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27-30 JULY | LIVERPOOL

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British
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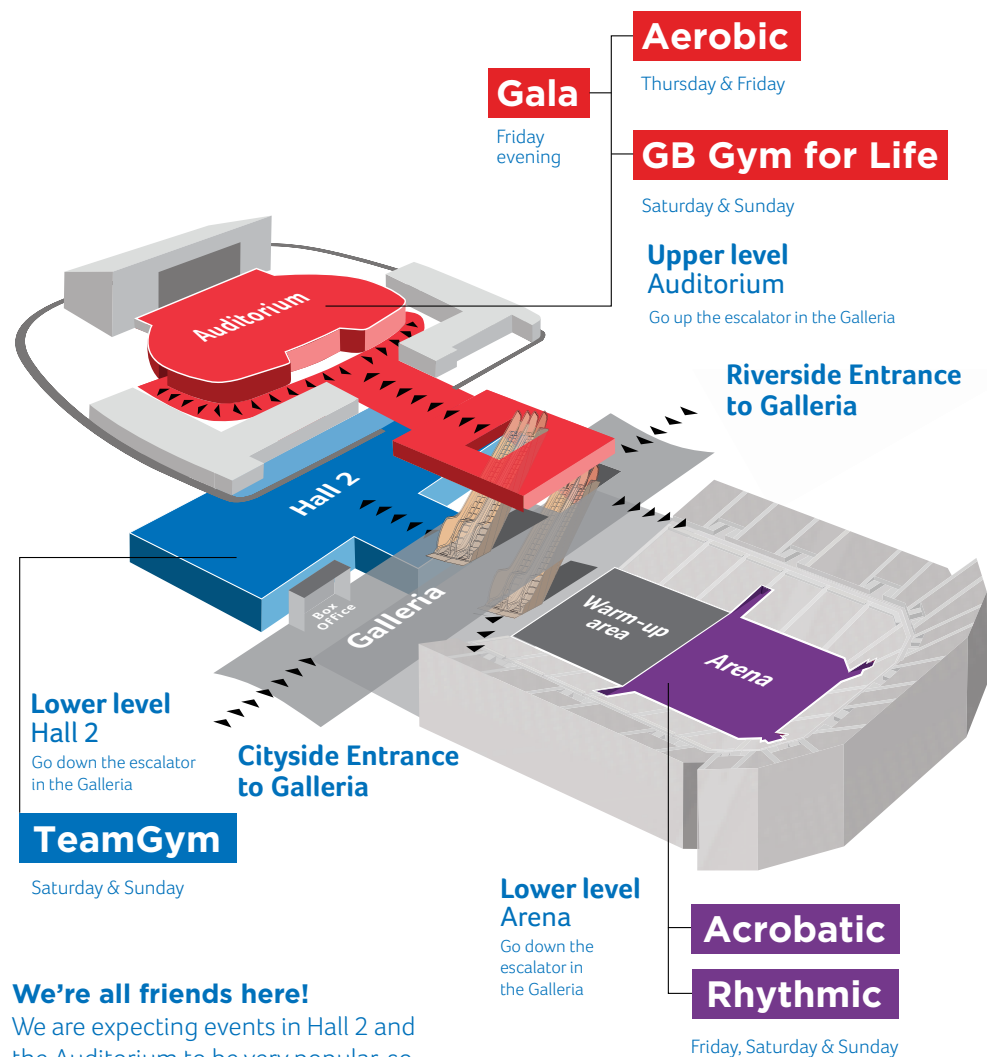
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Echo Arena map

Look out for these maps around the arena!
Remember, your ticket gives you access to
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We're all friends here!

We are expecting events in Hall 2 and the Auditorium to be very popular, so please use all seats, don't leave any spaces and you may wish to arrive early!

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2017 British Gymnastics Championship Series



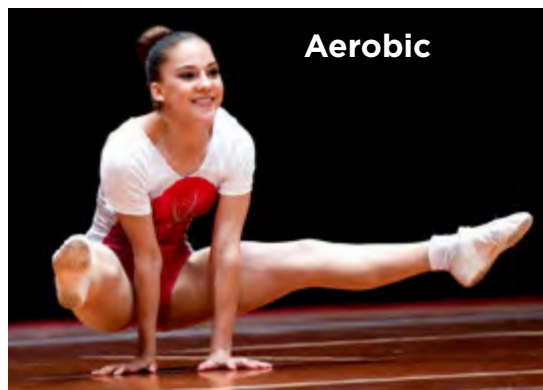
Rhythmic



TeamGym



Acrobatic



Aerobic



GB Gym for Life Challenge

Welcome

We are delighted to welcome you to this exciting British Gymnastics Championship Series to cheer on Britain's best gymnasts and be entertained by their amazing performances.

I'm sure that during these championships you will see the remarkably high standards being reached by our gymnasts at every level. Throughout the four days you will see some spectacular performances showcasing a wide range of skills covering acrobatic, aerobic, teamgym and rhythmic gymnastics.

We would like to congratulate all the gymnasts, their coaches and clubs across the UK for securing the prestigious right to compete, which can only be achieved through significant dedication. We also thank the many volunteers, judges and support staff who make these events such a success – we simply couldn't stage the British Gymnastics Championship Series without them.

This really is a remarkable time to be involved in British Gymnastics. Participation and memberships are rising, fans are growing and our medal-winning British teams have never been so prolific. We are very proud of the part we have played in driving the development, delivery, promotion and success of the sport. In gymnastics, everyone is striving for their own personal goals and it's our job to help them get there.

So let the countdown begin. We sincerely hope you enjoy yourselves this weekend – please feel free to clap, cheer and show your support!



Brian Everett MBE
President, British Gymnastics

Where do I go?

Check out the map on p2 to see where the events will be taking place in the arena.

Competition schedule

Times are subject to change.

