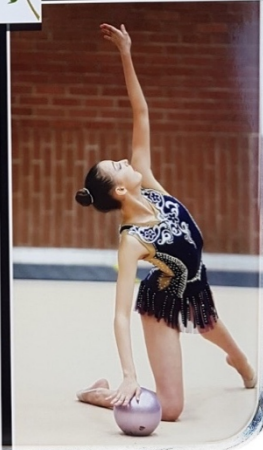
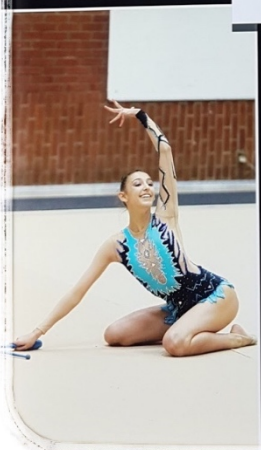
**Check out Page 3 as we celebrate Atanaska qualifying for the British Championships this month!**



Rose Cup



May 2018





## FUNDRAISING NEWS

### Christmas Show Photos

We still have some photos at Ilkeston and Long Eaton that people haven't collected yet. If you have forgotten to pick up your order, please ask at Reception.

### Fund Raising Group on Facebook

Our Fundraising Committee have started a Facebook EVGC Fundraising group. This Group is to help keep everyone updated with news on our fundraisers and we really hope you can join and get involved with the events when you can.

### Easter Egg Colouring Competition

This event has just closed and we will be announcing the winners very shortly. A big thank you to Leanne whose chocolate gathering skills rivalled the Easter Bunny! We have some lovely prizes for this event as well as great additions to the Twinning Gift bags our gymnasts and coaches presented to our French guests during the Twinning Weekend.

### Selling Uniform Stock

Jo Pounder, one of our lovely Mums, is busy selling our excess stocks of leotards and gymnastic uniform items.

So far, she has raised over £100 and is still putting items up for sale.

We will let you know what these funds will be used for. We have a number of small items of gymnastics equipment that would be very useful for our gymnasts so watch this space and a big thank you to Jo!

### Fundraise While You Shop!

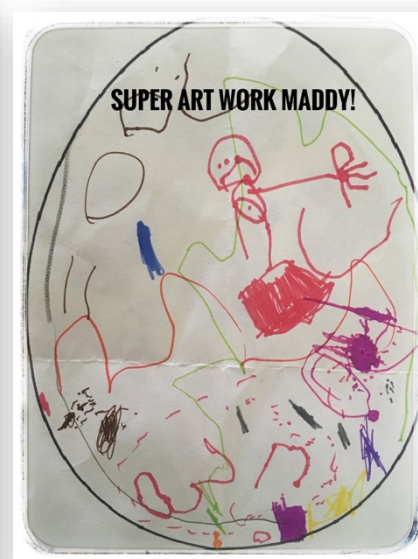
If you visit our website, you will find the link to EasyFundraising on our

## FUNDRAISING

As we go to press there is a day of Bag Packing taking place with our gymnasts busy promoting our club and of course raising funds. We will have more news on this in our next issue but for now a great big thank you to our organisers and to all the gymnasts and parent who are kindly representing us in the community.

We announced the winners of our Annual Easter Egg Colouring Competition. Congratulations to Tor, Tilly, Lillyanna and Maddy on your fantastic artwork and creativity. Our gymnasts have many talents as you can see below.

We hope you all enjoyed your prizes. If you haven't picked them up yet please ask at Reception.





## 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](mailto:danreindl108@gmail.com)



## WELCOME TO ILKESTON GYMNASTICS CLUB

We would like to say a great big welcome to all the Gymnasts, Coaching staff and parents of Ilkeston Gymnastics Club who became part of Erewash Valley Gymnastics Club this month.

They have been training with us for many months on a Wednesday and we are really excited that they are joining us and look forward to celebrating your successes in the future.



## SUMMER SHOW

On Friday 21st June we will be running our Annual Summer Show.

This is an opportunity for anyone to come and watch our higher-level groups in action.

Also, our Display Squad, who will be going to Austria to represent Great Britain in July, will be showing us the routine they will be taking to World Gymnaestrada. You will also be able to see our partner club perform who is going to the event with us.

Keep an eye out for more information on this on your emails and our social media.



16th **WORLD GYMNAESTRADA**  
2019  
DORNBERN  
VORARLBERG  
AUSTRIA

come together. show your colours!

7<sup>th</sup> to 13<sup>th</sup> July 2019



## ADAM, A PERSONAL TRAINER NOW AT ILKESTON GYM

Adam is a REPs Level 4 Personal Trainer offering 1-2-1 Personal Training, private small group training and group exercise classes. He has qualifications in Pre/Post-Natal, Lower Back Pain, Obesity & Diabetes allowing him to adapt exercises and workouts accordingly.

Over the year he has 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. His aim is to make sure people enjoy their health and fitness journey.

[www.adamfretwellpt.co.uk](http://www.adamfretwellpt.co.uk)

[adam.fretwellpt@gmail.com](mailto:adam.fretwellpt@gmail.com)



**You can find us at:**

**New Tythe Street, Long Eaton  
NG10 2DL**

**Hallam Fields Road, Ilkeston  
DE7 4AZ**

**[WWW.EVGC.CO.UK](http://WWW.EVGC.CO.UK)**

## 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
Sat 8 <sup>th</sup> June	Ilkeston Carnival
Fri 21 <sup>st</sup> June	Summer Showcase
Sat 22 <sup>nd</sup> June	Long Eaton Carnival
23 <sup>rd</sup> June	Rhythmic East Midlands Championships
6 <sup>th</sup> -14 <sup>th</sup> July	Gymnaestrada in Austria
26 <sup>th</sup> – 28 <sup>th</sup> July	Rhythmic British Championships

Your coaches will be in touch with more details about any of the events you may be involved in above.

## CHANGE TO PUBLICATION OF EVGC TALK

We have decided to move the publication date for our newsletters to mid-month.

This will stop its preparation clashing with our end of month Admin.  
See you Mid-June for our next exciting instalment!!