

EVGC Talk

WELCOME to our June newsletter packed full of information about EVGC, our plans, achievements, upcoming events and updates on Fundraising and Community activities.

WE ARE OFF TO AUSTRIA!

Next month our Senior Display Squad will be boarding a plane and travelling over to Austria for the World Gymnaestrada!!

After working hard for a whole year, the time has finally come for the girls and their coaches to represent Great Britain and Erewash Valley Gymnastics Club to perform all around Austria with over 52 countries and 25000 participants.

The girls are all very excited and look very smart in their GB Kits and both their parents and their coaches are very proud of them!

They have a fun filled and hard - working week planned, performing all around Austria and taking the odd break to see the beautiful sights of Austria too!

Trix joined us in the photo below. You will have seen them perform with us at the Summer Show and we will be performing at the event in Austria together too.

Follow the Link below to find out more about this HUGE event:

<https://www.youtube.com/watch?v=xMifJ37SdrQ>



SHARING OUR VISION

This month we are excited to tell you about our plans for the new Ilkeston gym and hopefully next month we can share some visuals with you too!

Firstly, we are creating a much bigger and more modern reception area in the middle block which will include a reception desk and cafe area with overflow seating and toilets in our upstairs meeting room.

We will be able to offer meeting room hire in two newly refurbished rooms in our middle block (central hub area) as well as creating two new community room spaces in the existing cafe and reception seating areas that can be used by local community groups.

Our new rear gym will include a brand new 13m x 13m floor area, separate dedicated beam and pommel areas, a huge brand-new pit area with vault run, fast track, track, rings, high bar, adjustable bar and trampoline into pit as well as dedicated floor areas for high bar, uneven bars, rings and parallel bars.

We will also have the benefit of retractable bleacher seating giving us much better seating and viewing for our future internal and external events.

Our front gym will become a dedicated recreational gym for the gymnasts working on their BG Awards through our GFA programme. We will create this as a bright, vibrant, fun environment with all the required equipment in this designated space replicating the recreational facilities that we have at our Long Eaton site.

Parking will also be improved as we create around 50 spaces in a new car park at the rear of the new gym with a new entrance and exit hopefully helping with congestion and visibility.

We have some funding in place for the above but continuing to fundraise is essential. If any of our parents know businesses that could help via sponsorship or donations, then please contact directors@evgc.co.uk in the first instance. Our new sponsorship packages will be available shortly ranging from £200 to £20000 per year reaching out to potential target audiences of parents from the local community and wider communities from our external events.



NEW EQUIPMENT HAS ARRIVED!

This month we have installed two additional sets of P-Bars. One set at Long Eaton and one set at Ilkeston. P-Bars are a great addition to the apparatus we offer our gymnasts and you may be interested to know this is not just of interest to boys!

Girls and boys can use the P-bars and you don't have to be in Squad to benefit from them. Our coaches will come up with all sorts of activities using the P-Bars to build strength and flexibility which of course is beneficial to all the other skills our Recreational and Advanced groups are working on. Check out our Gymtots making the most of the new P-Bars at Long Eaton!

NEW CEILING IN THE PARTY ROOM!

The new suspended ceiling in the party room at Long Eaton was completed last week. It looks fabulous and we are sure you will agree it is a vast improvement to that area.

Unfortunately, we have had another theft of lead from the roof which means more repairs are urgently needed and we definitely did not need the downpours we had last week!!! Roll on the heatwave. The Directors are now looking into whether CCTV would help.

Check out the photo collage to see just how far the party room has come over the past couple of years. This room is available for parties and has earned the club income as a polling station too. Remember if someone is looking for a space to hire to mention us to them!! Any income generated is ploughed back into our club.

A big thank you to James and Stuart from F&R Interiors and Callum from T&S Heating from who made a lovely job of the party room ceiling. Check out the photos for before and after shots.



RHYTHMIC NEWS – ROSE CUP

On Saturday 11th and Sunday 12th May our Rhythmic Squad took part in the 13th Rose Cup in Northampton. All the girls had worked hard in the run up to the competition and this was reflected in their presence on the floor. It was a long weekend for our gymnasts and they all did the EVGC proud and showed improvement in all their routines.