Thursday 27 July

Aerobic

Auditorium

NAC Cup & FIG Qualifications

09:50 - 11:42	NAC	ND	W / M
		G1	W / M
12:00 - 13:00	NAC	G1	W
		G2	W / M
		Senior	W
13:15 - 14:07	NAC	ND	P / T
		G1	P / T / G
		G2	P / T
14:07 - 15:10	Lunch		
15:10 - 16:06	FIG	G1	W
16:21 - 17:25	FIG	G1	W
		G2	W
17:25	Medal Ceremony - NAC Cup		

Not sure of the technical terms? Read **p18** to learn more about aerobic gymnastics

Friday 28 July

Rhythmic

Arena

Individual & Group Championships

09:00 - 10:00	Esplor Groups
10:00 - 12:00	U9 & U11 Individuals
12:00 - 12:30	Presentation Ceremony U9 & U11 All-Around & Apparatus
12:45 - 13:35	U10 Individuals
13:35 - 15:05	U12 & Junior Individuals
15:05 - 16:40	Junior Individuals
16:40 - 18:10	Junior & Senior Groups
18:10 - 19:50	Senior Individuals

Not sure of the technical terms? Read **p12** to learn more about rhythmic gymnastics

Aerobic

Auditorium

Foundation Competition, FIG Qualifications & British Championship Finals

09:20 - 10:26	FND	W / P / T
10:40 - 12:08	FIG	ND
		G1
		G2
12:08 - 13:08	Lunch	
13:08 - 14:20	FIG	Senior
		ND
		G1
		G2
14:30	Medal Ceremony - FND & FIG British Championships	

Acrobatic

Arena

Qualifications

09:00 - 10:00	11-16 MP / MxP / MG Balance
10:00 - 12:45	11-16 WG Balance
12:45 - 13:35	12-18 WP Balance
13:35 - 15:05	11-16 WP Balance
15:05 - 16:40	12-18 WG Balance
16:40 - 18:10	12-18 MP / MxP & 13-19 WG
18:10 - 19:50	13-19 WP / MP / MxP / MG & Senior MG / MP / WG / MxP

Not sure of the technical terms? Read **p30** to learn more about acrobatic gymnastics

Key:

FND = Foundation Code
NAC = National Code
FIG = International Code
The different codes above are explained on p19

ND = National Development is 10 - 11yrs
G1 = Group 1 - 12 - 14yrs
G2 = Group 2 - 15 - 17yrs
Senior = 18yrs +

W = Women
M = Men
T = Trio

G = Group
P = Pairs
MxP = Mixed Pairs

Saturday 29 July

Rhythmic Arena Individual & Group Championships

09:30 - 10:20	Espoir Group
10:20 - 10:35	Medal Ceremony - Espoir Group All-Around
10:35 - 11:55	U10 Individuals
11:55 - 12:15	Medal Ceremony - U10 All-Around
12:35 - 14:05	U12 & Junior Individuals
14:05 - 16:00	Junior Individuals
16:00 - 16:20	Medal Ceremony - U12 Apparatus & All-Around / Junior All-Around
16:20 - 17:50	Junior & Senior Groups
17:50 - 19:30	Senior Individuals
19:30 - 19:50	Medal Ceremony - Junior Group All-Around / Senior Group Apparatus & All-Around

Not sure of the technical terms? Read **p12** to learn more about rhythmic gymnastics

Acrobatic Arena Qualifications

09:30 - 10:20	11-16 MP MxP MG Dynamic
10:35 - 11:55	11-16 WP Dynamic
12:35 - 14:05	12-18 WG & 13-19 WG Dynamic
14:05 - 16:00	11-16 WG Dynamic
16:22 - 17:50	12-18 WP MP MxP Dynamic
17:50 - 19:50	13-19 WP MP MxP MG & Senior MG MP MxP WG Dynamic

Not sure of the technical terms? Read **p30** to learn more about acrobatic gymnastics

TeamGym Hall 2 British Championships

08:50 - 12:40	Youth women / Youth men / Youth mixed / Disabilities
12:50 - 13:00	Medal Ceremony - Youth women, men, mixed & disabilities
14:10 - 15:50	Junior women / Junior men / Junior mixed
16:45 - 17:25	Senior women / Senior mixed
17:35 - 17:45	Medal Ceremony - Junior women, men, mixed & Senior women & mixed

Not sure of the technical terms? Read **p24** to learn more about teamgym

GB Gym for Life Challenge Auditorium

13:00 - 14:40	Performances
15:00 - 16:30	Performances

Read **p34** to learn more about the GB Gym for Life Challenge

Sunday 30 July

Rhythmic Arena Individual & Group Championships

09:00 - 10:55	U10 Individuals & Espoir Groups
11:15 - 12:15	U10 Individuals & Espoir Groups
12:15 - 12:45	Medal Ceremony - U10 Apparatus & Espoir Groups Apparatus
13:00 - 13:55	Junior Individuals
14:10 - 15:25	Junior Individuals & Junior Groups
15:25 - 16:30	Junior Individuals & Junior Groups
16:30 - 16:50	Medal Ceremony - Junior Individual Apparatus & Junior Group Apparatus
17:10 - 19:05	Senior Individuals
19:05 - 19:20	Medal Ceremony - Senior Individual Apparatus

Not sure of the technical terms? Read **p12** to learn more about rhythmic gymnastics

Acrobatic Arena Finals

09:00 - 10:55	11-16 WP MP MG WG MxP Finals
10:55 - 11:15	Medal Ceremony - 11-16 MP WP MxP WG MG
11:15 - 12:15	12-18 WP MP MxP Finals
13:00 - 13:55	12-18 WG Finals
13:55 - 14:10	Medal Ceremony - 12-18 WP MP MxP WG
14:10 - 15:25	13-19 MP MxP WP & Senior MP MxP Finals
15:25 - 16:30	13-19 WG MG Senior WG MG Finals
16:50 - 17:10	Medal Ceremony - 13-19 MP WP MxP WG MG & Senior MP MxP WG MG

