

January 2020

EVGC Talk

Welcome to our first Newsletter of 2020. So many exciting things happening at EVGC this year and we are looking forward to sharing all the news with you!

WELCOME TO ALL OUR 2020 NEW STARTERS

We are so excited say a big HELLO to all the New Starters we have had this year and at the end of last year!

Welcome to our Newsletter where we will bring you more detailed news about what has happened and what is going to happen here at EVGC.

It is supplementary to the snapshots we share on our social media and is somewhere we can give you more detail and share more lovely photos of all the events we get involved in.

If you are new to our EVGC family, we invite you to follow our social media on Facebook and Instagram for instant news and the link for our Newsletter will be sent to you each month by email. We hope you and your gymnast will look forward each month to catching up with all the EVGC Talk!



2020 IS GOING TO BE MASSIVE!!!

We were very happy to welcome our wonderful Gymnasts back to EVGC on Monday 6th January 2020.

At the close of 2019 there was huge activity at the club with the completion of the build stage of our new extension and the early arrival of Gymnova with all our lovely new equipment.

It was a crazy couple of weeks with so much accomplished and then a week of Recreational parents invited into the gym to share their gymnasts training sessions with many groups working on presentations to perform to the warm applause of our lovely audiences.

Then it was the turn of all our Squad Groups to finish off the year with a wonderful Christmas show 1950s and 1960s style. We had some wonderful performances and two sold out performances. Our Squad Coaches and Gymnasts worked so hard and pulled off two fabulous shows as we closed the gym for the Christmas and New Year holiday.

We have seen all our gymnasts and coaches return with renewed enthusiasm and recreational and preschool groups are busy training for our first British Gymnastics Proficiency Awards Badge week of 2020 commencing Monday 3 February.

This is also a busy time for all our Squad gymnasts and coaches who are working towards their grades and competition season and polishing off all those new skills they are hoping to showcase!

It is already shaping up to be a busy year ahead so read on and find out all about it!!!



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.

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 You Tube

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

FUNDAYS

Fun days are available to all members and non-members during the school holidays. The sessions consist of coach led gymnastics, fun and games from 9.30am to 3.30pm on selected days at both of our gyms. The cost is just £15 per child and these sessions can be booked through your LoveAdmin app or via our website.

ROOM AND GYM HIRE

Hire our gym or communal areas and meeting rooms.

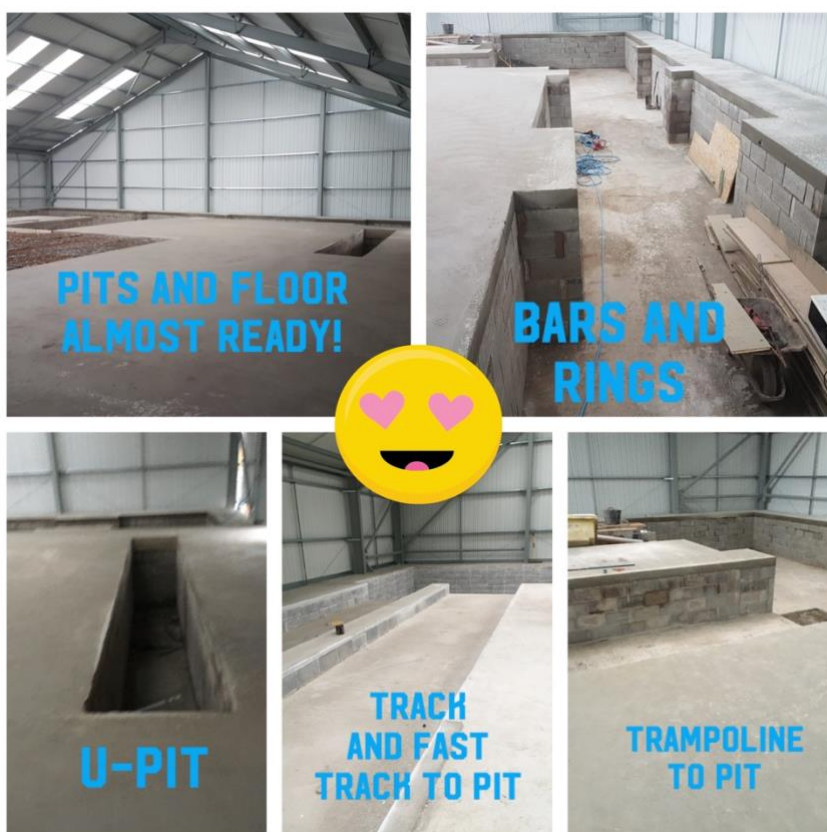
Email managers@evgc.co.uk to find out more