We entered 11 girls and came back with 7 medals. Our medal winners were: Yvie H, Emily S, Isobel H, Maya R and Eleanor H.

On Sunday 23rd June we took 8 gymnasts to the Zone C Level 1-3 and East Midlands Regional Championships in Northampton.

All the girls performed nice routines and showed a lot more confidence and improvement on the carpet. As well as performing well we even managed to gain some medals!

Eleanor came first in the L2 U8 free, Yvie came 3rd in L2 and U10 and 3rd in the Region. Maya gained a silver medal in the Region for U12 and Atanaska became the East Midlands Regional Champion.

This was the last competition for most of the girls and they have all shown a big improvement from the beginning of the year. It is now time to start preparing for next year's competition.

Check out the gorgeous Rhythmic Costumes and those huge smiles in these photos. EVGC are really proud of our Rhythmic Squad and Coaches and their achievements this competition season!



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

SUMMER FUNDAYS

Back by popular demand! We are running a series of Fundays over the Summer holidays at our Long Eaton and Ilkeston sites!

You don't have to be a gymnast at EVGC to come along so please let all your friends know! These days are for anyone aged 4+.

Our sessions run from 9.30 to 15.30. Send your children along ready to expend some energy with a packed lunch to keep them going!!

Our Fundays are packed full of games and challenges so everyone is sure to have a great time exploring all the equipment around the gym. Hopefully we will return them to you tired but happy!!!

You can book your places now at Reception. Be quick as our Fundays are always popular!



WHO IS READY FOR A FUNDAY?

EREWASH VALLEY GYMNASTICS CLUB

SIGN UP NOW FOR OUR SUMMER FUNDAYS!

LONG EATON GYM DATES	ILKESTON GYM DATES
MONDAY 29 TH JULY	WEDNESDAY 31 JULY
MONDAY 5 TH AUGUST	WEDNESDAY 7 TH AUGUST
MONDAY 12 TH AUGUST	WEDNESDAY 14 TH AUGUST
MONDAY 19 TH AUGUST	WEDNESDAY 21 ST AUGUST

£15 PER DAY 9.30 TO 15.30 - AGE 4+ - BRING A PACKED LUNCH AND A DRINK.

BE SURE TO BOOK YOUR PLACE NOW AT RECEPTION TO AVOID MISSING OUT!

SIGN UP NOW FOR OUR SUMMER FUNDAYS!

SUMMER SPECIAL OFFER!
BOOK 3 DAYS AND GET THE 4TH FREE.

SUMMER REMINDER!

Don't forget all our classes run as normal during the school holidays!

We know how important it is to keep burning off all that extra holiday energy and it is important to keep building on those skills and keeping up fitness levels too!

We would be grateful if you could let us know if you intend to take an extended holiday (three weeks or more) so we can make a note on the register and ensure we keep your child's place in their class.



WE ARE HAVING A BEACH PARTY!

In celebration of the Summer Holidays ahead we have decided to hold an EVGC Beach party at Long Eaton! So, if you want to be at the coolest event of the season and pick up one of the hottest tickets in town then pop along to your nearest reception as soon as you can!

There will be beach themed games and spot prizes as well as an awesome Disco courtesy of the lovely Dani who knows all about creating the right vibe for our Beach Party and she is back by popular demand after playing our EVGC Spooktacular Halloween Party! If you are looking for a DJ for a special event, we can highly recommend Dani!!

So kids, start planning your most radical beach outfits today and join us at our amazing Beach Party Event! Can't wait to see you all there dudes and dudettes!!!



CAN YOU HELP US MAKE OUR FUNDS GO FURTHER?

We will soon be in a position where we will be looking at suppliers for fitting out our reception area and communal areas at Ilkeston as well as upgrading our furniture at Long Eaton.

Do you know anyone that works at an office furniture supplier?

Do you know anyone that could source cafe/kitchen equipment or reception seating at discounted prices?