Not sure of the technical terms? Read **p30** to learn more about acrobatic gymnastics

TeamGym Hall 2 Challenge Event

09:05 - 11:05	Primary TeamGym Challenge
11:10 - 11:20	Medal Ceremony - Primary TeamGym Challenge
12:00 - 12:55	Youth & Disabilities Micro Challenge
13:00 - 13:10	Medal Ceremony - Youth & Disabilities Micro Challenge
13:55 - 14:45	Junior Micro Challenge
14:50 - 15:00	Medal Ceremony - Junior Micro Challenge
15:45 - 16:35	Senior Micro Challenge
16:45 - 16:55	Medal Ceremony - Senior Micro Challenge

Not sure of the technical terms? Read **p24** to learn more about teamgym

GB Gym for Life Challenge Auditorium

11:00 - 12:00	Performances
12:20 - 13:15	Performances
13:20 - 13:50	Medal Ceremony

Read **p34** to learn more about the GB Gym for Life Challenge

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 *Let your talent shine*

Rhythmic gymnastics

What's it all about?

Rhythmic gymnastics combines grace, coordination, agility and artistry. Accompanied by stirring music, the gymnast uses small hand apparatus to weave a routine of flawless beauty - molding gymnast, music and apparatus into one.

The handling of apparatus whilst performing complex turns, pivots, balances and contortionist-like movements are characteristic trademarks of this stunning gymnastics discipline.

Providing participation opportunities for individuals or groups, rhythmic gymnastics is the perfect sport for those who love dance and movement to music and where personality and expression are at the forefront.

Qualifications and finals

The Rhythmic British Championships begin on Friday and go right through to Sunday. Taking place in the arena, gymnasts will compete individually in one of the following categories; under 9, under 10, under 11, under 12, junior (aged 13 – 15 yrs), senior (aged 16+ yrs) or disability (mixed ages). Gymnasts can also compete as a group in either the espoir, junior or senior categories.

Qualifications and finals for all age groups take place across all three days.



Rope

The rope is made of hemp or synthetic material. The length may change in proportion to the size of the gymnast and instead of a handle, each end of the rope terminates in a knot.

Routines can be performed with the rope open or folded, held with one or both hands, with or without the rope changing hands. The relationship between the rope and the gymnast is key with the rope often wrapping around the gymnast. Flexibility, agility, and gracefulness combine with passion and skills to make the perfect rope routine.



Hoop

The hoop is composed of wood or plastic and its inner diameter can range from 80 to 90 centimetres. The minimum weight of the hoop is 300 grams. The hoop must be rigid enough to retain its shape when used in a routine.

The hoop carves a space that must be fully used by the gymnast, from when she passes through the hoop or when the apparatus rotates around any part of her body. Frequent grip changes require well-developed coordination and the shape of the hoop is ideal for rolling and rotating on the floor or on different parts of the body.



Clubs

The clubs may be made of wood or synthetic material and their length is between 40 to 50 centimetres. Each club weighs 150 grams.

Clubs provide games for the hands. The gymnasts perform rotations, circles, throws, and many asymmetric movements in combination with complex movements of the body. Club handling requires rhythmic work, coordination, and perfect precision.



Ball

The ball is made of rubber or synthetic material and its diameter is between 18 to 20 centimetres. The weight of the ball must be a minimum of 400 grams.

The ball is the only piece of apparatus that can never be held, it may only be balanced on the body or rolled over. This requirement results in a perfect union between the body of the gymnast and the apparatus. The spectacular throws of the ball are in neat contrast with the softness and precision of the catches, both of which are also requirements of the routine.



Ribbon

The ribbon stick is 50 to 60 centimetres in length and 1cm in diameter. It is typically made of wood, bamboo, plastic or fibreglass. The ribbon is made of satin or a similar material without starch. The maximum weight of the ribbon is 35 grams, its width is between 4 to 6 centimetres, and its length is a minimum of 6 metres.

The ribbon is a long, flexible and light piece of apparatus that shapes patterns in space. When used by the gymnast, its aerial movements carve forms and images. Snakes, spirals and throws represent the main routine elements when using the ribbon.


 A full-page background image of Stephani Sherlock, a rhythmic gymnast, performing a hoop routine. She is wearing a blue and gold leotard with a Union Jack patch on her right arm. She is holding a large, iridescent hoop above her head with both hands, and her body is arched back in a graceful pose.

Stephani Sherlock

Rhythmic gymnast

Taking place on Friday, Saturday and Sunday, combining grace, coordination, agility and artistry, the rhythmic gymnastics competitions are sure to capture your attention.

We spoke to 2016 British champion Stephani Sherlock to get the low down...

As the current British champion, what should people coming to Echo Arena be looking out for that makes a perfect rhythmic routine?

"For me a perfect rhythmic gymnastics routine is when you see a total unity of the gymnast, music and apparatus. It should look effortless and graceful while being complex and exciting to watch. As gymnasts, we are looking to express the music without words, to show flexibility with control, balance, strength, coordination and artistry.

To get a high score all the components need to be included in the 1 minute 30 second long routine such as body elements: pivots, leaps and balances; apparatus difficulties and risks; and dance steps (minimum 8 seconds long). All this should be connected together to flow and to the music, showing the character and telling a story. And of course the aim is to do everything clean with no mistakes or any illogical stops which the audience could notice."

Do you have a favourite apparatus to work with and why?

