

## Rhythmic Technical Committee

Dear all,

Please find below the latest Rhythmic news.

Congratulations this month to Hannah Vickers, on the recent birth of her daughter's Poppy & Lily.

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)

If you would like to join the mailing list, please send a request to [RG TC Contact](#).

Kind regards

Ruth Wilson (RG TC Communications)

December 8<sup>th</sup> 2019

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### **BQT Espoir Group Eligibility**

Please note clarification that any Espoir Group, which is eligible to enter Group Seeding, is also eligible to enter BQT. Supplement to the NDP attached, which describes the requirements for Espoir Group BQT.

### **BQT Senior Ballet**

Please note that at the request of the National Ballet coach, the old syllabus Senior Ballet will be phased out. For 2020, Senior gymnasts entering BQT will have the choice to perform with the Junior BQT ballet set, which underpins our current pathway. The old syllabus Senior Ballet will remain as an option for 2020 only.

### **BQT 2020 Online Entry**

Please note that the British Qualification Testing is now open for online entries on GymNet. Due to the British Gymnastics office Christmas closure, the online entry will close **12 noon Wednesday 18th December**.

If you have any issues completing your online entry please contact the Events Team on 0345 129 7 129 ext 2396 or email [events@british-gymnastics.org](mailto:events@british-gymnastics.org) before the closing date and we will assist you in completing your entry.

### **Level 3 Apparatus**

Having received a number of queries as to the Level 3 apparatus for 2020, which are different from the Level 4 pieces, to clarify again, the intention is for Level 3 gymnasts to progress towards Level 4, and hence the apparatus pieces are selected to allow the gymnasts to work to the following years pieces as a development pathway.

## Rhythmic Technical Committee

### Coaching Courses

Please see below currently available coaching courses.

For enrollment and more information, please see BG Website [here](#).

- UKCC Level 1            starting 5<sup>th</sup> April 2020            Shoreham by Sea

### GBR Junior/Senior Squad selection

Selection for 2020 GBR Performance Pathway Programme Junior and Senior squads has now been published and can be found on [BG Website](#). Congratulations to all gymnasts and their coaches.

### Sandymoor Cup

The Sandymoor Cup for Level 1-5 Individuals will take place on Saturday 29<sup>th</sup> February, and Sunday 1<sup>st</sup> March at Sandymoor School. Entry form attached. For more information, please contact [Laura Hogg](#).

### Calendar Update

Please find attached latest update to our 2020 calendar

### Competition Handbook

The 2020 competition handbook is now available and can be found on [BG website](#).

### Level 3 Group League - Results

Congratulations to all clubs on the results of the Level 3 Group League.

#### Espoir

- 1<sup>st</sup> City of Birmingham Rubies
- 2<sup>nd</sup> Esprit Rhythmic Rainbows
- 3<sup>rd</sup> Team Bath Blue

#### Junior

- 1<sup>st</sup> Team Bath Junior
- 2<sup>nd</sup> A & V Rhythmic
- 3<sup>rd</sup> I-Star Junior Pink

## Rhythmic Technical Committee

### Competition Update

Please find below results from recent competitions. Full results can be found on [BG Website](#)

#### Group League Round 2.

##### Espoir National

- 1<sup>st</sup> Oxford Stars
- 2<sup>nd</sup> I-Star Stardust
- 3<sup>rd</sup> I-Star Rainbows

##### Junior National

- 1<sup>st</sup> Esprit Rhythmic Diamonds
- 2<sup>nd</sup> Deeside
- 3<sup>rd</sup> I-Star Junior B

##### Senior

- 1<sup>st</sup> City of Birmingham Stars
- 2<sup>nd</sup> South Essex Eagles
- 3<sup>rd</sup> I-Star Academy

##### Espoir Elite

- 1<sup>st</sup> Worcester Bluestars
- 2<sup>nd</sup> South Essex Sparrows
- 3<sup>rd</sup> Ribby Hall

##### Junior Elite

- 1<sup>st</sup> I-Star Junior A
- 2<sup>nd</sup> Ribby Hall
- 3<sup>rd</sup> Team Bath

