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**2018
AEROBIC &
RHYTHMIC GYMNASTICS
BRITISH
CHAMPIONSHIPS**

22 - 24 JUNE

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Welcome

I am delighted to welcome you to this exciting Aerobic and Rhythmic Gymnastics British Championships to cheer on Britain's best aerobic and rhythmic 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



Competition schedule

All times are approximate and subject to change.

Not sure of the technical terms? Read **p8** to learn more about rhythmic gymnastics.

Friday 22 June

Rhythmic

15:00 - 20:00 Espoir Groups, Junior & Senior Individuals, Junior & Senior Groups All-around

Aerobics

15:00 - 20:00 NAC Individual ND, NAC Individual G1 and ceremonies

Saturday 23 June

Rhythmic

09:00 - 13:30 Under 9, 10 & 11 Individual All-around & Individual apparatus & U12 Individual All-around (including ceremonies for U9,10,11)

14:00 - 16:35 Junior Groups & Espoir Groups All-around and Senior Groups All-around & apparatus and ceremonies

16:35 - 19:30 Junior and Senior Individual All-around and ceremonies

Aerobics

09:00 - 13:30 NAC G2 & Senior Individuals/NAC ND, G1 & G2 Pairs/NAC ND, G1 & G2 Trios/NAC ND & G1 Groups/NAC ceremonies

12:35- 19:30 FIG ND Individual finals
FIG Qualification for G1 & G2 Individual Women

Aerobics Key: **FND** = Foundation Code **NAC** = National Code **FIG** = International Code
ND = National Development 10-11 years **G1** = Group 1 12-14 years
G2 = Group 2 15-17 years **Senior** =18+ years

Competition schedule

All times are approximate and subject to change.

Sunday 24 June

Rhythmic

09:00 – 11:00	Under 12 All-around and individual apparatus and ceremonies
09:00 – 12:30	Junior Individual apparatus finals and ceremonies
12:50 – 15:10	Senior Individual apparatus finals and ceremonies
15:10 – 18:30	Espoir Groups and Junior Groups apparatus finals and ceremonies

Aerobics

09:00 – 11:00	Foundation and ceremonies
11:00 – 12:15	FIG G1 Individual finals and ceremonies
12:50 – 15:10	G2 Individual finals and ceremonies
15:10 – 18:30	FIG Senior Individual finals/ND, G1 & Senior Pair finals/ND, G1, G2 & Senior Trio finals/G1, G2 & Senior Group finals and ceremonies

Aerobics Key: **FND** = Foundation Code **NAC** = National Code **FIG** = International Code
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G2 = Group 2 15-17 years **Senior** = 18+ years



2018 Aerobic and Rhythmic Gymnastics British Championships

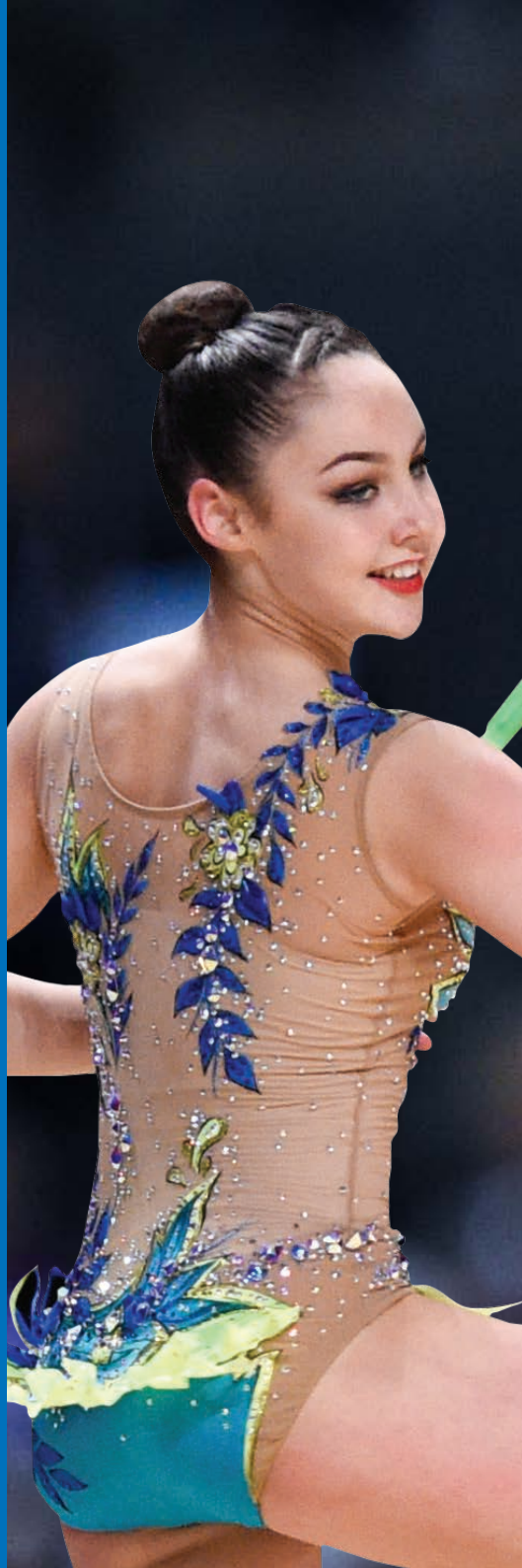
Watch expressive and inspiring performances from the best aerobic and rhythmic gymnasts in Britain, as they compete for British titles.