"I work with hoop, ball, clubs and ribbon and personally I love them all and I really enjoy performing with each one. They all have their

unique handling and techniques, and I have a few interesting apparatus difficulties for each apparatus. My routines this year have different styles and music: my hoop is strong and classical (The Academy by Robert Wells), ball soft, tender and elegant to Mireille Mathieu's "Last words of love", clubs is bright, dancy and uplifting to the famous Adriano Celentano's "Il Tangaccio" and ribbon is both strong and soft to the "Cinderella" ballet by Sergei Prokofiev."

How much training and practice goes in to perfecting each routine?

"Rhythmic gymnastics is a sport which requires a lot of training and hours put into it. I can say it's more than just a sport - it's a lifestyle! I train 6 days a week, with sessions of 3-7 hours. The amount of correct repetitions is what makes the routines perfect at the competition, so we spend a lot of time working on our apparatus with music and drilling each part of the routine. When the routines are set there are always small touches and details which make the routine stand out. Every day I do: ballet to improve my body technique, specific conditioning - to be fit and prevent injuries, stretching and working on my flexibility and practicing with apparatus and putting it all together into the routines."

What is it about rhythmic gymnastics that you love?

"I love rhythmic gymnastics as it's where sport meets art. Rhythmic gymnastics has made me who I am today. It taught me to be disciplined, responsible, to set and achieve goals, to push myself to become the best I can be. It gives me opportunities to travel and make new friends. To be part of the community of hard working and passionate people who love the sport - we speak the same language when performing on the carpet, no matter which part of the world we are from. I am grateful to be able to do what I love and bring happiness and inspiration to people."

"Rhythmic gymnastics has made me who I am today. It taught me to be disciplined, responsible, to set and achieve goals, to push myself to become the best I can be"

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British Gymnastics social media channels will bring you the highlights, BG Score's Twitter account will publish every score, as it happens, for every competitor.



We'll also be uploading HD highlights from the weekend so you can relive the action again and again.

www.british-gymnastics.org/champseries



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Aerobic gymnastics

What's it all about?

Aerobic gymnastics is the most energetic of all the types and routines are performed either individually or in groups.

There is no special equipment involved, it's all about strength and stamina and awesome routines. You will see high-energy performances from all ages from children up to adults.

Qualifications and finals

The Aerobic British Championships begin on Thursday and take place in the auditorium. Aerobic gymnastics is the highest energy of all the types and with routines performed individually or in pairs, trios or groups. On Thursday, our Foundation and NAC gymnasts compete for their various titles whilst our FIG gymnasts look to qualify for finals to take the British titles. These finals take place on Friday and are for the FIG gymnasts only.

Competition information

British Gymnastics has a development structure that is now recognised by other leading aerobic gymnastics countries as one of the best in the world. Coaches, clubs and technical committee members have worked hard to develop a structure that means all levels and ages of gymnasts can train and compete at an achievable and suitable level, that shows a clear pathway through the levels.

Regional Aerobic Code (RAC)

Regional Aerobic Code (RAC), is ideal for aerobic gymnasts starting their competitive journey, with elements and routines that provide a superb starting point and underpin the next level beautifully. The gymnasts are able to be trained in most venues without the need for sprung floors or equipment, making it ideal for starter clubs and schools, as well as larger established clubs who use this level as an introduction for gymnasts new to aerobics, and the gymnasts compete as individuals, pairs, trios and groups.

Foundation (FND)

Foundation is for 9 year old gymnasts, with its own compulsories (or skills that must be performed) which include a press up, straddle support, full air turn and pancake (split through), plus two other elements.

National Aerobic Code (NAC)

National Aerobic Code (NAC) is the next level for gymnasts to compete in, and again has a structure that allows gymnasts of all ages to compete, either as individuals or part of a pair, trio or group, under the same rules as the FIG gymnasts but with slightly lower elements and no compulsory moves. The NAC cup is awarded to the gymnast at the British Championships who achieves the highest score.

International Code (FIG)

FIG is the international branch of the discipline, that operates under the same rules used internationally, and each age group has its own compulsory skills that have been used to develop the gymnasts' skills. A compulsory from each skill family means that the gymnasts must train their whole body in order to progress through the age groups and show flexibility, power, dynamic strength and static strength while at the same time show terrific fitness, control and choreographic skills.

Great Britain also allows gymnasts to compete as same sex pairs at all levels nationally and RAC and NAC.

Lola Lawrence

Aerobic gymnast

At 11 years old, Lola Lawrence is already making moves on the international circuit. Known for her elegance and grace, Lola combines the technical and artistic principles of aerobic gymnastics and has produced record scores both nationally and internationally for GBR. We caught up with Lola to see what her aspirations are for the Championship Series, and why you should visit the auditorium this weekend...

What was it that made you want to try aerobic gymnastics, and how long have you been competing?

"I really wanted to be able to do the splits and be flexible, so I started at Weston AGC when I was six and I've been competing for four years."

What is it you enjoy most about aerobic gymnastics?

"I love the combination of dance and dynamic moves and how it incorporates all the different styles of gymnastics."

You've already got a lot of highlights to pick from, but what's been your best moment so far?

"In my first year in the category I got the highest international and national group one individual score ever. I also won a bronze medal for GBR with my trio in the world cup in Portugal."

Are there any secrets to your success?

"I try and turn my competition nerves into good energy before I walk on to the floor so I can be the best I can be every time. I prioritise my training so I can always deliver my best in a session."

Why should people come and watch you and all of the other aerobic gymnasts this weekend?

"Aerobics is fast and exciting with lots of different moves and themes in the routines. The theme of my routine is Frozen; I love pretending to be Queen Elsa and my leotard looks like Elsa's dress!"

What are your hopes for the Championship Series?

"If I win all three categories I am entered in, it will be three home competitions in a row that I have done this. I want to push myself as much as I can as an athlete and make other people see how good aerobic gymnastics is to watch and do."

What are your hopes for the future?

"To carry on working as hard as I can in training so I can win a world title."

