



Tutors Needed | Breaking News | Southern Region Competition

Coaching Courses 2016/2017

Level 1

Day 1 - 5th November 2016

Day 2 - 19th November 2016

Assessment - 16th April 2017

Venue -

Suki Aerobic Gymnastics Club,
Brune Park Community
College, Oasis Sports Hall,
Military Road, Gosport, PO12
3BU.

Closing Date -

21st October 2016

Level 2

Day 1 - 11th June 2016

Day 2 - 2nd July 2016

Day 3 - 3rd July 2016

Day 4 - 16th July

Assessment - 26th November
2016

Venue -

Suki Aerobic Gymnastics Club
(Same As Above)

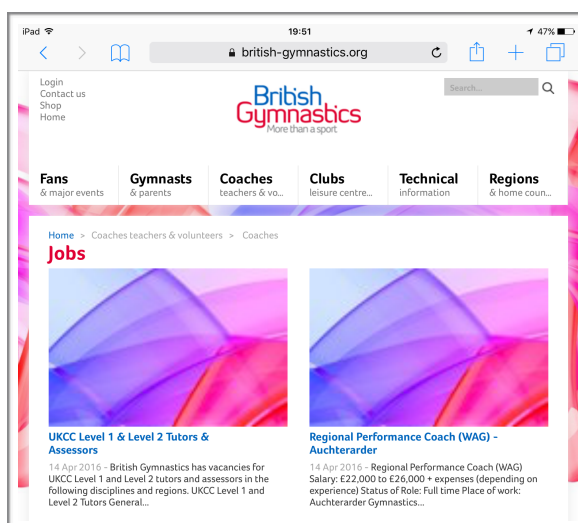
Closing Date -

27th May 2016

Tutor Role - Available!

As previously made aware any coaches who wished to forward towards a Tutor role would need to apply once a vacancy was listed within British Gymnastics. At levels 1 and 2 this vacancy can only occur as region development officers note a demand for the courses. As Aerobic gymnastics is such a small discipline it has been impossible to list the Tutors as being required for all Regions as no course runs in all regions and there would not be a high uptake on courses even if available in these areas.

Due to running Level 1 and now a Level 2 course in my area my RDO has placed a vacancy for an Aerobics Tutor in our region. Those who are interested in Tutoring need to apply even though it is only listed as South. There is a very short window of opportunity here so this must be forwarded immediately.



By following that link the requirements and job application are available.

Level 3

Nothing booked yet!

PLEASE note that anyone who is interested in any of the courses above should fill in an interest form on the BG website. BG will then know the number of interested coaches and will endeavour to ensure a course is run.

In addition, please email Su Killeen (suki92@ntlworld.com) with an approximate number of coaches interested in each level to enable successful planning.

Upcoming Competitions

Southern Region Competition 2016

Date -

19th March 2016

Venue -

Brune Park Community College,
Oasis Sports Hall, Military Road,
Gosport, PO12 3BU.

2016 Cardiff Championships

Date -

28th - 29th May 2016

Venue -

Sports Wales National Centre,
Sophia Gardens, Cardiff, CF11
9SW.

Breaking News

Level 2 Coaches in other disciplines can now access directly to a Level 2 Aerobics Course, see BG website for details.

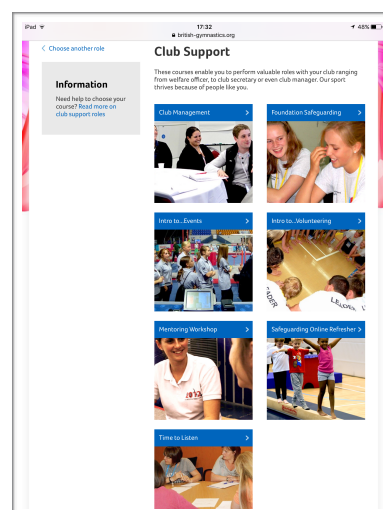
One is currently listed for 11th June, 2nd and 3rd July in the South so please advise interested parties.

Read below to find out how you can enrol onto a course:

British Gymnastics has spent considerable time and money on developing their website and availability of online learning. This has greatly enhanced the learners experience and the ease of access for members. From there you have options:

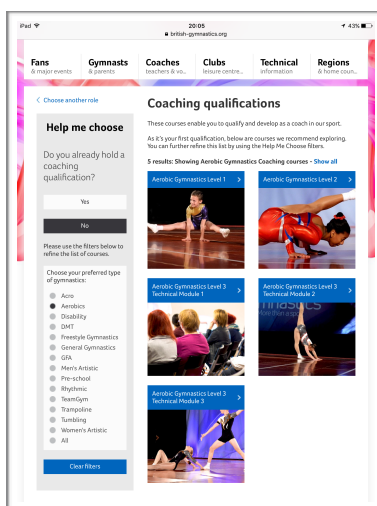
Online Safeguarding Courses

These can be accessed through Club Roles. This makes it easier to now stay in date and to be able to continue in your roles with ease of access and use and cheaper to complete.



Coaching Courses

Can be accessed through the coaching courses tab. From there you can access all the available courses and filter by the discipline you wish to progress in.



