



## Bi-Weekly Club Newsletter

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### Events

#### **September Events**

Further details on all of the below events can be found on the East Midlands website under competitions ([www.emgymnastics.org.uk](http://www.emgymnastics.org.uk))

#### **5 September 2010**

Leicestershire Level 5, 4, 3 & FIG All Round  
New College Leicester

#### **26 September 2010**

WA – Regional Age Group Championships, Open Age Championships  
New College Leicester

#### **East Midlands Multi Discipline Competition and Regional Festival/Conference**

On Sunday 17<sup>th</sup> October 2010 East Midlands will host their first ever multi discipline team competition along side the Regional Conference and Regional Festival.

Counties will enter teams which will consist of gymnasts from men's and women's artistic, acrobatics, rhythmic, general and trampolining and the final part of the competition will see all disciplines working together to perform a team display. Scores will be combined to give a county total. Squads will be selected through the County Associations with support from their Development Officer so look out for further information from your Development Officer.

The second part of the day will be a Regional Conference and Festival, which will be open to all clubs.

Further information on the day will be distributed shortly.