



Club Newsletter

When things go wrong...help when it really matters

by **Andrew Goulbourne** Dip. CII, Sports Account Executive of Perkins Slade Ltd

A gymnast lands badly after a somersault and breaks their neck, leaving them paralysed. Later, they claim that the matting provided by the club was damaged. Compensation for their injury and life-long care is estimated at £8.5 million.

In training for a major competition a gymnast practices a routine that is at the very limit of their ability and is permanently injured whilst doing so. Afterwards, an allegation is made against the coach, claiming that they had pushed the gymnast too hard, potentially bullying them to perform, and that the coach is responsible for the injury. Compensation is estimated at £7.2 million.

A coach is accused of abusing a young person at a club and as a result is suspended from coaching. When this is published in the club newsletter, the name of a different, unrelated, coach is published by mistake, ruining this person's reputation. The wrongly accused coach alleges libel against the club committee and claims compensation, including potential loss of earnings, **estimated at £500,000.**

All of these are real situations and the amounts being awarded in compensation are increasing year on year, which is why it is essential that your insurance, as a coach or club committee is there to defend you when it really matters.

Peace of mind for clubs and coaches
Perkins Slade Ltd is the officially appointed insurance broker for British Gymnastics and, working closely with BG, we have arranged insurance cover that is **specifically designed to meet the needs of clubs and coaches.**

Liability insurance is a defensive policy which will pay your legal costs if it is alleged that you have caused an injury and, if it is decided that you are responsible, will cover your legal liability to pay compensation. For peace of mind, it is vital that coaches and clubs in particular are adequately protected against claims made against them.

When is insurance cover enough cover?

Having an adequate level of cover is essential as within gymnastics. We have already seen several claims that have been settled with multi-million pound compensation awards. If the insurance policy does not have a high enough limit to cover the award, then the coach or club officials will be left personally responsible for any shortfall.

We have seen the worry experienced by coaches and club officials when claims settlements are being negotiated and are inching ever closer to the limit of cover provided under the policy. For this reason the **cover under the BG policy is a huge £15million**, and provides cover for legal expenses in addition to this limit, which should offer **reassurance to you that you are adequately protected.**

Making sure that everything is protected

Everyone worries about exclusions and

conditions that exist within insurance policies and it is important you check that your insurance cover will protect you in respect of all of your activities.

Many insurance policies exclude any cover in respect of advice that is given, or any injury that arises over time and is allegedly caused by the use of incorrect training techniques. We can reassure you that the **BG policy will provide cover for these**, which many alternative policies will not.

Your work as a coach may be at a particular club, or you may also work at a BG proficiency centre, with different clubs, at after-school sessions or centrally with BG. The insurance cover provided by the BG policy will protect all the different aspects of your role carried out in an environment recognised by BG so you need not worry that you will be left high and dry if you step outside your club environment.

Not just protection – personal benefits for coaches

In addition to the liability insurance, the insurance arranged for BG includes personal accident benefits for coaches, which includes up to £250 to replace lost income if you can't work as a result of a gymnastics accident. It is important that you make sure that this level of cover is adequate for your personal requirements, but we are sure that it will go a long way towards helping you get by at a time when things are difficult.

More than just public liability insurance

We all know that clubs would not survive without the hundreds of hours of work carried out by volunteers, but a club has a responsibility to volunteers and employees alike to ensure that their working environment is safe.

In addition to public liability cover, the BG insurance **includes Employers Liability cover** which extends to include any liability in respect of volunteers.

Protecting club officials personally

Club officials have a personal liability in relation to the management of your club and if something goes wrong it can be your personal assets that are at risk. If someone was injured and it was decided that there was a failure of the club's health and safety procedures then as well as the club being sued, individual officials could be prosecuted with penalties now including custodial sentences. The BG insurance cover includes protection for these responsibilities and would defend you personally if an allegation of this type was made against you.

Children and Vulnerable Adults

Working with children or vulnerable adults is fundamental to almost every gymnastics club but this brings with it a responsibility to ensure that the club

environment is safe. Following the BG Ethics and Welfare policies will hopefully prevent incidents of this type occurring, but we have worked hard with BG to ensure that cover is included should a club be sued for compensation as a result of abuse. Many policies will impose restrictions and limits on the cover provided but the BG policy has none, other than the standard policy conditions.

Libel and Slander

Communication is freer today than at any time in the past, especially with the popularity of the internet and social networking websites, but occasionally someone will take offence at what is intended to be an innocent remark. If a club or coach is sued for defamation resulting from comments made, either verbally or in writing (including online), the BG insurance policy will **defend you** and **pay any compensation** that a court rules you are legally liable for.

Reporting incidents – the earlier the better

It is essential that any potential claim is notified to insurers as soon as possible, so please let BG Member Services know of any accident that involves a head or neck injury, broken bones or hospital treatment of any kind. If you are in any doubt about whether an incident should be reported, then please report it – it's better safe than sorry.

Appropriate protection and value for money

All insurance policies are different and some are cheaper, but it is usually true that if you are paying less for a policy it is almost certain that you are getting less cover in return.

The cover arranged on behalf of BG clubs and coaches is the only policy that provides a £15million limit of indemnity, the only policy that includes cover for advice provided by coaches and the only policy that will provide cover for the personal liability for club officials in respect of their management of the club.

It is true that coaches can buy individual insurance for themselves, but this would cost far more than the total cost of BG membership, often running to hundreds of pounds. We feel confident that the BG membership would represent excellent value for money if it was just for insurance, and it provides many more benefits as well.

Make sure that you have cover

To make sure that you have the benefit of the BG insurance, make sure that you renew your membership when it is due.

Contact BG Member Services on 0845 1297129 ex 2395.

Qualifications update...

In the October issue we announced the exciting new partnership with 1st4sport as the Awarding Body for all of our UKCC Levels 1, 2 and 3 Coaching Qualifications, taking effect from 1st January 2010.