ILKESTON EXTENSION PROJECT – IT'S THE PITS!!

So much progress was made in 2019 and we are almost there! Lots of finishing off going on at the moment. The next biggest exciting step is the arrival of Gymnova on 17th February to install all the padding and foam for our pits as well as a new fast track and all the bar equipment over the pits.

We will have a fast track, track, trampoline, vault, rings, high-bar and adjustable bar all to pits! So much more room to train for all our gymnasts and a massive boost to all those gymnasts perfecting more challenging moves with the safe landing into foam pits whilst they master their skills.

Not to mention the FUN, FUN, FUN the addition of this facility will bring. We are putting on 3 free pit training sessions on Sunday the 8th of March to all our recreational gymnasts who train at Long Eaton so they can join in the excitement. Ask reception to send you an email about this event if you haven't had one yet. These sessions are on a first come first served basis and are filling up fast so log in to your Love Admin account and book your gymnast a place today!



We have lots and lots of excited gymnasts who can't wait to jump into our pits!.....A few coaches planning spectacular entrances too!

We will post on social media as this area comes together.

We may need your help when we are ready to fill this vast area with lots and lots and LOTS of foam blocks!

NEW CAFÉ, RECEPTION AND MEETING ROOMS

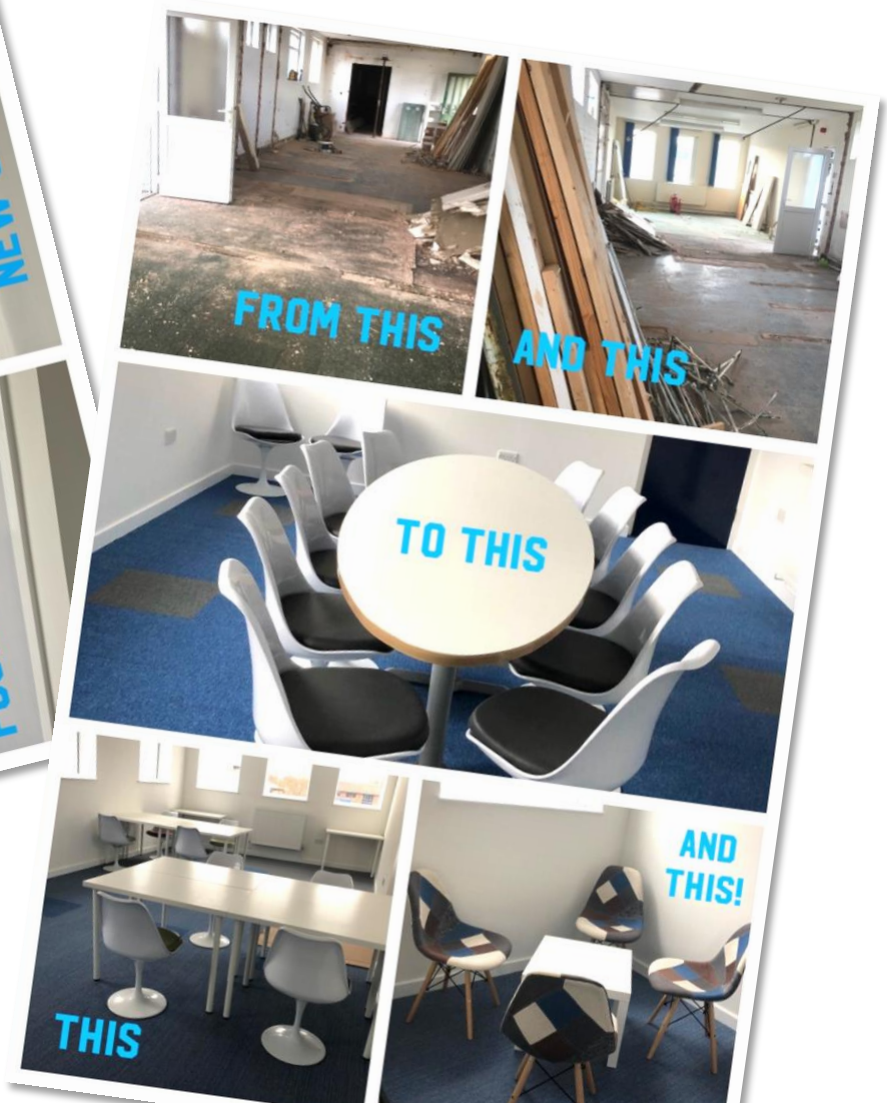
We have long had the benefit of a lovely café in the parent waiting area at our Long Eaton Gym and we will soon be able to offer the same facility to our waiting parents at Ilkeston!