"It's a fun, fast and energetic sport which always keeps the audience entertained!"

Photo courtesy of Catherine Saunders

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Gymnastics comes in many different forms, is truly for everyone and has proven to show incredible results...

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- Enabling people going through personal and financial crisis to gain confidence and fulfil potential



Gill, daughter of a Hazel taking part in the Love to Move sessions

"You can't believe the difference; I mean it's just priceless. For all the therapy she's had, this has been the thing that's worked for her. She's 93 and now she's wanting to learn to stand so she can go home in the car. We just feel lucky to have had the opportunity to do it because it's made such a difference."

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For more information visit our website

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TeamGym

What's it all about?

TeamGym is a team competition for clubs and consists of three sections: women, men and mixed teams. In each of the three disciplines a team comprises between six and twelve gymnasts and can exhibit gymnastics skills in three different disciplines: floor, trampet and tumbling. All three require effective teamwork, excellent technique and spectacular acrobatic elements. The competitions generate an excellent spirit and atmosphere and are attractive and exciting for both gymnasts and spectators.

Qualifications and finals

The TeamGym British Championships will take place on Saturday in Hall 2. TeamGym involves three disciplines: floor, tumble and trampet. There is a minimum of 6 gymnasts in a team. The teams can be all men, all women, or an equal mix of men and women, with gymnasts competing in youth, junior, senior or disability. Scores are totalled from all three apparatus to decide the champions.

On Sunday, the TeamGym Challenge also takes place in Hall 2 which sees some smaller teams competing for challenge titles.



Floor

This is performed on a 14m x 18m non-sprung floor area, to instrumental music. It emphasises good, smooth teamwork and expressive presentation. You are allowed between six and twelve gymnasts on the floor. For mixed teams, there must be an even number of men and women. All team members must perform the floor programme.

The floor programme consists mainly of gymnastic elements and meticulous choreography. A fluent and good technical performance, properly linked movements, certainty of execution and synchronisation as well as expressive presentation is the aim.

Each routine should have two pirouettes, two balance/power elements, two jumps/leaps and one combination of two elements. Women's teams also have to include body waves; men's teams swing movements of the body and the mixed teams perform work in pairs (such as lifts or throws).

Each floor routine must include six patterns or shapes on the floor. The way the gymnasts move in and out of these shapes is important. Simple walking and simple arm swinging will not get many points – even if they are all together. The emphasis should be on whole body gymnastics – the bigger acrobatic moves come in the other disciplines.



Tumbling

Teams perform tumbling series on a 15m tumbling track with good 'streaming' i.e. consecutively and quite close to each other. This can produce a very dynamic and entertaining section of the sport. The evenness of the streaming is very important.

The complete programme is performed to music. Each team performs three different rounds. Each series must consist of at least three different acrobatic elements, without intermediate steps. All members of the team must perform the same series for the first round.

Although you are allowed between six and twelve gymnasts on the floor, you only need to put six forward for each tumble pass. These can be different gymnasts for each one, provided they are in the floor routine. Mixed teams must put forward three boys and three girls for each pass.

Look out for nice flowing tumbles and controlled landing on the landing area. The gymnasts do not have to stand still at the end of their run, but must show control as they move out the way for the next tumbler.



Trampet

Teams perform somersaults on a trampet with good streaming. A part of the trampet programme is performed on a vault table. Like tumbling, the complete programme is performed to music with each team performing three different rounds with six gymnasts in each. The first round they should all perform the same element. The streaming and complexity of the elements produces some very exciting moments in this sport and again a controlled landing is important. Look out for twisting double somersaults. It is a safety requirement that two coaches stand in on the landing area.

Sara Griffin

TeamGym
gymnast



© PSB Photography

Brilliantly choreographed floor routines, somersault after somersault on the tumble track and huge air-time off the trampet, can only mean one thing; TeamGym is in town! Combining elements from multiple disciplines, it creates energy and excitement, and your friends are there every step of the way.

Sara Griffin from Saltire Team Gymnastics had success last year and returns in 2017 with a new team and a new challenge. We caught up with her as she takes us through the ins and outs of this exciting discipline...

Why should the audience watch the TeamGym competitions during the Championship Series?

"They should watch TeamGym because it's a type of gymnastics that not many people know about or have seen before. The Championship Series brings together all the top qualifying teams from across the country all aiming to perform for the British title. It's exciting to watch; the floor brings elegance and style with great synchronisation and tumble and trampet will keep the audience on the edge of their seats!"

What was it like winning the senior women's team competition last year?

"Winning the competition was an unbelievable experience. All the hard work put in by the team finally paid off and we achieved a goal we had only ever dreamed of."

"All the hard work put in by the team finally paid off and we achieved a goal we had only ever dreamed of"

And this year you're back with a new team?

"Yes; we formed a senior mixed level 1 team at the start of 2017, bringing together a team of really strong boys and girls from the club. Three of the boys were part of the GB delegation who went to the European Championships earlier this year and so was one of our girls. It's a great team!"

Have there been any challenges in working with a new team?

"There hasn't been any challenges for me working in a new team as we all get on really well and our bond and friendship just keeps on growing."

What part of being back competing at the Echo Arena are you most looking forward to?

"I'm looking forward to competing with my team in such a buzzing atmosphere, which we haven't experienced yet as a team. The senior competition is going to be thrilling this year so we can't wait!"

Why is TeamGym so special to you? Why do you love it?

"I love TeamGym because I enjoy every aspect of it, from the apparatus we train and compete in, to the competition atmosphere, to meeting and becoming friends with such amazing people."

Help with data protection

We want to tell you about an important change to the legislation regarding data protection.

A new regulation called the General Data Protection Regulation (GDPR) is now in place and is set to become adopted by UK Law. The changes will impact many of the ways organisations work and their processes relating to personal data, such as membership data.

