



REGIONAL HANDBOOK

Updated January 2023

London Gymnastics Handbook

London Gymnastics Ltd. is the governing body of gymnastics for the region, providing governance and accountability to affiliated clubs. The region covers the area within the boundaries of all the London boroughs.

London Gymnastics is served by a volunteer force made up of London Gymnastics Directors and the Management Committee, a Joint Technical Committee, the Regional Technical Committees, the Event Teams and supported by Service Providers.

London Gymnastics is governed by the Articles of Incorporation, the Committee Procedures and Regulations (CPR), the London Gymnastics Policies and Standards of Conduct.

Affiliation to London Gymnastics opens up a wealth of benefits. Member Clubs receive a fantastic competition programme and unrivalled technical know-how for each discipline of gymnastics. The region offers competitive programmes in all disciplines, at all levels including grass roots and 'Gymnastics for All' (GFA) activities. Plus, national events that include the well renowned London Festival of Gymnastics, Men's London Open and Development Open competition. Through our partnership with British Gymnastics, we are able to provide the very best Coach and Judge education system and a wealth of volunteering opportunities.

For London Gymnastics affiliated clubs we provide:

- Funding for career and volunteer development via the Platten Scholarship.
- Proactive communications support by varied digital media channels.
- Webinars and Zoom meetings on relevant topics.
- Special Annual Projects.
- Support on legal, financial and integrity matters, including health and safety.
- A developmental programme of events across all disciplines.
- A comprehensive competition Structure leading into the National Competition Programme.
- Entry into regional events and competitions across all disciplines.
- Entry to Club conferences, awards events, coach clinics, judging clinics and regional training.

For London Gymnastics Policies and Standards of Conduct
www.british-gymnastics.org/london-gymnastics

The Joint Technical Committee (JTC) is responsible for the technical programmes and regulations at Regional Level, ensuring that the objects of British Gymnastics are administered in relation to technical matters, and to provide a forum for discussion at regional level.

LONDON GYMNASTICS

Providing the perfect balance of fun, passion and precision

London Gymnastics Ltd registered in England No 11650126
VAT Registration Number 544 01498 29
Registered Address: Downsview House, 141 - 143 Station Road East, Oxted, Surrey

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The JTC is made up of the Chairmen of the current Technical Committees and Event Teams.

The Technical Committees (TC's) are responsible for the day-to-day running of the disciplines, ensuring compliance with British Gymnastics technical rules and regulations. They set the annual competition and events calendar and support clubs and coaches.

The Event Teams are responsible for the annual events:

- The London Festival of Gymnastics
- The Men's London Open

Current Regional London Gymnastics Disciplines:

**Acrobatic Gymnastics: General Gymnastics: Men's Artistic: Rhythmic Gymnastics:
Trampoline and Tumbling: Women's Artistic**

Each technical Committee produces an annual handbook, runs Regional Development and Competition Programmes which offer opportunities for performance at all levels.

All disciplines (apart from GfA) have a Regional, National, and International Framework.

Currently, we do not have Technical Committees for Team Gym or Aerobics within London, but there are clubs that compete in those disciplines.

Club Affiliation: is made via the London Gymnastics Membership Portal

- **Clubs must be registered with British Gymnastics at the time of application.**
- A Club's main venue must be within a London Borough.
- Clubs must be in good standing with British Gymnastics/ London Gymnastics and comply with London Gymnastics Policies, Event Rules and Standards of Conduct.
- Clubs must register all its gymnasts and coaches appropriately with British Gymnastics.
- London Gymnastics is unable to affiliate clubs that hold a membership with any gymnastic organisation other than British Gymnastics.
- The Regional Affiliation of a club is determined by club capacity and is aligned to the British Gymnastics club registration banding.
- The Club is affiliated to the region, not individuals.
- Affiliation runs from January – December.
- Application and payments are made via the London Gymnastics Membership Portal.
- It is the club's responsibility to ensure that information on the British Gymnastics GymNet is accurate and current.

For GymNet /membership enquiries contact British Gymnastics Customer Services 03451297129 or by email customerservices@british-gymnastics.org

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Membership Portal

London Gymnastics has a brand new 'Membership Portal' for Clubs. In 3 quick steps Clubs will unlock access to key member benefits as part of the London Gymnastics' Regional Membership.

While we need Club details in order to process the membership and communicate with Clubs, all member Clubs will be able to take advantage of what the system has to offer, at no extra cost. This super-efficient, safe database is for all key members of your team making communication with Coaches, Judges, Volunteers and Welfare Officers easier especially when preparing for events and competitions.

