

# THE GYMNAST

OCTOBER 2011

BRITISH GYMNASTICS OFFICIAL MAGAZINE



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**RG World Championships**

**Mimi Cesar**



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**Warm-Up**

**...with the President**

**THE GYMNAST**  
OCTOBER 2011



**T**he trilogy of World Gymnastics Championships leading to Olympic Qualifications is now under way. The first of these was the World Rhythmic Championships held recently in France and we now know that GBR will be represented at the Olympic Games. Currently, our two artistic teams are seeking qualification in Tokyo with the final event being the Trampoline World Championships in Birmingham with Kat Driscoll being an outstanding prospect for qualification.

You now have the opportunity of feeling part of 'our' team as we launch "I am BG" – which I am sure will bring together our gymnastics community. This will lead, in the coming months, to London 2012 Club Starter packs, which will enable your club to embrace the atmosphere of the Olympic Games. The British Olympic Association have asked for five representatives in different categories to participate in the London 2012 Torch Relay. We have put names forward for this – look out for an update soon!

I had the opportunity of visiting the magnificent Basildon Sports Village the new home of South Essex Gymnastics Club. Not only is this an outstanding facility for gymnastics, but also for swimming and athletics. Basildon Council are to be congratulated on their enterprise and vision in providing these world class facilities. With new centres at Europa and Brentwood now on the horizon, the stage is set to embrace one of the key Olympic aims to increase participation.

This is reflected once again as our membership increases year on year with 71 clubs registered with British Gymnastics during the 2010/11 membership period and nearly 14,000 new club members. British Gymnastics and its clubs should be proud of their achievements and contribution to the health and welfare of the community. I am sure that is why organisations such as Sport England remain committed to working with, and supporting, British Gymnastics, as do UK Sport through their International programme and our sponsors. It is quite simple we deliver what we promise.

**PAUL GARBER**  
PRESIDENT  
BRITISH GYMNASTICS  
UEG VICE PRESIDENT

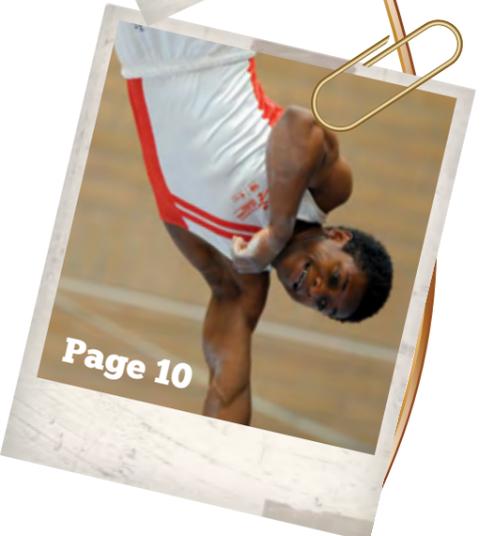


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**Jaime Carter**  
2011 Senior FIG Men's  
Aerobic Champion

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Gabrielle Jupp

THE GYMNAST

# Gabrielle Jupp



**F**ourteen-year-old **Gabrielle Jupp**, of **Sapphire Gymnastics Club** is one of the most talked about British Junior gymnasts of 2011. Only recently joining the national squad, Gabrielle has moved quickly through the ranks and her explosive gymnastics and confident style have caught the eye of many gymnastics fans. In only her first year as a junior she took the silver medal at the British Championships in July, proving she is certainly one to look out for. **Olivia Howard** and **Tim Peake** caught up with her whilst training at the National Sports Centre, Lilleshall, to get all the info on this rising star, including her involvement in the national squad, recent competitions and the future...

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JUNIOR WINNERS AT THE 2011 WOMEN'S BRITISH

### National Squad...

I was asked to join the national squad after I trialed at the English Championships. At first I was really nervous but I spoke to my coach and he told me I would be fine. From the first session I really enjoyed it. I'd been to Lilleshall once before on a coaching course when I was younger but I can't really remember it. So when I came here for the first time being older I was in awe, it's such a great facility.

### Teammates...

I get on with all the girls on the squad but I spend a lot of time with Charlie Fellows, as she is the only one from her club also. It's quite helpful sometimes being the only one from your club as you can get one to one time from your coach.

### Schedule...

I train every day apart from Sunday. I used to do horse riding and swimming but now I dedicate my time to gymnastics and I love it!

### British Champs...

There was a lot of pressure at the British Championships as I had an error on the bars so I had to do well. My coach did say you've got to do a perfect beam if you want to challenge for the medals but I did it and I was so happy to take the silver medal! Being in the arena and on the podium as well was great practice for future competitions especially international ones.

### Competing with the stars...

It makes you feel really proud to be in the same competitions as someone like Beth Tweddle. It's a great experience and it does boost your confidence knowing that you can step up to that next level. My confidence has improved a lot as I have been competing internationally and more in general, so it's definitely given me that extra boost as well as vital experience.

### Internationals...

My first international competition was in the Czech Republic where the team won and I came 4th. It was quite a calm competition for my first international, which was nice.

### EYOF...

It was quite a different competition as it was a multi-sport event, you got to mix with the other athletes and it was a really fun competition! I was quite nervous but it was great to have the rest of the British team there with me. I found it quite interesting to see what the other gymnasts were like. I was really pleased when I qualified for the beam final. I thought winning a medal was going to be quite hard but I did it and I was so pleased!

### Style and favourites...

People say I'm not exactly the most graceful of gymnasts, they say I'm more powerful but I'm not entirely sure. My favourite piece is beam because when you stick a beam

routine it's such a great feeling. My confidence has grown a lot on this apparatus.

### School...

I still go to school but my Head of Year understands my commitments - he shows my videos off in assembly! They're really supportive, but sometimes it is hard to catch up and I will have to be even more focussed next year when I begin my GCSE'S. I like P.E. and biology at school, so I'd like to do something with these subjects when I'm older.

### Future...

I'd love to do Junior Europeans next year but I will have to see how everything goes. I just take each day as it comes.



GABRIELLE AT THE 2011 WOMEN'S BRITISH

# THE LIFE OF A MEN'S ARTISTIC ELITE GYMNAST...



**C**ourtney Tulloch is just 15 years old but his school life and daily routine are very different to that of many boys his age. He trains at **Pegasus Gymnastics Club** under the watchful eye of **Ionut Trandaburu**. Since his gold medal performance at last year's UK School Games, Courtney has had increasing success. He recently won the all-around gold medal at the European Youth Olympic Festival, as well as gold on the rings and silver in the team event. **Olivia Howard** caught up with him during his training at Lilleshall. He told us the 'ins and outs' of his school life, training, teammates and what he carries in his kit bag that gives him that little extra luck...

