

# Gymnastics

## Civic Reception for Dundee Gymnastics Club

**The Lord Provost of Dundee hosts a civic reception to recognise the recent achievements of DGC2K.**

**D**undee Gymnastics Club 2K has had a hugely successful year with four members of the club winning the Scottish Team Championships, three members representing Scotland and one member qualifying to represent Scotland at the British Championships by being crowned overall Scottish Champion.

*...the achievements of Dundee Gymnastics Club 2K in the last 12 months have been fantastic and Dundee City Council would like to recognise their success and hard work. It takes a lot of time and dedication to reach this level of performance and all club members and coaches should be very proud of what they have achieved...*

These successes and the hard work of all club members has seen them short-listed nominations for the forthcoming SportDundee Awards in the Coach, Community Coach, Young Sportsperson, Young Team and Volunteer of the year categories.



### GENERAL GYMNASTICS UKCC L1 COURSE

With increasing demand and growth a further Level 1 course has been identified, The course will take place in Waterstone Crook Sports Centre, Fife on 8th/22nd February and 1st March 2009. Closing date - 24th Jan 2009.

### TRAMPOLINE UKCC L1 COURSE

Trampolining is becoming increasingly popular and many clubs are looking to expand and include this discipline. A course will take place in Crieff High School, on 7th/28th February and 1st March 2009. Closing date - 23rd Jan 2009.

### PRE-SCHOOL L1 COURSE

Physical Literacy and Fundamental skills are essential for participants. A Level 1 will take place at Bells Sports Centre, Perth



## 39 Coaches benefit from World Leading Choreographer!

### Daniella Nanovaa Delivers a Choreography workshop.



**W**orld leading Choreographer; **Daniella Nanovaa** delivered a workshop at Auchterarder Community School on 16th November. Daniella provided thirty nine coaches with information and practical demonstrations on how to deliver a quality choreography session within a club setting. This will enable coaches to improve the standard of performance at all ability levels, throughout disciplines. Daniella Nanovaa,

**Daniella Nanovaa** former Bulgarian Artistic and Rhythmic gymnast, and National Choreographer for British Gymnastics, is a popular clinician in the UK. She has choreographed many artistic, sports acrobatics and rhythmic routines. Daniella has vast experience of working across all disciplines in the following areas: Body Preparation and Posture Improvement, Flexibility Training, Ballet and Choreography, Floor and Beam Routine Construction and Dance and Movement skills. Daniella is currently employed by British Gymnastics as the national choreographer.



Any information for inclusion in the next newsletter should be submitted by Monday 16th February 2009.

on the 29th April,  
9th/10th May 2009.  
Closing date - 14th  
April 2009.

### UKCC L1 COURSES

From 1st August 2008, the structure for all Level 1 courses changed to UKCC. The minimum age for candidates who wish to take part in these courses is now 16. The cost has increased to £273.55 and membership is no longer included.

### UKCC EXAMS

All UKCC candidates who do not present for exam will have to submit a Doctors Certificate to ensure re-allocation of exam date. All candidates who do not adhere to this procedure will have to attend the full course again at full cost.

### COURSE PAYMENTS

From 1st November 2008 Scottish Gymnastics won't accept deposits for courses. Bookings must now send in a completed application form and FULL payment. For more information contact Scottish Gymnastics.

# Coaching

## Coaching Development Seminar



The National Coaching Network gathered at sportscotland's National Sports Centre, Inverclyde on the 26th and 27th of November.

The two day seminar was staged to create momentum for moving forward. A core group of Officers was selected to represent the Network as the 'Coaching Network Task Group'. The group will create and establish a vision of best practice in the delivery of the nine key actions set out by Coaching Scotland.

A series of workshops were facilitated to create clarity and where potential strength and weaknesses lie, with regards to current delivery in a variety of organisations.

A 'Developing Fundamentals Skills' workshop was provided by Tommy Dowens, current Scottish Volleyball Director of Coaching.

Day two acknowledged the outcomes of the previous day and a 'Route Map for the Future' was agreed by everyone. This will allow all the Coaching Network to work more effectively to deliver the nine Coaching Scotland Actions. A vision to action was presented by Jock Peggie, SRU Coach Education and Development Manager.

To close, Billy Bell, Lead Manager, **sportscotland**, provided an information and consultation exercise to shape the agenda for the UK Coaching Summit, to be held in Glasgow during April 2009. The Conference will be delivered in conjunction with SportsCoach UK, with planned topics including: The Coaching Workforce 2009-16, Building a Leading Coaching System, School Sport Coaching, Creating CPD for High Performance Coaches. A further Coaching Network Seminar will be held during May 2009.

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### Research Seminar Series

A series of seminars will be presented at University of Stirling, the Department of Sports Studies. For further details contact: Karen Caldwell on 01786 466498 or go to [sports.stir.ac.uk](http://sports.stir.ac.uk)

### Coach Education

Jan 13th - How to Coach Disabled People. Contact P&K on 01738 637129 **clubgolf** Level 1. Contact Martin Ritchie on 01382 431851 Rugby Foundation and Referee Courses. Contact Doc McKelvey on 01382 431 829 or Paul Hunter on 08451 555555 Ex: 402599

### Coach Awards

The Dundee Sports Awards were held on November 25th, with 7 **SportTayside & Fife** Scholarship Coaches being nominated. Beate Petersen, a previous Scholarship, won Coach of the Year, with Pam Bowie receiving the award of Community Coach.

★★ Partnerships

★★ Development

★★ Education

★★ Pathways

★★ Events

★★ Clubs

★★ Scholarships

★★ Opportunities

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