

NEWSLETTER

TRAINEE PROGRAM

26 YOUNG PEOPLE PARTICIPATED IN THE TRAINEE COACH PROGRAM.

4 TRAINEES TOOK PART IN THEIR LEVEL 1 COACHING AWARD.

8 TRAINEES COMPLETED THEIR FIRST AID AWARD.

CONGRATULATIONS

TO SAFIYA FOR SUCCESSFULLY COMPLETING THE LEVEL 2 COACHING AWARD

TO SAFIYA, MEGAN & IAGO FOR PASSING THE LEVEL 2 JUDGING AWARD.

HARDSHIP GRANTS

WE PROVIDED HARDSHIP GRANTS FOR 10 FAMILIES IN 2022

THE NEW HARDSHIP FUND FOR 2023 WILL BE ANNOUNCED IN JAN.

RECYCLED CLOTHING RAISED £120 WHICH WILL BE ADDED TO THE HARDSHIP FUND



Last day for classes Saturday 17th December 2022

*We are closed for two weeks and reopen on
Wednesday 4th January 2023*

GYMNAST FEEDBACK

Thank you to everyone who took part in our gymnasts survey and returned the forms. We are now using this information to help improve the service that we offer.

In response to 65% of gymnast saying that they feel people noticed when they had done well, we are going to work hard on this area to ensure that we are giving more feedback in two those who felt they weren't receiving enough.

A small number of gymnasts also didn't know who they should speak to if they were worried at gym. We encourage the gymnasts to talk to any adult that they feel comfortable with and parents it would be great if you could also speak to your gymnast and reinforce this. We will be updating our notice boards to make it more visible to the gymnasts.

We were delighted to see that in most areas the gymnasts indicated they were happy

I feel safe at gymnastics.

93%

The coaches are nice.

93%

The coaches help me to improve

91%

93%

I feel that I am treated equally at gymnastics.

91%

I enjoy coming to gymnastics.



SEEKING NEW TRUSTEES

Would you like to become a Trustee of our Charity? We are looking for individuals who are passionate about what we do.

We are keen to hear from candidates who:

- **Embrace Hackney's diverse communities**

We're looking for experience in the following areas:

- **Living or working with communities in North and East London**
- **Good governance**
- **Fundraising**
- **Managing Projects**

What does a Trustee do?

Our Trustees bring their different perspectives, experience, skills and networks to further the success of NELGC. Trustees are ambassadors for the Charity and also have duties and responsibilities specified by law including governance, financial management and reporting. The Charities Commission provides a guide to the legal responsibilities of a Trustee.

We'd welcome the opportunity to talk this through with you if you have any questions.

What does being a Trustee involve?

- You would be expected to attend at least 4 Board meetings per year, once every 3 months. The date of the meeting is set at least a month in advance and we try to accommodate everyone's availability. Board meetings follow a set agenda looking at the programme, the financial together with retaining and evaluating our good governance. Meetings can be on video call where needed.
- You would sometimes contribute to working groups or meetings focussed on specific areas of the organisation.
- You would come and see the work we do.
- You would be an advocate and ambassador for the work we do in Hackney and around London, helping to tell people about the brilliant work we do.
- You would support the Chair in recruiting for Executive staff when required.
- You would be appointed for one term, which is three years. We would expect you'd stay with us for at least that time.

Who are we looking for?

If the statements below apply to you, we'd love you to get in touch:

- I have a passion for sport and education.
- I care about supporting the local communities in North and East London.
- I can offer my time, expertise, insights and experience during board meetings.
- I will enjoy working with other trustees to shape the charity's future

Interested? Here's how to apply.

Send us your CV, and responses to our questions below.

- What interests you about being a trustee?
- What you would bring to the role?
- What do you aim to get out of being a trustee?

We will accept your responses in the format of either a letter, a powerpoint presentation, a video or audio message, or as text in the body of your email. Please send it to **trustees@nelgc.org**

TUMBLING STARS

This term our Tumbling Stars have been working towards completing routines for their badges. We celebrate gymnasts who pass their badges on the Instagram page @nelgc_gymnastics with their certificates!!

Over the last couple of weeks we have also had parent viewings / fitness testing. It was a great chance for parents to join in the fun with their gymnasts. Many "really enjoyed it!" We look forward to seeing you at the next viewing.



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**CERTIFICATES HAVE BEEN AWARDED TO
GYMNASTS WHO HAVE MOVED UP AT LEAST
ONE SKILL LEVEL IN 2022**

TUMBLING STARS 5

99

TUMBLING STARS 4

79

TUMBLING STARS 3

54

TUMBLING STARS 2

41

TUMBLING STARS 1

10



IN 2022

**480 CHILDREN
PARTICIPATED
IN WEEKLY
GYMNASTICS
CLASSES**

**WE PROVIDED
70 CLASSES
EVERY WEEK**

**WE PROVIDED
5,640 HOURS
OF COACHING!**

**OPENED THE
NEW VIEWING
AREA**



NEWS FROM THE COMPETITIVE SQUADS

Gymnasts wanting to take their training one step further can be selected into one of many Squad groups which train 2 - 3 times a week at the club.

NO. OF COMPETITIVE GYMNASTS 70

LONDON REGION GFA TEAM FINALS



GFA squads competed at Europa Gym Club on the 20th November. We were delighted at their amazing performances! We entered 7 teams and every team received medals on the day. One team came away with gold medals and a big trophy to display in the gym! A great time was had by all. Well done to all our amazing squad girls, we are extremely proud of you all.



Grade 1: 8 Years - 2nd Scoring 72.1



Grade 1: 9 Years 1st Scoring 71.1



Grade 2: 8 & 9 Years 3rd Scoring 71.6



Grade 2: 10 Years 2nd Scoring 75.9



Grade 3: 11 Years 2nd Scoring 81.9



Regional Level 1: 2nd Scoring 70.9



Regional Level 3: 2nd Scoring 68.05

Women's Artistic Squad

Our Women's Artistic Squad has competed twice this year. In March, 11 gymnasts competed at Heathrow Gymnastics Club and all of them successfully passed their compulsory grades. The team competed again in the London Region WA Zinc Competition on 9th October again at the Heathrow. Some of the gymnasts were competing for the first time and performed brilliantly. The fantastic results included these medals.

3rd place on bars

2nd place on floor

3rd place on vault

So proud of the team, well done gymnasts!



Dates for the Diary

Women's Artistic Squad

4TH & 5TH MARCH REGIONAL GRADES @ HEATHROW

15TH & 16TH APRIL LONDON ZINC @HEATHROW

3RD & 4TH JUNE TEAM CHAMPIONSHIPS @ HEATHROW

GFA Squad

22ND & 23RD APRIL LONDON REGION GFA @EUROPA

SQUAD CLOTHING

We had a few problems getting the clothing in on time for the last competition. The website indicates 4 weeks for club items but they are taking about 2 months! Can everybody please order ALL the kit now for the competitions in March and April 2023.



**If anyone has this leotard and it doesn't fit
OR they are happy to sell, rent or loan it out
to anyone on the WA Squad please can you
join this Squad Clothing WhatsApp Group:**

<https://chat.whatsapp.com/HMIjaWPbDOb301wq2cGQ2R>

**If you have any other Squad clothing that
you would like to resell please also post it
on this group chat.**

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!**

