

East Midlands Regional AGM

Leicestershire and Northamptonshire KFA welcomed members of the East Midlands KFA to Brockington College, Enderby, Leicester on Saturday 5th November for the 54th Regional AGM.

Being the 5th November, our AGM coincided with firework displays across the country and not to be outdone, Jackie Stocchino ensured our day got off to an explosive start with a typically



fun and sparkling session. Cathy Johnson continued the firework theme with a challenging and dynamic second session.

Meanwhile in the Small Hall, our Youth Moves members led by Alison Clarke got creative with material apparatus



Lunchtime is usually just as active with a chance to catch up with news of friends from across the region – involving much changing of tables and shifting of chairs. There are always several stalls selling produce from home made cakes to fancy aprons; from bags to dance shoes and jewellery. No time to eat - there is sometimes only just enough time to make sure you get your raffle tickets and chance your luck on the tombola stall.

After lunch we convened for the Annual General Meeting itself which, after opening up the doors and shifting in a few more chairs, began with Lynne Davis presenting her second and final report. She proudly announced that for two years running East Midlands membership numbers had increased and this had resulted in East Midlands being awarded the Regional Membership Trophy at our National AGM in October.

She made particular reference to Celia Wright and Jackie Gilman for running a Youth Moves course and to Mo Watson for her tireless work to secure Sport England funding for a new Level 3 Teacher Training Course (called the Combined Training Framework or CTF). As a result we have 6 students studying to qualify as KFA teachers with support from lead tutor Frances Dickins and her team. *(A copy of the Chair's report can be obtained upon request by sending a self-addressed envelope to The Secretary, East Midlands Region.)*

Lynne's successor as East Midlands Regional Chair is to be Kate Swinscoe who followed with her Treasurer's Report.



Then, much to the surprise and delight of the assembly, Lynne Davis announced that two of our region's best loved Teacher/Trainers were to be awarded with Lifetime Achievement Awards and made Life Members of the East Midlands KFA. Both have had a long, creative and dedicated career with the Keep Fit Association and it was with great pleasure that Sheila Howarth and Anne Humphrey were awarded and accepted this acclamation. Both were at great pains to stress that they hadn't finished yet and it

was the friendship they had found within the KFA that had made their commitment so easy and so worthwhile. *(follow the links for separate articles, including their citations, about each – Anne Humphrey; Sheila Howarth)*

Finishing on this emotional high, the meeting closed and we reconvened in the Sports Hall for a brief keep fit session before settling down to watch demonstrations from teams in our Region.

Starting with what may be the last performance by Chameleon of their Championship winning movement item: 'Children'. Choreographed by Lisa Terry.



Since its original performance at Southport in February 2010, the team has been invited to repeat this item at many KFA events, including the National AGM in October.

An item from Kathie Lynch's Cogenhoe Mature Moves class followed.



Looking resplendent in green velvet waistcoats and with precision moves, they captured the spirit of *All That Jazz*.

Next an item from Leicester/Northants with Barbara Moffat's team demonstrating contrasting synchopated moves to *When You're Strange*.



Although Ruth Denholm could not be at the AGM herself, members of her Dance Freestyle team performed their energetic and dynamic item *The Club is Alive* which won them second place in the Fitness Freestyle category at the National Championships in Southport earlier this year

This was followed by another item from the Championships. Although unplaced, three of our Youth Moves members showed a promising start with their interpretation of 'Chasing Cars'





Lisa Terry's skipping to Jai Ho never fails to leave the audience breathless with appreciation. It was a clear and worthy winner in the Solo Skipping category.

Lisa Terry will be producing a Movement item for our Festival of Movement at Milton Keynes in June 2012.

Ruth Denholm will be producing a Dance Freestyle item, so if having seen these demonstrations, you would like to be a member of one of these teams. Come to the audition on Sunday 27th November.

After a short break with Audience participation lead by Sheila Howarth, it was the turn of the second team from Leicester and Northants.

Producers Lyn Browett and Pat Heed interpreted the theme of ice crystals forming to 'Frozen' by Madonna.



In complete Contrast, Chris Eyre's team from Derbyshire/Notts, gave us a full-on version of Living on a Prayer by Bon Jovi.

Take a classic Rock Anthem by a great rock band
Ideas came flowing, Moves ready to hand

Rehearsals and costumes
Much thanks from the soul
For hard work and friendship

'ROCK CHICKS' READY TO ROLL !



We had the chance to sit back and admire members of our East Midlands Skipping Team repeat their winning item from the National Championships. 'I've Gotta Feelin' was based on the concept of gang 'dance-offs' – but this time with skipping ropes! – No wonder they finished to a standing ovation.



We were delighted to see so many Youth Moves members in the next team. They are the new lifeblood of our organisation and we look forward to seeing them more.



Finally, the East Midlands Demonstration team performed **Contrasts**, produced by Sheila Howarth and first performed over ten years ago with many of the same members in the team. There was added poignancy to this item as it was to be the last production by Sheila before handing over the reins for the Regional Demonstration Team to her daughter, Lisa.