Do you have a contact in sports equipment or bleacher seating suppliers - maybe even via a school refurbishment?

We will always try to work with local suppliers and as a registered charity we are always looking to get the best possible value on the products we purchase.

If you or anyone that you know would be able to assist with any of our refit requirements, then please send an email to Becky Harbey - directors@evgc.co.uk.

We are currently upgrading our website, so any supporters of the club will be featured on our partners page too.

SPRING INVITATIONAL

Our Spring Invitational was a Gymnastics for All Event and we saw over 200 gymnasts take part! It was a really busy day and we had three competitions and teams of gymnasts from across the region and beyond taking part in this friendly event.

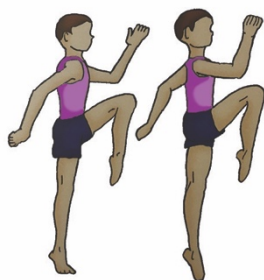
A huge amount of preparation went into this event and in order to help make the medal ceremonies a little quicker we had another two sets of podiums made! Over 600 medals and trophies were awarded so they definitely helped. They were decked out in the colours of our Valentines Competition and Star Awards Events, so we will be able to use them specifically for these events as well as putting them to good use when one day soon we host more competitions in our new extended gym!

A great big thank you to all the clubs that took part and to all the coaches, gymnasts and helpers whose good humour and enthusiasm made this a truly enjoyable event that highlighted and showcased all that makes a Gymnastics for All event a celebration of our sport of gymnastics.



LEVEL 8 SKILLS

LEVEL 8 - Skill 1 Run on the spot for 30 seconds



Technical Information - Lift knees high keeping them parallel with the feet. Head up, facing forwards. Symmetrical arm action, swinging backwards and forwards. Left arm is forward when right knee is lifted and vice versa.

Home Practice Suggestions - Run on spot for 30 seconds, rest 30 seconds and repeat every day. Vary the speed running slowly then speeding up and then slowing down.

LEVEL 8 - Skill 2 Gym Shapes



Technical Information - Sit in Tuck Shape, the back should be rounded with knees to chest. Knees together with heels off the floor and toes pointed. Keep head towards the chest.



Technical Information - Sit in Pike Shape, the back should be straight and up tall 90 degrees to the legs. The legs should be straight with ankles stretched and toes pointed together. Arms stretched upwards.



Technical Information - Sit in Straddle Shape, the back should be straight and up tall 90 degrees to the legs. Legs straight with ankles stretched and toes pointed. Arms wide with fingers extended.



Technical Information - Stand in tall Stretch Shape. Reach up tall with a straight flat back, arms above the head and legs straight. Also try on tiptoes.

Home Practice Suggestions Practice all the shapes once or twice a day. Try transitioning from one shape to another. Learn the names of the shapes. Ensure body is under tension then hold and count to 5. These shapes and terms are used in many other gymnastics skills.



Technical Information - Stand in Star Shape. Back should be straight up and tall. Legs wide and straight with knees and feet pointing sideways. The arms should be wide, stretched out sideways and up with fingers extended.

LEVEL 8 - Skill 3 Front and Back Support



Front Support



Back Support

Technical Information - Hands placed shoulder width apart with straight arms, head in line with the rest of body. Arms vertical with hands beneath shoulders. The body should be as straight as possible in both support positions. Fingers must always point forwards towards feet in back support. Push down onto floor keeping arms straight to maintain support. Chest should be rounded in for Front Support and the chest and hips lifted as high as possible in Back Support. Hold for 3 seconds.

Home Practice Suggestions - Practice 3 of each everyday. Remember to keep tension in the body to improve your strength.

BRITISH GYMNASTICS PROFICIENCY AWARDS

We are now awarding proficiency badges and certificates to our Preschool and Primary School age Gymnasts.

There are three levels of awards for the Preschool age group and eight levels of awards for the Primary School age group. Preschool starts at Level 1 with Level 3 being the highest award and Primary School start at Level 8 with Level 1 being the highest award.

