

EVGC Talk

So many exciting things starting to happen at EVGC right now and we are really happy to be sharing them all with you! Make this your go to read to keep up with our journey.

SO MANY EXCITING INITIATIVES AT EVGC!

Where do we begin?

We are really busy with the New Build at Ilkeston (more details on Page 6) and we are not sure where we are finding the time to do anything else, but we have and we are so happy to announce lots of new initiatives that you will be hearing more about in the coming months!

We are excited to announce a new Apprenticeship Programme that Hannah G has been working hard to launch at EVGC.

We are also planning lots of new sessions and initiatives for all that new space we will have at Ilkeston. We are happy to announce the applications are rolling in and we have begun interviewing for new Level 1, Level 2 and above coaches.

We are really looking forward to welcoming new members to the EVGC Team very soon.



NEW APPRENTICE SCHEME

EVGC were really excited to have begun recruiting for two people to join our first ever Apprentice Programme starting this September.

Are you 16+ and are you interested in Coaching, Gymnastics and giving back to your community?

These are full time paid positions at EVGC with lots of mentoring and work experience and one day a week at college. We are really proud to be able to help give our successful applicants a wonderful start to a career in coaching and working in the community.

Please send your expressions of interest to:

hannah.gibbs@evgc.co.uk

INTERVIEWING NEW COACHES NOW!

You will have noticed if you follow us on social media, we are busy recruiting new coaches to our team and we are very happy to let you know interviews are starting to take place!

We are gearing up towards all that new space we will have at Ilkeston and the new programmes that we will launch to build on the sessions we currently offer.

If you are a Level 1, 2 or above gymnastics coach who loves our sport then send us your details:

managers@evgc.co.uk

We have spaces in our GFA and Womens programmes and but welcome any interest from other areas of gymnastics. We have flexible packages available for innovative coaches interested in joining a dynamic team and helping us excel our gymnastics programmes.

NEW DATABASE COMING SOON

Our Administration Team are working hard right now to launch a new database. We are upgrading! As well as automating enrolment for new classes so that parents can enrol online to our classes you will also be able to book on our events such as Fundays and Quiz Nights!

There will be exciting new features that will give our parents a much more dynamic interface with their child's EVGC membership.

We will be asking all parents to log in and check their child's details as part of this process so will email you all more information on this process shortly!!

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

TICKETS ON SALE NOW!!

Due to the popularity of our last Family Quiz Night we decided to run another in September and tickets are on sale at a Reception near you right now!!

Bring your friends and family along. Everyone is welcome!



THE BIG BOUNCE – A DATE FOR YOUR DIARY

Your gymnast will shortly begin working on their routines for this in-house, fun, Gymnastics for All event.

You will be invited to enter your gymnast and will receive more information on how this event will run in the near future. Anyone that took part in the Big Balance will know that these events are a great, no pressure environment for your gymnasts to show off their skills and to win themselves a medal!

So save the date of Sunday 29th September in your diary and we will be in touch with more details on this event shortly.....



RHYTHMIC BRITISH CHAMPIONSHIPS IN JULY

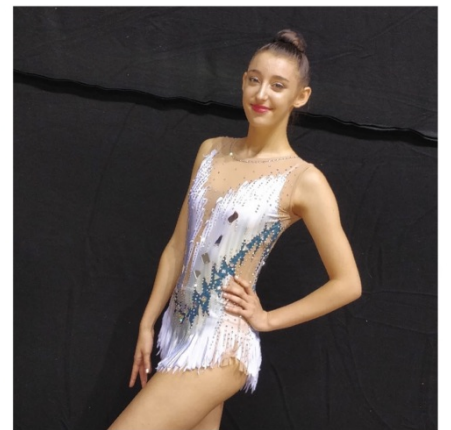
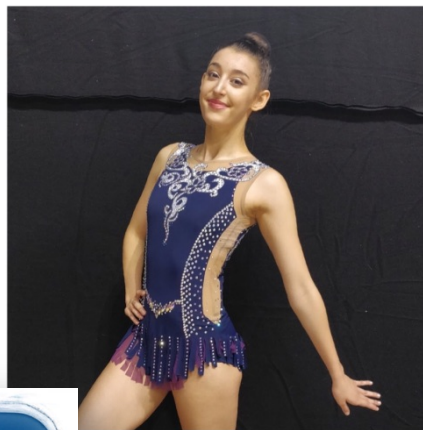
On Thursday 25th July Atanaska and her coach Hannah V travelled to Liverpool for the Rhythmic British Championships which was held in the M&S Bank Arena.