Click on the course and it will show you of the requirements of the course, the outcomes and list any courses available. It will then show you if there are any spaces.

Heathrow International Open Club Championship 2016

Date -

25th-26th June 2016

Venue -

Bracknell Leisure Centre,
Bagshot Road, Bracknell, RG12 9SE.

British Championships and NAC Cup 2016

Date -

27th-30th July 2016

Venue -

Echo Arena, Kings Dock,
Liverpool Waterfront, Liverpool,
L3 4FP.

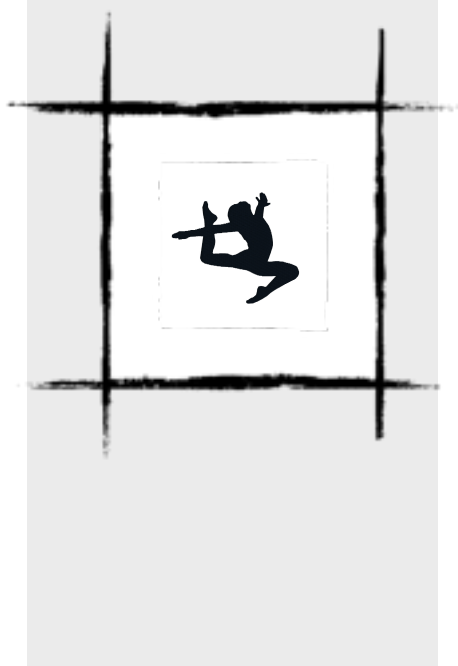
Alex Strachan Cup 2016

Date -

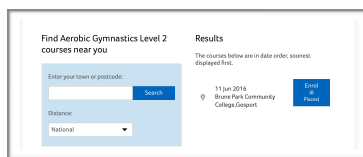
16th-18th September 2016

Venue -

Surrey Sports Park, Richard
Meyjes Road, Guildford, GU2 7AD.



If there are spaces available it will allow you to enrol by clicking on the blue button shown below.



If there are no courses available it allows you to register an interest, which means the course may be able to run in the future if there is enough to interest!

The Southern Region 2016

This was the first competition of the year. It went ahead with a record number of routine entries. There was 180 in all, this meant a very long hectic day for host club Suki, the Volunteers, Judges and Competitors alike. This unexpected increase in numbers means the competition will automatically go ahead next year with a full weekend provisionally booked.

There were 6 Clubs from the Southern Region that took part alongside 2 other clubs who responded to the invitation to attend this event. The Southern Region hosts the most number of Aerobic Clubs for a region and has a active regional aerobic committee who raise funds to support the region's clubs in their progression and development.

Deb Saunders from Weston commented on the day's event; "Many thanks for the Invitation to attend. It's a great start to our competition year for the gymnasts and clearly you are victim of your own success with the number of entries. It's superb that it's got this big".

Liz Paterson from Gillingham said "For most of my gymnasts this was their first competition and it was a great experience. They all gave me great feedback."

Many Judges also attended this event even though they did not have a club competing in it, this enabled a full competition Judging panel to be used. Thanks to all the judges for the sterling job they did on the day.

Martine Griffiths (the Chair of Judges) for the event and our National Competition Organiser stated that "The Southern Region competition is a significant event in the GB Calendar. It is always well organised and supported."

Southern Region Aerobic Annual Shield Award - Winners!

Zanna Woods - Dedication to Aerobic Gymnastics



Natasha Woods - Volunteer of the Year

Becky Goodyer - Coach of the Year



In total, there were 54 RAC routines, 55 NAC routines, 7 Foundation level routines and 64 FIG routines booked for the day though, as with all competitions there were some last minute withdrawals. As well as the usual categories the Southern Region hosts competition for the highest RAC, NAC and FIG score of the day for the Region's Clubs.

- The Highest RAC score and trophy went to Cerys Poole from New Forest Aerobics with a score of 14.9 in Foundation category. This routine narrowly beat fellow team mate Ashling Craven with a score of 14.80 in the Group 1 age category.

- The Highest NAC score and trophy went to Bulmershe's Danielle Rutland in age Group 1 with a score of 17.3! Well done Danielle.

- The FIG highest score was a close battle. Sophie Goves (Bulmershe Senior) scored 19.3 but was knocked off the top spot by her younger sister Olivia in the Group 2 Category scoring 19.5.

As well as the gymnasts trophies the Southern Region Aerobic Clubs have the opportunity to vote for Annual shield awards for Dedication to Aerobic Gymnastics, Volunteer of the Year and Coach of the Year.

The results were announced by the Regional Chairperson Chris Simmons. The Dedication to Aerobic Gymnastics award went to Zanna Woods from Basingstoke Gymnastics with her mum Natasha being awarded the Volunteer of the Year award. The Coach of the Year award went to Becky Goodyer for stepping into the lead role in Aerobic Coaching at Waterside Gymnastics Club. This has allowed the club to continue with this discipline.

I would just like to say thank you to everyone who supported this event and made it a success, we look forward to seeing you all again next year.

(Su Killeen, April 2016)

If you have any news or information you would like included in the next newsletter then please email them to Colette Hayes (colettehayes1993@googlemail.com)