# Courtney Tulloch

## How did you begin?

I started gymnastics when I was about 6 or 7 years old. I had lots of energy when I was little; I used to do cartwheels all the time at my nan's so she took me to a local club. I was living in London then so I went to Redbridge and that's how it all started really. I did pretty well at Redbridge so the coach told me to join a bigger club. I got moved into a better group and that's when I started to really enjoy it and see it as more than just a hobby.

## School?

I've got GCSE's coming up next year as well as the Europeans, but I love gymnastics. The teachers are really supportive at school, which is really good. My sponsor has given me a laptop so the teachers can send me work which is very helpful. I see my future career in gymnastics as something like a coach for example.

## Daily Schedule?

I train every day apart from Monday. I sometimes take Tuesday off school so I can train a bit more but I always catch up on my work. I'm a bit of an early bird so I don't mind getting up in the morning for school. Wednesday is normally the hardest day of my week as I have a lot of schoolwork to do and I'm basically out of the house from about 8am to 10pm!

## Training?

Before competitions my training involves going around all six apparatus as well as focussing particularly on my conditioning for my rings routine. I do conditioning specific for rings to try and increase my upper body strength. I've been looking for a new vault for quite sometime. I'm quite good at double front somersaults and my coach decided I should try it on the vault in the form of a handspring double front. I did quite a lot of preps for it with just the single somersault and then when I



Watch Courtney in action...

came to Lilleshall to try the full vault out, it went really well. Not many people my age are performing such a difficult vault so I'm pleased with it.

## Teammates and Idols?

I train alongside James Hall at my home club. I also train with Frank Baines, Anthony Wise, Dominic Cunningham and Jay Thompson. I get on really well with them all and look up to them because they are all really good gymnasts. In terms of senior gymnasts I do look up to Sam Oldham. I really like his style of gymnastics and the way he trains, also Max Whitlock because his pommels are really impressive.

## Competitions?

The 2010 UK Schools Games was one of my best competitions; it was a great experience meeting all the other athletes. I've changed quite a lot since then but in a positive way. The gold at that competition really boosted my confidence. I also recently competed in the Men's British Championships and the Japan Junior Cup achieving some good results. In the Japan Cup I took the bronze on the vault and gold on the rings! In the British I finished 4th all-around in my age group and also took the bronze in the masters vault, which is an event final that includes all age groups, so I was up against all the senior men!

Courtney at the 2010 Schools Games

## European Youth Olympic Festival?

EYOF was in Turkey in July. I was very pleased with my performance although I could have performed better on certain pieces. I thoroughly enjoyed the whole experience from the opening ceremony through to the closing ceremony where I was selected to carry the flag for Great Britain, which was a great honour. I really enjoyed my time in the athletes' village mixing with athletes from other disciplines and other countries and I made many friends who I am keeping in touch with and hope to meet again. It was a great feeling when we held on to silver for the Great Britain team. We had all worked hard and kept each other focused until the last piece. We were all pleased to have been able to contribute to Great Britain's medal total where we came 2nd to Russia. I also took the gold in the all-around and on the rings, so it was a great achievement for both Great Britain and myself.

## Lucky Charms?

One of the main things I always have in my kit bag are two wrist bands my girlfriend gave me and I take them to all my competitions and training. I guess I just see them as lucky.

## Social Life?

In my spare time I like to go to town and the cinema

with my mates. I really like to play golf as well, just to chill out.

## The Olympics?

I've got tickets for the Olympics next year so I'm really looking forward to going and watching the Games. I'm looking forward to 2016 for myself as a gymnast, it's quite far away at the moment but I'm just looking to stay fit and healthy. I would like to be an all-around gymnast for the Games but I'm going to need to improve my high bar for this to happen. I think when I'm older I will become more of a specialist.

## The future?

Junior Europeans next year is very important to the rest of the junior squad and myself. If we win, we will have won it three years in a row. I want to try and win a gold medal on the rings and hopefully make the vault final. After that I will start looking at the Commonwealth, Worlds and the Olympic Games, who knows...



Youth all-around Champion at the 2010 English Championships



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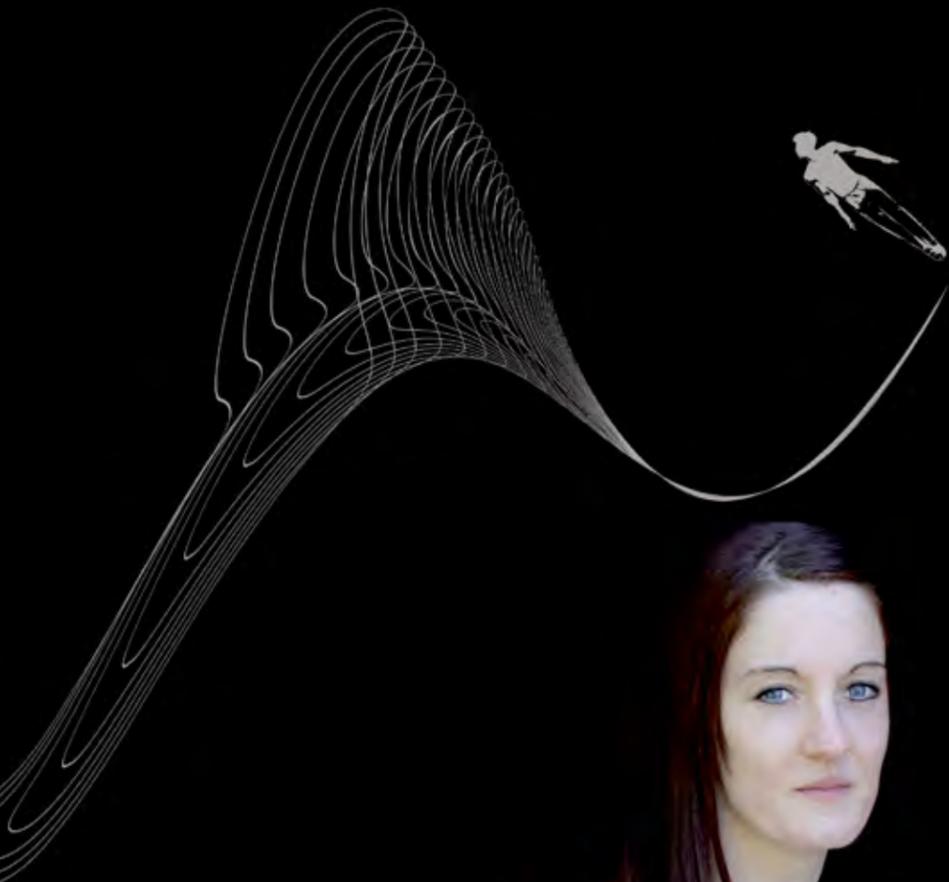
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KAT DRISCOLL



# BRITISH TRAMPOLINE CHAMPION 2011

**KATHERINE DRISCOLL** is currently ranked number one in the world in women's trampolining. Recently crowned the 2011 British Champion, she is certainly one to look out for as we head towards 2012. Now 25 years old, Kat is happily married but her passion for the sport and determination to succeed

is stronger than ever. With the World Championships in Birmingham in November drawing ever closer, **OLIVIA HOWARD** caught up with Kat to find out what keeps her motivated, her life in and out of trampolining and her hopes ahead of the Worlds and Olympics...