There are some great benefits to members including all data being in one easy to use system accessible 24/7, discipline specific information and easy membership management and renewal.

It is important all Clubs sign up to the London Gymnastics Membership Portal - Please note this is a one-time only process. There are 3 simple steps to follow, which take no more than 10 minutes. Log into the membership portal.

<https://app.sheepcrm.com/london-gymnastics/forms/registration>

Membership Policies and Rules

It is a requirement that London Gymnastics Clubs (and its members) are members of British Gymnastics and therefore must abide by all British Gymnastics policies including: Equality, Disability, Ethics, Drugs, and Safeguarding & Protecting Children & Vulnerable Adults.

For all current British Gymnastics Policies see: www.british-gymnastics.org

Additionally, London Gymnastics affiliated clubs should be aware of and abide by the following London Gymnastics policies. These set out how the Regional Officers and Volunteers and the clubs, coaches and judges interact.

Health & Safety Policy : Marketing & Communications Policy : Generic Event Rules
Financial Policy : Committee Procedures and Regulations
Complaint Grievance Disciplinary Policy : Privacy Policy
Disabilities Inclusion Policy : Safe Guarding Policy

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Communication and Digital Channels

For all the very latest London Gymnastics events, information & news follow our digital channels:



www.british-gymnastics.org/london-gymnastics



Email – news@london-gymnastics.co.uk



Facebook - @LondonGymnastics
Facebook Private Group – LG Club Community Together as One
<https://www.facebook.com/groups/295567178259578>
Facebook Private Group – LG Club Welfare Officers
<https://www.facebook.com/groups/978737565905406>



Twitter - @londongymnastic



Instagram – @londongymnastics



YouTube - <https://www.youtube.com/c/LondonGymnasticsUK>

Newsletter

An electronic newsletter – NewsBlast – is distributed monthly to all affiliated clubs. It contains news and reviews along with details of upcoming competitions and important dates.

Zoom Meetings & Webinars

From time-to-time London Gymnastics hosts useful online meetings and tutorials.

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Regional & National Support Organisations

The following organisations may be able to offer support to you and your club. Some London Boroughs also have Sports Councils or Development Teams, which may be useful.



London Sport is the county sports partnership bringing together the sporting network across London. Its services include funding advice, workforce support through bursaries & distribution of funding through various programmes.

<https://londonsport.org/>



Sport England is committed to helping people and communities across the country by investing in sport & projects to get people playing sport and creating opportunities for people to excel.

www.sportengland.org



Sport England Club Matters is a one-stop shop offering practical advice for sport's clubs.

www.sportenglandclubmatters.com



Sports Leaders awards and qualifications equip young people with employability skills. Leadership volunteering is a vital part of their courses.

www.sportsleaders.org



UK Sport is the nation's trusted high-performance experts, powering our greatest athletes, teams, sports and events to achieve positive success.

<https://www.uk sport.gov.uk/>



UK Coaching The team behind the nation's coaches, providing support, tools and guidance which assists coaches to be GREAT, inspires people and transforms lives.

<https://www.ukcoaching.org/>

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Contacts:

Management Committee

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JTC Chairman		jtcchair@london-gymnastics.co.uk
Director	Fay Mitchell	fay.mitchell@london-gymnastics.co.uk
Finance	Carol Bailey	finance@london-gymnastics.co.uk
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Welfare		welfare@london-gymnastics.co.uk
Complaints		complaints@london-gymnastics.co.uk
Committee Member	Anne McNeill	anne.mcneill@london-gymnastics.co.uk
Platten Scholarship	Carol Bailey	grants@london-gymnastics.co.uk
Administrator		adminstrator@london-gymnastics.co.uk

Joint Technical Committee

JTC Chairman		jtcchair@london-gymnastics.co.uk
Acrobatic	Chris Brockbank	christinebrockbank@hotmail.com
Festival	Tracey Griffiths	tgriffiths74@gmail.com
Gymnastics for All	Julie Ewenson	londongfachair@aol.com
Men's	Mark Westley	markwestley@hotmail.com
Men's London Open	Catherine Bates	info@menlondonopen.co.uk
Rhythmic	Monika Baylarbayova	londonrgchair@gmail.com
Trampoline + Tumbling	Andrew Freeman	andrew.freeman@london-gymnastics.co.uk
Women's	Jackie Murphy	wagchairlondon@gmail.com

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