Thursday was podium training for Atanaska, which is where she gets an allotted time to practice her routines on the competition floor and it also gave her the opportunity to get a feel for the venue and what was to come during the competitions on Friday and Saturday. Podium training went well, and we were ready for Day 1 of the British Championships.

Friday 26th July was Day 1 of the Rhythmic British Championships. Atanaska competed with her Hoop and Ball on this day. Her Ball routine was clean with nice elements and expression, she made a small mistake in her hoop routine but overall this was a lovely routine to watch and Atie's body skills were good. Hannah V her coach was pleased with her routines and was looking forward to seeing what day 2 would bring.

Saturday 27th July and Day 2 of the Rhythmic British Championships. Atanaska competed with her Clubs and Ribbon on this day. In both routines Atanaska had a couple of hiccups with her throws, however, her body skills were nice and clean. Atanaska competed against 6 other gymnasts who are all in the GB, England or Welsh National Squads. As there was only 7 in the Senior category it meant the top 6 went through to finals on the Sunday meaning Atanaska narrowly missed out.

We would like to say a massive Well Done to Atanaska as she moved up to the Senior Category at the beginning of the year and has done herself and the club proud by qualifying for this event which becomes increasingly difficult each year to qualify for so is a massive achievement to be proud of. We hope you enjoyed watching her routines live and if you missed any you can watch them via the British Gymnastics Score App.



WORLD GYMNAESTRADA 2019 – WHAT A TRIP!

The 16th World Gymnaestrada was held in the city of Dornbirn, Austria on 7th -13th July 2019.

It was open to all current British Gymnastics Clubs to enter to audition to be selected to represent Great Britain.

Gymnaestrada is a world-wide, non-competitive FIG Gymnastics for All event held every 4 years across the awarded city. It is the world's largest Gymnastics event with over 25,000 participants from around 60 nations taking part. The event is open to all and a fantastic opportunity for all levels, ages and abilities.

The non-competitive festival takes place over 7 days, with a jam-packed schedule, including an Opening and Closing Ceremony, Team Performances, Great British whole delegation large group performances as well as an International Team performance. Teams can perform up to 5 times throughout the week, as well as, having the chance to see performances from other federations in their national evenings and the best of the best in the FIG Gala.

EVGC took over 15 talented girls who had been involved in display gymnastics for over 2 years before auditioning for selection. Before taking part on a World Stage the girls had performed at local, regional and national stages to get the chance to take part in the large Gymnaestrada event.

Georgia, Ava, Amelia, Charlotte, Annie, Jessica, Phoebe, Daisy, Emily, Emily, Shaun, Neve, Erin, Hollie and Katie and their Coaches Megan and Hannah wanted to share with you all this record of their adventures in Austria.

Take Off Day

On Saturday 6th July the team had to be at Birmingham airport for an extremely early 4 am to get checked in and prepare for their flight to Munich airport. 15 gymnasts and 2 adults checked in and navigated through security to meet our first challenge of trying to find 17 seats together to eat breakfast, not easy at an international airport!

Our flight to Munich was great, and an excited team landed safely at 9:45 am. The event volunteers finally found the bus after a lovely 30-minute trek around Munich Airport with all our bags and girls in tow we were finally safely on our way leaving Germany to travel to Mitterschul, Lauterach in Austria which was to be our home for the next 8 days.