**HOW DID YOU FIRST GET INVOLVED IN TRAMPOLINING?**

When I was younger both my parents worked full time and I've got two older brothers, so during the school holidays we would go and do the activity weeks that they hold in the leisure centres. Trampolining was one of the sessions that took place and the coach was one from a local club, who afterwards asked me to go along to one of

his sessions. I went along one afternoon and it went from there really. I started when I was eight and now I'm 25 so I have been trampolining for 17 years now!

**I'M 25 SO I HAVE BEEN TRAMPOLINING FOR 17 YEARS NOW!**

**17 YEARS IS A LONG TIME! WHAT HAS KEPT YOU MOTIVATED TO KEEP GOING?**

I guess I just enjoy it, I don't feel like it's a chore. The kids that I train with are absolutely amazing to work with. I guess it's just so much fun still!

**IS IT ALL FUN OR DO YOU FIND SOME ASPECTS FRUSTRATING?**

I don't really get frustrated with anything, I guess the age I am now I make the decisions. I trampolined because I want to, so the sessions I go to I go to because I want to get better. I don't feel like I have missed out on anything, I have gone



**Watch Kat in action...**



**KAT WITH JAMES HIGGINS**

to places I would never have dreamed of and have made so many different friends. The only thing that sometimes gets to me is that I don't get to spend an awful lot of time with friends and family because I'm so busy.

**DO YOUR FAMILY HAVE A LOT OF INVOLVEMENT IN YOUR TRAINING AND COMPETITIONS?**

**I'M QUITE LUCKY THAT MY DAD'S A PHOTOGRAPHER, MY MUM WORKS ON THE COMPUTERS AND MY HUSBAND IS A TRAMPOLINE COACH AS WELL, SO WHEN I DO COMPETITIONS I HAVE MY FAMILY THERE WITH ME.**

I like having my husband there; before we were married we competed

and trained together for a long time. He used to compete for Great Britain in trampolining, so when he retired he went into coaching. I have always been used to having him there; in fact I find it harder when he is not!

**SO HOW DOES A TYPICAL SESSION GO?**

My sessions differ every time depending on the

day or what part of the competition season we are at. If we're building up to a competition, I'll come in and get warmed up. I then do three set routines and three voluntary routines, and then any of the parts that need work, I then break down and work on separately. So it's pretty much full routines until they're done and then breaking it down into parts. I train trampoline six times a week, at least three hours a day. I also do strength and conditioning three days a week.

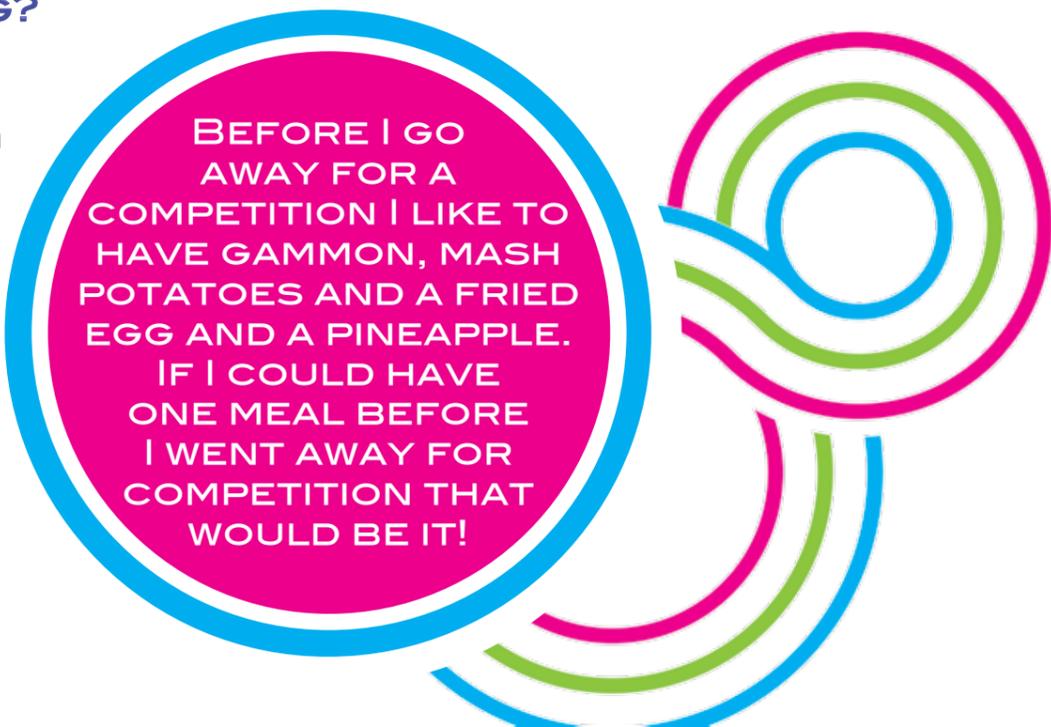
**WHAT DIFFERENCE DO YOU FIND BETWEEN INDIVIDUAL AND SYNCHRONISED TRAMPOLINING?**

At the moment my partner is Amanda Parker; we've known each other since we were 11. We appreciate what we have because we love it but we're also trying to go to the Olympics, so the serious part of our competition is the

individual, therefore, we do it with a view to having fun. As synco is not at the Olympics, we don't have that extra pressure, so that side of it is fun and more relaxed. When Amanda and I compete together, we get on the trampoline and smile to each other before we start. For us, it's the one chance we've got to go out and compete for Great Britain but under a little less pressure than normal.

**HOW DO YOU VARY YOUR DIET TO KEEP YOUR ENERGY LEVELS UP?**

I try to be careful with what I eat, if I'm having a harder week's training, I just try to bulk the carbs up during the day.



**BEFORE I GO AWAY FOR A COMPETITION I LIKE TO HAVE GAMMON, MASH POTATOES AND A FRIED EGG AND A PINEAPPLE. IF I COULD HAVE ONE MEAL BEFORE I WENT AWAY FOR COMPETITION THAT WOULD BE IT!**

It's just a common thing on the menu at the hotel restaurants we stay at.

**DO YOU HAVE ANY TIME TO DO ANYTHING ELSE?**

I coach at my club with the kids that I train with but I don't have a specific group, it's just mainly the kids I train alongside. Coaching is something post Olympics I'm looking to get into. Other than that, I have a little nephew so my husband and I take him out on the weekends. On Sundays I like to watch the Formula One, we love anything to do with sport in our house. My husband and I go and watch Newcastle United when the season's on or we will go to Durham and watch the cricket!

