



2017
**TRAMPOLINE
TUMBLING & DMT
BRITISH
CHAMPIONSHIPS**

23-24 SEPTEMBER | LIVERPOOL

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2017 Trampoline, Tumbling & DMT British Championships

Trampoline



Tumbling



DMT



Welcome

We are delighted to welcome you to Echo Arena and to these exciting Championships to cheer on Britain's best trampoline, tumbling and double mini trampoline gymnasts and be entertained by their amazing performances.

This Championship showcases the talents of the most exceptional gymnasts in the country, including some of our Olympians from the 2016 Rio Olympic Games and Great Britain gymnasts who competed at the recent World Games. It is a truly world class event, meticulously designed to replicate World Championship and Olympic Games conditions.

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 Championships without them.

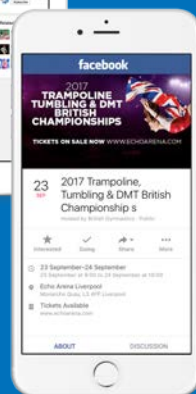
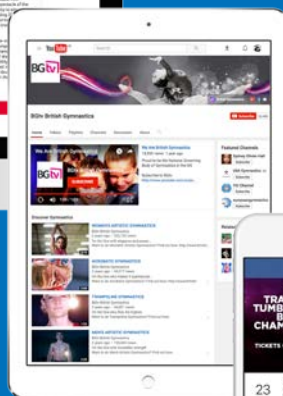
This really is a remarkable time to be involved in British Gymnastics. Participation and membership are rising, fans are growing and our medal-winning British teams have never been so prolific. We are very proud of the part we have played in driving the development, delivery, promotion and success of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

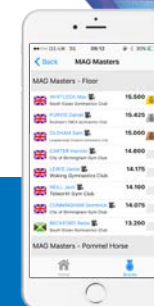
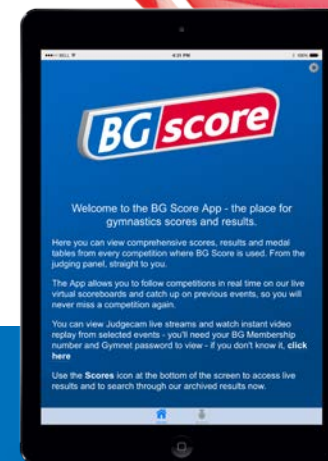
Watch us 'Live' at **british-gymnastics.org**

Want to see the action through the judges' eyes? Go to www.british-gymnastics.org/tratumdmt to watch all of the action live through the individual competition cameras. You can also tune in on Sunday to watch special coverage of the senior finals. Someone at home missing the event? They can watch all the action too!



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We want to hear from you!
Post your tweets and selfies to
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We'll pick out some of our
favourites to go on our event
tweetwall and website.



BG Score is the official scoring system of British Gymnastics, used at major gymnastics events and all British Championships.

For live scores and rankings, visit the BG Score app for free. Use the app to watch:

- live individual cameras, broadcasting all day
- instant video replays where available when logged in as a British Gymnastics member.

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/tratumdmt



Download the
BG Score app



Competition schedule

Times are subject to change.

Saturday 23 September

| | | | |
|---------------|------------|---------------------------------|-------|
| 9:00 – 10:00 | Trampoline | Synchro 9–12 years | W / M |
| | DMT | 13 – 14 years | W / M |
| 10:00 – 11:00 | Trampoline | Synchro 13 – 17 & 17+ years | W / M |
| | DMT | 15 – 16 years | W / M |
| 11:00 – 12:00 | Tumbling | 9 – 10 years | W / M |
| | Trampoline | 9 – 10 years | W / M |
| 12:00 – 13:00 | DMT | 17 – 18 years | W / M |
| | Tumbling | 11 – 12 years | W / M |
| 12:00 – 13:00 | Trampoline | Nat 2 Category 1 & 2 disability | W / M |
| | DMT | Senior | W |
| 12:00 – 13:00 | Tumbling | 13 – 14 years | W / M |
| | DMT | Senior | W |
| Break | | | |
| 14:00 – 15:00 | Trampoline | 11 – 12 years | W / M |
| | DMT | Senior | M |
| 15:00 – 15:45 | Tumbling | 15 – 16 years | W / M |
| | Trampoline | 13 – 14 years | W / M |
| 15:45 – 16:30 | DMT | 9 – 10 years | W |
| | Tumbling | Senior | W |
| 16:30 – 17:15 | Trampoline | 15 – 16 & 17 – 19 years | W / M |
| | DMT | 9 – 10 years | M |
| 17:15 – 18:05 | Tumbling | Senior | M |
| | Trampoline | Senior | W |
| 17:15 – 18:05 | DMT | 11 – 12 years | M |
| | Tumbling | 17 – 21 years | W |
| 17:15 – 18:05 | Trampoline | Senior | M |
| | DMT | 11 – 12 years | W |
| 17:15 – 18:05 | Tumbling | 17 – 21 years | M |
| | DMT | 11 – 12 years | W |