All Settled In

Sunday 7th July, we spent our first night in Austria on our lovely single airbeds at the school, the girls were in great spirits and all supported each other to get ready for our first day.

It was to be the Opening Ceremony day, but the weather was not on our side. We were up at 8 am, down to breakfast and then on our first train ride by 10 am. The girls were all kitted up in their GB tops ready to see Dornbirn and take part with the other 25,000 gymnasts! First stop of the day was the Karren Cable Car taking us up to the top of the mountain to get a great view of Dornbirn. All of the girls had a great time going up in the cable car and standing on the glass ledge to see the view. All that is except Ava. Ava is terrified of heights but faced her fear and joined us on the cable car but steering clear of the glass ledge. Well done Ava for facing your fears!!



EVGC Display Squad





When we returned to Earth in Dornbirn sadly the news was that the open ceremony was postponed due to bad weather.

Cancelled Opening Ceremony

We had a big thunder storm in the afternoon and were advised to go back to our accommodation to take shelter, this did not dampen the girls' spirits. As soon as we got back to the school the team asked if we could book hall for time to practice the routines ready for the week ahead, this is dedication and why we knew we had picked the right team!

Performance, Performance, Performance!

The next 5 days were jam packed with performances, we had 3 performance slots each day and all in different towns or venues. Bregenz was the first town visited with our first Great British performance and team performance. The Great Britain routine was like a military operation getting 600 gymnasts on to the field and off again. All the gymnasts did an amazing job and made Great Britain proud. We took three under 12s; Katie, Hollie and Erin who really showed everyone that gymnastics was for ALL no matter your age.

'Relax you're on Holiday'

After many late nights, early mornings and busy days we had a morning break on 9th July, so we went to the local 'Strandbad' which was an outdoor pool on the edge of Lake Constance. The girls had a great time on the slides, diving boards and swimming in the lake. A refreshing break before we were back to it that afternoon, off to Lustenau for a town performance then Rankweil for the GB and AUS evening celebrations.

Whilst travelling around and performing in lots of different places the girls met many different people from all over the World, Thailand, Australia, Germany, Tonga, America and many more. It was a cultural experience for all the girls not just living and eating in Austria but meeting all the gymnasts from so many countries. Austrians are very good at English, but the girls also made sure they tried some German too, so they could learn, we were very thankful for Annie who was very good at German when we did get stuck.

Midweek Opening Ceremony

Due to the bad weather earlier in the week the Opening Ceremony was moved to half way through the week. This was an amazing experience for the girls seeing all the countries come together and to march in to the stadium with 25,000 other gymnasts. It was the first time the girls got to see everyone altogether and it was the first time felt like they were part of something really BIG!

Finally!

Overall the 8 days were an amazing experience for all the girls and us their coaches, they learnt so much about other cultures, different types of gymnastics and the benefits of supporting others. The girls made EVGC proud but also represented the country with pride.

The Next Chapter

Since getting back to the gym, the girls have started working on new routines and new skills and are getting ready for their next international experience!.....

ILKESTON NEW BUILD PROGRESS UPDATE!

UPSTAIRS – MIDDLE BLOCK



SPACE CREATED FOR NEW STAIRS



AREA FOR RECEPTION AND EVENT HIRE



EVENT SPACE CURRENTLY



NEW UTILITIES CUPBOARD



NEW UPSTAIRS LOOS

DOWNSTAIRS MIDDLE BLOCK AND OUTSIDE



RECEPTION AREA TAKING SHAPE



WILL BE NEW CARPARK ACCESS



WILL BE NEW VIEWING WINDOW



CLEARING THE DECKS



CLEARING THE ROADS

GROUNDWORKS UNDERWAY FOUNDATION IN AND PIT FLOOR IN!!



WE ARE
SO
EXCITED!!



PIC•COLLAGE

WIN AN EVGC WATER BOTTLE!

Calling all Gymnasts!

Grab a pen and complete this Gymnastics themed word search!

