

NELGC NEWSLETTER

DECEMBER 2024



New Equipment!

We are delighted to announce that our small gymnastics hall (downstairs) will soon undergo refurbishment. We will be installing a full-sized bar and upgrading various apparatus, significantly enhancing the training experience for all our gymnasts.

The refurbishment works are scheduled to commence early January with an expected completion by end of February. Our goal is to provide a state-of-the-art facility that supports the growth and development of every gymnast.

We are very excited to get the equipment installed and look forward to all of our gymnasts being able to benefit from it.



New for 2025!

Great news! The 2025 calendar is packed with fantastic new IGA events (our new governing body) across the south of England. It's going to be a whirlwind of acrobatics and artistry, offering more opportunities for our NELGC gymnasts to shine.

Here are some of the confirmed events lined up: (subject to change and gymnast selection required)

Jumpz Invitational, at Milton Keynes, Sunday 26th of January (GFA)

GFA National, Sunday 9th February in Oxfordshire (GFA)

South Floor and Vault, Sunday, March 16th at Milton Keynes (GFA & WA & MA)

Gem Grades, Saturday and Sunday, April 5th & 6th at High Wycombe Leisure Centre (WA)

This is an incredible chance for our athletes to compete at different levels and showcase their talents. Let's get ready to cheer them on and make next year unforgettable.

Key: GFA = Gymnastics For All, WA = Women's Artistic, MA = Men's Artistic

CLUB CLOTHING

After a lot of research to ensure our members a competitive price, we have a new supplier for our clothing. All clothing can now be purchased directly from the supplier and it will be delivered directly to customers. We have discontinued the white tops and consolidated to: blue t-shirts, Royal and Fuchsia Onesies, Joma tracksuits and Squad bags. These are all currently available at a 10% discount directly from our new supplier. Please note the lead time is 4 weeks so order early.

<https://www.totalgymnasticsdirect.com/club-shops/north-east-london-gymnastics-club>

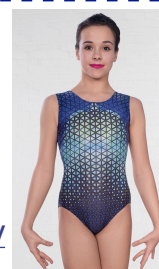
If anyone has any of our NELGC Squad JOMA kit that they no longer need or it doesn't fit, please join the Squad Clothing WhatsApp Group and post it on this group chat so it can be sold or recycled. Details on request.

Leotards are still available using the following links:

Tumbling Stars Leotard: <https://nel.myteamstore.co.uk/girls-tumbling-stars.html>

Boys leotard & shorts: <https://sowotsport.com/product/boys-leotard-and-shorts-nelgc/>

Squad Girls leotards & shorts: <https://sowotsport.com/product/girls-blue-training-leotard/>



Looking back at Competitions, Achievements and Events during 2024.

In 2024 our charity offered 220 new gymnasts the chance to try out our classes and consider joining us for the 2024 programme. We're delighted to announce that over 90% of them have accepted a place in our gymnastics club after their trial period! A huge thank you goes out to all the staff, volunteers, and supporters who made this possible. Your dedication continues to inspire and enable young talent. We are looking forward to another amazing year ahead with these budding gymnasts!



Our dedicated **Tumbling Stars** gymnasts have been putting in a tremendous amount of hard work and effort this year, and it's really paid off! An impressive 215 athletes have successfully completed at least one award level and are ready to move up. Congratulations to all these gymnasts for their amazing achievements throughout the year. Lets keep this momentum going into 2025!

We have had impressive competition news this year including the summer club grading held at NELGC. We had an incredible 175 participants across four different levels of competition, and we're thrilled to report that every single gymnast successfully completed their level. This means everyone will be moving up to the next level in 2025 – what an accomplishment!

More fantastic news from our gymnastics squad's recent participation in three London Region Competitions this year. Our 50 talented gymnasts truly shone, bringing home an impressive 19 medals at the London GFA event, along with 24 ribbons and 3 trophies!

A special shout-out goes to our **Women's Artistic** team for their outstanding performance, securing a remarkable 6th place in their very first regional team event. Such an achievement is no small feat which speaks volumes about their dedication and hard work.

ELF ON THE SHELF DISPLAY



The final event of the year is always the Christmas display where all of our gymnasts from our after school and weekend program get involved and take part. This year to fit all our gymnasts in we had 18 performances spread over a week with parents and spectators watching online or in person.