Our current membership process is that when children and adults join a gymnastics club, they also become a member of British Gymnastics. Clubs provide details about their gymnast members to British Gymnastics to allow us to activate their membership benefits such as insurance. Due to the change in the legislation, from October 2017 clubs will no longer be able to do this. Therefore, British Gymnastics will need members (or their parent/guardian if they are under 16 years old), to join or renew their British Gymnastics membership directly with us.

We're here to support you:

British Gymnastics member clubs	Gymnasts or their parents/guardians
We want to help our valued member clubs to understand and comply with the new regulation.	When it's time, your club will provide all the help and information you need to complete the new process online.
We also want to share details of the new join and renew membership process we must introduce and launch in time for 1 October 2017.	We will ask members (or their parents/guardians if they are under 16) to go to the British Gymnastics website and complete the new membership registration process to receive the British Gymnastics membership benefits, including insurance and special offers.
At this event, we have a dedicated team available to discuss the new regulation and process in more detail.	

If you have any questions, you are welcome to visit our dedicated GDPR team here this weekend. You'll find the GDPR team near the main entrance of the Galleria.

SEE OLYMPIC STARS
BRYONY PAGE KAT DRISCOLL NATHAN BAILEY



photo: © GBR gymnastics.com

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Acrobatic gymnastics

What's it all about?

Practiced by both men and women, acrobatic gymnastics is amongst the oldest known sports dating all the way back to the ancient Egyptians. The name comes from the Greek word 'acrobateo', meaning to rise or go forth.

Acrobatic gymnastics is a modern and artistic discipline, which requires an extraordinary amount of courage and trust amongst gymnasts. Routines are choreographed to music and presented on a 12 x 12 metre sprung floor surface.

Qualifications and finals

The Acrobatic British Championships begin on Friday and run right through to Sunday in the Arena. From the expressive and creative choreography, to the spectacular and courageous balances, you will be treated to a great exhibition of awe-inspiring performances from Britain's best. Our gymnasts are split-up into age categories of 11-16yrs, 12-18yrs, 13-19yrs (junior) and senior and then further split into partnerships of a mixed pair, women's pair, men's pair, women's group (3 gymnasts) and men's group (4 gymnasts).

On Friday and Saturday we see qualification routines with the finals taking place on Sunday.

In official competitions, acrobatic gymnastics offers five different possibilities of partnerships:

- Men's, women's and mixed pairs
- Women's group (3 gymnasts)
- Men's group (4 gymnasts)

Gymnasts work in harmony and trust, each responsible for their partner or partners. Routines require a need for strength, agility, flexibility, balance and acrobatic skills. The results are spectacular, intricate balances performed on partners, exciting multiple somersaults and twisting somersaults with partners being thrown and caught.

The routines presented in competitions are up to 2 minutes and 30 seconds in length and must include a number of required collective (partnership) and individual elements of three different types: balance, dynamic, and combined.

While the balance routine must present balanced pyramidal constructions held for three seconds and other elements of strength, flexibility and agility, the dynamic routine should show flight elements such as throws, pitches and catches of the gymnasts as well as dynamic tumbling elements.

The combined routine presents elements from both the dynamic and the balance routines.

Great Britain is one of the most respected nations in the world in acrobatic gymnastics and has achieved success at World and European level with medals in all categories.



Michael Hill & Jake Phelan

The acrobatic gymnastics competitions really bring the wow factor to Echo Arena. Show-stopping routines combining strength, skill, balance, flexibility and incredible teamwork make this one of the most spectacular form of gymnastics.

Great Britain's gymnasts are truly world-class. We caught up with two of our very best gymnasts, men's pair Michael Hill and Jake Phelan from South Tyneside, to find out more..

What is it about acrobatic gymnastics that you think will get the audience's attention?

Mike: "Every routine is different and showcases a massive variety of choreography, emotion and skill which is relevant to the acrobatics discipline you perform in. The audience will be captivated by the creativity of the routines and impressed by the skills that are being performed."

What skills do you need to be a top GB acrobatic gymnast?

Jake: "To be a top GB acrobatic gymnast you need to be very patient and have determination. Not every training session will be perfect. You have to be able to push through the hard sessions and be patient as this makes you a better acrobatic gymnast and gets you closer to achieving your goals. You also need to have a good bond with your coaches. I have a great relationship with my coaches Ian and Debby Said. They understand when I've had a hard day or if I'm feeling tired and will still encourage me to do my best and achieve my dreams."

How much training do you need to do to perfect a winging routine?

Mike: "We train six days a week and have one day off. This is the structure that is followed within

South Tyneside Gymnastics Centre and they have produced many World Champions in the past. We ensure that we perform and improve our routines on a daily basis. We work on artistry, execution and difficulty as these are the criteria the judges look for."

What does that training consist of?

Jake: "In order to perfect a winning routine you need a lot of training which consists of us doing elements and sequences (all of our skills one after another which would be in our routines). We do balance, dynamic and combined sequences and also do a couple of each routines per training session when competitions are coming up."

When it gets even closer to competitions we do back to back routines. This is very tough but it means one routine on a competition day feels so much easier. Our training also includes specific conditioning for each person. For example my coaches Ian and Debby always give me conditioning which involves mainly upper body, I do a lot of specific conditioning which works my shoulders to strengthen them for my one arm work and also a lot of core, back and side conditioning. Within our sessions we also work on perfecting the choreography within our routines which contributes to our artistry scores."

"To push through the hard sessions and be patient makes you a better acrobatic gymnast and makes you achieve your goals"

Jake



How important is the partnership in terms of you being able to work together and trust each other?

Mike: "Trust is a massive part of acrobatics and having a workable relationship is a must. In some cases I see my gymnastics partner more than my family! The skills we perform if not done correctly can be dangerous and the sport is not only physically tiring but mentally draining. As a pair we need to communicate to make sure we get the most effective training possible."