1st4sport, part of Coachwise, is the largest and most experienced Ofqual recognised awarding body for Coaching qualifications in the UK. They have an enviable portfolio of Awards representing other high profile sports including Football, Netball, Cricket, Rugby, Judo, Basketball, Volleyball and Cycling.

Whether you are currently a gymnastics Coach or are looking to get involved with your local School, Club or Leisure Centre, all qualification opportunities are listed on our website available at: **www.british-gymnastics.org**

Courses are organised regionally and registration is on-line, follow the link from Coaching to Courses on the left hand side of the website for the full listing of courses available. Once you have registered your interest, the head of the relevant Recognised Centre will contact you to confirm arrangements and payment, which will be by cheque made payable to the Region.

For Coaches that have previously undertaken our qualifications, you will be familiar with the process and resources as the only difference you should notice is a re-branding of course materials and the issuing of Certificates directly from 1st4sport.

Whilst working with 1st4sport to ensure the transfer is smooth and the changes are minimal, we believe we have developed new working systems that make our Awards easy to access, easy to use, and easy to track.

For a full list of Recognised Centre contacts and courses see the appropriate Home Country website:

England: www.gymnasticsengland.org

Wales: www.welshgymnastics.org

Northern Ireland: www.northernirelandgymnastics.org



Mark Gannon
Chief Executive Officer
Gymnastics England



Informing our clubs...

CHRISTMAS AND NEW YEAR PROMOTIONAL OFFER!
 Limited period only - offer ends 31st January 2010

£20 OFF!

Proficiency and Spirit Resources
 (Discounts also available for large purchases)

Reduced from **£69.50 to £49.50 incl. VAT plus P&P**

proficiencyawards
 Proficiency Core 8-1 Resource Pack

spiritawards cheerleading
 Cheerleading Spirit Awards Resource Pack

Gymnastics Enterprises Ltd, Unit 1,
 Lilleshall Hall Farm, Newport, Shropshire. TF10 9AS.
 Tel: 0845 1297129 ext: 2355. Order online: www.british-gymnastics.org

Opening Hours extended to help Clubs and Members

As part of its commitment to providing clubs and members with **excellent customer service**, the Member Services Department has extended its opening hours.

Member Services new opening hours:

Monday to Thursday 8.30am to 5.30pm
 Friday 8.30am to 4.30pm
 Saturday 9.00am to 1.00pm

Please provide us with any **feedback** as to how useful these extended times are. To aid our deliberations, contact a member of the team on **0845 1297129 ext 2395**, or email: information@british-gymnastics.org.

Renewing Direct BG Membership

You are able to **renew your Direct BG Membership** for the period **1st January 2010 to 31st December 2010**. The following categories of Direct and Club membership are available - Gold; Gold Joint; Silver; and Silver Competitive. To view the full benefits of each of the membership categories please go to our website, www.british-gymnastics.org and click on '**Membership/Benefits & Fees**'.

To ensure continuity of insurance cover, please return your application and payment prior to the Membership renewal date of the 1st January 2010.

You can renew your membership in the following ways:

By post
 Please complete the Direct Renewal Form which can be downloaded from our website under Membership/Downloads or alternatively call the Member Services team on 0845 1297129 ext 2395 and one will be posted to you.

Online
 Enter your membership number and a password - if you require a password, follow the instructions available via the GymNet members registration icon. By using this online facility you will have 'Instant Membership'. We accept Visa, MasterCard and Maestro



GymMark

GymMark is our club accreditation scheme that provides special recognition for a quality club. The key phrase is "safe, effective and child-friendly".



Newly Accredited Clubs

Congratulations to clubs newly accredited with **GymMark**

South East
 Sittingbourne T & GC

North
 Bedale GC

Scotland
 Midlothian Team Gym

Congratulations to clubs passing their annual **GymMark** assessment

South
 Kidlington GC
 Flying Solo TC

South West
 Fromside GC
 King Edmund AGC
 North Devon Display GC

South East
 Surrey Borders GC (June 09)
 Arun GC

East Midlands
 Ashfield GC
 Spalding & District CC
 Long Eaton SA C
 Hinckley & Burbage GC
 Glossop GC
 Loughborough AGC
 Cleethorpes GC

West Midlands
 Synergy GC
 Uttoxeter GC
 Altair GC
 City of Coventry RGC

East
 Cartwheels Gymnastics Club
 Bury Spectrum GC
 Chelmsford GC
 Epping SC GC
 Brentwood TC

Yorkshire
 Goole GC

North
 Apollo TC
 Biddick GC
 Redcar GC

London
 Aspire GA
 North East London GC

North West
 City of Manchester IOG
 Focus IOG
 Sankey Springers GC

Congratulations to clubs passing a "new round" of **GymMark** accreditation

Deal GC



Vote Beth Tweddle - 2009 Sports Personality

Beth has once again been shortlisted in the top ten for the BBC Sports Personality of the Year. With the fate of the prestigious award now in the public's hands, it is up to the gymnastics fans to help get Beth into the top three by phoning to vote for Beth Tweddle on December 13th. Help Beth and print out the poster on the following page and pin it on your noticeboard/wall.



New BG Safeguarding and Protecting Children Policy

The new British Gymnastics Safeguarding and Protecting Children Policy has been launched. The policy is available to download at www.british-gymnastics.org, under 'Ethics and Welfare', then 'Downloads'.



VOTE
BETH

Remember to vote for
Beth Tweddle this
Sunday for the BBC
Sports Personality of
the Year 2009!

BBC1, Sunday 13th
December, 7.00pm



Education Supplement

Including Coaching, Judging, Child Protection,
Club Management and Time to Listen Courses

From December|09



Please refer to www.british-gymnastics.org for further details on the Coach Education course structure. Click onto the coaching section and into 'Qualifications'.

If there is not a course advertised in your region for the discipline or level you require, click on 'Coaching', then 'Contacts', to display contact details in your region.