A huge thank you to everyone who helped make these events such a success, from the organisers and coaches to the supportive families. Your hard work and dedication are truly appreciated.

News from the Coaching Team

There has been so much going on in the gym this year its hard to know where to start but I think the biggest news has been welcoming on board our fantastic new gym manager Alex. He's brought lots of energy, enthusiasm and fresh ideas to the table and we can already see positive changes. innovative approach and dedication have invigorated both staff and participants alike.

You will have seen some other new faces during the week with Sophie joining us on Wednesdays and we hope to see more of Sophie in the New Year. We have also welcomed Kaitlyn to the team. She has joined our Saturday coaching team and is doing a great job help Alex and Kate with developing the squad gymnasts.

Its also been great in 2024 to see Keisha and Natasha back coaching in the gym earlier in the year and we hope to see them back again in the near future when there schedule allows.

A special shout out to Ava, Edith, Eva and Klaudia who all completed their first coaching qualification. Its great to see the positive impact this has had in the gym this year, we are delighted they have completed the trainee program and progressed to Level 1 coaches. We have also welcomed new people onto our trainee coach program who have all come from our existing and previous coaches we look forward to seeing them continuing to develop their skills.

We have also introduced fortnightly workshops for our trainees and development coaches which have been well received by everybody. The workshops are designed to enhance the skills of our team members, providing them with valuable insights and hands-on experience. The positive feedback we've received so far has been encouraging, and we are excited about the continued growth and learning these sessions will bring.

CHALK

Don't forget to bring your chalk to every session. The best way to store and use the chalk is a large plastic bag. You need to be able to get both hands in the bag then there is no wasted chalk!



Safeguarding and Welfare

What another fantastic year we have had in the gymnastics club. It has been lovely to welcome lots of new members and see the gymnasts making progress. For those of you who I haven't been introduced to, I am Tracy Hill the Club Welfare Officer and you can contact me on welfare@nelgc.org with any safeguarding and welfare concerns.

Ongoing Safeguarding

At NELGC we are committed to safeguarding all of our members, gymnasts, coaches and volunteers. Coaches of all levels regularly attend safeguarding training and all staff members over 16 complete an Enhanced DBS check. **Every member of staff and volunteer working for NELGC has a responsibility to safeguard children.**



Emergency contact information:

It is extremely important that we have current contact details for the main contact and also up to date and available emergency contacts for each gymnast. Please can you check that your details are correct and also that you have 2 emergency contacts. Whilst we will always endeavour to contact the named parent/carer for your gymnast, if this is not possible, we do then phone the emergency contacts. You can check and amend your details, by logging into the ThinkSmart Portal – My Account – My details. Please check your phone number is correct (often we find that there may just not be enough numbers) and that the 2 emergency contacts are current and accurate. Many thanks.

We always want the gymnasts to have a positive experience at NELGC, so a few ways to ensure they can get the most out of their time in the gym:

Prompt arrival at the beginning and the end of sessions.

Arriving on time for the session means the gymnasts can get the most out of their time in the gym and we are able to keep everyone safe inside the building – a priority for the whole team. Please remember that you can notify us on the ThinkSmart Portal if you are running late and the coach will be informed on the class register. Collecting promptly reduces your gymnast's anxiety and minimises the impact on other sessions when a coach is out of the gym.

Making sure you gymnast is in the correct clothing and isn't bringing unnecessary items into the gym.

Being in the correct clothing means that no time is lost during the session and develops the gymnasts sense of belonging to the club. As any clothing needs to be placed in a bucket and be carried by the gymnast, just bringing shoes, a water bottle and wearing their leotard/shorts and onesie is best. We don't want precious or valuable belongings to be lost so ask that such items are not brought into the club.

Removing jewellery – especially earrings – before sessions. Ensuring hair is tied back securely off your gymnast's face and long hair plaited. Hair beads and other hard hair adornments are removed.

These points are intended to keep the gymnasts safe during their class.

We would like to remind gymnast's that they can speak to any member of staff if they are unsure or worried about something. For any welfare concerns we have a dedicated email address welfare@nelgc.org which can also be linked to directly from the website.

We are keen to expand the Safeguarding and Welfare team at the club. If you have an interest and a current child protection qualification do get in touch using the welfare email address.

Wishing everyone a fun and safe holiday.

Tracy Hill
Club Welfare Officer