We are busy finishing off our new reception area which some of you may have walked through already...hope you made sure you wiped your feet LOL!

We have 3 new viewing windows and for the first time we will have visibility into both gyms.

New gymnast and parent loos (we are even excited about those too!) and upstairs we have been working on furnishing two fabulous new meeting room areas. These areas are important as we will be hiring them out and as you know every bit of profit we make will be ploughed back into the club for the benefit of all our gymnasts across both sites.

For those parents new to our club we are a registered charity which we are very proud of at EVGC as it means that our entire focus is not on profit margins for owners but it is on what we can do with the funds we have to benefit our gymnasts, parents and our community. We endeavour to keep prices low so that gymnastics, a fantastic sport for the development of an active life, can be enjoyed by as many local children as possible. We have gymnasts age 2 and above all the way up to our adult programme the oldest to date is in his fifties (mentioning no names!!). Our Stay and Play sessions see potential gymnasts from 0 years and counting coming to our gyms for the first time too.





Easyfundraising is a really easy way to support our club. It takes no more than 10 minutes to sign up and then all you have to do is remember to go shopping via the easy fundraising app.

Please sign up to register as an EVGC member, the club will benefit from a small percentage of the purchase amount from selected stores. Click on the link to find out more and see how easy it is to fundraise for your favourite Club whilst you shop!!

<https://www.easyfundraising.org.uk/causes/evgc/>

VOLUNTEERS!

WE NEED YOU... If you can spare some time to get involved please follow the link to join us!

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

or join our Volunteers Facebook page to see what our lovely volunteers get involved with:

<https://www.facebook.com/groups/1081718375370028/?ref=share>



UPCOMING EVENTS

An exciting and busy year ahead for EVGC and our coaches and gymnasts. We will try our best to give you as much notice as possible about up coming events.

Here are a few dates for your diaries:

Dates	Events
Mon 3 Feb	BG Badge week
Mon 17 Feb	Funday at Long Eaton 9:30 to 15:30
Mon 17 – Fri 21 Feb	Pit Installation at Ilkeston
Wed 19 Feb	Funday at Ilkeston 9:30 to 15:30
Thu 20 Feb	Funday at Long Eaton 9:30 to 15:30
Mon 24 – Sat 29 Feb	Recreational and Preschool Awards week
Sun 8 Mar	Pit Training Sessions for Long Eaton Gymnasts
Mon 9 – Sat 14 Mar	Tumblethon Event
Sun 22 Mar	Gymnastics For All Under 8s Competition
Mon 6 Apr	Funday at Long Eaton 9:30 to 15:30
Wed 8 Apr	Funday at Ilkeston 9:30 to 15:30
Thu 9 Apr	Funday at Long Eaton 9:30 to 15:30
Wed 15 Apr	Funday at Long Eaton 9:30 to 15:30
Thu 16 Apr	Funday at Long Eaton 9:30 to 15:30
Sun 26 Apr	Big Balance

