



Annual Report 2017

Building on the growth of 2015/16, Inverness Gymnastics Club has had another successful year across all areas of operation. Competitive and recreational membership numbers have continued to grow with the introduction of new classes. Additionally the number of hours available to gymnasts working towards national competitions has increased both in terms of regular schedule, and ad hoc training and development sessions.

Objective One: To increase capacity for, and encourage participation of gymnastics in Inverness and surrounding areas.

Classes

IGC ends this year with a schedule of 32 sessions per week with an additional three classes scheduled to start after the school holidays. IGC currently now operates classes and additional training between six and seven days a week in 5 different venues. Our growth in numbers has also allowed us to invest in equipment across a number of these venues, continually improving the overall provision of gymnastics in the area.

In addition to the increased number of classes available for those interested in gymnastics, work continued this year to create the opportunity for more training hours to support our competitive gymnasts.

BabyGym and Toddler Classes

This year IGC launched BabyGym and Toddler classes as well as increasing the provision of preschool sessions, all of which now run at Inverness Leisure during Thursday daytime.

Membership Numbers

As we start the summer holidays, our current membership is around 530, with the new classes planned for the next term set to increase this, and the figure projected to pass 600 by Christmas. This substantial growth is a continued benefit of our paid coaching set up, allowing a number of key coaches to provide significantly more hours for the club on a weekly basis. The club has also seen a significant intake in competitive members with 29 new Men's and Women's Artistic competitive gymnasts.

Recreational and Beginner Competition

In December we held our first recreational and beginner competition at the new Inverness Royal Academy Sports Centre. This competition was open to all of our non-competitive gymnasts from Primary 2 and above with 203 attending to compete on the day. The club received significantly positive feedback from this event, which was able to raise over £1000 towards club funds. It is proposed that this will be added to our annual event calendar.

Highland Floor and Vault Competition

In November we held the largest ever entry to our floor and vault competition with around 330 gymnasts from 11 clubs competing. The club was complimented by a number of clubs for the event running to time and with a notably high standard of entry from across the Highland, Moray and Aberdeenshire regions. Effective planning of the event allowed us to raise over £4,000 to support the purchase of new equipment and cover the cost of coaching courses.

Gymfest

This year saw Scottish Gymfest move from Irvine to Aberdeen after a stay of 13 years. IGC sent a team of 50 gymnasts and delivered three fantastic performances, as always.

Objective Two: To identify and nurture talent through involvement in regional and national pathways, competitions and structures.

Women's Artistic Grades

In line with the clubs development target, IGC sent it's largest team of Women's Artistic gymnasts to the Scottish Grades Competition in Perth this year. With the Grades programme aligned nationally, this has been seen as a benchmark for performance improvement within the club year on year. The girls all exceeded their personal goals at this competition achieving a number of distinctions and commendations.

Men's Artistic Grades

As with the Women's Artistic, the MA Grades Pathway is seen as the introduction to national level competition, and this year, our boys entered both the first and second stage competition as targeted, having only entered at stage one the previous year. Results from these competitions showed a notable improvement, evidencing the increasing level and skill set within the team.

Floor and Vault Competitions

Throughout the year, our Men's Artistic and Women's Artistic gymnasts entered an increased number of floor and vault competitions compared to the previous year. These competitions also resulted in a number of team and individual medals for a large number of our gymnasts.

TeamGym Competitions

Building on our experience competing in TeamGym our gymnasts raised the standard of performance achieving their greatest results so far with our biggest entry into Teamgym events.

Highland Gymnastics Partnership Association

This year saw the creation of the Highland Gymnastics Partnership Association (HGPA). This collaborative group brings together representation from IGC, Fyrish GC and Caithness GC to support and fund the development of Level 3 and above coaches. To date this year, the group has brought in over £6,000 with the first development camp planned for the end of this term.

Objective Three: To affiliate and work with the National Governing Bodies to support the above objectives.

LEADERSHIP Academy

Over the last 12 months, John (Club Chairman) has had the opportunity to be part of the first cohort of Scottish Gymnastics Club Leaders following a successful application process. John attended a programme of workshops, seminars and events providing inspirational and educational professional development.

Women's Artistic Regional Coach Programme

Supporting our clubs coaching and technical development, Louise (Club Head Coach) was selected to be part of Scottish Gymnastics' regional pathway coach development programme, working directly with Olympic Coach Scott Hann and his team in South Essex. This programme will extend into next year and will result in clinics and workshops targeting coach development for performance pathway gymnastics, and coach development planned for our club coaching team as a result.