Aerobic gymnasts will show off their strength and stamina in high energy, lively displays, filled with jumps, lifts, and leaps, guaranteed to wow the judges and audience.

Rhythmic gymnastics

What's it all about?

Rhythmic gymnasts will produce spellbinding performances full of grace. With freehand (no hand apparatus), rope, hoop, ball, clubs and ribbon they demonstrate their beautiful artistry and stunning movement. This is also a fantastic opportunity to witness routines from British rhythmic gymnasts fresh from the Commonwealth Games in Australia.



What to expect...

The Rhythmic British Championships begins on the Friday and runs right through to the Sunday. Gymnasts will compete individually in one of the following categories; under 9, under 10, under 11, under 12, junior (aged 13 – 15 years), senior (aged 16+ years). 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.



Clubs

The clubs are made of synthetic material and their length is between 40 to 50cm. Each club weighs 150 grams.

With the clubs, 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.



Rope

The rope is made of 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.



Ribbon

The ribbon stick is 50 to 60cm in length and 1cm in diameter. It is made of 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 6cm, 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.



Hoop

The hoop is plastic and its inner diameter can range from 80 to 90cm for seniors and 70cm for juniors. Esplor hoop sizes are appropriate to the size of the gymnast. The minimum weight of the hoop is 300 grams (260 grams for juniors). 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.



Ball

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

The ball is the only piece of apparatus that should 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.

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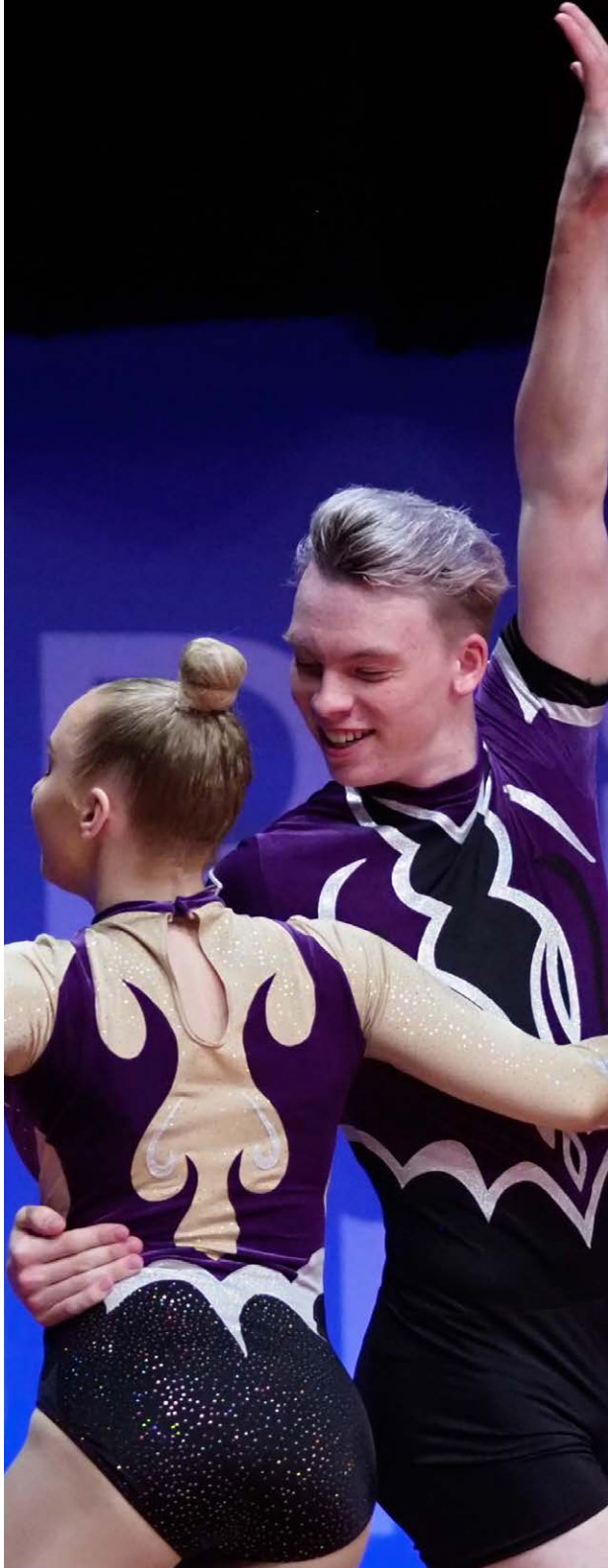


