

British
Gymnastics
More than a sport



2018 ACROBATIC GYMNASTICS BRITISH CHAMPIONSHIPS

17 - 18 FEBRUARY

FENTON MANOR, STOKE-ON-TRENT

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WORLD & EUROPEAN MEDALLISTS

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



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2018 Acrobatic Gymnastics British Championships



Welcome

I am delighted to welcome you to this exciting Acrobatic Gymnastics British Championship to cheer on Britain's best acrobatic gymnasts and be entertained by their amazing performances.

This Championship showcases remarkable skills and we would like to congratulate all the gymnasts, their coaches and clubs across the UK for securing the right to compete at this prestigious event. This can only be achieved through significant dedication from the gymnasts as well as all those who coach and support them.

I also want to thank all those who make these Championship events possible and such a success including the volunteers, judges, and officials – we simply couldn't stage this event without them.

I sincerely hope you all enjoy this exciting Championship – please feel free to clap, cheer and show your support!

Brian Everett MBE
President, British Gymnastics

LOTTO ARENA
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World Championships & WAGC
 Acrobatics 2018
 4-15 april - Antwerp
 www.acrobatics2018.com

Preferential
 tariff for groups!
 #acrobatics2018



Competition schedule

Times are subject to change.

Saturday 17 February

Not sure of the technical terms? Read **p10** to learn more about acrobatic gymnastics

Time	Qualifications
09:00 - 10:15	11-16 MP, MXP Balance, WG & MG Dynamic
10:25 - 11:25	11-16 WP Balance & WG Dynamic
11:35 - 12:22	11-16 WP Balance, 12-18 WG Dynamic
12:30 - 13:30	12-18 MP, MXP & WP Balance, WG & MG Dynamic
13:30 - 14:15	Lunch Break
14:15 - 15:30	11-16 MP, MXP Dynamic, WG & MG Balance
15:40 - 16:40	11-16 WP Dynamic & WG Balance
16:50 - 17:44	11-16 WP Dynamic, 12-18 WG Balance
17:55 - 18:55	12-18 MP, MXP & WP Dynamic, WG & MG Balance
19:05 - 20:06	13-19 MP, MXP, WP Balance & WG Dynamic, SMP, MXP, WP Balance & WG Dynamic

Sunday 18 February

Time	Qualifications
09:30 - 10:30	13-19 MP, MXP, WP Dynamic & WG Balance, SMP, MP, WP Dynamic & WG Balance
10:40 - 11:22	11-16 Finals - MXP Balance, MP & MG Dynamic
11:33 - 12:13	11-16 Finals - WP Dynamic & WG Balance
12:15 - 12:30	Award Ceremony - 11-16
12:30 - 13:30	Lunch Break
13:30 - 14:30	12-18 Combined Finals - MP, MXP, WP, WG & MG
14:40 - 15:46	13-19 and Senior Combined Finals - MP, MXP, WP & WG
15:50 - 16:20	Award Ceremony 12-18, 13-19 & Senior

Key:

W = Women G = Group
 M = Men P = Pairs
 T = Trio MxP = Mixed Pairs

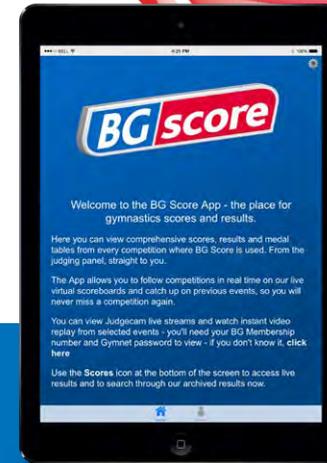
Follow the action at british-gymnastics.org

If you head to british-gymnastics.org/acrobritish, you'll be able to find the latest news and live scoring. Here you can also have access to our judge cams. These cameras are specifically set up for judge purposes but during the event you can also have access to watch the competition.



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We want to hear from you!
Post your tweets and selfies on
Twitter & Instagram with **#2018British**
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
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Our social media channels will bring you the highlights and BG Score's Twitter account will publish every score, as it happens, for every competitor.



