Official communication from British Gymnastics

Aerobic Gymnastics Technical Committee

Update

Keeping you informed with up-to-date Technical Committee news from your discipline

16th January 2012

Aerobic TC Meeting – November 2011

RAC - It was agreed by all of the TC that RAC would be included at the Alex Strachan Cup and Welsh Open.

NAC ELEMENTS
From January 2012, other than the specified B Group supports, NAC gymnasts must only compete 2009 -2012 FIG elements listed in the COP Element pool.

Specified B Group supports will be 1 leg L support and 1 leg straddle support with hands in front. Please note these are the only two exceptions for 2012 and they will be removed for January 2013.

All other NAC routine requirements including non - compulsory elements and the difficulty tariff requirements will be as appendix 16 of the 2012 Aerobic Gymnastic Handbook now published on the website

NATIONAL DEVELOPMENT 2013 - 2012 Foundation gymnasts moving to National Development in 2013, placing at either NAC or FIG will be decided by the TC in Rank order.

BGTV AT THE BRITISH - Filming and coverage was excellent. For 2012, coaches will be asked to provide information on finalists for the commentators.

FACEBOOK/TWITTER - Coaches and gymnasts need to be aware of how photos etc, can be perceived by the wider gymnastics fraternity.

EXCEL TIP OF THE WEEK, BGTV AND GYMFUSION - BGTV came to Bulmershe GC, where Kerry Scotts shot four clips to help other coaches in Aerobics and other disciplines to enhance learning potential.

Kerry Scotts constructed a six minute routine involving all the national squad gymnasts at Bulmershe GC, that they then performed at the Royal Albert Hall in Nottingham.