Find all the words in the list below and then from the remaining letters that haven't been used when you have found them all see if you can work out the final gymnastics word that could win you an EVGC Water Bottle!

When you have completed the puzzle, print out this page and hand it in to one of our Receptions. Don't forget to add your name and contact details.

Closing date is Saturday 14th September 2019.

We will put all the entries into a draw and one winner from each site will become the proud owner of an EVGC Water Bottle!



G	S	L	L	O	R	E	V	I	D
N	D	N	A	T	S	D	N	A	H
I	O	A	K	I	P	K	T	S	S
R	O	L	L	H	I	C	W	T	N
P	U	T	U	C	K	I	I	R	A
S	G	R	S	R	E	L	S	A	I
D	I	S	H	A	P	F	T	D	B
N	A	L	M	S	E	T	S	D	A
A	N	E	G	D	I	R	B	L	R
H	T	R	E	N	I	A	G	E	A

FIND ALL THE GYMNASTICS WORD AND TICK THEM OFF THE LIST BELOW!

TUCK
STRADDLE
SPLITS
ARCH
HANDSTAND
HANDSPRING
DIVE ROLL
TWIST
GAINER

ROLL
PIKE
DISH
BRIDGE
FLICK
ARABIAN
GIANT
KIP

NOW GATHER TOGETHER THE 11 LETTERS YOU HAVEN'T USED AND UNSCRAMBLE THEM TO MAKE ANOTHER GYMNASTICS WORD.

WORD: _____

NAME: _____

CONTACT NUMBER: _____

GOOD LUCK EVERYONE GET SEARCHING!!

Be an EVGC Volunteer

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

directors@evgc.co.uk

and we will send you some further information.

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](#)

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)

Follow us on Facebook and Instagram

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:

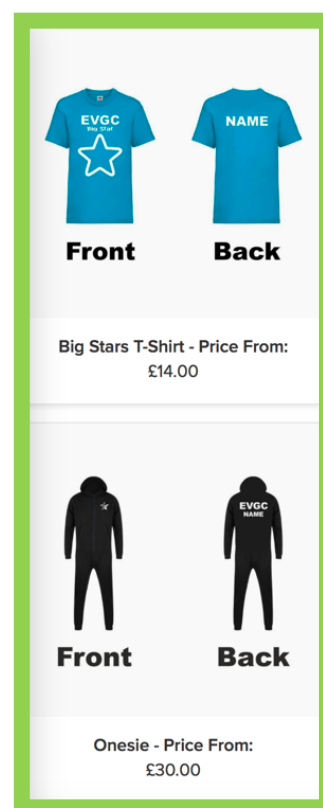
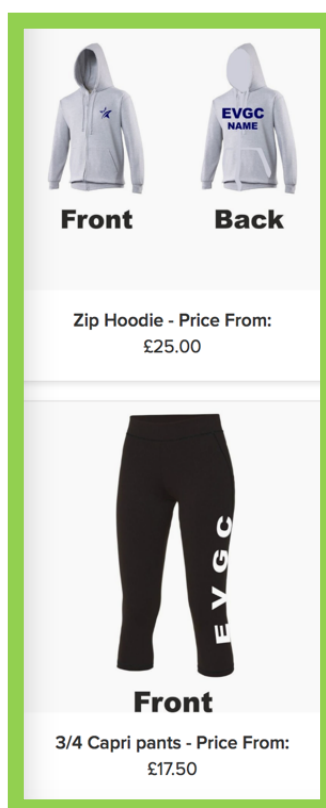
Dates	Events
Sat 14 th September	Family Quiz Night – All Welcome
Sun 29 th September	Big Bounce
Mon 14 th October	Funday – Long Eaton (Leicestershire School Holidays)
Mon 28 th October	Funday – Long Eaton (Nottinghamshire and Derbyshire School Holidays)
Wed 30 th October	Funday – Ilkeston (Nottinghamshire and Derbyshire School Holidays)

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

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.



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/