Not sure of the technical terms?
Read **p14** to learn more about trampoline, tumbling and DMT

Key:

W = Women
M = Men
Synchro = Synchronised trampoline

Category 1 disability
Learning disability

Category 2 disability
Physical disability and sensory impairment

Sunday 24 September

| | | | |
|---------------|------------|---------------------------------|-------|
| 9:00 – 10:00 | Trampoline | Synchro 9–12 | W / M |
| | DMT | 13 – 14 years | W / M |
| 10:00 – 11:00 | Tumbling | 9 – 10 years | W / M |
| | Trampoline | Synchro 13 – 17 & 17+ years | W / M |
| 11:00 – 12:00 | DMT | 15 – 16 years | W / M |
| | Tumbling | 11 – 12 years | W / M |
| 12:00 – 13:00 | Trampoline | 9 – 10 years | W / M |
| | DMT | 17 – 18 years | W / M |
| 12:00 – 13:00 | Tumbling | 13 – 14 years | W / M |
| | Trampoline | Nat 2 Category 1 & 2 disability | W / M |
| 12:00 – 13:00 | DMT | Senior | W |
| | Tumbling | 15 – 16 years | W |
| Break | | | |
| 14:00 – 14:40 | Trampoline | 11 – 12 years | W / M |
| | DMT | Senior | M |
| 14:40 – 15:20 | Tumbling | 15 – 16 years | M |
| | Trampoline | 13 – 14 years | W / M |
| 15:20 – 16:00 | DMT | 9 – 10 years | W |
| | Tumbling | Senior | W |
| 16:00 – 16:40 | Trampoline | 15 – 16 years | W / M |
| | DMT | 9 – 10 years | M |
| 16:40 – 17:20 | Tumbling | Senior | M |
| | Trampoline | Senior | W |
| 16:40 – 17:20 | Trampoline | 17 – 19 years | M |
| | DMT | 11 – 12 years | M |
| 16:40 – 17:20 | Tumbling | 17 – 21 years | W |
| | Trampoline | Senior | M |
| 16:40 – 17:20 | Trampoline | 17 – 19 years | W |
| | DMT | 11 – 12 years | W |
| 16:40 – 17:20 | Tumbling | 17 – 21 years | M |
| | DMT | 11 – 12 years | W |

What to expect on each day

Saturday 23 September

On Saturday, you will see the best trampoline, tumbling and double mini trampoline gymnasts perform their qualifying routines across the various age groups. For those in categories with less than eight competitors, all gymnasts will advance to the finals but for those with more than this amount, only the top eight will qualify for Sunday's finals.



Sunday 24 September

On Sunday, the finalists take to the arena to fight for the coveted British titles in all three disciplines.

Who will be our 2017 British champions?

Your chance to meet...

Bryony said: "The support I've had since Rio 2016 has been incredible and I've really enjoyed having the opportunity to meet so many aspiring trampoline gymnasts and share stories and love for our amazing sport. After Rio I elected to have surgery to fix a long-term ankle issue so that I could continue trampolining for many more years to come. Unfortunately, after returning to the trampoline for several months at the start of the year, it became apparent that I needed further ankle surgery which took place in June and has delayed my return to competition. Sadly, this means I won't be competing here at the British Championships this year. It's really disappointing as it's a competition that means a lot to me and this will be the first time I haven't competed since my first British Championships in 2001. I'm currently working with the British Gymnastics EIS medical team on my rehab programme with a positive outlook and moving forwards to a full recovery and return to competition as soon as possible. As one door closes another one opens and I am delighted to say I will be attending all weekend to watch the competition, meet the spectators, gymnasts and volunteers, and work alongside the British Gymnastics media team. I want to thank everyone for their continued support and wish all the gymnasts and coaches the best of luck for an enjoyable and successful competition."