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

WHY NOT GET FIT WHILE YOU WAIT IN 2020

Did you know at both our sites we have resident personal fitness instructors?

At our Long Eaton site, we have Daniel who has programmed his classes to fit in with our gymnasts training sessions. Pick up a leaflet from reception to find out if his session times in the boxing gym work for you.

At our Ilkeston site Adam has a fitness gym on the top floor of our front reception block. Why not book a consultation if you're interested in personal training sessions or ask about his group sessions timetable? Check out Adam's website and Dani's Instagram:

www.adamfretwellpt.co.uk on Instagram [www.danielreindl_pt](https://www.instagram.com/danielreindl_pt)



COACHES AND STAFF UPDATE

Head Coach Ben was accepted for his Level 4 MAG course in September. He has taken the theory exam and is now working hard towards his practical.

Congratulations to Coach Callum (Head of WAG) who passed his Level 3 coaching qualification in December with flying colours.

Congratulations to Coach Kay who passed her Level 2 MAG qualification in January.

We will have an update on our young coaches who are busy with Level 1 and Level 0 courses at the moment – good luck everyone.



HELLO ALICE!

BABY NEWS – GIRLS, GIRLS, GIRLS!

Head coach Ben and his wife welcomed Baby Alice in September.

Head of Rhythmic and Preschool – Hannah Vickers gave birth to twin girls Poppy and Lily at the end of September.

Head of GFA – Hannah Gibbs also welcomed baby Yeri in November.

CONGRATULATIONS everyone! Happy to report that Alice, Poppy, Lily and Yeri have already been to gym!!!



HELLO POPPY AND LILY!

AWARDS WEEK BEGINS ON 24TH FEBRUARY

This week is dedicated to our preschool and recreational gymnasts and is where we select a 'gymnast of the year' for 2019 from each of our sessions. Lots of things are considered when the coaches make their choice of recipients; hard work, progress, teamwork and sportsmanship to name a few.

We are running the event slightly later this year due to commitments already in place around the completion of the Ilkeston extension and also the BG Badge week. We look forward to celebrating the winners in next month's edition.



HELLO YERI!

TUMBLETHON

This is a bi-annual fundraising event for the club where we encourage all our gymnasts to practice their forward rolls and get sponsorship from friends and family. There are prizes for the most forward rolls in each age group. This takes place during normal sessions and parents can come and watch.

Our next Tumblethon is during week commencing 9th March! We will let you know when you can pick up a sponsorship form.

MAG NEWS

WELL DONE TO OUR MAG SQUAD BOYS!



THANK YOU FOR COMING EVERYONE!

This is where we will share the news from our Mens Artistic Squad. These gymnasts and coaches are training hard to compete and pass grades at Regional and National levels and this is where we will share in their successes with you.

On Sunday the 26th January the boys competed in an inhouse Floor and Vault to warm up for the competition season!

Here are a few dates for your MAG Squad diaries:

Dates	Events
Sun 9 Feb	Mens Artistic East Midlands Floor and Vault
Sun 16 Feb	Valentine Cup
Sun 15 Mar	Mens Artistic – Notts County Mens Competition
Sun 29 Mar	Mens Artistic East Midlands 6 Piece Voluntary
Fri 3 - Sat 4 Apr	Mens Artistic English Championships
Thu 16 – Sun 19 Apr	Mens Artistic British Championships

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

RHYTHMIC NEWS

Our Rhythmic Gymnasts are about to compete in the BQT as we go to press. We will bring you all the results in our next issue. Good luck to everyone competing we will be routing for you!