Objective Four: To plan and operate The Club in a manner that ensures operational and financial sustainability whilst offering best value for current and potential members.

Fundraising and Grant Aid

This year, the club was successful in its application to Lifescan for a grant of £1000.00 towards a new High Bar and matting. Additionally, the annual fun run raised £514 in sponsorship, and we had our first Halloween Disco targeted primarily at our recreational gymnasts, raising £288.00 – a special thanks to Allan and Lisa for their hard work in putting the event together.

Our largest fundraising events this year were our two competitions with the Highland Competition raising £4021.00 and a further £1846 raised from our recreational Comp.

Coach Development

This year we invested significantly in coach development and as a result, The Club now has the largest number, and the highest average qualification level of coaches to date. The club was also able to run a number of in-house training and development sessions and will look to increase this next year as we learn from Louise and her work with South Essex and Scottish Gymnastics.

Equipment Investment

This year the club has invested over £11,000 in new equipment and as a result, we have been able to accommodate for more club gymnasts in our sessions at Inverness Leisure. Additionally, the club has helped Kirkhill Primary provide new and improved gymnastics equipment for their PE classes with a donation of around £800 from IGC. This will support both the pupils, and the club, with 3weekly sessions now running at the school.

At the beginning of this month, IGC has also agreed a programme of investment in new gymnastics equipment for Inverness Royal Academy worth just over £3,000. This new equipment will ensure our large programme of classes in this venue deliver the best quality gymnastics, and that the school can benefit from improved kit as part of their PE syllabus.

INVERNESS GYMNASTIC CLUB
INCOME AND EXPENDITURE FOR THE PERIOD ENDED 31 MARCH 2017

	2017	2016
	11 months	12 months
	£	£
INCOME		
Competitive Club Fees	18,470.62	19,683.33
Holiday and Display Training	15,594.84	8,729.80
Recreational Classes	61,655.53	18,600.95
Recreational fundraising	2,134.84	-
SG and BG Subscriptions		
Competitions Entry Fees and Travel		
Grants	1,000.00	614.00
Net sale of Hoodies, Leotards, shorts, Etc	472.16	23.01
Highland Competition	4,021.14	2,696.54
Fun Run	514.00	-
Bank Interest received	-	0.09
Donations and Miscellaneous Income	-	-
	<u>103,863.13</u>	<u>50,347.72</u>
EXPENDITURE		
SG and BG Subscriptions	1,813.00	1,742.00
Hire of Sports halls	26,944.89	18,427.89
Coaching fees	46,414.85	12,904.50
Club Competition	1,991.68	1,818.17
Display Expenses	2,556.97	3,109.63
Test Day Expenses	-	-
Competitions Entry Fees and Travel	1,875.63	2,320.67
Net Purchase of Hoodies, Leotards, shorts and T-shirts		-
Coaching Courses and Expenses	8,845.70	5,170.44
Repairs and Replacements	736.26	742.43
Administration	81.90	4.39
Sundry Expenses	194.53	78.00
	<u>91,455.41</u>	<u>46,318.12</u>
SURPLUS FOR THE YEAR	<u>12,407.72</u>	<u>4,029.61</u>
Less allocated to equipment fund	<u>11,798.32</u>	<u>3,832.80</u>
ADJUSTED SURPLUS FOR THE YEAR	609.40	196.81
Surplus brought forward at 30 April 2016	4,155.32	3,958.52
SURPLUS CARRIED FORWARD AT 31 MARCH 2017	<u>£ 4,764.72</u>	<u>£ 4,155.33</u>
REPRESENTED BY		
Bank/Cash at 31 March 2017	14,764.72	13,855.32
Equipment Fund	(10,000.00)	(9,700.00)
	<u>£ 4,764.72</u>	<u>£ 4,155.32</u>

INVERNESS GYMNASTICS CLUB

Club Fees 2017/18

Baby Gym Classes	£4.00 Per Week
Parent & Toddler / Preschool Classes	£4.50 Per Week
Recreational Classes	£4.50 Per Week
Club 2 Hours Per Week	£70.00 Per Term
Club 4 Hours Per Week	£100.00 Per Term
Club 6 Hours Per Week	£132.00 Per Term
Club 8 Hours Per Week	£168.00 Per Term
Club 10 Hours Per Week	£205.00 Per Term

**Please note that Friday drop in sessions and Gymfest training are not included in club fees.*