

Inverness Gymnastics Club

Annual Report & Accounts 2017-18

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

Classes

Continuing the trend from 2014 onwards, IGC has further increased the number of weekly sessions, ending the financial year with 46 sessions per week across all levels. As we enter the 2018-19 year, a further 2 sessions have been added following the summer break.

IGC continues to operate it's regular session across 6 days a week through term time, with an increasing number of events, ad hoc training days and school holidays sessions scheduled across the year.

BabyGym and Toddler Classes

In their second year, our Baby Gym and Toddler class programme has doubled in capacity, now operating twice a week at the James Cameron Centre, with the original session having moved from Inverness Leisure in recognition of a more suitable venue and improved quality of class for our youngest members. These sessions provide an opportunity for the club to grow further, utilising day time availability in venues, and recognising the growing popularity for parent and baby / toddler activities. We are already seeing the benefits of these sessions on the PS children's ability on the first group who have continued up through out classes.

Membership Numbers

At the end of the financial year, our membership numbers with Scottish And British Gymnastics was registered as 693, increasing 25% over the year. Although the Club is starting to reach limitations of facility availability, and growth is likely to slow, it is noted that soon after the year ended, we welcomes 21 gymnasts into the competitive MAG, WAG and TeamGym programmes within the club, freeing up their spaces in beginner classes for new members. Additionally, the focusing of P7 and Secondary sessions on a Wednesday night following the summer break is projected to increased capacity throughout the week.

At present, we have a waiting list of over 500 gymnasts, with the younger primary age groups facing possible wait times of 18-24 months.

Recreational and Beginners Competition

Following the success of the 2016 event, we held our Christmas Competition at Inverness Royal Academy in December, open to members of our beginner and recreational programme in Primary 2 and above. With 286 participants attending on the day, and positive feedback from parents, this has now been confirmed as an annual event.

Highland Floor and Vault Competition

In November, we held our largest Highland Competition with 456 entries. This event has grown year on year for the past two years and this year saw representation from throughout the Highlands, Moray and Aberdeenshire as well as Glasgow, and the Orkney and Shetland Isles. Again the ability to provide a large pool of talented parent and member volunteers allowed this event to raise a significant amount of money towards club funds.

Gymfest and Display / Gym For All

Scottish Gymfest was held in Aberdeen for the second year in May, with our team numbers down on previous years as a result of having a smaller competitive membership at that point, and a number of older gymnasts prioritising exams. The team delivered three excellent performances as always.

This year, IGC registered to attend the World Gymnaestrada in Dornbirn, Austria in 2019, identifying a team of 38 gymnasts and 4 coaches / officials. Training is now underway.

Schools Gymnastics

Inverness Gymnastics Club continued it's support for Highland Schools Gymnastics Association, recognising the opportunity they provide for those interested in the sport, where waiting lists can restrict the availability of classes.

The club hosted the Highland Primary and Secondary Heats, providing the equipment, volunteers and resources required to put on this large scale floor and vault competition.

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

Beginner & Recreational

Our growing number of beginner and recreational gymnasts across our weekly programme have continued to work through a programme of lesson plans including on-going work towards the British Gymnastics Proficiency awards, and the development of routines for the December competition. With a greater number of gymnasts successfully completing the BG programme we are looking at developing an IGC branded award programme to follow this. Developing our Wednesday night sessions to provide a focused programme of classes specifically for P7 and Secondary children has also supported us to deliver sessions better tailored to the relevant age groups, and continuously identify and support progression towards competitive gymnastics where appropriate.

Two Piece – Competitive Beginners

IGC continue to have a large presence at local and Regional and National (Scottish) Level Floor and vault competitions. With the majority of our gymnasts achieving intermediate scores the ability to enter some gymnasts in advanced category in highland level events has provided increased opportunity for gymnasts moving up who are not meeting the criteria to follow the 4 piece or TeamGym pathway.

We currently have around 40 gymnasts actively competing at this level with the majority already in intermediate level. These gymnasts represented IGC at 5 Floor and Vault competitions throughout the year.

Womens Artistic

IGC is now in it's 3rd year since re-entering the WAG competition programme as a club. Our confidence as a club has grown with coaches and gymnasts demonstrating increased confidence in the 4 piece competitive environment. The number of gymnasts training and competing at this level has increased to 11, with a notable improvement in standards, performance and physical preparation. This has been reflected in the higher scores at competitions and complexity in skills trained in the gym.

The discipline within our club has benefited for increased training hours and the development of coaches through their level one and towards their level two UKCC qualifications throughout the year. Additionally, Louise's participation in the SG Pathway Programme with Scott Hann MBE has supported the development of coaching, physical preparation and performance.

The clubs 4-piece criteria was introduced and has been effective in bringing new gymnasts up to this level, recognising the point at which they are mentally and physically prepared to meet the requirements demanded by Scottish gymnastics regional grades and voluntary levels. This has also provided an efficient resource for goal-setting and session planning in the younger-aged training groups and the older 2 piece training groups. This has been reflected in the higher scores our gymnasts are achieving in competition and although our targets are not yet podium-focused we have managed to achieve this already.

Our WAG gymnasts attended 5 events throughout Scotland, and although not yet targeting performance around medals, a number of podium appearances were made over and above the targeted personal improvements and increased experience.