**WHAT ARE YOUR HOPES FOR THE WORLD CHAMPIONSHIPS IN BIRMINGHAM IN NOVEMBER?**

For me, I'm aiming for a top 8 finish. For the team, we want to qualify in the top 5 which would take us through to the final which we haven't done since 2003. We've had two gymnasts in the finals of all the World Cups this season, so for us as a team, we're definitely looking to get into the final and push for a medal.

**HOW CONFIDENT ARE YOU THAT YOU WILL MAKE THE 2012 OLYMPICS IN LONDON?**

The Worlds is the first qualifier for the Olympics, it's only part one really. I do feel pretty confident I could take an Olympic spot, the results I've had this year have all been pretty good. In all the World Cups we have done, it has been me and one other girl in the final. I recently won a World Cup in Germany and took bronze in the Jablonec World Cup event. I feel pretty confident having been in every final at every World Cup and obviously, at the British Championships I came out on top. So I'm obviously capable of doing it, it's just doing it when it really counts!

**TIME TO SELL YOUR SPORT! WHY SHOULD PEOPLE GET INVOLVED IN TRAMPOLINING?**

Trampolining is a sport that you can't get bored of; you can always get better every session you go in. You can also have fun whilst you're training as you're not on the trampoline all the time, so there is a good social side. Also, as an Olympic sport, there's always a big goal that you can aim for. The system we've got in this country of getting people through is brilliant. It keeps you fit and healthy and it's something all ages can do. You can keep going for as long as you like and as long as your body is going to take it. It's great!



**KAT AT THE 2011 TRAMPOLINE BRITISH CHAMPIONSHIPS**



# British Trampoline team announced!

**British Gymnastics has officially announced the Trampoline gymnasts selected to compete for Great Britain at the 2011 World Championships, taking place at the NIA Birmingham, 17th-20th November.**

The Championships act as the first qualification event for the Olympic Games. To qualify for places in London, British gymnasts must either make the final (top 8) at the Worlds (where two places per individual class are available) or, failing that, go on to the Olympic Test event in January (where just one place is available per class).

British Gymnastics Olympic Performance Director, **Tim Jones**: "As we have progressed towards London 2012 we have been able to make some significant performance gains across the trampoline programme, with many of our athletes showing real podium potential. We are pleased to be able to name such a strong team for this event, which will give us the best chance of not only qualifying places for the London Olympic Games, but also showcasing our exceptional talent in front of the British public."

Competition to make the British teams has been extremely tight with two special trial events being run in Bath during August and September to decide the final makeup of the teams.

**Alan Edge**, British Gymnastics Programme Director for Trampoline said, "With both squads - in particularly the Women - being so competitive in world terms, selection has been a nail-biting process which has produced some truly world class performances in order to just make the team. These gymnasts now have a genuine chance to both qualify for GB's largest ever trampoline team for the Games but also to be in real contention for Worlds medals."

## 2011 World Championships in Trampoline, Double Mini Trampoline (DMT) and Tumbling (TUM)

17th - 20th November 2011

and

## 2011 World Age Group Competition\* in Trampoline, Double Mini Trampoline (DMT) and Tumbling (TUM)

24th - 27th November 2011

\* Championships for junior gymnasts in age categories 11-12, 13-14, 15-16 and 17-18 years

### 2011 Trampoline World Championships team selection

#### Men's Individual

- James Higgins** - NTGA
- Luke Strong** - City of Liverpool
- Jack Helme** - City of Liverpool
- Nathan Bailey** - OLGA

#### Women's Individual

- Laura Gallagher** - High Flyers
- Emma Smith** - City of Liverpool
- Kat Driscoll** - Apollo
- Bryony Page** - AFTC Sheffield