Coaching Courses

REGION	DISCIPLINE	LEVEL	VENUE	ORGANISER + TELEPHONE NO.	DATES
SCOTLAND	Trampoline	Level 5	Craigwillow Sports Centre	Andrea Milligan 01786 466232	13 February 13 March 3,4 April 19 June 2010
SCOTLAND	Trampoline	Level 2 - UKCC	The Playdrome, Clydebank	Andrea Milligan 01786 466232	20 February 10,11 April 1,2 May 2010
SCOTLAND	Trampoline	Level 2 - UKCC	Banks O'Dee Sports Centre, Aberdeen	Andrea Milligan 01786 466232	7,27,28 March 17,18 April 2010
SCOTLAND	Trampoline	Level 1 - UKCC	Badenoch, Invernesshire	Andrea Milligan 01786 466232	12 December 23,24 January 2010
SCOTLAND	General Gymnastics	Level 1 - UKCC	Bellahouston Sports Centre	Laura Irwin 01786 466232	9, 23, 24 January 2010
SCOTLAND	General Gymnastics	Level 1 - UKCC	Bells Sports Centre, Perthshire	Andrea Milligan 01786 466232	20 March, 10, 11 April 2010
SCOTLAND	General Gymnastics	Level 2 - UKCC	Meadowbank Sports Centre, Edinburgh	Laura Irwin 01786 466232	21 March, 10, 11 April, 15, 16 May 2010
SCOTLAND	General Gymnastics	Level 1 - UKCC	Bellahouston Sports Centre	Laura Irwin 01786 466232	8 May & 19,20 June 2010
SCOTLAND	Women's Artistic	Level 4	Airthrey Castle, Stirling & Auchterarder GC & Bellahouston GC	Laura Irwin 01786 466232	15,16,17 January & 12,13,14 February 2010
SCOTLAND	Women's Artistic	Level 2 - UKCC	Spiers Ctr, Clackmannanshire	Laura Irwin 01786 466232	6,20,21 February & 7,14 March 2010
SCOTLAND	Women's Artistic	Level 1 - UKCC	Banchory SC	Laura Irwin 01786 466232	9 May & 12,13 June 2010
SCOTLAND	Women's Artistic	Level 1 - UKCC	Kirkintilloch LC	Laura Irwin 01786 466232	26 June & 10,11 July 2010
SCOTLAND	Gymnastics - GMPD	Add on module	Jack Kane Sports Ctr, Edinburgh	Laura Irwin 01786 466232	19 & 20 December 2009
SCOTLAND	Pre School	Level 1 - UKCC	Carluk Leisure Centre	Laura Irwin 01786 466232	19 December 2009 9, 10 December 2010
SCOTLAND	Cycle 5 & cycle 6 update	Level 1 update-UKCC	Craigwillow Sports Centre	Laura Irwin 01786 466232	30 January 2010
N IRELAND	Trampoline	Level 1 - UKCC	Antrim Forum, Co Antrim	Rachael Stewart 02893 369391	6,20,21 February 2010
NORTH	Trampoline	Level 1 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February 2010
NORTH	Trampoline	Level 2 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February & 13,14 March 2010
NORTH	Trampoline	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	Trampoline	Level 1 - UKCC	Billingham GC	Andrew Revell 0191 3347216	3,17,18 April 2010
NORTH	Trampoline	GMPD - AOM	Pennywell GC	Andrew Revell 0191 3347216	1,2 May 2010
NORTH	Trampoline	Level 1 - UKCC	Pennywell GC & Washington	Andrew Revell 0191 3347216	5,19,20 June 2010
NORTH	Trampoline	Level 2 - UKCC	Pennywell GC & Biddick	Andrew Revell 0191 3347216	5 June & ,19,20 June & 10 July,11 July 2010
NORTH	Trampoline	Level 4	Pennywell GC & Washington	Andrew Revell 0191 3347216	8,9,10,15,16,17 January 2010
NORTH	General Gymnastics	Level 1 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February 2010
NORTH	General Gymnastics	Level 2 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February & 13,14 March 2010
NORTH	General Gymnastics	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	General Gymnastics	Level 1 - UKCC	Billingham, Hartlepool	Andrew Revell 0191 3347216	3,17,18 April 2010
NORTH	General Gymnastics	Level 1 - UKCC	Pennywell ctr & Biddick GC	Andrew Revell 0191 3347216	5,19,20 June 2010
NORTH	General Gymnastics	Level 2 - UKCC	Pennywell Ctr & Biddick GC	Andrew Revell 0191 3347216	5,19,20 June & 10,11 July 2010
NORTH	Artistic Gymnastics	Level 1 - UKCC	The Sands Centre, Carlisle, Cumbria	Andrew Revell 0191 3347216	6,20,21 February 2010
NORTH	Womens Artistic Gymnastics	Level 2 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February & 13,14 March 2010
NORTH	Women's Artistic	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	Artistic Gymnastics	Level 1 - UKCC	Billingham, Hartlepool	Andrew Revell 0191 3347216	3,17,18 April 2010
NORTH	Mens Artistic Gymnastics	Level 2 - UKCC	Carlisle GC	Andrew Revell 0191 3347216	6,20,21 February & 13,14 March 2010
NORTH	Mens Artistic Gymnastics	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	Tumbling Gymnastics	Level 1 - UKCC	Billingham GC & Grangefield	Andrew Revell 0191 3347216	3,17,18 April 2010
NORTH	General Gymnastics	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	Acrobatics	Level 1 - UKCC	Billingham GC & Grangefield	Andrew Revell 0191 3347216	3,17,18 April 2010
NORTH	Acrobatics	Level 2 - UKCC	Pennywell GC & Biddick	Andrew Revell 0191 3347216	5 June & 11,19,20 June & 10 July 2010
NORTH	Pre School	Level 3	House of Sport & venue TBC	Andrew Revell 0191 3347216	15,16,17,18,19 February 2010
NORTH	Pre School	Level 1 - UKCC	Pennywell GC & Biddick	Andrew Revell 0191 3347216	5,19,20 June 2010
NORTH	Pre School	Level 2 - UKCC	Pennywell GC & Biddick	Andrew Revell 0191 3347216	5,19,20 June & 10,11 July 2010
NORTH	Rhythmic Gymnastics	Level 1 - UKCC	Pennywell GC & Biddick	Andrew Revell 0191 3347216	5,19,20 June 2010
NORTH	Cycle 5 & cycle 6 update	Level 1 update-ukcc	Carlisle GC	Andrew Revell 0191 3347216	23 January 2010
NORTH	Cycle 5 & cycle 6 update	Level 1 update-ukcc	Pennywell GC	Andrew Revell 0191 3347216	22 May 2010
(Application forms are available on northgymnastics.org.uk)					
NORTH WEST	Acrobatics	Level 3	Wigan Seagulls, Wigan	Pete Daulby 01942 515338	13, 14, 20, 21 February 2010
NORTH WEST	Trampoline	Level 1	Manchester MU & Park High school, Birkenhead	Helen Wallis 07824 591562	24 January & 6,7 February 2010
NORTH WEST	Trampoline	Level 1	Manchester MU & George Carnell LC	Helen Wallis 07824 591562	24 January & 27,28 February 2010
NORTH WEST	Artistic inc Mens & Womens module	Level 1	Manchester MU & Central Manchester GC	Helen Wallis 07824 591562	24 January & 14,21 February 2010
NORTH WEST	Pre School	Level 1	Manchester MU & Fit City, Salford	Helen Wallis 07824 591562	24 January & 7,14 March 2010