Men's Artistic

Our Men's Artistic team finished the year with 11 gymnasts, subsequently increasing recently following the summer break. Changes to the structure and composition of the Grades pathway has meant that we could not compete at this level, however it is noted that this is being reviewed by British Gymnastics to ensure competitive opportunities appropriate to club level gymnasts, and as a result, we target attending these competitions in the coming 18-24 months.

Our gymnasts attended the Highland Floor and Vault competition, demonstrating a high level of skill and execution, and winning a significant number of medals. Additionally, the Club Championships proved the level of skill improvement across the group, with a number of senior gymnasts competing high level skills on floor for the first time, meeting FIG coded requirements for Junior and Senior gymnasts.

Investment in coaching within the MAG programme has seen Declan continue towards his Level 1, and John work towards sign off of his Level 3 modules, both of which are scheduled for the coming year.

TeamGym

We continue to develop and increase our involvement in TeamGym at a Scottish level, with a well-established group of 8 gymnasts training twice weekly towards a number of competitions within the SG calendar. Our team attended 3 competitions this year (with a fourth cancelled due to adverse weather) achieving podium positions and recognition for choreography and execution within their category.

IGC has begun discussions with the TeamGym technical panel to support a development competition and training sessions(s) in Inverness in order to further the coaching knowledge, skill level and accessibility for IGC and other Highland Clubs.

Highland Gymnastics Partnership

As part of the Highland Club Partnership, IGC attended a joint camp in Inverclyde for Men's and Women's Artistic gymnasts joining Caithness, Fyrish and Garioch GC, and benefiting from the expertise of Cathy Osbourne (High performance coach) and Johnny Stevenson (physical preparation coach). This camp provided our gymnasts the opportunity to experience a training camp in a high performance environment, and supported our coaches to develop their skills and complete a number of coaching modules.

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

Scottish Gymnastics Women's Artistic Regional Pathway Coach Programme

Supporting our clubs coaching and technical development, Louise (Club Head Coach) continues to attend Scottish Gymnastics' regional pathway coach development programme, working directly with Olympic Coach Scott Hann and his team in South Essex. As part of this course, two of our gymnasts were able to join Louise at a pathway camp in Inverclyde.

Club Development Discussion

During the Scottish Gymfest weekend in Aberdeen, John (Chair) and Kathryn (Treasurer) met with the Scottish Gymnastics Development Team to discuss planning and funding options, setting out a number of objectives and tasks for the coming year.

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

Over and above our event programme, IGC undertook a number of fundraising activities including a Halloween Party and entry to the Inverness 5k and Half Marathon. Additionally, the club secured £3,000 in sponsorship from local business with a particular focus on supporting the delivery of our three key annual competitions.

The club also has a pending grant with Lifescan to support the purchase of new equipment.

Equipment Investment

Following last years agreement with Inverness Royal Academy, the club purchased and donated over £3,000 worth of new equipment to the PE Department at the school, recognising the benefit that it would provide to our thirteen weekly sessions at that location.

Substantial investment was also made in providing new mats prior to the Highland Competition (circa £9,000). Following on from that, the Club purchased the remainder of the new Sprung Floor at a cost of £18,600 which is represented as a financial commitment for that year, with payment completed in the FY18-19 accounts.

INVERNESS GYMNASTIC CLUB

INCOME AND EXPENDITURE PERIOD 1 APRIL 2017 TO 24 JULY 2018

	24/07/2018	31/03/2017
	£	£
INCOME		
Competitive Club Fees	34,935.21	16,770.62
Recreational Classes	103,384.58	61,655.53
SG and BG Subscriptions	13,887.00	8,530.00
Holiday and Display Training	31,270.56	15,594.84
Recreational fundraising	2,081.79	2,134.84
Competitions Entry Fees and Travel	3,112.00	2,334.00
Sale of Hoodies, Leotards, shorts and T-shirts	5,163.50	4,814.00
Highland Competition	7,356.58	4,021.14
Grants	-	1,000.00
Competition Sponsorship	3,000.00	-
Donations	177.13	-
Other Fundraising	1,615.50	514.00
	<u>205,983.85</u>	<u>117,368.97</u>
EXPENDITURE		
SG and BG Subscriptions	15,229.00	10,343.00
Hire of Sports halls	49,503.82	26,944.89
Coaching and Admin fees	99,398.60	46,414.85
Club Competition	2,534.61	1,141.68
Display Expenses	2,629.68	2,556.97
Competitions Entry Fees and Travel	4,532.00	3,359.63
Purchase of Hoodies, Leotards, shorts and T-shirts	4,316.19	4,341.84
Coaching Courses and Expenses	8,705.08	7,780.82
Repairs and Replacements	1,777.83	736.26
Printing and certificates	3,031.12	1,064.88
Administration	567.49	81.90
School equipment donation	3,798.00	-
Paypal Charges	613.34	-
Depreciation	3,907.21	3,041.05
Sundry Expenses	348.00	194.53
	<u>200,891.97</u>	<u>108,002.30</u>
SURPLUS FOR THE PERIOD	<u>5,091.88</u>	<u>9,366.67</u>

REPORT TO THE MEMBERS

The foregoing accounts of Inverness Gymnastic Club are in accordance with the books and vouchers of the Club produced to me, and with explanations given.

Independent examiner

Jennifer Macdonald

Date

24-09-18