In terms of your routines what will the judges be looking for to give high marks?

Mike: "The judges love creativity and good execution of skills being performed, they want to see unique and exciting routines that are memorable. Having good emotion throughout a routine helps with the overall feel and we hope that

the judges find our routines memorable for the correct reasons."

Jake: "The judges will be looking for very clean routines. The judges want to see as few mistakes as possible so they therefore want a really high level of execution, ensuring that all the skills are perfect. The judges also want to see a good artistic routine with clean and original dance which suits the music choice."

Although the judges want clean routines they also want to see hard skills performed whilst being as perfect as possible. Therefore, it's important that we balance out the difficulty and artistry of our routines and really work on perfecting all the skills in our routine to get an amazing execution mark, that then means our score will be high!"

GB Gym for Life Challenge

The GB Gym for Life Challenge 2017 takes place on Saturday and Sunday in the auditorium and is an exciting addition to the British Gymnastics event calendar with the objective to offer gymnastics groups (display teams) the opportunity to participate in a contest and have their performance evaluated.

At this event, display teams will perform their routine in a festival style, to a large audience which is also made up of a panel of trained evaluators. The evaluators will use set criteria to assess each performance and give it an overall final score. Teams will then be awarded bronze, silver or gold, dependent upon their score and each gymnast receives a pin badge to represent their award. Team awards are also given out to teams which the evaluation panel deem as showing the best representation of each individual category within the criteria.

With exciting and creative performances from children to adults of all abilities, we look forward to cheering them on as they perform in our prestigious world-class venue.



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CHAMPIONSHIP SERIES GALA EVENING

As part of this exciting weekend of gymnastics, we have an evening of entertainment highlighting the best of team gymnastics.

Make sure you have your ticket to the hottest event this weekend!

GYMNASTICS GALA EVENING

Friday 27 July, 7:30pm – 9:30pm
Auditorium, Echo Arena Liverpool

We are proud to present an evening of dynamic, high quality routines showcasing the breadth of gymnastics. The gala will feature performances of **rhythmic, artistic, teamgym, acrobatic** and **aerobic gymnastics** with each routine displaying the unique qualities of their discipline.

Prepare to be amazed with the power, elegance and grace on display, as well as team spirit, vitality and energy. These expressive displays are not to be missed!

Tickets are just £5* at the box office, on production of your Champ Series ticket, or £10* as a stand-alone ticket.
* (booking fees apply)

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2016 Senior gold winners

The battle is on for the top gymnasts to take the titles and proudly stand on the top of the podium with the gold medal around their neck!

Here's a low down of who scooped the top trophies at last year's championships...

Acrobatic

Women's Group Combined Champions

Kaisha Dessalines-Wright, Louise Miller and Sammy Britten
Honiton Gym Club

Aerobic

Women's Individual Champion

Ella Augier
Bulmershe Gym Club

TeamGym

Men's Team All Apparatus Champions

Bracknell Gymnastics Club Senior Men

Women's Team All Apparatus Champions

Saltire Team Gymnastics Senior Women

Mixed Team All Apparatus Champions

Reddam Gymnastics Senior Mixed

Rhythmic

Individual All-Around Champion

Stephani Sherlock
Esprit Rhythmic Gymnastics

Ribbon Champion

Laura Halford
Esprit Rhythmic Gymnastics

Hoop Champion

Gemma Frizelle
Llanelli Rhythmic Acadmey

Clubs Champion

Laura Halford
Esprit Rhythmic Gymnastics

Ball Champion

Stephani Sherlock
Esprit Rhythmic Gymnastics

Group All-Around Champions

Gabriela Caruso, Katy Coleman, Gemma Lewis, Maya Lucas, Ellie Morse and Erin Robinson
Esprit Rhythmic Gymnastics

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Get involved!

For every group of gymnasts, there's a volunteer somewhere in the background helping them fulfil their potential. As gymnastics' popularity continues to grow, we need more volunteers than ever to help run this thriving sport.

There are lots of opportunities to volunteer at our events, in a club or in a technical or administrative support role. Could coaching be for you? How about judging or playing a role behind the scenes? Whatever your experience, skills or interest, there is a volunteering opportunity to suit you.

Getting involved couldn't be easier. Just visit www.british-gymnastics.org/volunteering where we can help find the right opportunity for you. Or you could simply ask your club if they have any opportunities to get more involved. We're sure they'd be thrilled to hear from you.

Has your gymnastics experience been enhanced by a volunteer? If you know of someone who is doing a fantastic job – just email us at volunteering@british-gymnastics.org. Whether it's a shout out on social media or writing their story, we have lots of ways of recognising volunteers within our gymnastics community.

We would like to take this opportunity to thank all of those who have given up their time and worked tirelessly to make this event such a success. Their energy, enthusiasm and commitment have been invaluable to us.

Thanks

Acrobatic Judges

Andy Farley
Caroline Hodgson
Laura Jennings
Shaun Malone
Dawn Mitchell
Emma Parr
Victoria Pattison
Stephen Raine
Melanie Sanders
Sonia Staykova
Adam Wixey
Adam Wong
Judy Wootton

Floor Manager

Elizabeth Mounsdon

Warm-up Hall Managers

Michelle Mounsdon

Organising Team

Sue Arnison
Marie Grehan

Aerobic Judges

Antonio Barrone
Claire Cundy
Samantha Fisher
Martine Griffiths
Natalia Ilienkov-Jarvis
Shea Jones
Emily Keane
Su Killeen
Rebecca Mackerall
Leanne Markey
Jackie Murphy
Gabija Sadauskaite
Nigel Saunders
Amy Woods