YORKSHIRE	General Gymnastics	Level 2 - UKCC	Carnegie Gym Centre, Leeds	Carnegie Coaching 0113 812 7437	7, 20, 21 March, 17, 18 April 2010
YORKSHIRE	General Gymnastics	Level 1 - UKCC	Carnegie Gym Centre, Leeds	Carnegie Coaching 0113 812 7437	24 January 13, 14 February 2010
YORKSHIRE	Women's Artistic	Level 2 - UKCC	York Gym Club, York	Carnegie Coaching 0113 812 7437	30 January, 20, 21 February, 27, 28 March 2010
YORKSHIRE	Women's Artistic	Level 3	Diamonds GC, Keith Whittaker, Halifax	Carnegie Coaching 0113 812 7437	28,29,30,31 March & 1 April 2010
YORKSHIRE	Women's Artistic	Level 4	Diamonds GC, Keith Whittaker, Halifax	Carnegie Coaching 0113 812 7437	28,29,30,31 March & 1 April 2010
YORKSHIRE	Tumbling	Level 2 - UKCC	Wakefield GC, Horbury Road, Wakefield	Carnegie Coaching 0113 812 7437	6th, 27, 28 February, 3, 4 April 2010
YORKSHIRE	Team Gym	Level 3	Diamonds GC, Keith Whittaker, Halifax	Carnegie Coaching 0113 812 7437	28, 29, 30, 31 March, 1 April 2010
YORKSHIRE	Pre School	Level 2 - UKCC	Stokesley Leisure Centre, North Yorkshire	Carnegie Coaching 0113 812 7437	9, 23, 24 January 13, 14 February 2010
WALES	Artistic	Level 1 - UKCC	Maes Glas Sports Hall, Bangor	Kerrie Warrington 02920 431240	10,23,24 January 2010
WALES	Pre School	Level 2 - UKCC	Bishopston Sports Centre, Swansea	Kerrie Warrington 02920 431240	13 Dec 2009, 23, 24 Jan, 13, 14 Feb 2010
WALES	Trampoline	Level 1 - UKCC	University of Wales, Newport	Kerrie Warrington 02920 431240	10,24,31 January 2010
WEST MIDLANDS	ArtisticGym (inc beam module)	Level 1 - UKCC	GMAC Ctr, Birmingham	jaechambers-dowsing@gymnasticsengland.org	16 Jan & 6,7 February 2010
WEST MIDLANDS	Artistic Gym(inc beam module)	Level 1 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	2,22,23 May 2010
WEST MIDLANDS	Women's Artistic	Level 2 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	14,27,28 February & 20,21 March 2010
WEST MIDLANDS	Women's Artistic	Level 2 - UKCC	GMAC Ctr, Birmingham	jaechambers-dowsing@gymnasticsengland.org	13,26,27 June & 17,18 July 2010
WEST MIDLANDS	Artistic Gym(inc beam module)	Level 1 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	31 October & 20,21 November 2010
WEST MIDLANDS	General Gymnastics	Level 1 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	16 January, 6, 7 February 2010
WEST MIDLANDS	General Gymnastics	Level 2 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	14, 27, 28 February & 20,21 March 2010
WEST MIDLANDS	General Gymnastics	Level 1 - UKCC	GMAC Ctr, Birmingham	Jae Chambers-Dowsing 07739512185	2,22,23 May 2010
WEST MIDLANDS	General Gymnastics	Level 2 - UKCC	GMAC Ctr, Birmingham	jaechambers-dowsing@gymnasticsengland.org	13, 26, 27 June, 17 & 18 July 2010
WEST MIDLANDS	General Gymnastics	Level 1 - UKCC	GMAC Ctr, Birmingham	jaechambers-dowsing@gymnasticsengland.org	31 October, 20, 21 November 2010
WEST MIDLANDS	Pre School	Level 1 - UKCC	Wyre Forest Gym Club, Baxter College, Kidderminster	Louise Hodges 07734 805 128	31 January, 16, 17 February 2010
WEST MIDLANDS	Trampoline	Level 1 - UKCC	Wilnecote High School, Wilnecote, Tamworth	Paul Coates 07809 883235	9 January 2010, 20,21 February 2010
WEST MIDLANDS	Cycle 5 & 6 update	Level 1 update to UKCC	Wood Green College, Wednesbury	Jae Chambers-Dowsing 07739512185	10 January 2010
WEST MIDLANDS	Cycle 5 & 6 update	Level 1 update to UKCC	Wood Green College, Wednesbury	Jae Chambers-Dowsing 07739512185	9 May 2010
WEST MIDLANDS	Rhythmic	Level 1 - UKCC	Alexandra stadium, Walsall Rd, Birmingham	Jae Chambers-Dowsing 07739512185	16 January 2010
EAST MIDLANDS	General Gymnastics	GMPD AOM	Coalville GC	Alan Price 07739 512166	TBC 2010
EAST MIDLANDS	General Gymnastics	Level 1 - UKCC	Leicester	Alan Price 07739 512166	December 2009 / January 2010
EAST MIDLANDS	General Gymnastics	Level 1 - UKCC	TBC	Alan Price 07739 512166	February / March 2010
EAST MIDLANDS	General Gymnastics	Level 1 - UKCC	The Phoenix Centre, Daventry	Alan Price 07739 512166	11, 25 April 2 May 2010
EAST MIDLANDS	Womens Artistic	Level 2 - UKCC	New College Leicester & Hinckley GC, Hinckley	Alan Price 07739 512166	24 Jan & 20,21 February & 13,14 March 2010
EAST MIDLANDS	Artistic (plus WA add on module)	Level 1 - UKCC	New College Leicester & Hinckley GC, Hinckley	Alan Price 07739 512166	24 April & 22,23 May 2010
(Application forms for East Midland courses are available on www.emgymnastics.org.uk)					
EAST	Trampoline	Level 1 - UKCC	Sawston Village Sports Centre, Cambridge	Michelle Ellis 07775 020870	17 January 6,7 February 2010
