

NDDGC
HEAD COACH REPORT - November 2022

I would just like to thank everyone for their continued support. I would like to thank the coaches and committee for the hard work they do, and the Gymnasts and Parents for attending and participating; the club seems to be moving from strength to strength now. Moving forwards, securing the future of the club is a key priority, due to the increase in membership.

Our return after the covid pandemic has been a bumpy ride but we are getting there, I feel the structure of the gym classes and the way we adapted the sessions has worked really well. We will be continuing with the same format going forward, the coaches are coaching smaller groups within the session which means the standard of coaching and interaction with gymnasts has increased.

Membership numbers have risen dramatically and we now have waiting lists for all classes. We are trying to keep classes full to coaching capacity without compromising coaching ratios, which we try to base on 1-8 where ever possible, instead of the 1-16 which British Gymnastics accept. We have tweaked the timetable to fit as many classes into the week as we can without encroaching on Sundays.

The new timetable has also allowed us to spend more time with display team, the roots of the club and the reason it was set up. We are hoping to extend the training further and attend more festival type events next year.

I believe we are now settled and I have a strong, motivated team behind me. Together, we are moving our club forwards. I would just like to reiterate that we are only strong as a team and I'm personally grateful to each member of the team for the effort and support they give to the club to make it what it is.

I want to offer congratulations to Kathryn who is in her first year of apprenticeship and to Ashlan and Sophie, who have done their initial introduction into coaching course.

It's very sad that since covid, we have been unable to restore the Bude and Holsworthy groups due to timetable constraints, hire fees and insufficient staffing. I'm hopeful however, that in the future we may be able to offer gymnastics to the wider community

Once again, our Display team have been very busy. After covid, we lost many of our older gymnasts and now have to start again training older tops to become bases and having new younger tops in to work with. We have a very new and young team that have just returned from our annual trip to the London Gymnastics festival - this was the first performance for most of the younger gymnasts and many remaining gymnasts in their new roles and partnerships, and it was a success.

Now travel restrictions have subsided, so we are planning a trip to Italy to attend the Festival del Sole at the beginning of July 2023.

Display gymnastics is open to every member of our club and runs on a Thursday Evening at Bideford. It's all about being part of a team, working together, making memories and performing as a group, the kids love it, we have a team of around 50 gymnasts attending!

Fundraising in this last year has been very low key due to covid etc. but going forwards we will be fundraising for the Italy trip. Hopefully, we will have events such as sleepovers, sponsored walks,

bingo night, comedy night, second hand KIT shop sale. All events are for everyone in the club to get involved in, come along and enjoy yourselves.

Finally, I want to say a big thanks to My Gym Family. Firstly, the coaching team and the great job they all do, it's not an easy job and for most is not their only job. Also, Claire, who works in the office doing membership. She has kept us all informed with the progress of membership, her job is not an easy one.

Thanks also goes out to Leila and Beverly as chairperson within this period of time, and all the trustees who works endlessly in the background and for volunteering their time as this club "could not" and "would not" operate without them.

Lastly, but certainly not the least, is a big thanks to all the gymnasts & parents as without them there would be NO gym club, we have made some great gym memories this year.

Please feel free to pop us an email if we can support you or your children through their gymnastic journey, we are always happy to help.

Best wishes
Rattie

Rattie Gordon
Head Coach
North Devon Display Gymnastics Club