#### Men's Synchro

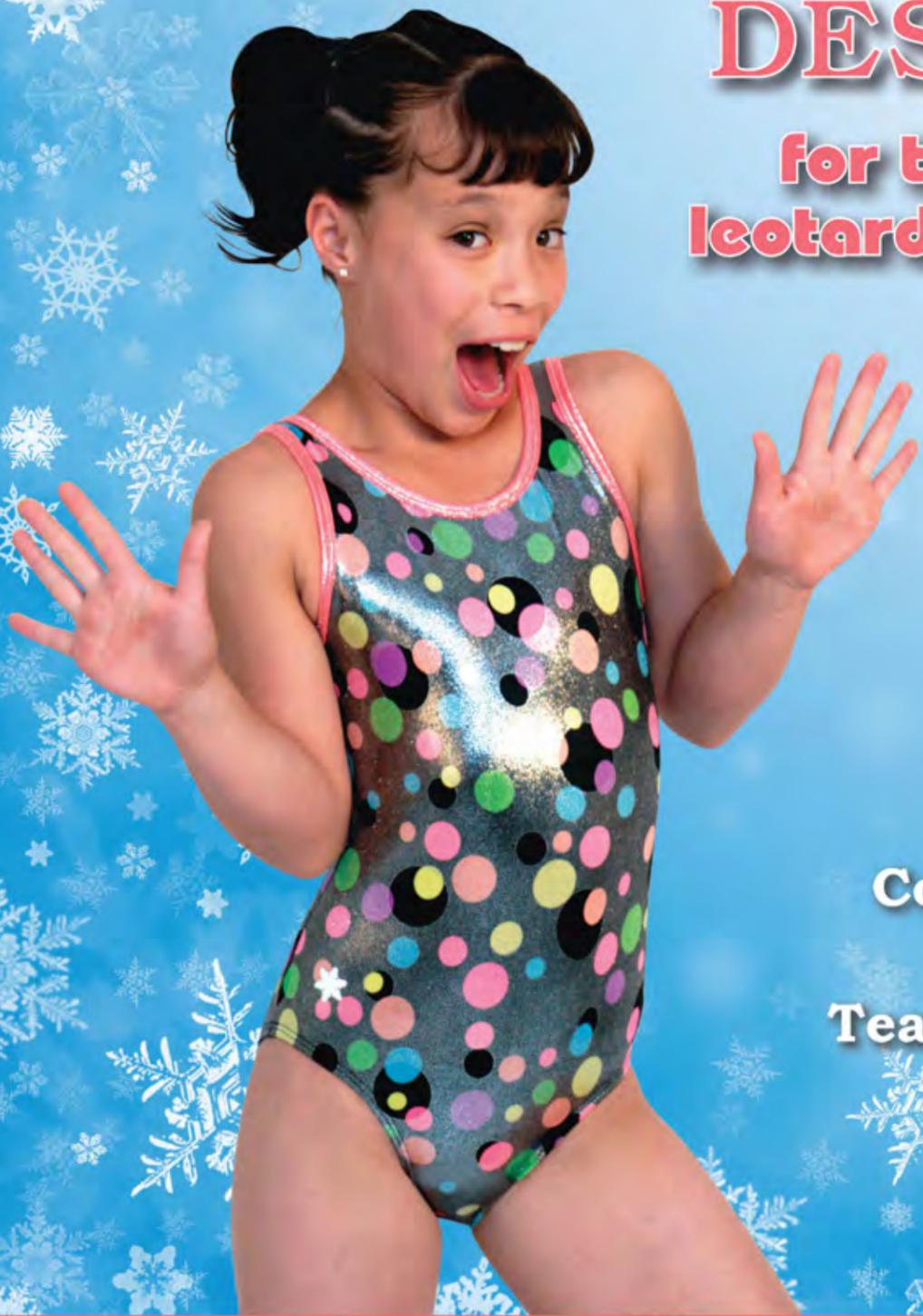
- Luke Strong/Nathan Bailey**

#### Women's Synchro

- Kat Driscoll/Amanda Parker**
- Laura Gallagher/Bryony Page**

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## What an exciting time to be a member of British Gymnastics

To ensure that we all share the pride of being connected to our great sport in the lead up to London 2012, British Gymnastics is promoting a special campaign "I am BG" and is launching this exciting initiative to the community through the 2011-2012 membership pack and benefits.

Let's get behind our Olympic athletes as they prepare to compete on the biggest stage of all and, in doing so, celebrate all achievements past and present that have contributed to the success of gymnastics in the UK.

Let's start the ball rolling by having an 'I am BG' club feature on Swindon School of Gymnastics...



WE ARE... **SWINDON SCHOOL OF GYMNASTICS**

**Swindon School of Gymnastics** is a thriving club from the South West of England, providing trampolining and men's and women's artistic disciplines to its members. The club has a long history and through the help of endless support from volunteers it has become a centre that gymnasts and adults alike can enjoy. March this year welcomed the official opening of a new extension to the gymnastics

centre, opened by six time women's artistic British Champion, **Becky Downie**. The new room includes vital equipment to allow the club to expand and the gymnasts to progress further in their training and enjoyment of the sport. **Olivia Howard** caught up with various members of the club who are all involved in different capacities...

## I AM A LOCAL HERO

Alec Davis

Alec is one of the original founders of the club from some 35 years ago who has seen the transformation from the very beginning to the present day. He describes himself as the 'longest serving case in Swindon' and now retired he is proud to see what has been achieved since the club began...

There used to be two clubs in Swindon; Park Gymnastics Club and Thames Down. Eventually both came together to make Thames Park. The reason we came together was because I mainly concentrated on boys at one club and the other mainly on girls, so it seemed to be the right thing to do. In those days we used to work in three different centres, The Oasis Leisure Centre and two schools so we were spread right across Swindon. Almost 7 years later we managed to get our own premises, and during this process we changed the name of the club to Swindon School of Gymnastics, became a limited company and a registered charity,

**“All our coaches and helpers are volunteers and have been for the past 35 years”**

which enables us to put money back into the club. About a year ago we extended the gym to build a room with pits and other equipment. The new extension helps gymnasts feel safer and achieve skills they may not have been able to without it. My proudest moment is just seeing it all finished. I've been doing gymnastics since I was a little boy and so I have always been involved one way or another.

**“The coaches now have the facility to train the gymnasts from top to bottom and that is the key”**

OPENING OF THE NEW EXTENSION



PROUD TO BE PART OF BRITISH GYMNASTICS

## I AM A GYMNAST

Izaac Turner



Izaac is a men's artistic gymnast who has been with the club throughout key stages of its development. He can speak for all the gymnasts when he says how much the new facilities at the club have helped in their training...

I started gymnastics when I was six, after watching others and became really interested as it's really different to other sports. The gym is really friendly, there's a great atmosphere. The club

provides so many opportunities. My best moment so far has to be when a group of us went and trained in Beijing during the year of the 2008 Olympics. When I first started, the club was based at the Oasis Leisure Centre and now I can see how the new gym with the extension has helped tremendously. All the new equipment makes it so much easier to train moves we wouldn't have been able to before. It helps to have a facility that is now on par with other clubs so we can be at our best before competition.

## I AM A COACH

Paul Turner

Paul is a coach and a parent and is grateful of how the new extension has aided the gymnasts training...

I started getting involved in coaching when my son began training. It's a very friendly club and, as parents, we used to help out at times with other coaches and for me it just went from there really. Now I coach up to five times a week, mainly the boys but helping out wherever I can. The improvement of our facilities have helped so much, there's such a noticeable difference, the older boys are now leaving for college and university but the

youngsters are really going to benefit from it.



THE NEW EXTENSION



# I AM AN ADMINISTRATOR

Kerry Reynolds

Kerry used to be a gymnast and now, alongside her mother Wendy, helps run the club. She aims to assist the club achieve its goals and is always looking to expand it further...



We are always aiming to increase membership to further expand the club. We provide men's and women's artistic gymnastics and we now have a trampoline that is sunk into the ground and run sessions for this discipline too. We do children's parties as well which go down really well in addition to taster sessions for those interested in joining. We want everybody to enjoy our facilities.



TASTER GROUP SESSION

**"It really is a family run gym club"**



KERRY AND WENDY WITH BECKY DOWNIE

PROUD TO BE PART OF BRITISH GYMNASTICS



# BRITISH GYMNASTICS MEMBER CAMPAIGN HAS ARRIVED!

PROUD TO BE PART OF BRITISH GYMNASTICS



# proficiencyawards

## overview

The British Gymnastics Proficiency resources provide the foundation for developing high quality gymnastics skills and are used widely in clubs, schools and leisure centres. They comprise: **pre-school, core, advanced, trampoline** and **cheerleading** skills.

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## Trampoline

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- » Links into the Next Step Trampoline Competition Resource



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Or order direct on the British Gymnastics website - [www.british-gymnastics.org](http://www.british-gymnastics.org)

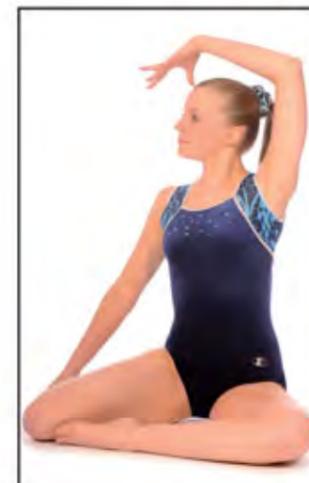
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# ChalkTalk

by Jeff Davis

## Yurchenko vault

### Overview...

The Yurchenko was invented by **Natalia Yurchenko** of the former **USSR** in the eighties. It is a highly effective vault as it allows a very strong strike position akin to a backflip on the top of the horse. Unlike the **Tsukahara**, to which it is related, the strike position is immediate from two hands and involves no twist.



