

The South East regional coaching course programme has been updated over the Christmas period. For your knowledge and to avoid disappointment check out the details of the upcoming courses on the British Gymnastics website. A few courses have been listed below.

- **UKCC L1 GG**
Pegasus Gymnastics Club
8th January
- **UKCC L1 Tramp Jumpers Rebound Centre**
9th January
- **UKCC L1 TeamGym**
K2 Leisure Centre
9th January
- **UKCC L2 Tramp Jumpers Rebound Centre**
9th January
- **UKCC L1 MAG**
K2 Leisure Centre
9th October
- **L3 Technical Module**
WAG Horsham GC
16th January
- **UKCC L1 Acro**
Spelthorne GC
29th January

Courses continued on next page.

Welcome to the fourth edition of our Newsletter dedicated to Gymnastics within Sussex. I hope you have all had a well-deserved break over Christmas and a great start to the New Year 2011 already.

Please take the time to read through the newsletter and hear about all the new up and coming events. Importantly, feel free to send me news on your clubs and any exciting developments, which may be going on.

South East Regional Conference



Sunday 6th February 2011 K2 Leisure Centre, Crawley

One interesting and valuable event coming up in the 2011 gymnastics calendar is the South East's Gymnastics Conference. The event will start from **9.30** and finish approximately **16.30**. Delegate places cost **£20** a head or you can get 3 spaces for **£50**.

All payments will go to the South East Gymnastics Association. Lunch, Teas and Coffees will be available on the day to keep your energy levels up during the busy schedule of workshops and practical clinics on offer.

The regional website will be updated very soon with the Regional Conference application forms, of which they can be submitted to your county or regional development coordinators, via email or contact for postal addresses.

Stephanie Smith – Stephanie.smith@british-gymnastics.org

07584 390 081

County Gymnastics Festival Postponed!

Due to low numbers of participants in the Sussex County Festival, the event on Saturday the **15th January 2011** has been postponed.

The South East region is planning their **2nd** Regional Festival for **Sunday 17th July 2011** at **K2 Leisure Centre**, which is quite sometime away. If the county would be interested in participating in a lower key event before contemplating the regional event then I'd really like clubs to express their interest to me, so I can take some steps in making this happen. We would like to create as many opportunities as possible for participants within our sport to express themselves and their talent.

There will obviously need to be careful planning not to book the event around a busy time in our gymnastic calendar.

Many apologies for those few clubs who had expressed an interest in the original date planned.

- UKCC L2 Pre-School
Gymnastics Factory
6th February
- Proficiency Award
Trampoline Course
FunAbounds Centre
13th February
- L3 Technical Module
Team Gym Portsmouth
School of gymnastics
27th February
- UKCC L1 GG,
K2 Leisure Centre
20th March
- UKCC L1 Trampoline
Course, Jumpers
Rebound Centre
2nd April
- UKCC L2 Trampoline
course, Jumpers
Rebound Centre
9th April
- UKCC L2 Team Gym
K2 Leisure Centre
17th April
- UKCC L2 GG
K2 Leisure Centre
17th April

Please contact myself or Andy Piekarski should you feel that there needs to be another course or a particular course not offered.

Andy.piekarski@ntlworld.com

Additionally, do not forget to check our neighbouring regions for courses which may be taking place.

4 piece Judging workshop

This workshop is taking place on **Sunday 23rd January at Uckfield** Gymnastics Club and is open to all coaches and judges.

In particular qualified floor & Vault judges are welcome as there will be time in the day allocated to go through the process of judging bar and beam routines.

Please pass on coaches/judges current judging qualifications for all those interested in attending the workshop to

Sam Penney

sam.me9x@tinyworld.co.uk

Proficiency Award Trampoline Coaching ***** Course *****

Date: Sunday 13th February 2011

Time: 10.00 – 17.00

Venue: FunAbounds Centre, Uckfield

Cost: £50

Cheques made payable to *Sussex Amateur Gymnastics Association* and can be sent in advance to my address or brought on the day of the course.

Maximum number for this course is **15** and as this is a popular course you will need to put your interest in to me ASAP. There are currently **11** spaces left.

Funding Avenues to be 'googled'

1. Small Grants – Sport

Sport England Small Grants
Unltd Sports Relief Awards
Cash for Clubs
CSP Sport Unlimited

SRSN – for Young People with Special Needs

The Dickie Bird Foundation for Disadvantaged Young People
Wooden Spoon – **New**

2. Small Grants – Community (sympathetic to sport)

Positive Activities for Young People
Youth Opportunity Fund
Biffa Small Grants 2010
Grass Roots Grants
Princes Trust Community Cash Awards
O2 – Think Big
The Co-operative Community Fund
Healthy Hearts Grants – **New**
Inter Faith Youth Trust – **New**
EU Youth in Action – **New**

3. Large Grants - Sport

Sportsmatch
Sport England Themed Rounds – Ongoing
Comic Relief Sport for Change
Legacy Trust UK – **New**

4. Large Grants – Community (sympathetic to sport)

Big Lottery Fund Reaching Communities Grant
BBC Children in Need

Safeguarding & Protecting Children Workshops

- 25th January 6.30-9.30pm
Sedlescombe Golf Club
Battle Contact Jo Irving 01273 643869
jirving@brighton.ac.uk
- 25th January 6.30- 9.30pm
The Angel centre.
Contact Jennifer Taylor 01622 605 055
jennifer.taylor@kent.gov.uk
- 4th February 7-10pm The Haven Centre Crawley.
Contact Jo Irving 01273 643869
jirving@brighton.ac.uk

Events

- National Club Conference and Awards Evening 25th and 26th June 2011.