We test for badges every 6 weeks but the higher badges the more time it may take a gymnast to master the skills required to pass the level.

We thought you might like to know a little more information about the skills required for each badge and this month we are featuring Badge 8. This is likely to be the badge any of our Preschool gymnasts moving up in July will start working on or any new starter with no previous gymnastics experience.

We are working on providing more in-depth information like this on our website in the near future with hints and tips on how you can help your gymnast perfect the skill they are working on or to help them improve their strength and flexibility in order to master their skills more easily.

THE SKILLS FOR LEVEL 8

There are 10 skills to master to achieve this level.

Our gymnasts will aim to perfect all 10 skills but could, in some circumstances, be passed if they master 8 which is the BG requirement for a pass.

Skill 1 – Run on the spot for 30 Seconds – Pulse Raising Activity

Skill 2 – Gym Shapes – Flexibility and Posture

Skill 3 – Front and Back Support – Strength

Skill 4 – Jump in and out of a Hoop – Jumping

Skill 5 – Transfer weight from one foot to the other – Balancing

Skill 6 – From Crouch, bunny jump – Weight on hands and locomotion

Skill 7 – Rock backwards and forwards in tuck - Rolling

Skill 8 – Matched and mirrored sequence of arm positions – Partner work

Skill 9 – Explore patterns using ribbons and scarves - Hand Apparatus

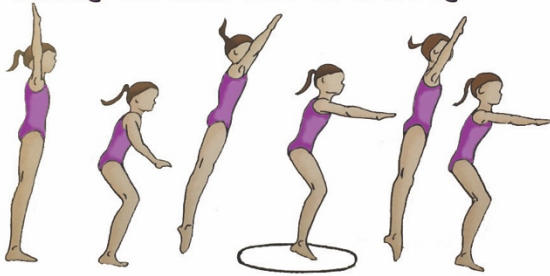
Skill 10 – Walk forward along bench on tiptoes – Apparatus Preparation

We really hope that this information helps you to help your gymnast perfect and practice their skills.

Getting the basics right builds a great foundation for the next level of badge and skills in this proficiency award scheme.

LEVEL 8 - Skill 4

Jump in and out of a hoop

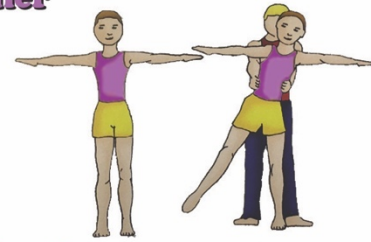


Technical Information - A two-footed jump forwards into the hoop - stopping still for a little while and then jumping forwards out of the hoop. Keep head up and facing forwards. Good jumping action with legs extending straight. Swing arms during the jump.

Home Practice Suggestions - Practice 3 of each everyday. If you don't have a hoop you could chalk a circle or use a small mat or make a circle using some rope. Try jumping to a beat. Try varying the direction you jump into the hoop.

LEVEL 8 - Skill 5

Transfer weight from one foot to the other



Technical Information - Holding on to a partner or apparatus with feet apart, move weight over one leg, feeling the other foot lifting slightly off the floor. Legs must be as strong and straight as possible with the center of mass over the supporting foot. Supporting foot turned slightly out pushing against the floor.

Home Practice Suggestions - Practice holding the balance counting to 5. Repeat the balance on the other leg. Try increasing the time you hold the balance once you are stable.

LEVEL 8 - Skill 6

From crouch, bunny jump

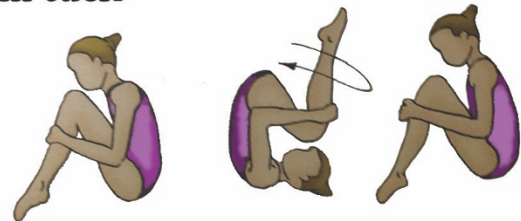


Technical Information - Arms should be straight with hands pointing forwards and shoulder width apart. Fingers spread out and hands flat. From crouch jump from the feet so the hips rise up but not past the line of the head. Aim to get the back in a straight line with the arms. Head lifted slightly and looking at fingers. Legs remain bent with ankles and toes stretched. Push the floor with hands, arms straight for good support maintaining a good tuck position.