When you can meet Bryony

On Saturday Bryony will be on our GymShop on the arena concourse from 11am-12pm and then why not grab a photo with her on our "selfie stand" between 2-3pm.

On Sunday she will again be at the GymShop between 11am-12pm.

Olympic silver medallist Bryony Page is looking forward to meeting spectators and gymnasts at the British Championships as she continues her comeback to competition. Bryony has been recovering from ankle surgery over the last few months which unfortunately means she is unable to compete this year, however she is in Liverpool for the whole weekend supporting the gymnasts and meeting all her supporters.

Trampoline Tumbling & DMT

What's it all about?

Trampoline is one of the most exhilarating sports there is. The sky really is the limit. Gymnasts perform spectacular aerial tricks and skills and build up to some incredible big-air stunts. Trampoline gymnasts experience between 4-7 G-force during routines (similar to that of a Formula 1 driver), therefore athletes must be strong enough to control four times their body weight!

Tumbling is a truly breath-taking type of gymnastics. It's all about somersaults, flips and twists - and linking them together, one right after the other. Top tumblers are extremely powerful and must have speed down the runway but control on the landing.

Double mini trampoline packs a lot of action into a short space of time. Combining explosive power with high-flying stunts, gymnasts have incredible strength and co-ordination and can perform amazing flips and tricks.



Trampoline

This is a spectacular sport that can require a top trampoline gymnast to reach heights of 10 metres whilst performing multiple somersaults and twists.

An individual trampoline routine is made up from ten skills and must start and finish on the feet with competition made up of a voluntary and set routines. The set routine includes a sequence of specific skills that all gymnasts must complete while the voluntary or "vol" routine lets the gymnast create their own routine with the skills they want to perform.

As well as looking for good execution of the skills and high difficulty, trampoline judges also take into account the amount of time the gymnast spends in the air - known as time of flight which is added to the final score.

Synchronised trampoline demands the same skill as individual trampoline, while adding the element of precision timing. Using two trampolines, two gymnasts perform identical ten-skill routines at the same time.

Tumbling

This discipline is extremely spectacular and requires dynamic reactions, spatial awareness, co-ordination, power, strength and courage. The action takes no more than a few seconds but requires years of hard work.

Tumbling is an explosive sport performed on a 25-metre-long spring runway (tumble track) that helps the gymnasts rebound as high as fifteen feet in the air as they demonstrate speed, strength and agility while executing a series of somersaults and twists. Tumblers travel along the tumble track performing eight consecutive skills. The judges are looking for no interruption or change of rhythm and only the feet or hands touching the tumble track.

Double Mini Trampoline (DMT)

This competition combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the gymnast jumps onto a bed less than a quarter the size of a trampoline to perform a skill - single, double and triple somersaults, immediately followed by a dismount element onto a landing mat. The first part of the double-mini trampoline is called the mount, which is at an angle and gymnasts perform skills from this onto the second. This part is called the spotter. Skills can be performed back onto the mini trampoline or as a dismount onto the landing mat.

Judges are looking for good execution of skills and high difficulty with controlled landings within the designated zone.

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Luke Strong

Trampoline gymnast

Local trampoline star Luke Strong has a busy weekend ahead of him at the 2017 trampoline, tumbling and double mini trampoline championships. The hometown hero's main ambition will be to recapture the senior trampoline title he last won in 2015. He will also have a keen eye on the DMT events though and fellow GB star Andrew Houston, who Luke mentors at the Liverpool Trampoline Gymnastics Academy.

"If at the end Andrew and I have both achieved our targets, I think we'll be very satisfied and will have done our city proud"

Luke, what's it like working with GB teammate Andrew Houston?

"We talk over the programme, what passes we want to achieve and then Andrew tends to take the lead and I'll just give advice when I can."

How does mentoring fit in with your training?