#### Group League Round 3

##### Espoir National

- 1<sup>st</sup> - Oxford Stars
- 2<sup>nd</sup> - City of Manchester Hearts
- 3<sup>rd</sup> - I-Star Stardust

##### Junior National

- 1<sup>st</sup> - Deeside
- 2<sup>nd</sup> - Esprit Rhythmic Diamonds
- 3<sup>rd</sup> - South Essex Falcons

##### Senior

- 1<sup>st</sup> - South Essex Eagles
- 2<sup>nd</sup> - City of Birmingham Stars
- 3<sup>rd</sup> - I-Star Academy

##### Espoir Elite

- 1<sup>st</sup> - Gib Gems
- 2<sup>nd</sup> - Worcester Bluestars
- 3<sup>rd</sup> - City of Manchester Diamonds

##### Junior Elite

- 1<sup>st</sup> - Ribby Hall
- 2<sup>nd</sup> - I-Star Junior A
- 3<sup>rd</sup> - Team Bath

#### Group League - Overall

##### Espoir National

- 1<sup>st</sup> - Oxford Stars
- 2<sup>nd</sup> - City of Manchester Hearts
- 3<sup>rd</sup> - I-Star Stardust

##### Junior National

- 1<sup>st</sup> - Deeside
- 2<sup>nd</sup> - Esprit Diamonds
- 3<sup>rd</sup> - South Essex Falcons

##### Senior

- 1<sup>st</sup> - South Essex Eagles
- 2<sup>nd</sup> - City of Birmingham Stars
- 3<sup>rd</sup> - I-Star Academy

##### Espoir Elite

- 1<sup>st</sup> - City of Manchester Diamonds
- 2<sup>nd</sup> - Gib Gems
- 3<sup>rd</sup> - Worcester Bluestars

##### Junior Elite

- 1<sup>st</sup> - I-Star Junior A
- 2<sup>nd</sup> - Ribby Hall
- 3<sup>rd</sup> - Team Bath

## Rhythmic Technical Committee

### Open Apparatus Championships - Espoir

#### Free

- 1<sup>st</sup> - Elizabeth Anne Pineda, Hendon
- 2<sup>nd</sup> - Elizaveta Andreeva, Elite
- 3<sup>rd</sup> - Lara Gun Yilmaz, Hendon

#### Hoop

- 1<sup>st</sup> - Viktorjia Antonova, LSA
- 2<sup>nd</sup> - Elizabeth Anne Pineda, Hendon
- 3<sup>rd</sup> - Lara Gun Yilmaz, Hendon

#### Clubs

- 1<sup>st</sup> - Melissa Toma, Devotion
- 2<sup>nd</sup> - Nicole Kalnina, Elite
- 3<sup>rd</sup> - Karolina Aver, Eilte

#### Rope

- 1<sup>st</sup> - Melissa Toma, Devotion
- 2<sup>nd</sup> - Nicole Kalnina, Elite
- 3<sup>rd</sup> - Zahra Van Tonder, West London Gymnastics

#### Ball

- 1<sup>st</sup> - Mira Tun Yilmaz, Hendon
- 2<sup>nd</sup> - Anastasia Zorova, Annas Gymnastics
- 3<sup>rd</sup> - Maria Gheronte, City of Canterbury

#### Ribbon

- 1<sup>st</sup> - Karolina Aver, Eilte
- 2<sup>nd</sup> - Mali Flur Lane, Llanelli

### Open Apparatus Championships – Pre-Junior

#### Rope

- 1<sup>st</sup> - Eirlys Jones, Esprit
- 2<sup>nd</sup> - Michelle Curteanu, Hendon
- 3<sup>rd</sup> - Cara Mackay, Esprit

#### Clubs

- 1<sup>st</sup> - Rosaleen Stoyanova, West London
- 2<sup>nd</sup> - Eirlys Jones, Esprit
- 3<sup>rd</sup> - Cara Mackay, Esprit

#### Ball

- 1<sup>st</sup> - Rosaleen Stoyanova, West London
- 2<sup>nd</sup> - Laila El Rafey, A & V

#### Ribbon

- 1<sup>st</sup> - Rosaleen Stoyanova, West London
- 2<sup>nd</sup> - Eirlys Jones, Esprit
- 3<sup>rd</sup> - Cara Mackay, Esprit