The Yurchenko is a very useful vault for the gymnast who is not necessarily highly powerful but with good technique. Correct technique is essential to get the most out of the vault. It can develop up to double and double pike, and two and a half and triple twists. The technique is identical for men and women, so preparatory work is also identical.

There are many ways to develop this vault and lots of prep skills. Over the page is a method of developing the vault that I have used and it has proven to be highly successful.

## Video Prep 1

The vault is obviously dependent upon a strong roundoff. This has to ensure that the body arrives in the correct position for takeoff on the board. If the shoulders don't rise high enough they will have to be 'thrown' backwards on take off, causing a number of technical problems such as the back over arching and the knees rolling forwards. To this end take a look at the first video, to the right. This is the first prep skill.



## Points of technique:

- ▶ The body arrives on the board straight.
- ▶ On take off there is no movement of the shoulders independent of the rest of the body.
- ▶ The feet should arrive towards the end of the board and central.

## Video Prep 2



## Points of technique:

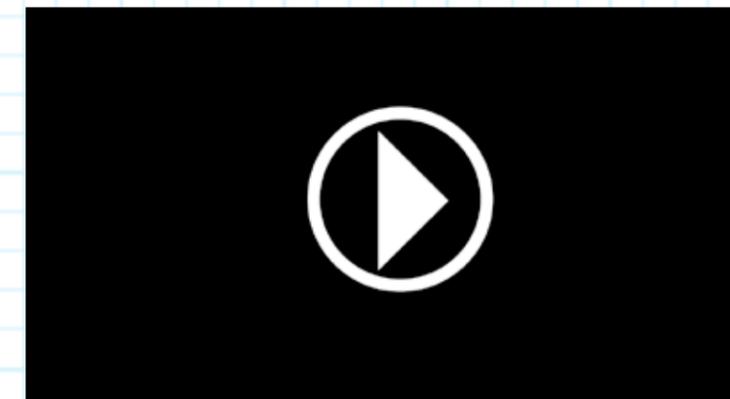
- ▶ The take off and body positions are the same as prep 1.
- ▶ The coach guides the gymnast to a safe landing in shoulder stand.
- ▶ The arms are raised on takeoff.

## Video Prep 3

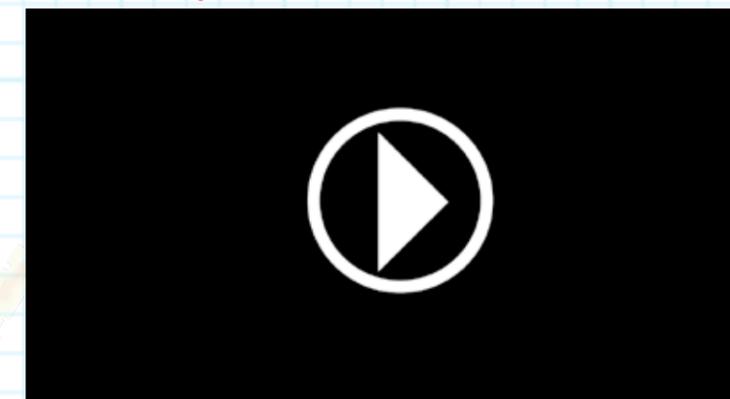
The next 3 preps take us on to 'flicking' on to a pile of mats. The set up in the video could be preceded with a flic on to a flat pile of mats. The idea of the second platform is to ensure that the gymnast understands that the vault lifts up off the hands and not down. The skills gradually progress from landing on the knees to getting enough lift to stand on two mats above the platform.



## Video Prep 4



## Video Prep 5



## Points of technique

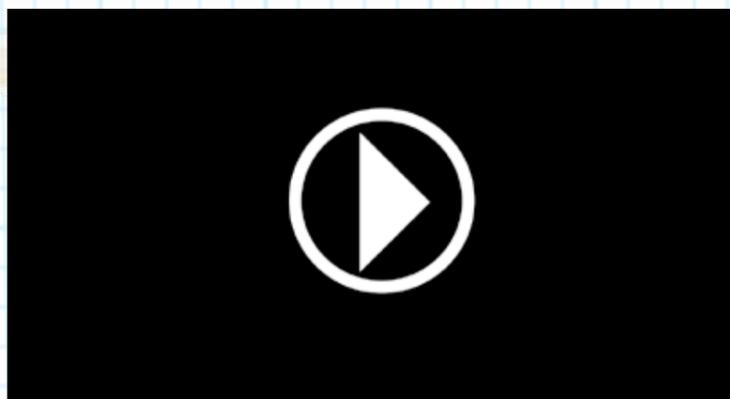
- ▶ This is the first time that the shoulders start to move to create a strong arch.
- ▶ The shoulders should be extended when the hands reach the mat.
- ▶ The body snaps up off the hands with the chest lifting, the aim is to raise the shoulders rather than snapping the feet downwards.

The next two videos show conditioning exercises relevant to the strike action. The second exercise could be started on a trampoline, then taken to a tumble run.

## Conditioning Video 1

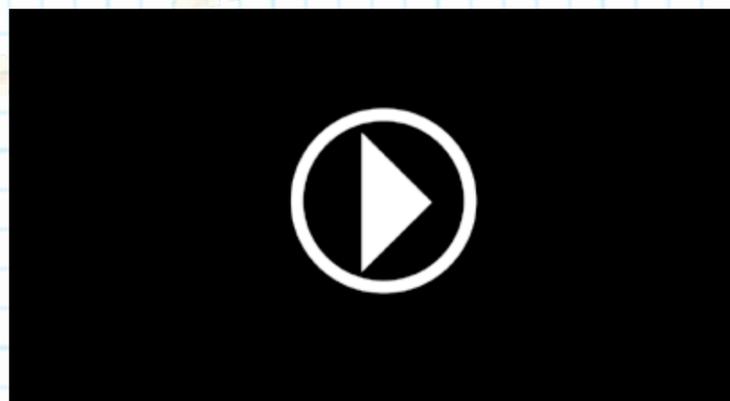


## Conditioning Video 2



The final video shows the three final stages of preparation. With the horse at full height and sound track compliments of Jimi Hendrix!

## Conditioning Video 3



### Points of technique:

- ▶ Straight somersault over the horse
- ▶ Flic and lift over an obstacle, to ensure correct lift and strike
- ▶ Straight Yurchenko

- ▶ During all these skills the head must stay in alignment
- ▶ The strike position in the 2nd two skills is identical, with a fairly strong arch and the head in line with the body, not lifted
- ▶ When the hands make contact the feet are still below the platform allowing for a very strong courbette action upwards
- ▶ The shape change on strike is from arch to very slight dish

➔ Finally, it is essential that sufficient time is given at each of these stages for the gymnast to consolidate the skill. Too much haste will result in bad technique and inconsistency.