EUROPEAN
CHAMPIONSHIPS
GLASGOW 2018

Aerobic gymnastics

What's it all about?

The Aerobic British Championships takes place from Friday through to Sunday. Aerobic gymnastics is the most energetic of all the gymnastics disciplines, with routines performed as individuals, pairs, trios or groups. Our Foundation and NAC gymnasts compete for their various titles whilst our FIG gymnasts look to qualify for finals to take the British titles. Qualifications and finals for all age groups take place across all three days.



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.

Introductory Aerobic Code (IAC)

Introductory Aerobic Code (IAC), allows both aerobic and non-aerobic clubs to start gymnasts at a baseline competition level using a set group routine with the ability to progress difficulty elements. This is the perfect place to begin a competition pathway in aerobic gymnastics.

Regional Aerobic Code (RAC)

Regional Aerobic Code (RAC), is the next level for gymnasts to progress to after IAC. The level of difficulty skills and aerobic dance content increases allowing the gymnasts to score higher marks overall. The gymnasts can then begin to compete individually and continue to develop their aerobic skills.

National Aerobic Code (NAC)

After RAC is NAC, and again has a structure that allows gymnasts of all ages to compete, either as individuals or part of a pair, trio or group. They follow 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 most advanced branch of the discipline, that operates under the same rules used internationally. Each age group has its own compulsory elements that have been used to develop the gymnasts' skills. A compulsory element from each difficulty family means that the gymnasts must train their whole body in order to progress through the age groups. They must show flexibility, power and strength, while at the same time perform creative choreography combined with terrific fitness and control.

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Hannah Martin

16-year-old Hannah Martin will definitely be one to watch in the rhythmic competitions this weekend. Hannah took the junior British all-around silver in 2016 and really made a name for herself competing for Team England at the Commonwealth Games this year making the ball final.

Here Hannah gives us the lowdown on her Gold Coast adventures and what to watch out for at this year's British Championships...

Hannah, you were just 15 when you went to the Commonwealth Games what was the experience like?

"I really, really enjoyed the Commonwealth Games experience, it's was like nothing I've ever known before, it was really inspiring to see athletes from all different sports and be in that elite environment. The atmosphere was buzzing and you felt like you were a real part of the wider team. I think the Games have given me so much confidence knowing I can compete in such a high-profile event.



I was definitely nervous beforehand but now knowing I can do it gives me so much confidence and drive going in to future events. It was a privilege to be part of the team and knowing how hard I'd worked to get selected and to then do that justice was just an amazing feeling."

What was it like coming home afterwards?

"Initially coming home, I was just so excited and motivated to try new things and push on straight away in the gym. I did have to take a bit of time out though just to let myself recover mentally and physically before building up again. Now going in to the British Championships I don't think there's added pressure or expectation - not that I've noticed yet! Whether a Commonwealth athlete or not you still have to put the hours in in the gym, that doesn't change, we all have to work hard and focus no matter what."

How about your routines, will they change for the British?

"My routines are always being fine-tuned, after years of practice getting our elements consistent enough to go into a routine, the coaches are constantly working with us on the tiny details to make everything count. Equally I'm always looking to push my routines to up the difficulty and keep them exciting and interesting, it's a balance as you want to push it but you need to be consistent so we'll see."

How do you keep focussed during a big competition?