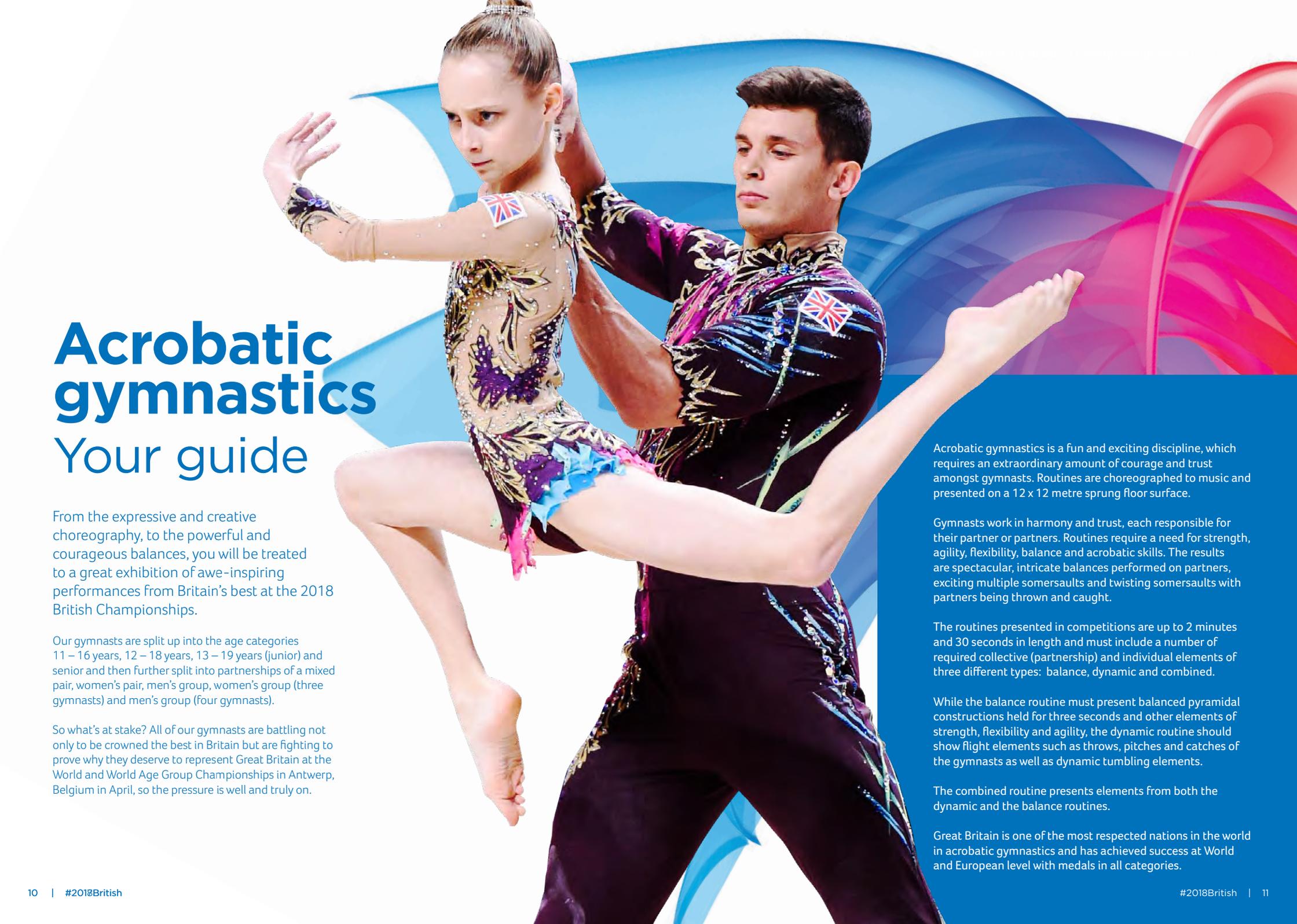
We'll also be uploading some of the top routine videos after the event

www.british-gymnastics.org/acrobritish



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Acrobatic gymnastics

Your guide

From the expressive and creative choreography, to the powerful and courageous balances, you will be treated to a great exhibition of awe-inspiring performances from Britain's best at the 2018 British Championships.

Our gymnasts are split up into the age categories 11 – 16 years, 12 – 18 years, 13 – 19 years (junior) and senior and then further split into partnerships of a mixed pair, women's pair, men's group, women's group (three gymnasts) and men's group (four gymnasts).

So what's at stake? All of our gymnasts are battling not only to be crowned the best in Britain but are fighting to prove why they deserve to represent Great Britain at the World and World Age Group Championships in Antwerp, Belgium in April, so the pressure is well and truly on.

Acrobatic gymnastics is a fun and exciting 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.

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.

What to expect on each day

Saturday 17 February

Qualifications

On Saturday, all gymnasts will perform their qualifying routines. Looking to impress the judges and make the finals with carefully crafted balance routines and fast and impressive dynamic sequences, gymnasts must finish in the top eight in their category to qualify to the final. If there is less than eight in the category only six partnerships can advance.



GYMNOVA
A Passion For Gymnastics



Sunday 18 February

Qualifications and finals

On Sunday, the seniors and juniors (13 – 19 year olds) finish their final qualification routines and then all partnership begin their finals. Who will take the 2018 British titles?

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01282 444690

Quick
catch
up...



Skills, strength and co-ordination; flying through the air, spinning and twisting, balances and throws timed and choreographed to perfection. Becoming a GBR acrobatic gymnast requires a huge skill set and on top of this it's vital in acrobatic gymnastics that you excel working as a team.

We caught up with 2017 European Championship silver medal winner Jennifer who tells us more about how important the partnerships are in this unique sport.

Jen, you're with a new partnership since the Europeans. How many partnerships have you been in and what's it like changing?

Yes, I have changed partnership since the European Championships. Roxy (Roxanna Parker) and I have stayed together and have now got a new top, Kira (Dunn). Since 2011, I have had four different partnerships for different lengths of time. I have not found changing partnerships to be that challenging, I find that in order to work well together, you have to ensure you understand how the other people in your partnership like to train. On a personal level this can be really fun and interesting, you get to learn loads about the group of people you train with and it gives you a new energy and aims.