EAST	Trampoline	Level 2 - UKCC	Sawston Village Sports Centre, Cambridge	Michelle Ellis 07775 020870	28 March 17,18 April 9,16 May 2010
EAST	Trampoline	Level 2 - UKCC	Sawston Village Sports Centre, Cambridge	Michelle Ellis 07775 020870	27 June 10,11 July 12,19 September 2010
EAST	Trampoline	Level 4	Sawston Village Sports Centre, Cambridge	Michelle Ellis 07775 020870	24,31 January 14,28 February,11 April 2010
EAST	Artistic	Level 1 - UKCC	Colchester School of Gym, Colchester	Michelle Ellis 07775 020870	30 December 2009 & 17,24 January 2010
EAST	Artistic	Level 1 - UKCC	Waveney GC, Lowestoft, Suffolk	Michelle Ellis 07775 020870	31 January & 13,14 February 2010
EAST	Cycle 5 & 6 update	Level 1 update to UKCC	Sawston Village College, Cambridgeshire	Michelle Ellis 07775 020870	7 March 2010
EAST	Cycle 5 & 6 update	Level 1 update to UKCC	Sawston Village College, Cambridgeshire	Michelle Ellis 07775 020870	13 June 2010
EAST	Acrobatics	Level 1	Kings Lynn GC, Lynnsport & Leisure Park, Kings Lynn	Michelle Ellis 07775 020870	17th, 30, 31st January 2010
EAST	Acrobatics	Level 2 - UKCC	Kings Lynn GC, Lynnsport & Leisure Park, Kings Lynn	Michelle Ellis 07775 020870	24th January, 20, 21st February, 13, 14th March
EAST	General Gymnastics	Level 1 - UKCC	City of Peterborough G.C. Jack Hunt School	Michelle Ellis 07775 020870	6, 20, 21 February 2010
EAST	Pre School	Level 2 - UKCC	Bury Spectrum G.C. Bury St Edmunds	Michelle Ellis 07775 020870	17, 30, 31 January 27, 28 February 2010
SOUTH WEST	General Gymnastics	GMPD AOM	Falcons Academy, Barnstaple	Carolyn devereux 07771 374035	31 January, 7 February 2010
SOUTH WEST	Trampoline	Level 1 - UKCC	Ashton Park Sports Centre, Bristol	Carolyn devereux 07771 374035	30 January & 20,21 February 2010
SOUTH WEST	Trampoline	Level 1 - UKCC	Ashton Park School, Bristol	Carolyn devereux 07771 374035	20 March & 17,18 April 2010
SOUTH WEST	Trampoline	Level 1 - UKCC	Princess Royal Sports complex, Wellington, Somerset	Carolyn devereux 07771 374035	18 April & 2,9 May 2010
SOUTH WEST	Trampoline	Level 2 - UKCC	Princess Royal Sports complex, Wellington, Somerset	carolyn devereux 07771 374035	31 January & 21,27,28 February & 3,4 April 2010
SOUTH WEST	Trampoline	Level 2 - UKCC	Ashton Park School, Bristol	carolyn.devereux@british-gymnastics.org	10 July & 14,15 August & 11,12 Sep 2010
SOUTH WEST	Trampoline	Level 3	Strode College, Somerset	carolyn devereux 07771 374035	20,21,27,28 February 2010
SOUTH WEST	Trampoline	Level 4	Strode College, Somerset	carolyn devereux 07771 374035	17/18,31 July 1,7,8 August 2010
SOUTH WEST	Trampoline	Level 5	Strode College, Somerset	carolyn devereux 07771 374035	29,30,31 July 1,7,8 August 2010
SOUTH WEST	Cycle 5 & 6 update	Level 1 update to UKCC	Honiton SC, Honiton, Devon	Shelley Gonsalves 01934 514522	9 January 2010
(Application forms for South West courses are available on southwestgym.org.uk)					
SOUTH	Acrobatics	Level 1 - UKCC	Oxford School of Gym	Katie Irwin 07771 374037	7,27,28 March 2010
SOUTH	Acrobatics	Level 2 - UKCC	Romsey GC	Katie Irwin 07771 374037	March - May 2010
SOUTH	Trampoline	Level 1 - UKCC	Cotswold SC, Tilehurst, Reading	Katie Irwin 07771 374037	24 January & 20,21 February 2010
SOUTH	Trampoline	Level 1 - UKCC	Brockenhurst College	Katie Irwin 07771 374037	March - June 2010
SOUTH	Trampoline	Level 1 - UKCC	Kingston GC, Milton Keynes	Katie Irwin 07771 374037	May - June 2010
SOUTH	Trampoline	Level 2 - UKCC	Cotswold SC, Tilehurst, Reading	Katie Irwin 07771 374037	20 March & 3,4 April & 8,9 May 2010
SOUTH	General Gymnastics	Level 1 - UKCC	Cotswold SC, Tilehurst, Reading	Katie Irwin 07771 374037	9, 23,24 January 2010
SOUTH	General Gymnastics	Level 1 - UKCC	Carisbrooke High School,	Katie Irwin 07771 374037	29 March - July 2010
SOUTH	General Gymnastics	Level 1 - UKCC	Kingston GC, Milton Keynes	Katie Irwin 07771 374037	2,16,30 May 2010
SOUTH	Cycle 5 & 6 update	Level 1 update to UKCC	Oxford Road Community Ctr	Katie Irwin 07771 374037	20 February 2010
SOUTH	Cycle 5 & 6 update	Level 1 update to UKCC	Phoenix GC, Maidenhead Road, Windsor, Berks	Katie Irwin 07771 374037	14 February 2010
SOUTH EAST	Trampoline	Level 1 - UKCC	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	17,31 January 14 February 2010
SOUTH EAST	Trampoline	Level 1 - UKCC	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	27 February 3,17 April 2010
SOUTH EAST	Trampoline	Level 2 - UKCC	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	31 January 14,20 February 14,20 March 2010
SOUTH EAST	Trampoline	Level 2 - UKCC	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	14 March 10,11 April 2,15 May 2010