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SEPTEMBER 2011...  
**Round-Up**

31ST WORLD RHYTHMIC  
 GYMNASTICS CHAMPIONSHIPS,  
 MONTPELLIER, FRANCE  
 19-25 SEPTEMBER 2011



*My Montpellier  
 experience...*



**Francesca Jones** - Coach Lisa Higgins, City of Birmingham G.C.

"These were my third World Championships, but it was the first time I have had an opportunity to make an Olympic qualification because of the host country place in London 2012, so there was much more pressure than at my previous competitions.

Although I scored higher than at the last year's World Championships in Moscow, I was disappointed with my World ranking and the team place. However, I was pleased that the team score improved compared to 2010.

The best feeling was to know that I had ranked highest in the British team which means I now have the opportunity to be selected for the London Olympic Games next year!! I need to work really hard now if I want to see my scores increase.

I would like to thank everyone who has helped me on my journey so far, and I would love to see the profile of British Rhythmic gymnastics lifted through our representation at the home Olympics next year!"



**Keziah Gore**  
 - Coach Anni  
 Ahmavaara, City of  
 Canterbury R.G.C.

"I enjoyed my first experience of the World Championships and was pleased with my scores considering I was injured. To compete with the best in the world has inspired and encouraged me to continue and to get better! My favourite of this World Championships is definitely Alina Maksymenko of Ukraine."

**Mimi-Isabella Cesar**  
 - Coach Lisa Higgins, City of  
 Birmingham G.C.

"My first World Championships has been an amazing experience, it made me build my character and inspired me to go further and dig deeper. I am pleased with the competition although my routines were not perfect; it gives me something to work on.

I would like to thank British Gymnastics for giving me this opportunity and can't wait to improve and strive to be a better gymnast".



# Round-up

September saw two British Championships take places alongside some prestigious junior events and a number of key preparation events for elite gymnasts.



At the Men's British Championships, **Daniel Purvis** was crowned the 2011 British champion. Having shared the crown with Sam Hunter in 2010, Dan made certain of being the outright winner in a nail-biting competition.

**William Trood, Frank Baines, Brinn Bevan** and **Loukas Jones** took the age-group titles. The British senior squad followed this with a friendly against Spain. The Spanish team beating Britain by just .350 at Basildon Sports Village, with **Daniel Keatings** topping the all-around ranking with a score of 91.00



The British artistic girls prepared for the World Championships with a friendly against Romania at Lilleshall. Led by the triple World Champion on bars **Beth Tweddle** the British girls won the team event 1.55pts ahead of their guests (229.45:227.90). The current British Champion **Hannah Whelan** scored highest in the all-around (57.95).



Bulmershe gymnasts **Chloe Farrance** and **Jaime Carter** took the 2011 British senior aerobic FIG titles after a thrilling 3 days of non-stop action.

Chloe took the women's title in her first year at senior level, while Jaime retained his title from 2010.



Earlier in the month England prevailed at the Commonwealth Youth Games with the boys and girls teams of England taking team gold at the Ellan Vannin Gymnastics Centre, Isle of Man. With three gold, one silver and one bronze medal to his tally, the 16-year old all-around winner **Dominick Cunningham**, from Earls GC, was the most successful gymnast in the competition.

While at the 2011 UK School Games the honours were shared between Wales and England. The English boys dominated the team and all-around event. **Joe Fraser** led the way to take the individual honours with teammates **Giarnni Regini-Moran** in silver and **Hamish Carter**, bronze. The Welsh girls matched the English boys by sweeping up all the medals in the all-around and team events. **Angel Romaeo** was the individual winner with **Raer Theaker** in silver and **Keira Brennan** taking bronze.



In trampolining, British Champion trampoline gymnast **Katherine Driscoll** took the Salzgitter World Cup gold in Germany. Kat then teamed up with **Amanda Parker** to take silver in the Synchro finals.

While in Taunton the British youth team's total of 1,079.30 points put them just ahead of Germany's 1,043.30 after all gymnast scores were totalled in a tightly fought match. Individually, **Diana Rose** and **Daniel McCaffrey** took the gold's for Britain in the under-15 events, whilst **Pamela Clark, Nicole Short** and **Emma Britton** secured the top three in the under-18 girls with **Daniel Fawcett** grabbing the under-18 boys bronze.



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# 2011 Artistic Gymnastics World Championships

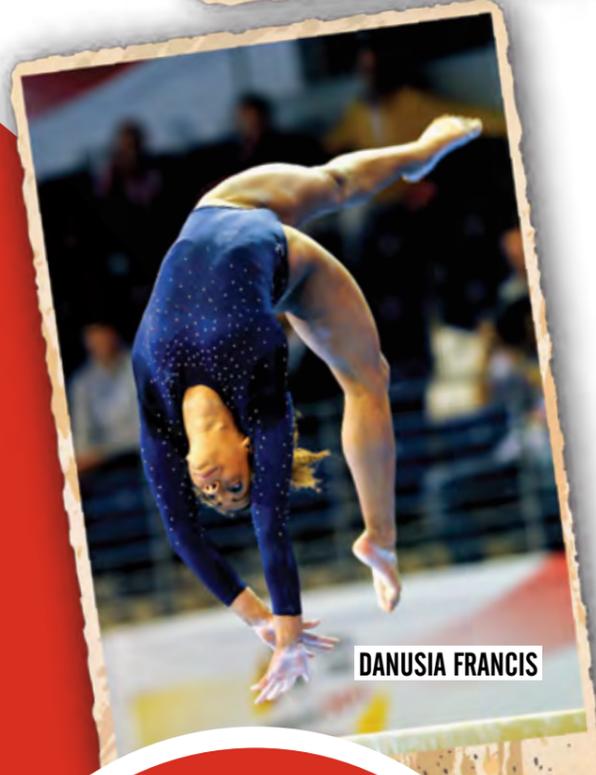
TOKYO (JPN) 7TH-16TH OCTOBER

The 2011 World Championships act as the first qualification competition for places at the 2012 Olympic Games with the British teams aiming to finish in the top 8 to qualify full teams to London.