Descriptions of each nomination category will be out by the end of January.

Please get thinking of perhaps someone in your club, community, county or even region who you think is worthy of any of the awards below.

- Club of the Year Award
- Young Volunteer of the Year Award
- Gymnastics Volunteer of the Year Award
- Development Coach of the Year Award
- Education Award - Organisation
- Education Award - Individual

Sussex Tumbling Workshop

This is a first of hopefully many exciting and useful workshops being delivered within our county.

Taking place on Sunday 16th January
At K2 Crawley Leisure Centre.
(All gymnast spaces are FULLY booked).

Please contact Helen Smart through the Sussex Gymnastics web-mail for the time details.

The Sussex Gymnastics Association has covered the cost of the workshop.

*** GymMark ***

A quick reminder to all those clubs working through their annual GymMark self-assessment. Please complete your self-assessments as soon as you can to keep the GymMark as current and valid as possible.

For those of you who have an assessment coming up soon it might be a suggestion to check if any of your staff require new CRB's over the next coming weeks.

A number of clubs are still pending due to CRB and membership issues. Please try and keep on top of your GymMark document to avoid delays in it's processing.

TAKEPART 2011 Brighton & Hove International Festival of Sport

The TAKEPART Festival of Sport is an opportunity for clubs and groups be involved in providing activities during the festival, showcasing the fantastic opportunities club and groups provide local residents all year round.

We are keen to hear from groups and organisations interested in getting involved with TAKEPART 2011, and helping make it the biggest and best celebration of community sport and physical activity yet!

We will be running a programming meeting (please see attached flyer) on the **17th February 2011 (6:30pm @ Dorothy Stringer School)**, to outline the TAKEPART 2011 festival and answer any questions you may have on how your club/group can get involved.

The event plans to take place between 25th June and Sunday 10th July.

If you'd like more information about how to get involved in 2011 please either email info@takepartbrightonandhove.com or call 01273 293438

Sports Leadership Training Course

For people who lead, or aspire to lead, sports sessions with children aged 4-11 years old.

Date: 22 January **Time:** 10.00am – 4.00pm. **Venue:** Greenway School, Horsham, **Costs:** £20 (free to Horsham District Resident)

To apply, contact **Ian Ford** on 01403 215634 or ian.ford@horsham.gov.uk

Closing date for applications 13th January. For more details please go to www.horshamleisurelink.co.uk

ACTIVE SUSSEX NEWS

The Active & Healthy Workplace Fund has reopened!

Initiative aims to guide employers through the process of creating a healthier workforce and ultimately a healthier business. The Fund gives organisations the opportunity to trial programmes, boost the health and wellbeing of their staff – and experience the benefits first-hand. This could also work as a Team Building opportunity for your staff.

The deadline for applications is **31 January 2011.**

Visit the web address below to get an application form and guidance notes.

<http://www.activesussex.org/run-sport/active-workplace/news/>

Funding for Coaches

East Sussex Coaching Bursary

You can apply for up to £500 towards the cost of training, attending an event or conference, or gaining a qualification through the Skill Share Bursary Scheme. For more information, contact **Clare Cornford on 01273 481430**

Barclays Community Sports Awards

A new award to recognise the outstanding achievements of individuals and groups that use sport to benefit communities across the UK. If you would like to nominate a person, group or not for profit organisation which has used the positive power of sport to make a real and lasting difference in their community then please complete the online form.

Each monthly winner will receive £1,000 for their group or organisation, a limited edition trophy and will be entered into the end of season award to win a further £5,000.

<http://www.barclayscommunitysportsaward.com/>

Sussex Sports Development Officers (SDO's)

I have contacted the local sports development officers across Sussex and mentioned how gymnastics clubs within Sussex would be able to sustain their current time and effort in developing Gymnastics within Sussex, increase participation and or increase their available support to the local community if there was available support for the club's volunteers and staff. I have already had some positive responses, so please inform me of any candidates you may have attending some up coming courses. For the SDO's to reach their targets we need to show how supporting the costs of sending a coach onto a course can benefit the wider community and increase participation in sport in your area of Sussex.

Club information/ News

I am more than happy for clubs to forward me news, results and information from regarding club events such as competitions, displays and fundraising opportunities for other clubs and the wider community to get involved with. So please don't hesitate to send me pictures and news which can feature in my quarterly newsletters or weekly updates!

I am always keen to hear what is going on in Sussex with regards to our gymnastics/trampoline clubs.

Please contact me regarding any of the Januarys news listed in this newsletter.

Stephanie.smith@british-gymnastics.org

Or

Call 07584 390 081

Alternatively check out the Sussex or regional website.

www.gym-sussex.org or www.segymnastics.org.uk