"I think it actually helps me working with Andrew and having that other focus in the gym. Being an elite trampoline gymnast means a lot of dedication and commitment and so having something else to think about when I'm not training is a really good way of giving myself a mental rest. I get to think about something other than my own career and also, it's great to



Andrew Houston

be able to pass on some of my experience. I think being in elite sport hopefully means I'm a bit more understanding of the gymnast's situations and can relate to their experience."

How are you feeling about this weekend?

"I'm really excited that the British Championships are back in Liverpool in my home town. Our gym is just down the road from the Echo Arena so it would be great to be able to produce our best routines for the Liverpool crowd. My primary focus is my own performance and achieving what I want to on the trampoline and then outside of that I can support the other gymnasts. If at the end Andrew and I have both achieved our targets I think we'll be very satisfied and will have done our city proud."

2017 TRAMPOLINE TUMBLING & DMT BRITISH CHAMPIONSHIPS

We're delighted to announce that
Official Honda dealer JT Hughes are backing
British gymnasts by supplying a fabulous
Honda to the senior men's and women's
trampoline champions for a year.

Huge thanks to all at JT Hughes for their
ongoing support to our gymnasts!



JT Hughes



We all know that gymnastics isn't just about
big somersaults and extraordinary leaps.

British Gymnastics Foundation uses gymnastics
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continue in the sport they love due to financial crisis.

Why gymnastics?

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

What are the results?

- Improving memory and cognition for people living with dementia
- Improving mobility and coordination for disabled people
- Enabling people going through personal and financial crisis to gain confidence and fulfil potential



Gill, daughter of Hazel comments on our chair-based gymnastics programme, Love to Move

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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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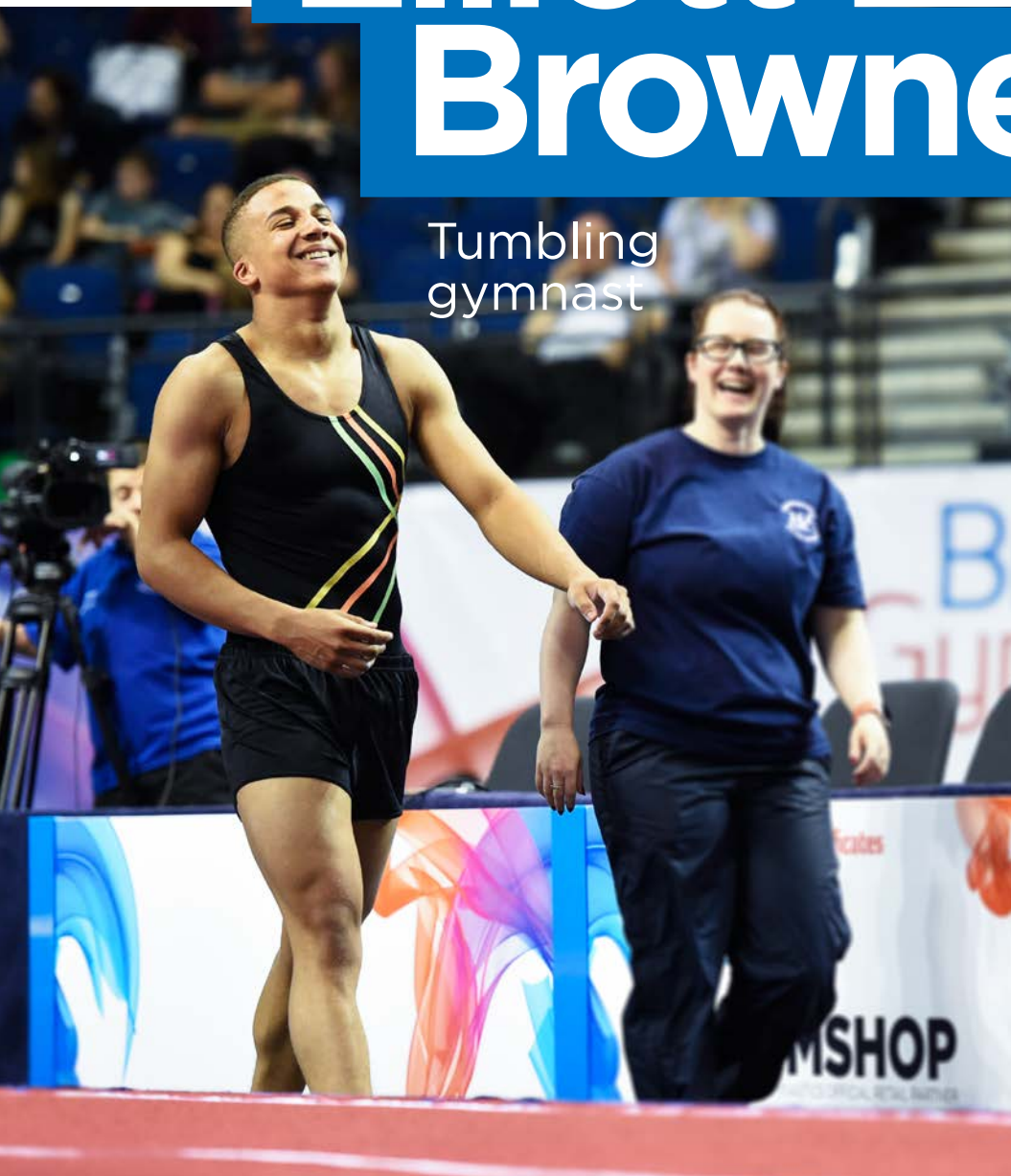
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Elliott Browne

