



Aerobics NPRG Meeting

20th November 2016 – 11am-4pm

Coach Education

- Level 1 and 2 courses needed for 2017. Potentially a level 3 too depending on the level of interest
- Coaches need to register an interest on the BG website to ensure demand for courses is known
- E-learning - online pre-course knowledge has been beneficial. Coaches will not receive their certificate until they have completed their E-learning modules
- Coaches need to bring a code of points with them to courses as well as any updated newsletters

Judge Education

- Judges need to register an interest on the BG website to ensure demand for courses is known
- 18th - 19th February and 4th - 5th March 2017 – combined judging update courses. The tutor ratio will be 1:16, one course will be held at Weston and the other in the London area. These details and prices will be confirmed

National Competitions

- 2017 structure – they will be an events programme which will be following a GfA programme. The GfA will have a club event and a club programme. So we will have a new level for next year
- Competitions for 2017:
 - Gillingham Gala Aerobic Championships – 12th February 2017
 - Southern Region – 11th and 12th March 2017 – Provisional*
 - Welsh – 6th and 7th May 2017
 - Heathrow Open International – 3rd and 4th June 2017
 - NAC Cup and British – 26th – 28th July 2017 – Not sure which days Aerobics will be competing
 - Suki – October 2017
 - Alex Strachan Cup – 7th and 8th October 2017 – Provisional

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- Transfer scores for 2017
 - ND – 16.25, Group 1 – 16.75, Group 2 – 17.25, Senior – 18.00
 - Coaches / clubs reminded to complete the Transfer Form available on the British Gymnastics website (<https://www.british-gymnastics.org/technical-information/discipline-updates/aerobic>)
- Coaches/clubs reminded to refer to the Competition Handbook to ensure they understand the eligibility criteria for gymnasts without British passports. The evidence must be submitted at the point of competition entry submission. Anything submitted after that is too late
- In the field of play – a reminder that full tracksuits must be worn by coaches during the competition.
- Coaches are responsible for their supporter's behaviour

Communication

- All clubs are encouraged to continue to send information to Colette so she can put together newsletters.

Disabilities

- In the process of creating a BG disability pack which will be available on the BG website
- Gillingham Gala Aerobic Championships – 12th February 2017. Judging will be based on tick sheet criteria, level 3 is based on NAC code but with different elements

Development

- GfA
 - GfA project was first discussed in June 2015
 - The pilot was rolled out by trained tutors from Aerobic Gymnastics
 - 12 week course (1 hour a week), with compulsory routine and 4 levels of skills. Lesson plans, photos and videos will be available to download
 - If they can pass level 4 then they can move in RAC. The GfA project will underpin our RAC
- Mircea Brinzea
 - Came over for a week and delivered sessions for Weston as well as one day where other clubs were invited to attend

- Club Support
 - Katherine Saunders and Holly Lowe have continued supporting clubs that have asked for extra support
- Aerobic gymnastics was involved in the Gala performance at the British Championships Series
- What's next:
 - Drive GfA forwards
 - Continue club support
 - Develop and support more interclub competitions
- Louise Orchard – GfA
 - The GfA programme can be delivered by any level 1 coach but not pre-school
 - The GfA competitions will be open to any bronze membership gymnast, they don't have to wear leotards. They will compete in groups of 3-6, there won't be any individuals. Music will be compulsory, from a choice of 4 songs. All this information can be found in the handbook
 - Judges don't need to be qualified, they could be a young leader if they understand what they are looking for. They will use a tick sheet criteria to work out a score. Could test a pin badge scheme in the pilot studies rather than giving out medals?
 - The programme will be launched by March 2017

Regional Activity – South Region

- Southern Competition - Open and closed event for ND and above. Open for Foundation. 11th and 12th March at Fareham Leisure Centre (**Park Lane**, Fareham, PO16 7JU) – Provisional*

Dates for Calendar

- Send out provisional dates for the newsletter – March, June, September and December

AOB

- Pre-Foundation compulsory skills, 3 options - 1 needs to be decided by the TC:
 - Keep it as it is
 - Make 4 of the elements compulsory
 - Cap the element tariffs

Next NPRG meeting: 12th November 2017