"Beforehand mostly I listen to music or preaching or pod-casts to get in the zone, I find that voices talking to me helps me relax so I will do that whilst stretching just to get mentally prepared. Rhythmic is quite unique in that you have big breaks between routines. Before competitions I like to plan out my whole event including the breaks. It's important not only to physically stay ready but also mentally to stay in the zone. It's so easy for your focus to drift between routines so I try and stay within my little bubble, stay super-focussed, try not to think too much of the last routine and just move on to the next performance almost like it's a new competition starting."

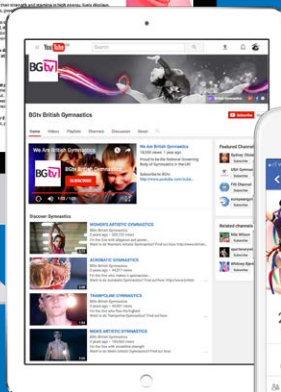
Finally, is there any particular routines the audience should be watching out for this year?

"I love all my routines and think they all have their own individual personalities. My ribbon routine is particularly thought-out as it has a special theme. I'm going to be Queen Elizabeth from 'The Golden Age', we've even made the leotard to suit one of Elizabeth's old dresses and my ribbon is gold!"

It's amazing how much work goes in to the leotards, they often have thousands of crystals put on one-by-one by hand, we're all trying to look our best and it all adds to the performance, we want to present ourselves the best we can!"

Follow the action at **british-gymnastics.org**

If you head to **british-gymnastics.org/rhyaerobritish**, 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.

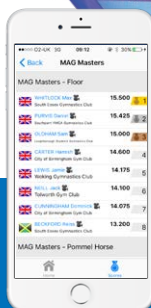
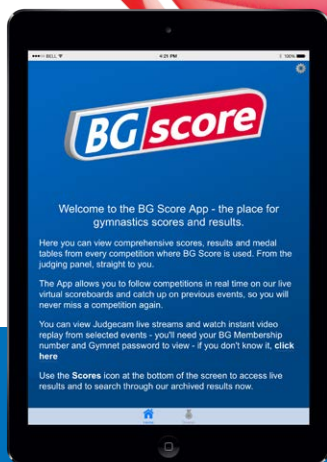


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favourites to go on our event
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BG Score is the official scoring system of British Gymnastics, used at major gymnastics events and all British Championships.

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Olivia Goves

Current individual senior British aerobic champion, Olivia Goves will be going for gold again in 2018, but this time with her Bulmershe Gym Club teammates. Olivia has switched to compete in the group competition, and having focussed most of her time on being an individual aerobic gymnast over the years, she's relishing the new challenge.

Firstly, congratulations on winning the British title last year. How did it feel?

"I felt so proud and excited! For anyone who does the sport it's the ultimate aim and dream to become the senior individual British champion. There's nothing more rewarding than seeing years of hard work pay off. It was also even more exciting because I was in my first year of the senior category, so I had no idea what to expect. I also remember feeling very grateful to my coaches, Kelly and Holly, who have coached me ever since I started doing aerobic gymnastics at the age of seven."

Was it something you expected?

“Not at all. Winning the British as a senior individual was something I always dreamed of doing, so I went to the competition with that as my goal, but I wasn’t necessarily expecting it to happen. I’d won a couple of competitions earlier in the year, and training in the run up to the competition was going well so I was feeling confident, however aerobic gymnastics is such a complex sport, it all comes down to how it goes on the day.”

What’s it been like following in your sister’s footsteps (Olivia’s sister, Sophie was also an aerobic gymnast)?

“It’s been great having a sister that did the same sport as me. It’s always given me someone to look up to and she’s been a great role model. Also, I’m massively competitive so all of her achievements have always pushed me to work harder so that I could emulate them in some way. Despite many similarities, we are also both very different when it comes to the sport. Whilst Sophie was a really good individual gymnast, her main achievements came in her trio and group routines, whereas I have tended to focus on my individual.”

This year sees you return in a group. How has that been?

“It’s been great! Competing together with others is something that I haven’t done for a couple of years, but I love it just the same. It’s amazing being able to experience such opportunities alongside friends. We’ve had a very successful year so far, gaining many PBs, and we also

got back from the World Championships in Portugal just last month. Where we secured a place for Great Britain at the European Games.”

What are the challenges of being in a group?

“Having been so used to competing in just the individual category it’s been strange adapting to work with others again. There’s a lot more multitasking involved than I remembered! I’d forgotten how difficult it is to watch your other team members to ensure the timing and formations are perfect, as well as also focusing on what I need to do right myself.”

What are your hopes for the British Championship?