SOUTH EAST	Trampoline	GMPD AOM	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	13,14 March 2010
SOUTH EAST	Trampoline	Level 3	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	17,31 January 13,14 February 2010
SOUTH EAST	Trampoline	Level 4	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	17,18 March 8,9 April 2010
SOUTH EAST	Cycle 5 & 6 update	Level 1 update to ukcc	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	30 January 2010
SOUTH EAST	Cycle 5 & 6 update	Level 1 update to ukcc	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	13 March 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Jumpers Rebound Centre, Gillingham & Pegasus GC	Andy Piekarski 0208 224 2037	9, 24, 31 January 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Hawth GC, K2 , Crawley	Sally Anne Warner 07812 384073	7,21,28 March 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Leatherhead & Dorking GC	Andy Piekarski 0208 224 2037	6,20,27 June 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Jumpers Rebound Centre, Gillingham & Pegasus GC	Andy Piekarski 0208 224 2037	26 June & 11,18 July 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Hawth GC, K2 , Crawley	Sally Anne Warner 07812 384073	5,19,26 September 2010
SOUTH EAST	General Gymnastics	Level 1 - UKCC	Leatherhead & Dorking GC	Andy Piekarski 0208 224 2037	7,21,28 November 2010
SOUTH EAST	General Gymnastics	Level 2 - UKCC	Arun LC, Bognor Regis	Andy Piekarski 0208 224 2037	14,28 March, 11 April & 2,9 May 2010
SOUTH EAST	General Gymnastics	Level 2 - UKCC	Jumpers Rebound Ctr & Pegasus GC	Andy Piekarski 0208 224 2037	2,17,24 October & 14,20 November 2010
SOUTH EAST	Pre School	Level 1 - UKCC	Gymnastics Factory	Sine Rance 01483 489890	17,31 January & 7 February 2010
SOUTH EAST	Pre School	Level 2 - UKCC	Gymnastics Factory	Andy Piekarski 0208 224 2037	21 March, 18,25 April & 16,23 May 2010
SOUTH EAST	Pre School	Level 1 - UKCC	Gymnastics Factory	Sine Rance 01483 489890	31 October & 21,28 November 2010
SOUTH EAST	Artistic (with Men's & Women's Add on)	Level 1 - UKCC	Jumpers Rebound Centre & Pegasus GC	Andy Piekarski 0208 224 2037	9,24,31 January 2010
SOUTH EAST	Artistic (with Women's Add on)	Level 1 - UKCC	Leatherhead & Dorking GC	Andy Piekarski 0208 224 2037	6,20,27 June 2010
SOUTH EAST	Acrobatics	Level 1 - UKCC	Chelsea College, Eastbourne	Andy Piekarski 0208 224 2037	9,23,24 January 2010
SOUTH EAST	Women's Artistic	Level 2 - UKCC	Jumpers Rebound Ctr & Pegasus GC	Andy Piekarski 0208 224 2037	2,17,24 October & 14,20 November 2010
SOUTH EAST	Men's Artistic	Level 2 - UKCC	Jumpers Rebound Ctr & Pegasus GC	Andy Piekarski 0208 224 2037	2,17,24 October & 14,20 November 2010
SOUTH EAST	Acrobatics	Level 2 - UKCC	Chelsea College, Eastbourne	Andy Piekarski 0208 224 2037	21 March & further dates TBC 2010
SOUTH EAST	General Gymnastics	Level 3	Hawth GC, K2 , Crawley	Andy Piekarski 0208 224 2037	10,17,31 January & 7,14 February 2010
SOUTH EAST	Women's Artistic	Level 3	Hawth GC, K2 , Crawley	Andy Piekarski 0208 224 2037	10,17,31 January & 14,21 February 2010
SOUTH EAST	Men's Artistic	Level 3	Hawth GC, K2 , Crawley	Andy Piekarski 0208 224 2037	10,17,31 January & 14,21 February 2010
(Application forms for gymnastics courses are available on www.segymnastics.org.uk)					
LONDON	Cycle 5 & 6 update	Level 1 update to UKCC	Heathrow GC, Green Lane, Hounslow	Elizabeth Awde 0777 5020868	12 December 2009
LONDON	Pre School	Level 2 - UKCC	North East London Gym Club, Stoke Newington	Elizabeth Awde 0777 502 0868	31 January, 20, 21 February 14, 21 March 2010
LONDON	Pre School	Level 1 - UKCC	North East London Gym Club, Stoke Newington	Elizabeth Awde 0777 502 0868	7 March 17 April 2010
LONDON	General Gymnastics	Level 2 - UKCC	North East London Gym Club, Stoke Newington	Elizabeth Awde 0777 502 0868	31 January , 14, 15 February, 10, 11 April 2010
LONDON	General Gymnastics	GMPD AOM	Falcon Spartak, Didcup, Kent	Elizabeth Awde 0777 502 0868	20, 21 February 2010
LONDON	General Gymnastics	Level 1 - UKCC	North East London Gym Club, Stoke Newington	Elizabeth Awde 0777 502 0868	7 March 12, 13 April 2010
LONDON	Tumbling	Level 1 - UKCC	Bromley Valley GC, Chipperfield Road, Orpington	Elizabeth Awde 0777 502 0868	9, 29, 30 May 2010
LONDON	Trampoline	Level 1 - UKCC	Sacred Heart School, Middlesex	Maxine O'Reilly 020 8841 0061	20 December 2009 17, 24 January 2010
LONDON	Trampoline	Level 1 - UKCC	Kingston Trampoline Academy, Kingston	Elizabeth Awde 0777 5020868	31 January 14, 21st February 2010