You've had a really successful career, what have been the highlights and stand out moments?

Throughout my career I have been extremely fortunate to have so many great experiences. Some of the stand out moments have been going to the inaugural European Games in 2015 - getting to be part of a multi-sporting event was so exciting! Also, being invited to perform at the Rio Olympics in 2016 was really fun and a trip that I will never forget. One last stand out point was the dynamic silver medal that we won at the European Championships in 2017.



There have been other gymnasts you've worked with retire from the sport, what's made you carry on?

I have continued to train whilst others around me have retired because of the massive range of opportunities it has given me over the years and the continued challenge to improve and work towards the next competition. I also think that because I have changed partners several times in the last few years, training has changed and I have been allowed to work with new partners who are also looking to have new experiences.

What does your training schedule look like and how does that fit around other aspects of your life?

I am currently training twenty-four hours a week. Alongside this I am doing some coaching at the gym which I have been doing for the last few years. I am also teaching a gym squad at a local school which is a new venture for me and I am really enjoying the challenge. I also have a very small admin role which I do in the morning 2-3 days a week. These jobs all work around my schedule and everyone I work with has been super supportive whenever I have had conflicts with my training. Somehow in the midst of all of this I do find time to catch up with friends and have a social life!

Finally, what are the goals for this year and beyond?

This year I am hoping to compete at the World Championships and then I have a place at university in September which I am really looking forward to.

2017 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...

11-16yrs

Women's Pair – dynamic

Spelthorne Gymnastics
Carpenter, Yates

Men's Pair – dynamic

Spelthorne Gymnastics
Collier, Morris-Hunt

Women's Group – balance

Heathrow Gym Club
Berry, Hines, Roper

Men's Group – dynamic

Spelthorne Gymnastics
Axford, Crawford, Patrick-Lothian, Robinson

Mixed Pair – balance

Wakefield Gym Club
Cunningham, Hill

12-18yrs - combined

Women's Pair

Wakefield Gym Club
Hancox, Procter

Men's Pair

Spelthorne Gymnastics
Gray, Windows

Women's Group

Richmond Gymnastics Association
Bennett, Dawson, Riekstins

Mixed Pair

Heathrow Gym Club
Franklin, Sanz

13-19yrs - combined

Women's Pair

Kind Edmund Acro Gym
Davey, Strachan-Wills

Men's Pair

Heathrow Gym Club
Blower, Portugal-Walker

Women's Group

Deerness Valley Gym Club
MacDougall, Owston, Pamler

Men's Group

Richmond Gymnastics Association
Balfe, Cardillo-Zallo, Lim, Papworth

Mixed Pair

Spelthorne Gymnastics
Cowler, Jagers

Senior - combined

Men's Pair

South Tyneside Gym Club
Hill, Phelan

Women's Group

Heathrow Gym Club
Boardman, Haigh, Hancock

Men's Group

Spelthorne Gymnastics
Sawenko, Tate, Upcott, Watts

Mixed Pair

Richmond Gymnastics Association
Walker, Williams



British
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Foundation

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

British Gymnastics Foundation uses gymnastics in innovative ways and our unique approach is transforming the lives of some of the most vulnerable, deprived and marginalised people in society.

How?

By creating specially adapted gymnastics classes and providing grants, we take gymnastics to people who are not able to access it, are not aware that it is available to them, or are in danger of being unable to 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

"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."

Join us

You can be part of this extraordinary work: through exciting fundraising challenges, competitions, donating and sharing our news. Please visit britishgymnasticsfoundation.org to find out how you can join us today.



For more information visit our website

www.britishgymnasticsfoundation.org



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Chrissie Larkin
Dawn Mitchell
Debby Said
Emma Parr
Jean Large
Jesse Heskett
Kim Blacklock
Judy Wootton
Laura Jennings
Lyndsay Madden
Melanie Sanders
Naomi Shepherd
Nicola Burrows
Salme Naylor
Shaun Malone
Sonia Staykova
Stephen Raine
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Sue Arnison

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www.uk sport.gov.uk



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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Health & safety at Fenton Manor

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 maybe 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.

Notice of filming and photography

Filming and photography will take place at this event.

British Gymnastics will be taking photographs and filming for the purpose of promotional and educational purposes. Footage and images may appear on our website, social media channels, publications such as our newsletters, magazine and membership packs, marketing and education materials. Footage and images may also be circulated to media organisations for publication and broadcast, provided to our sponsors and suppliers to promote their association with British Gymnastics, and provided to our delivery and event partners for promotional purposes. A list of partners can be found at www.british-gymnastics.org/partners

Media and selected publishers may also be present to capture their own photography and footage for the purpose of sports journalism and programmes, this may also include broadcast on television or online.

Selected commercial photo providers are accredited at British Gymnastics events to take photographs of those performing or competing as a service to spectators wishing to buy images. Official photo providers can be found at www.british-gymnastics.org/partners

We respect your right to object, if you have any concerns, please contact the accreditation/event desk and speak to a member of British Gymnastics staff.



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