



NEWS - In recent weeks, BG have made several changes to TeamGym rules. Please see page 4 of this newsletter for more details of these changes.

To accommodate these changes we have now introduced new levels and new groups here at CNGA.

This allows us to recruit more gymnasts, and increase competition levels.

WELL DONE - Also we have seen a massive increase in attendance this is great , please keep it up next attendance cards will be out end of this month.

Upcoming Events

Displays

- ✓ **Teamgym Display Night**

Sunday 10th November

- ✓ Christmas Displays 20/21/22
December

Competitions

- ✓ 2nd February (provisional)
Scottish open
- ✓ 1st March British Qualifiers
- ✓ 24th May British Championships
- ✓ 15th June Newcastle Open

Coaches Contact Details

Sam Smith-
samsmith2809@yahoo.co.uk

Ruth Tonks –
ruth.tonks@hotmail.co.uk

Hannah Rowley-
Hannahgr92@hotmail.co.uk

Lesley Rutter-
lesleyrutter@live.co.uk



**Teamgym Display
Sunday 10th November
6pm**

GYMNAST OF THE MONTH

- **Minis -Molli Turney-** *excellent trampette work and great commitment since joining teamgym*
- **Primary Regional- Isabella Goodall** –*Amazing improvement since joining Teamgym.*
- **Primary National –Tabitha Neal-** *excellent work on tumble*
- **Junior Regional – Lois Jackson** – *Great work on tumble, excellent work ethic.*
- **Junior National – Charlotte Kenney** – *Great floor work Dancing with style.*

WELL DONE GIRLS , WHO WILL BE THE CHRISTMAS GYMNAST
NUMBER ONE!!

Well done to

Hannah Rowley & Abbie Rutter passing their Level 2 Teamgym exam;

And

Karen Weir for passing Level 1 Women's Artistic exam



TRACKSUITS

Some gymnasts still haven't ordered their tracksuits.

All gymnasts **MUST HAVE** a Teamgym Tracksuit for upcoming displays. Please order your size and pay ASAP

Minis– Red CNGA hoodie (order at reception)

All other teams – Full CNGA Tracksuit Jacket and Trousers. Use tracksuit order form and place at reception.

Camp Ollerup 2014

Meeting Wednesday 6Th November
6pm Club room . Parent and gymnast
must attend to secure your place.

If you are still interested please
come to the meeting.

New Teamgym Structure 2014

New Teamgym structure at City of Newcastle Teamgym. Hope this chart makes you understand. There will be some slight age changes in 2015 that will take place July 2014.

		<u>2014</u>	<u>2015</u>
<u>Old Titles</u>	<u>New Titles</u>	<u>Ages</u>	<u>Ages</u>
Primary Regionals	Minis	8-9	6-9
	Level 4 Out of age	8-12	9-13
Primary Nationals	Level 3 In age	9-12	9-13
Junior Regional	Level 3 out of age	12-16	13-16
Junior National	Level 2 In age	12-17	13-17
Senior Regional	Level 2 out of age	16+	16+
Senior National	Level 1 in age	16+	16+

In age = correct age for the competition level

Out of age = competing below their correct competition level

Confusing bit.....

When we go to different competitions they may only offer a selection of levels to compete, so each competition will change slightly and gymnasts in age may compete against those that are out of age. This is so they can create a competition so gymnasts don't just compete against themselves but this is up to the competition organiser. For example Level 2 in age may compete against Level 2 out of age or all of Level 3 may compete against all of level 4.

Any questions please don't hesitate to contact me or any of the coaches.

Sam