Home Practice Suggestions - Repeat 3 times daily. Increase the number of repetitions as you get stronger.

LEVEL 8 - Skill 7

Rock backwards and forwards in tuck

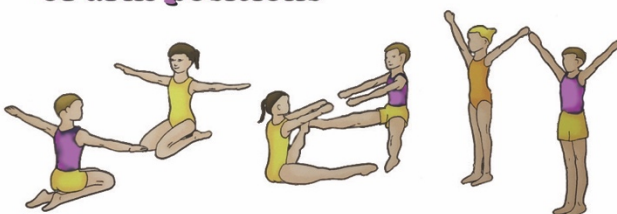


Technical Information - From sitting, the back must be rounded, holding the knees into the chest and head towards the knees. Rock back onto the shoulders, keeping head towards the knees. Roll forwards so that feet come back to the floor. Head is always tucked in.

Home Practice Suggestions - Repeat 3 times daily. Try to hold a bean bag under the chin to keep head in position or between the knees and feet to help keep them tightly together. As the skill is mastered increase repetitions but always maintain control.

LEVEL 8 - Skill 8

Matched and mirrored sequence of arm positions

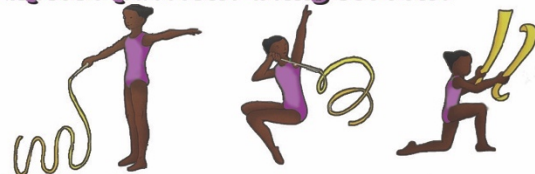


Technical Information - Work arms in a straight position with extended elbows and tension in the arms. Shoulders down and neck long. Move arms in three different planes, forwards, sideways and upwards

Home Practice Suggestions - Sit or stand facing each other. Practice a sequence of arm movements, e.g. lift arms to side horizontally, raise them upwards and lower to front. Remember to keep tension in the arms and fingers extended. Try increasing the sequence of movements.

LEVEL 8 - Skill 9

Explore patterns using ribbons

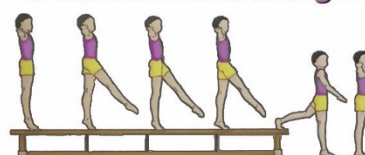


Technical Information - Using a ribbon or scarf practice making patterns up high, down low and to the side. Practice with straight and bent arms.

Home Practice Suggestions - Start standing still then begin to move around. Try twirling around whilst swirling a pattern. Try jumping and leaping whilst making patterns

LEVEL 8 - Skill 10

Walk forwards along a bench on tiptoe



Technical Information - Start on tiptoes, arms wide, head up with a long neck looking ahead. Slowly tiptoe along the bench keeping arms still and legs straight. At end lower to flat feet and step down standing up straight to finish.

Home Practice Suggestions - Practice walking around on tiptoe. Practice walking along a straight line on the floor. Practice with bean bag on your head.

MEET THE TEAM

This month we are featuring Paul Newton who is a new member of the EVGC Coaching team. It is always great welcome new team members and we look forward to seeing more of Paul over the coming months. Be sure to say hello if you spot him around the gym!

INTRODUCING PAUL NEWTON

When did you start coaching at EVGC?

I started at EVGC in late May (2019) having formerly coached in Northampton, and Crawley before I moved to the East Midlands.

How did you become involved in Gymnastics Coaching?

I was a gymnast from the age of 6 and had suffered an injury whilst training before a competition, and so decided with my spare time I would volunteer with the pre-school classes. From then, I worked as a young leader, before working my way up to coach squad level boys.

Paul is also a highly qualified Gymnastics judge, so we asked what is your most memorable judging achievement?

By far the most memorable judging moment must be judging my first British Championships in Liverpool back in 2016. Having been relatively new to judging, the experience of an area, as well as judging some of the best gymnasts in Britain, and the world it is an experience I won't forget.