“Our goal as a group is to do the best routine we can, score all of our skills, and get as high a score as possible. Between the World Championships and the British we haven’t been able to fit in much training together as a group because myself and Kate are currently doing our A-levels. However, we’re all aiming to go out there and do the best we possibly can.”

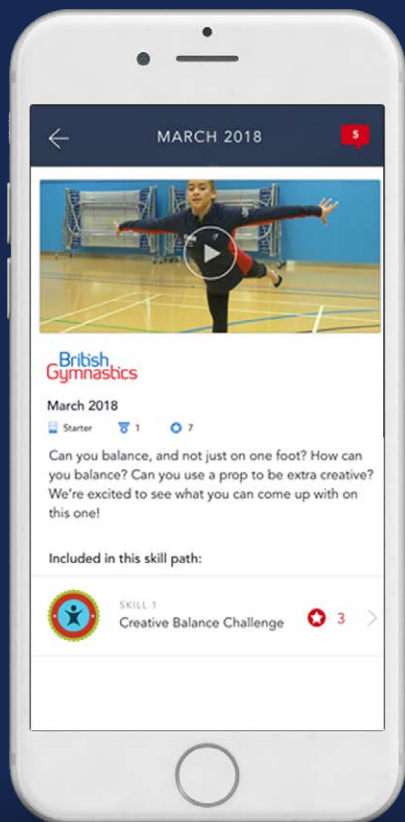
Why should people come and watch you and all of the other aerobic gymnasts this weekend?

“Aerobics is such an exciting sport to watch! It’s 1 minute 20 seconds packed with movement, skills and transitions. It’s upbeat and full of flexibility, strength, dance, dynamism, and energy. It’s great to be part of an audience that gets so involved in supporting and encouraging the gymnasts competing.”



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How?

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Gemma Frizelle



2017 winners

Rhythmic

Individual all-around champion

Laura Halford
Llanelli Rhythmic Academy

Senior Group champions

Esprit Rhythmic

Ribbon champion

Laura Halford
Llanelli Rhythmic Academy

Hoop champion

Laura Halford
Llanelli Rhythmic Academy

Clubs champion

Laura Halford
Llanelli Rhythmic Academy

Ball champion

Gemma Frizelle
Llanelli Rhythmic Academy

Aerobic

Senior men's individual champion

Marvin Gordon
Bulmershe Gym Club

Senior women's individual champion

Olivia Goves
Bulmershe Gym Club

Senior women's trio champions

Boyce, Keane, Potter
Bulmershe Gym Club

Thanks

Rhythmic Technical Committee

Chair - Vicki Pearson
Competition Organiser - Nicky Richards
Judging Co-ordinator - Karen Crutchley
Member (Disabilities) - Lisa Higgins
Coach Education Representative - Sarah Moon
Member - Rachel Haines
Member - Ruth Wilson

Aerobic Technical Committee

Chair - Nigel Saunders
Competition Organiser - Rebecca Mackarell
Judging Co-ordinator - Jacqueline Murphy
Coach Education Representative - Sue Killeen
Member - Debbie Saunders
Member - Collette Hayes

Announcers & Commentary Team

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Olly Hogben & Mimi Cesar

Sports Presentation

Novum Audio Visual
BGtv

Scoring

BG Score

Medical Team

Alan Rankin
Linda Hardy

Rhythmic Organising Team

Joy Dulston
Barbara Whitty
Jane Nicholson
Isabelle Nicholson

Aerobic Organising Team

Kerry Meachan
Ben Payne
Emma Cherrington
Ashley Barton
Tsvetelina Belstoyneva

Rhythmic Judges

Vicki Pearson
Roumiana Bourova
Lisa Higgins
Rachel Haines
Ruth Wilson
Karen Crutchley
Maria Foster
Jo Coombs
Carmen Peinado
Laura Hogg
Rebecca Bunce
Elaine Bailie
Anna Halonen
Kerry Booth
Emily Martin
Valentina Barker
Vanessa Donovan
Andrew Slater
Laura Donaldson
Larna Martin
Stephanie Lyons
Nia Evans
Debbie Blow

Aerobic Judges

Jackie Murphy
Nigel Saunders
Shea Jones
Barbara Jones
Rebecca Mackerall
Sam Fisher
Gabija Sadauskaite
Emily Keane
Natalia Iliencko-Jarvis
Leanne Markey
Su Killeen
Claire Cundy
Amy Woods
Colette Hayes
Geeta Choudhry
Pam McColgan
Laura James

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- 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.

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