We are also looking forward to sharing some of the girl's lovely routines with you when they join our other squad disciplines and compete in our annual Valentines Cup.

Here are a few dates for your Rhythmic Squad diaries:

Dates	Events
Sat 1 – Sun 2 Feb	Rhythmic BQT Competition
Sun 16 Feb	Valentine Cup

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



PIC-COLLAGE



GRACE, STRENGTH, PERFORMANCE, FLAIR

ADVANCED SQUADS NEWS

Our Advanced groups are heading off to do some pit training at Loughborough on Sunday. This will be the last time any EVGC gymnast needs to do this as our pits will be completed by 21 February!!!

We are so excited as these will be a huge advantage to the future training programmes of all our gymnast groups.

This is where we will share all the exploits of our Advanced Squads and we will share their Loughborough trip exploits. Here is a quick snap of their last visit to Loughborough.

Here are a few dates for your Advance Squad diaries:

Dates	Events
Sun 2 Feb	Loughborough Training for Advanced Groups
Sun 16 Feb	Valentine Cup

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



DISPLAY NEWS

Display Squad represented us in Austria last Year and this year they are looking forward to representing EVGC in Iceland! Their first preparations will begin this weekend, and everyone is very excited.

Costumes are being picked and ordered and routines are underway so watch this space to keep up with all the preparations!

Here is a photo of the girls in Austria last year.



WAG NEWS

Our Womens Squad started the year with the introduction of a brand-new group of squad gymnasts. We look forward to sharing their progress with you here as well as all other WAG Squad updates.

Say hello to our latest recruits!

Here are a few dates for your WAG Squad diaries:

Dates	Events
Sun 16 Feb	Valentine Cup
Sun 23 Feb	Winter Cup
Sun 1 Mar	Womens Artistic - Club Grades 6 and Compulsory 5
Sun 15 Mar	Womens Artistic – Regional Grades
Sun 29 Mar	Womens Artistic Star Cup
Sun 26 Apr	Womens Artistic National Grades

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



RECREATIONAL AND PRESCHOOL NEWS



Last year saw us rearrange the front Gym at Ilkeston and we were really happy to be able to fit in more equipment areas that our recreational gymnasts can use as well as massively increasing our sprung floor area to spread out on!

Thank you to all the coaches and volunteers who helped us achieve this massive task in two days!!!

Next week we start our first British Gymnastics Proficiency Awards Badge Week at both gyms so we will be celebrating with those gymnasts who pass their badges.

The BG Awards & Badge system provides our gymnasts with a development and progression route from preschool age up to 16 years. Good Luck everyone!

You will see on our social media that we are recruiting to fill spaces in our classes so if you know any aspiring gymnasts please point them in our direction!

Gymnastics is a great sport to build confidence and lays the foundations for an active life. There are so many skills that are developed during gymnastics training that will help all our gymnasts as they take part in many different sporting activities too.

If you know anyone who would like to give gymnastics a try, then tell them to pop along to our website and press the Join Our Club Button!

www.evgc.co.uk

Keep an eye on our social media as we will be introducing new sessions over the coming months starting with a brand new, bright and breezy preschool class at 9 am on Saturdays at Long Eaton. The first class starts on the 8th February so book your place now to avoid disappointment.



**BRAND NEW
PRESCHOOL
CLASS
9 AM SATURDAY
LONG EATON**

GYMNASTICS FOR ALL AT EVGC

We are very proud at EVGC to be able to offer gymnastics training and experiences to a huge age group. So if you are a baby attending a Stay and Play session on the cusp of exploring our gyms as you begin to crawl and walk, or a teenager who just wants to come to our gym to socialise and meet other active teens exploring all the moves they can make in our freestyle sessions, all the way up to our adults who may be returning to gymnastics training later in life or supplementing their fitness regimes in our Adult sessions, we want to WELCOME YOU TO EVGC!