Tumbling
gymnast



Trampoline, Tumbling & DMT British Championships Liverpool 2017



Tumbling is a truly breath-taking type of gymnastics. It's all about somersaults, flips and twists - and linking them together, one right after the other. We caught up with our World Games tumbling gymnast Elliott Browne to give us the low-down on this spectacular sport...

Elliott, why should the crowd keep an eye on the tumbling competitions?

"Tumbling is a fast, explosive sport and I think it's different to most sports. You see various somersaults ranging from twisting to doubles and triples! It's like the 100-metre sprint of gymnastics."

What are your hopes for the competition this year?

"My hopes for this competition will be to land four out of four runs and see where I finish after qualifications and then step up in the final. I've made quite a lot of upgrades this year so I will be looking to perform two twisting transitions to a 'Miller'* which I haven't actually competed yet. Then a full full transition to a full twisting triple pike."

What was your World Games experience like?

"Attending the World Games this year was absolutely amazing, just to go there and be the only lad from GBR competing tumbling was an honour. The amount of support we had as a country was quality - we had so many Brits in the crowd you could hear cheering for you!"

Any top tips for young tumbling gymnasts?

"I tell them to try and keep positive on the harder days, we all have them. Work hard in the conditioning as it will benefit your tumbling. Remember to have fun and don't take it all too seriously!"

"Attending the World Games this year was absolutely amazing. Just to go there and be the only lad from GBR competing in tumbling was an honour"

* A Miller is a triple twisting, double straight somersault

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EUROPEAN
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Double mini trampoline gymnast

One moment, you're hurtling down a runway at top speed. The next, you're launching yourself into the sky. Two huge aerial tricks later, you finally come back to earth. Double mini trampoline packs a lot of action into a short space of time. Great Britain gymnast Kirsty Way talks us through her favourite discipline...

"I chose DMT because it's not a majority sport; it's so different from every other discipline out there"

Kirsty, why should the crowd look out for the DMT competitions?

"The audience should watch DMT because it's action-packed and exciting. The trampoline is so small, yet you can expect to see lots of somersaults and twists in such a short space of time. Be sure to check out the landings too, they're one of the most important components of a pass."

What made you chose DMT?

"I chose DMT because it's not a majority sport; it's so different from every other discipline out there. It's based on adrenaline and power, and the feeling you get when you nail a pass in the box is incredible."

What's your aim for the British Championships?

"My hope this year is to complete the four passes I have been working on in training. A gold medal on top of that would also be great."

How will your World Games experience help you?

"The World Games was the most incredible experience. Competing in that arena, knowing I was representing my country was the motivation I needed to complete four solid passes. It has definitely given me the confidence to come to the British Championships and compete with the same positive mindset and hopefully achieve some great results."

What skills should people look out for?

"Men's and women's DMT can be very different. But for a senior woman you should look for a variety of double-double passes, with the dismount containing most of the different twists and shapes."