What motivates you as a coach?

I think that the motivation has to come from the gymnasts enjoying the sport. Getting to see the gymnasts enjoying the sport is fantastic. Although when they get new skills and do well in competitions it is equally great.

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

When not at the gym I study law at the University of Leicester, as well as working as a lifeguard.

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

Whilst most of the gymnasts seem to know I speak Spanish, very few actually realise that I heavily rely on lip reading to 'hear' what people say to me.

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

I think my ultimate goal is to coach a gymnast into the national performance pathway programme which recognises them as one of the most promising young gymnasts in Great Britain.



COACH TRAINING - DID YOU KNOW?

You might be interested to learn that whenever any of our coaches embark on any qualification to improve their skills their gymnasts are involved. Any coach taking a course takes gymnasts with them to the modules they attend so they can practice the next level of skills and supports they are working towards. They also take their gymnasts to their assessments when they showcase their aptitude and hopefully pass the levels they are working on.

This means that coach training has two benefits, one is that our EVGC coaches are working to improve their coaching skills and the second is that all the gymnasts they work with at these times are benefiting from practicing these higher-level skills along with them.

Callum, one of our WAG Squad coaches, is working on his Level 3 Womens Artistic at the moment. This summer you will see him and the girls of G3 working on mastering those higher-level skills.

Here are Imogen and Chloe being supported by Callum as they practice twisting backwards. As you can see at times like these the gymnast puts a lot of faith in their coach's ability to support safely and securely.

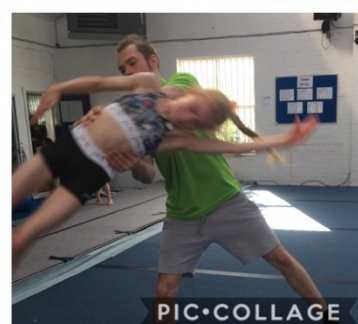
Callum's Level three modules will see him develop the skills necessary to coach skills like twisting forwards, giants and clears on bar, tsukaharas on vault and free cartwheels on beam to name but a few.

Currently in the gym Paul is also working on his Level 3 Mens Artistic and Ben will start his Level 4 Mens Artistic in the Autumn.

EVGC are very proud to be proactive in encouraging and supporting our coaches to improve their knowledge and skills. We are really lucky to have Barry in our EVGC coaching team as he is a Level 6 coach (the highest qualification you can achieve in gymnastics coaching) and he is currently involved in supporting the progression of several of our coaches with some great mentoring packages in place. Many of our more senior coaches are themselves involved in the support and mentoring of our younger coaches as they take their Level 1 qualifications.

We do want to say a great big thank you to all our mentors and to all the gymnasts who are also a part of supporting their coaches development too!

IMOGEN AND CHLOE THROWING THEMSELVES INTO THEIR TRAINING



PIC•COLLAGE

PIC•COLLAGE

MAG NEWS - TWO NEW MINI BOYS SQUADS

Coaches Sue and Ivan have recently taken charge of two brand new mini MAG Squads. These are the youngest groups who are beginning their journeys on the elite pathway. Most of these boys were spotted in Gymtots and were invited to trial for these groups.

Our coaches are always on the lookout for gymnastic talent and from time to time we invite our gymnasts to trial for either our advanced or squad groups.

Both squads are already working very hard and enjoying the extra challenge that moving up to squad brings. Ivan and Sue are enjoying laying down those important foundations on which to build our future champions!!

Here at EVGC we are looking forward to seeing how the boys progress and we are sure you will join us in wishing them and their coaches every success in the future!

Check out one of our groups working hard on their handstands and smiling through their bar work! Champion job lads!



SUMMER SHOW

Friday 21st June at Kirk Hallam School saw us hold a Summer Show to support and raise funds for our Display Group travelling to Austria to represent EVGC and Great Britain at the World Gymnaestrada Event.