STAY AND PLAY
10:30am – 12:00pm

Thursday at
Ilkeston
And
Wednesday and
Friday
at Long Eaton

**FREESTYLE
FRIDAY
AT LONG EATON
GYM**

7:30PM TO 8:30PM

AGED 11+

JUST DROP IN

**£2.50 PER
SESSION**

**ADULTS GYM
AT ILKESTON GYM**

8 PM TO 9 PM

**MONDAY AND
WEDNESDAY**

AGED 16+

JUST DROP IN

**£2.50 PER
SESSION**

LOVEADMIN



Our new database was introduced in October 2019.

Access is via the app or website.

This has been a massive project to get underway and we have had a few teething problems, but they are getting less and less, and we do thank you for your patience as we have developed our processes.

We are hoping over the next few months you will see big improvements on the visibility and access to your gymnast's profiles as we use more and more functionality of the app.

Did you know you can pre-authorise payments – this is the best way to set up regular monthly payments and it can quickly and easily be disabled if needed?

You can update details too. So, if you change your payment card, or move to a new house, or your contact details change please update as soon as possible.

You can now book onto events such as Fundays via your app by going to the events tab on your gymnast's profile. Optional extras or special events can be accessed via the payments tab. We will always email you when an event is applicable to your gymnast.

IMPORTANT REMINDERS

CONSENT AND MEDICAL INFORMATION

For any member who joined prior to September 2019, it is important that you login to Love Admin and update your profile to basically transfer any previous handwritten consent and medical information to our database. If you need help, please ask a member of the reception team.

ATTENDANCE

Please ensure that you register your child at reception when attending their session. It is important that we record attendance for all our gymnasts not only to ensure correct numbers in the classes but also as a register for fire evacuation purposes.

PAYMENTS

Our monthly invoices are raised on the 1st of every month for the month ahead. These invoices should be paid promptly to avoid us having to send reminders and chase for payment.

FEES

Our fees are charged for 48 weeks of the year split into 12 monthly payments. We do close for a 2-week period over Christmas and also on Easter Saturday, so this is already taken into account in your fee payments. This does give us 2 more weeks that we are able to close should the need arise.

BG MEMBERSHIP

All our gymnasts must be insured via British Gymnastics. This is a mandatory requirement after the 3-week trial period. The insurance year runs from November to October, so all gymnasts do have to renew in October each year.

The cost is £13 for preschool £19 for recreational gymnasts. There are different rates for our competitive gymnasts. Please check with your coach which level of cover you require. Click on the link to renew or join today.

**British
Gymnastics
MEMBERSHIP**

<https://www.british-gymnastics.org/renewal-options>



WE'VE GOT NEW CLUB KIT!



SPRING CLEANING FOR 2020?

Are you having a clear out for 2020? Why not help us raise funds at the same time?

Just bag up your unwanted clothing, sheets, towels, blankets, curtains, shoes, CDs, DVDs and Books and pop them in either of the big red bins we have at Long Eaton and Ilkeston.

Please use smaller shopping size bags to pop your recycling into. Black bin bags are too big!!

THANK YOU!

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



At the end of 2019 we introduced lots of lovely items to our club kit range in some zingy colours and we hope you will love them as much as we do!

We have already seen some gymnasts training in their fabulous EVGC leotards, and they look fab. A big THANK YOU to BlueWave Designs for producing these for us!

There are matching t-shirts and hoodies and kit bags so you can choose to match everything in your favourite colour, or you can choose to clash your leotard with your hoodie!

We hope to introduce a unitard for the boys to the range in the not too distant future.

All our hoodies and t-shirts can be personalised too.

Leotards are £17 with matching scrunchies at £2.

They are in stock now and you can buy them from reception.

The rest of the range are available to order from our EVGC shop:

<https://www.evgc.co.uk/shop/>

WELCOME TO

2020

AT EVGC!