Any top tips for aspiring DMT gymnasts?

"To improve your skills you need to focus on running fast and hitting the mount with as much power as possible- this will ensure you get enough height to compete your skill. The landing is just as important, so always aim for 'the stick!'"

Photo courtesy of FIG

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2016 Senior Gold winners

Trampoline, Tumbling & DMT British Championships Liverpool 2017

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...

Trampoline

Women

GOLD Pamela Clark
SILVER Bryony Page
BRONZE Kat Driscoll

Men

GOLD Nathan Bailey
SILVER Luke Strong
BRONZE Lewis Bartlett

DMT

Women

GOLD Sapphire Dallard
SILVER Caitlin O'Brien
BRONZE Bethany Williamson

Men

GOLD Nathaniel Scott
SILVER Benjamin Atkins
BRONZE Daniel Sale

Disability Trampoline

Category 1 Women

GOLD Breanne Murzyn
SILVER Laura Young
SILVER Jessica Greaves

Category 1 Men

GOLD Stuart Sharpe
SILVER William Morton-Hall
BRONZE Robbie Andrews

Category 2 Women

GOLD Charlotte Tate
SILVER Aliyah Huggins
BRONZE Anya Robinson

Category 1 Men

GOLD Nathan Heasman
SILVER Adam Heasman
BRONZE Jack Tattersall

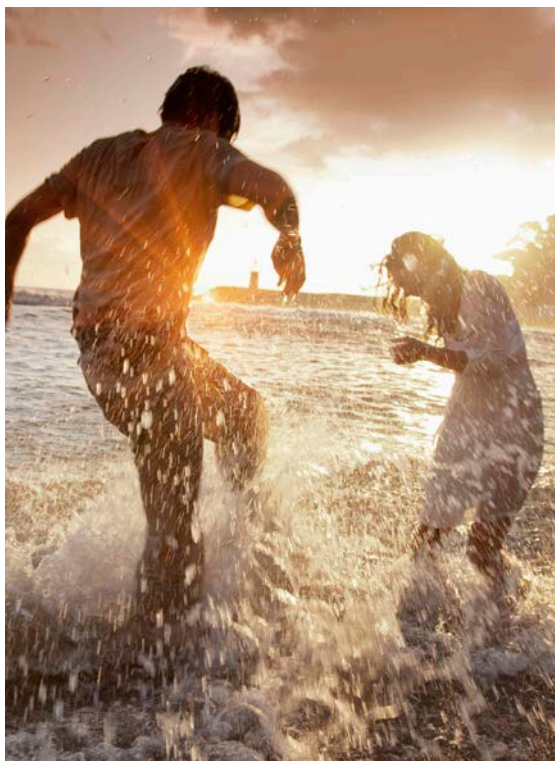
Tumbling

Women

GOLD Rachel Davies
SILVER Lucie Colebeck
BRONZE Yasmin Taite

Men

GOLD Kristof Willerton
SILVER Elliott Browne
BRONZE Greg Townley



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Andrew Coulter
Andrew Jones
Anne Skyrme
Biz Scales
Brian Scott
Bruce Craig
Charlotte Reeks
Clive Morgan
Helen Moore
Ian Elliman
John Wills
June Short
Laura Caswell
Lynn Simpson
Lynzi Smythe
Mark Foley
Martin Laws
Mike Armstrong
Peter Heames
Sarah Warren-Smith
Steve Sampson
Sue Freeman
Sue Williams
Tony Hull
Yasmin Stammers

Tumbling Judges

Alex Shaw
Gemma Evans
John Murray
Lindsay Nugent
Lydia Hull
Neale Davies
Ollie Reis
Pat Briggs
Phil Bruce
Sam Dronsfield
Stuart Langan
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Kathy Webb (DMT)
Alex Antonius (Tumbling)
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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

Coaches are at the heart of British Gymnastics. You're with your gymnasts **every step** of the way.

And British Gymnastics is there to **support** you

Maybe you're a **parent, teacher, helper** or a **gymnast**

Whether you're thinking of **starting out**, or developing your **coaching** further



Get into coaching

british-gymnastics.org/coaching

British
Gymnastics
More than a sport

British
Gymnastics
More than a sport

Do something amazing with your time –

Volunteer

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.



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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