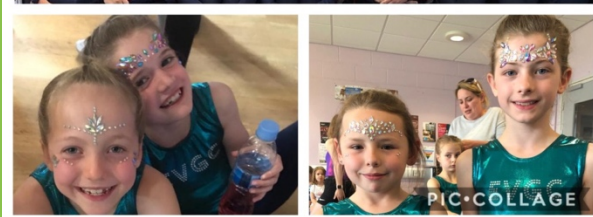
We welcomed two other clubs, Elmfield and Trix who joined our Display group on the stage. It was a great opportunity for our parents to see the other clubs in action and to see what the EVGC Display Squad have been working on before they set off to perform their routines all around Austria in July.

The Display Squad parents got totally involved manning the refreshment stands, selling raffle tickets and of course baking yummy cakes!

A big shout out to all the other gymnasts and their parents who backed this fundraising event. It was great to see such support from other disciplines and their coaches to help make this a lovely event.

Go Team EVGC. Keep an eye on social media to keep up with the exciting adventure our Display Squad and their coach Megan supported by coach Hannah are about to embark on!

We will be cheering you all on!!!



FUNDRAISING NEWS – BAG PACKING

The past few weeks have been really busy on the fundraising front. We had a bag packing event at Morrisons in Ilkeston on the 18th May. The day was a huge success and we want to say a massive thank you to all our gymnasts who went along to do their bit and to all the parent volunteers for getting this organised and supported.

A special thank you to Joy who was there for the entire event and who carefully counted the days takings. I can confirm the £600.50p collected weighed a ton!

It is amazing what we can achieve when we all pull together. Great job everyone and of course a massive thank you to everyone at Morrisons who supported us too!



SMARTIES FUNDRAISER

A huge thank you to Jo Pounder for getting this one off the ground! She now has a reputation in our local supermarkets as someone who eats far too many Smarties!!!

We have given out lots and lots of Smarties tubes to our gymnasts so far! Even our Coaches and Directors are joining in. We do have some left so if you or your gymnasts want to join in then please pick one up from Reception.

The idea is that our gymnasts do little tasks to earn the 20p pieces to fill their Smarties Tubes (once they have enjoyed the contents of course!!)

We haven't set a deadline on this one though we are starting to get some tubes back. Why not share some inspiration on our Facebook page and let us see what your gymnasts are doing to earn their 20p pieces?

All money raised will go towards new equipment, so all your efforts will be put to great use and our gymnasts will be able to enjoy the results for many years to come.

We really appreciate your continued support of EVGC.



Check out some of the progress now being made in the middle block of our gym.

The coaches have an office with just a few tweaks remaining to complete.

What will be the Party Room and overflow for Reception is awaiting paint and a carpet... oh and a staircase to access would be nice!

The middle office just needs a carpet and it is ready to hire though we are using it to sort out various bits and pieces before we store them neatly in the new storage area.

Can you spot where the new upstairs loos will be and the new Reception and Café area?



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**

**EVGC is proud to be a
registered Charity which
means all our profits are
invested back into the club
and we always endeavour to
keep Gymnastics affordable
for all.**

**Registered Charity Number:
1168497**



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
6 th -14 th July	Gymnaestrada in Austria
20 th July	EVGC Beach Party
26 th – 28 th July	Rhythmic British Championships
29 th July, 5 th , 12 th , 19 th August	Long Eaton Fundays (Mondays 9.30 to 15.30)
31 st July, 7 th , 14 th , 21 st August	Ilkeston Fundays (Wednesdays 9.30 to 15.30)

CLIP AND CLIMB

On the second of June we took our Young Leaders to the Clip and Climb in Nottingham. This was done to say thank you for all their hard work over the past year. We also used this event as a team building exercise as our Young Leaders all work in different disciplines, so this was the perfect way to get everyone together.

After the Young Leaders had been climbing, we all sat together to discuss new ideas for our Recreational classes. They have already been trying out some of these in their sessions to help make them more exciting.

Here at EVGC we are really proud of our Young Leaders Programme which is for children from the age of 14. If you would like to get involved as a helper, then drop Hannah Gibbs an email hannah.gibbs@evgc.co.uk to register your interest and to find out more about this wonderful programme.