NATIONAL COURSES

DMT	Level 3 Add On	Banchory Sports Centre, Aberdeen	Andrea Milligan 01786 466232	6,7 February 2010
Trampoline	Level 5	Strode College, Somerset	Carolyn Devereux 07771 374035	29,30,31 July 1,7,8 August 2010
Trampoline	Level 5	Craigwillow Sports Centre	Andrea Milligan 01786 466232	13 February 13 March 3,4 April 19 June 2010

Judging Courses

REGION	DISCIPLINE	LEVEL	VENUE	ORGANISER + TELEPHONE NO.	DATES
SCOTLAND	Trampoline	Regional	Bells Sports Centre Perth	Andrea Milligan 01786 466232	30,31 January 2010
N IRELAND	Rhythmic	Club	Bangor	Elaine Baille 07733346300	10 January 2010
NORTH	Trampoline	Club	House of Sport, Durham University	Andrew Revell 0191 33472	16 23,24 January 2010
NORTH	Trampoline	Club	Cumbria TBC	Andrew Revell 0191 3347216	14,15 May 2010
NORTH	Trampoline	County	House of Sport, Durham University	Andrew Revell 0191 3347216	10,11 April 2010
NORTH	Trampoline	Regional	House of Sport, Durham University	Andrew Revell 0191 3347216	3,4 July 2010
YORKSHIRE	Introductory Judge	Introductory	Oasis Academy, Wintringham, Grimsby	Louise Warvile 07825 621290	17 February 2010
EAST	Womens Artistic	Club Judge	Norwich GC, Sale Road, Norwich	Daren Norman 07787 787687	5,6,12,13 December 2009
EAST	Womens Artistic	Club Judge	Marriotts, Stevenage, Hertfordshire	Michelle Ellis 07775 020870	23,24,30,31 January 2010
EAST	Introductory	Judge	Introductory Marriotts, Stevenage	Tracey Royle 07968 327701	6 January 2010
EAST	Men's Artistic	Regional	Pipers Vale GC, Ipswich, Suffolk	Michelle Ellis 0845 129 7129 ext 2590	16 & 17 January 2010
EAST	Trampoline	Club	The Leys School Sports Centre, Cambridge	Michelle Ellis 0845 129 7129 ext 2590	21,28 February 2010
SOUTH WEST	Womens Artistic	Regional	Bristol School of Gym & Bristol Hawks	Shirley Clements 0117 9429620	16, 17 January 2010
SOUTH WEST	Trampoline	Club & County	TBA	Carolyn Devereux 07771 374035	30,31 January 2010
SOUTH WEST	Trampoline	Club & County	TBA	Carolyn Devereux 07771 374035	17,18 July 2010
SOUTH WEST	Floor and Vault	Level 1	Crispin School, Street, Somerset	Hazel Yates 07941 245 156	13 December 2009
SOUTH EAST	Trampoline	Club	Jumpers Rebound Centre Gillingham	Liz Laws 01634 855507	27,28 February 2010
SOUTH EAST	Trampoline	Club	Jumpers Rebound Centre Gillingham	Liz Laws 01634 855507	1,2 May 2010
SOUTH EAST	Introductory Judge	Introductory	Kent	Lynn Potter 07739 512206	08-Dec-09
SOUTH EAST	Introductory Judge	Introductory	Kent	Lynn Potter 07739 512206	20, 27 January 2010
SOUTH EAST	Introductory Judge	Introductory	Kent	Lynn Potter 07739 512206	25-Feb-10
LONDON	Introductory Judge	Introductory	Redbridge Leisure Centre, Redbridge	Jessica Capelli 07739 512165	12 January 2010
LONDON	Floor and Vault	Level 1	Meadow Primary School	Ted Maxey	21 March 2010
LONDON	DMT	County	Shepperton, Middlesex	Linda Lawrie	12 December 2010
LONDON	Women's Artistic	Club	East London GC	Sue Tredgold 0208 864 0665	23, 24, 31 January 2010