Floor Managers

Tash Hunt
Jade Hayes
Deb Antoine

Rhythmic Judges

Anni Ahmavaara
Elaine Bailie
Jo Coombs
Karen Crutchley
Laura Donaldson
Rachel Haines
Lisa Higgins
Laura Hogg
Vicki Pearson
Judy Warrack
Ruth Wilson

Officials

Valentina Barker
Miroslava Cucul Pinzaru
Josie Partleton
Alina Sales
Naomi Turton

Floor Manager

Joy Dulston

Warm-up Hall Manager

Jane Nicholson

TeamGym Judges

Amanda Boucher
Peter Brooke
Claire Clarke
Julie Deans
Justin Frank
Michelle George
Enid Harrison
Diane Heelas
Keith Hughes
Kristin Idelson
Maggie Kerr
Candice Littlejohn
Mairi McGinley
Louise Mearns
Bethany Morley
Kathie Pryde Jarman
Megan Richardson
Lisa Rose
Lesley Rutter
Lisa Souter
Nikki Stewart
Jennifer Thompson
Peter Tranckle
Nicky Webster
Liz White

Floor Manager

Donna Crowther

Warm-up Hall Manager

Carina Brown
Tom Campbell

Registration

Eve Crowther

National Competition Organisers

Sandra Sargeant, Acrobatic
Martine Griffiths, Aerobic
Nicky Richards, Rhythmic
Donna Crowther, TeamGym

Announcers

Grace Blacklock
Tania Bonici
Steve Frew
James Green
Frankie Mae
Tony McNicoll
Carol-Ange Orchard

Special Thanks

The Acrobatic, Aerobic,
Rhythmic and TeamGym
Technical Committees

British Gymnastics Young
Leader Academy Volunteers

Ceremonies

Hartford School of
Gymnastics

Event Presentation

Novum Audio Visual

Electronic Scoring

BG Score

GB Gym for Life Challenge Evaluation Panel

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Wendy Lucas
Katherine Saunders

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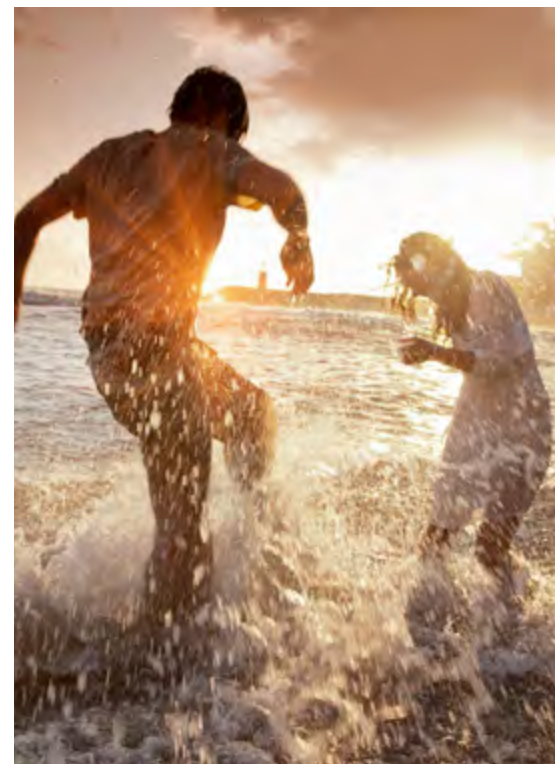


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Sport England is focused on helping people and communities across the country create a sporting habit for life. Sport England's significant investment into gymnastics supports us in growing the sport and giving our gymnasts a great sporting experience. www.sportengland.org

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We would like to thank and acknowledge our sponsor **Quatro**, the official gymnastics leotard supplier to British Gymnastics. Our squad gymnasts only wear Quatro leotards when they train with us and take centre stage in international competitions, competing for British Gymnastics. www.quatrogymnastics.com

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British Gymnastics is on a roll. Participation and membership numbers are rising, fans are brought closer than ever and our medal-winning British teams have never been so prolific.

As one of the most successful sports governing bodies in the UK, we're thrilled with what's been achieved:

- Seven Olympic medals at Rio, of which two were gold
- 22.2 million watched the BBC coverage on Sunday's Olympic Games with a peak of 10.4 million tuning in for Max Whitlock's second gold medal
- Over 700,000 annually visit www.DiscoverGymnastics.uk to find out about taking part in gymnastics
- Over 330,000 members across the UK, up 100,000 between London 2012 and Rio 2016
- 1.1 million partaking in gymnastics activity each month

How we can help your business

Partnering with us is a fantastic way to join us on our upwards journey whilst helping you achieve your business goals.

We have a number of exciting partnership opportunities available across the breadth of our sport and can offer:

- Brand association
- Title sponsorship of competitions and events
- The ability to tell rich brand stories through co-created content

To discuss how we can work with your company to share this passion and succeed together, please contact:

Nick Horswell, Partnerships Manager

nick.horswell@british-gymnastics.org

or call 0345 129 7129

Health & safety at Echo arena

British Gymnastics draws your attention to the following Health and Safety announcement.

- Please take a moment to locate the fire exit nearest to where you are sitting. In an emergency, listen to the evacuation announcement and follow the instructions of the stewards.
- It is important to ensure that gangways and stairwells remain clear at all times. Your personal belongings should be kept with you at all times. If baggage is found unattended it will be removed and may be destroyed.
- In the interests of child protection, photographs and videos may only be taken during today's event in accordance with conditions set by British Gymnastics. Photos may only be taken for personal use.
- The use of flash or supplementary lighting is not permitted while gymnasts are warming up or competing. Please make sure that your flash is turned off each time you use your camera. Video cameras may only be used, if operating from battery. Also, the use of tripods in the seating and walkways is forbidden.
- Please note there may be strobe lighting, fog effects and loud noises during these championships.
- Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should either be switched off or placed in silent mode.

We appreciate your co-operation in these matters and thank you for your attention.

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