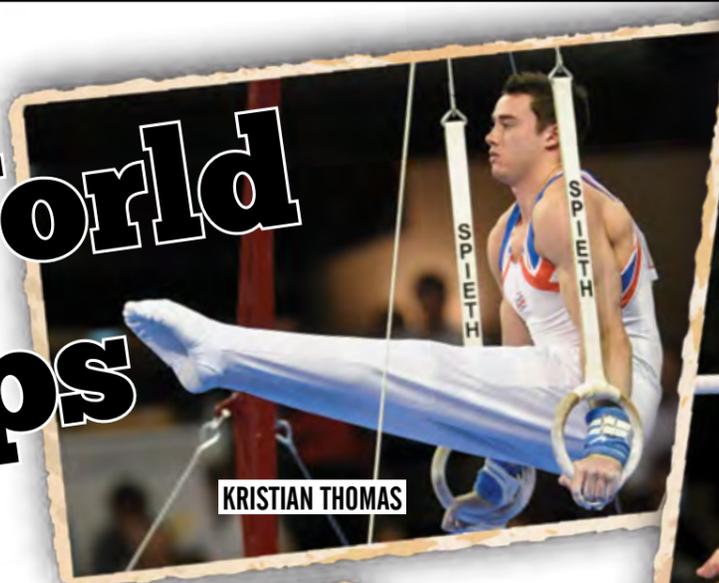
The experienced British teams are headed by three time world champion **Beth Tweddle MBE**, with current British champions **Hannah Whelan** and **Daniel Purvis**, Olympic pommel horse bronze medallist **Louis Smith** and 2009 world all-around silver medallist **Daniel Keatings** amongst the 14 gymnasts selected.

British Gymnastics Olympic Performance Director **Tim Jones** said: "We have made some strong progress within both of our artistic programmes throughout the course of this Olympic cycle, proving that we can now be considered consistent medal contenders on the world stage. This has been important as we continue to work to enhance the reputation of British Gymnastics and enter the business end of our run into the London 2012 Olympic games. We are very clear that our priority for these Championships is to qualify both of our teams for London at this first opportunity. From the way our preparations in recent weeks have gone and the quality of the gymnasts selected, we believe we have every chance of achieving this goal."

British Gymnastics comprehensive **2011 Artistic Media Guide** for the **World Championships** featuring detailed qualification information and profiles of the British gymnasts is available by **clicking here**



DANUSIA FRANCIS



KRISTIAN THOMAS



BETH TWEDDLE



DAN KEATINGS

## Men's team

- Daniel Keatings – Huntingdon
- Daniel Purvis – Southport YMCA
- Kristian Thomas – Earls
- Louis Smith – Huntingdon
- Max Whitlock – South Essex
- Ruslan Panteleymonov – Hinckley
- Sam Oldham – Huntingdon

## Women's team

- Beth Tweddle – Liverpool
- Danusia Francis – Heathrow
- Hannah Whelan – Liverpool
- Imogen Cairns – The Academy
- Jennifer Pinches – Liverpool
- Laura Edwards – Dynamo
- Rebecca Downie – Notts



LOUIS SMITH



HANNAH WHELAN

## BBC COVERAGE

**TUESDAY 11 OCTOBER**  
**WOMEN'S TEAM FINAL**  
 1050-1310 **BBC RED BUTTON / ONLINE**  
 1300-1500 **BBC TWO / ONLINE**

**WEDNESDAY 12 OCTOBER**  
**MEN'S TEAM FINAL**  
 0950-1240 **BBC RED BUTTON / ONLINE**  
 1330-1530 **BBC TWO / ONLINE**

**THURSDAY 13 OCTOBER**  
**WOMEN'S ALL AROUND FINAL**  
 0950-1155 **BBC RED BUTTON / ONLINE**  
 1300-1500 **BBC TWO / ONLINE**

**FRIDAY 14 OCTOBER**  
**MEN'S ALL AROUND FINAL**  
 1050-1350 **BBC RED BUTTON / ONLINE**  
 1300-1500 **BBC TWO / ONLINE**

**SATURDAY 15 OCTOBER**  
**INDIVIDUAL APPARATUS FINALS**  
 0520-0830 **BBC RED BUTTON / ONLINE**  
 1630-1800 **BBC TWO / ONLINE**

**SUNDAY 16 OCTOBER**  
**INDIVIDUAL APPARATUS FINALS**  
 0550-0905 **BBC RED BUTTON / ONLINE**  
 1600-1730 **BBC TWO / ONLINE**

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# results vault



what's coming up!



## results...

Click on the event to see results!

- >> 2011 Men's Artistic British Championships, Stoke-on-Trent
- >> 2011 Aerobic Gymnastics British Championships, Reading
- >> 2011 Rhythmic Gymnastics World Championships, Montpellier
- >> Women's Artistic International GBR v POR v ESP, Ipswich
- >> GBR v GER Youth Trampoline International, Taunton



## reports...

Click on the event to see report!

- >> 2011 Men's Artistic British Championships, Stoke-on-Trent
- >> 2011 Aerobic Gymnastics British Championships, Reading
- >> 2011 Rhythmic Gymnastics World Championships, Montpellier
- >> Commonwealth Youth Games, Isle of Man
- >> GBR v GER Youth Trampoline International, Taunton



## photos...

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by Alan Edwards

British Gymnastics Official Photographer

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- 2011 Rhythmic Gymnastics World Championships, Montpellier
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by DE Photo

To access images, please contact the event organiser to obtain usernames and passwords for each event.

LATEST IMAGES...

- 2011 Men's Artistic British Championships, Stoke-on-Trent

Sports-Alive were on hand to photograph the 2011 Aerobic Gymnastics British Championships - [click here](#)

## OCTOBER

- 7-16 MEN'S & WOMEN'S ARTISTIC  
43rd World Championships, Tokyo
- 8-9 RHYTHMIC  
Round 1 Espoirs National Group League and National Open Individual Apparatus Championships 2011  
Richard Dunn Sports Centre, Bradford
- 14 LONDON FESTIVAL OF GYMNASTICS  
Brentwood Centre, Brentwood
- 22-23 WOMEN'S ARTISTIC  
Bill Slater Club Team Championships  
City of Newcastle Gymnastics Academy
- 23 GYMNASTICS FOR ALL  
GymFusion East Midlands 2011  
New College, Leicester
- 29-30 RHYTHMIC  
Round 2 Espoirs National Group League and Rhythmic Club Team Championships 2011  
Walsall Sports Centre, West Midlands
- 30 GMPD  
Artistic Championships 2011  
Rossmore Leisure Centre, Poole

## NOVEMBER

- 5 GYMNASTICS FOR ALL  
GymFusion Northern Ireland 2011  
University of Ulster, Co.Antrim
- 5-6 WOMEN'S ARTISTIC  
British Age Group Voluntary Finals 4, 3, 2 2011  
Guildford Spectrum, Surrey
- 17-20 TRA/TUM/DMT  
28th World Championships  
National Indoor Arena, Birmingham
- 19-20 WOMEN'S ARTISTIC  
British Compulsory Level 2 Retake and WAG Challenge Cup Jnr/Snr  
British Re Qualifiers  
Rushmoor Gym Academy, Hampshire
- 19 GMPD  
Rhythmic NDP Grades  
Falcon Spartak, Kent
- 23-27 TRA/TUM/DMT  
World Age Group Competition  
National Indoor Arena, Birmingham
- 26-27 RHYTHMIC  
Round 3 Espoirs National Group League, National Group Championships and British Qualification Testing  
Sport Wales National Centre, Cardiff



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