Teaching Courses

REGION	DISCIPLINE	LEVEL	VENUE	ORGANISER + TELEPHONE NO.	DATES
YORKSHIRE	Trampoline	Level 1 & 2	Yorkshire	courses@trampolinecentral or 07510 554795	16, 17 Dec 2009 & 13, 14 Jan 2010
YORKSHIRE	Trampoline	Level 1 & 2	Doncaster	courses@trampolinecentral or 07510 554795	24, 25 June, 15, 16 July 2010
WEST MIDLANDS	Trampoline	Level 1 & 2	Herefordshire	Trampoline Central 07510 554795	8, 9, 15, 16 May 2010
WEST MIDLANDS	Trampoline	Level 1 & 2	Herefordshire	courses@trampolinecentral.co.uk Trampoline Central 07510 554795	6, 7, 20, 21 Nov 2010
EAST MIDLANDS	Trampoline	Level 1	Benham Arena, Northampton	Mandy Daybles 01536 512609	28, 29 Jan 2010
EAST MIDLANDS	Trampoline	Refresher	Benham Arena, Northampton	Mandy Daybles 01536 512609	26 March 2010
EAST MIDLANDS	Trampoline	Level 1	Benham Arena, Northampton	Mandy Daybles 01536 512609	28 May, 7 June 2010
EAST MIDLANDS	Trampoline	Level 2	Benham Arena, Northampton	Mandy Daybles 01536 512609	15, 16 July 2010
EAST	Gymnastics	Introductory	Stevenage	Tracey Royle 07968 327701	4, 5 Jan 2010
EAST	Trampoline	Level 1 & 2	Colchester Trampoline Central	07510 554795	25, 26 March, 22, 23 April 2010
EAST	Trampoline	Level 1 & 2	Southend Trampoline Central	courses@trampolinecentral.co.uk 07510 554795	29, 30, 31 March, 1 April 2010
EAST	Trampoline	Level 1 & 2	Southend Trampoline Central	courses@trampolinecentral.co.uk 07510 554795	2, 3, 16, 17 October 2010
EAST	Trampoline	Level 1 & 2	Colchester Trampoline Central	courses@trampolinecentral.co.uk 07510 554795	4, 5, 14, 15 October 2010
SOUTH WEST	Trampoline	Refresher	Gloucester	Sam Kloos 01242 715204	23 June 2010
SOUTH WEST	Trampoline	Level 1 & 2	Gloucester	Sam Kloos 01242 715204	24, 25 June & 9, 10 July 2010
SOUTH EAST	Trampoline	Level 1	Tonbridge	Julie Baker 01622 203800 ext 279	1 & 8 February 2010
SOUTH EAST	Gymnastics	Secondary	Canterbury	Lynn Potter	6, 7 March
SOUTH EAST	Trampoline	Refresher	Tonbridge	Julie Baker 01622 203800 ext 279	26 March 2010
SOUTH EAST	Gymnastics	Primary	Canterbury	Lynn Potter	1, 2 May
SOUTH EAST	Gymnastics	Primary	Ashford	Lynn Potter 07739 512206	29 June, 6 July 2010
LONDON	Trampoline	Level 1 & 2	Plaistow	Emma Wigmore 07949 135220	10, 11, 17 Jan 2010
LONDON	Trampoline	Level 1 & 2	Harrow	Maxine O'Reilly 0208 841 0061	17, 24, 31 Jan & 7 Feb 2010
LONDON	Gymnastics	Introductory	Barnet	Kim Henderson 07803 131060	19, 26 January 2010
LONDON	Trampoline	Level 1 & 2	Middlesex	courses@trampolinecentral, or 07510 554795 20	21 Jan, 3 4 Feb 2010
LONDON	Trampoline	Level 1 & 2	Twickenham	Cindy Croucher-Wright 0208 240 4321	24, 31 Jan & 7 Feb 2010
LONDON	Trampoline	Level 1 & 2	Middlesex	courses@trampolinecentral or 07510 554795	14, 15 June, 1, 2 July 2010
LONDON	Trampoline	Level 1 & 2	Middlesex	courses@trampolinecentral or 07510 554795	7, 8, 25 & 26 October 2010

Award Scheme Courses

REGION	DISCIPLINE	VENUE	ORGANISER + TELEPHONE NO.	DATES
WEST MIDLANDS	Core Proficiency award scheme	GMAC, Birmingham	jae Chambers-Dowsing 07793 512185	13 February 2010
WEST MIDLANDS	Core Proficiency award scheme	GMAC, Birmingham	jae Chambers-Dowsing 07793 512185	18 April 2010
WEST MIDLANDS	Core Proficiency award scheme	GMAC, Birmingham	jae Chambers-Dowsing 07793 512185	11 July 2010
SOUTH WEST	Trampoline award scheme	Princess Royal Sports Complex, Somerset	Carolyn Devereux 07771 374035	24 January 2010
SOUTH EAST	Trampoline Award Scheme	Jumpers Rebound Centre, Gillingham	Liz Laws 01634 855507	3 April 2010
SOUTH EAST	Core Proficiency award scheme	Horsham Gym Club, Horsham	Ann Martin 01293 882400	23 & 30 January 2010
LONDON	Core Proficiency award scheme	Cheam Gym Club	Liz Adwe 07775 020868	30 January 2010

S & PC Awareness/Club Management/Time to Listen

REGION	DISCIPLINE	VENUE	ORGANISER + TELEPHONE NO.	DATES
YORKSHIRE	S & PC Awareness	Rotherham School of Gymnastics, Rotherham	Jo Talbot-Paterson 07825 313217	17 January 2010
YORKSHIRE	Time to Listen	Rotherham School of Gymnastics, Rotherham	Jo Talbot-Paterson 07825 313217	27 February 2010
WEST MIDLANDS	Club Management	Wood Green High School, Wednesbury	jae Chambers-Dowsing 07739 512185	16 January 2010
WEST MIDLANDS	S & PC Awareness	Wood Green High School, Wednesbury	jae Chambers-Dowsing 07739 512185	16 January 2010
WEST MIDLANDS	Time to Listen	Wood Green High School, Wednesbury	jae Chambers-Dowsing 07739 512185	16 January 2010
EAST MIDLANDS	S & PC Awareness	Wade Gymnastics Club, Banbury	Alan Price 07739 512166	16 January 2010
EAST MIDLANDS	S & PC Awareness	Coalville Gym Club	Alan Price 07739 512166	6 February 2010
EAST	Time to Listen	Marriotts Gym Club, Hertfordshire	Michelle Ellis 07775 020870	13 December 2009
EAST	S & PC Awareness	Newmarket Leisure Centre, Suffolk	Michelle Ellis 07775 020870	17 January 2010
EAST	Club Management	Dovedale Sports Centre, Chelmsford	Michelle Ellis 07775 020870	24 January 2010
SOUTH	S & PC Awareness	Oxford Road Community Centre, Reading	Katie Irwin 07771 374037	7 February 2010
SOUTH	Time to Listen	Oxford Road Community Centre, Reading	Katie Irwin 07771 374037	7 February 2010
LONDON	S & PC Awareness	Heathrow Gym Club, Hounslow	Elizabeth Awde 07775 020868	9 January 2010