

GYMNAST

British Gymnastics Official Magazine
October 2012

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What's in
Chloe Farrance's
kit bag?



Where are they
now exclusive

**Svetlana
Khorkina**

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Warm-Up



Paul Garber
President, British Gymnastics
Vice President, UEG

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This will be my final message to readers of the magazine as President of British Gymnastics. Having been a board member for the past 30 years, serving in the role of President or Vice President for the last 15 years, I will be leaving post at the forthcoming Annual General Meeting. Change is inevitable and the new modernisation criteria of our funding partners, who inject vital funding to the sport and organisation, mean that it is no longer possible for board members to provide service for consecutive periods beyond 8 years.

My time with British Gymnastics has been filled with many great memories and I wish both the sport and British Gymnastics, the very best, as it heads into yet another exciting period of growth and consolidation.

On an international level, the world's governing body (FIG) will later this month, convene its Congress to elect new persons to key positions. I extend our best wishes and support to candidates from Great Britain - Brian Stocks (Executive) and Karl Wharton (Acrobatic Gymnastics).

Following the success of London 2012, I am delighted that Matthew Greenwood has returned to British Gymnastics following his outstanding work as the Gymnastics Director. Matthew returns to BG to take the position of Head of Events. His skill and experience as a key member of our major events team will be crucial as we look forward to the successful staging of the Glasgow World Cup and the 2015 World Artistic Gymnastics Championships.

In the aftermath of 'Spelbound' and the profile their performances gave to gymnastics, we now have Louis Smith, our three-time Olympic medal winner, floating across the dance floor on 'Strictly Come Dancing'. On behalf of the gymnastics community, we wish Louis all the very best and look forward to following his progress. Who knows, perhaps he can follow in Matt Baker's foot steps? What is clear is that never before has gymnastics had such a high media profile.

As always at this point in the year, some of our elite gymnasts will choose to retire - may I take this opportunity of wishing you every success in the future and our thanks for the contribution you have made to our success.

In Europe, the UEG recently signed a four-year contract with the EBU to televise its championships. As part of that agreement it will now be possible to follow the artistic apparatus finals online via a live stream. This is great news for gymnastics members and fans.

Thank you for all your support and best wishes for the future.

Contents

- 10** **Twitter wall**
The latest top tweets from the top gymnasts
- 14** **Why I love Double Mini Trampoline**
Toby Eager on his passion for the sport...
- 22** **In the kit bag**
We look in Chloe Farrance's kit bag
- 27** **Svetlana Khorkina**
Vera Atkinson talks to Svetlana Khorkina
- 37** **EuroGym**
Coimbra hosted the 8th EuroGym - seen through the eyes of a coach
- 43** **Other Spaces**
A sculptural photography exhibition by Jo Longhurst



'The Queen' - Svetlana Khorkina talks to The Gymnast magazine

Keep in touch...



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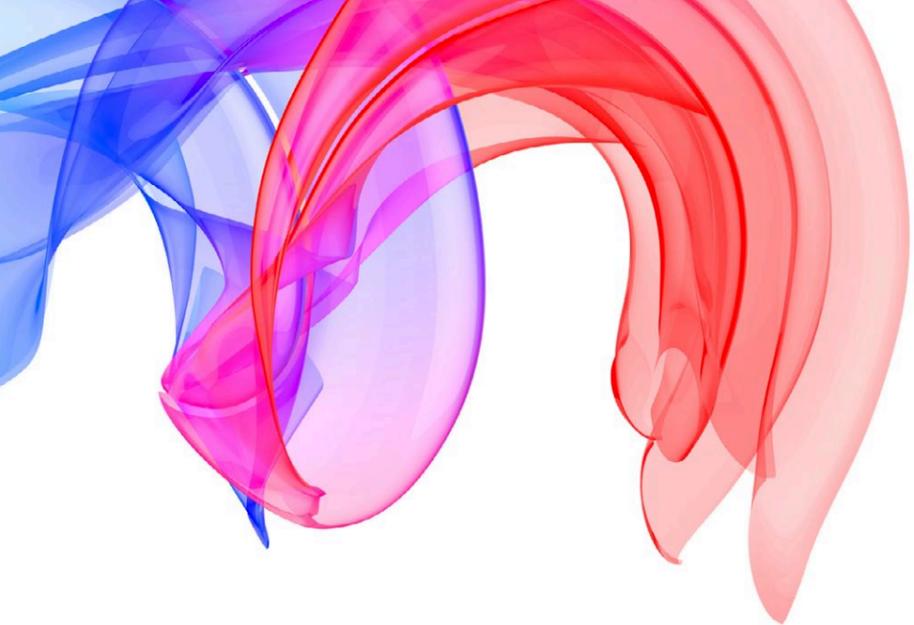
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Milano Pro Sport, The Arena, 65 Bow Lane, Preston, Lancashire, PR1 8ND, UK.



Editorial

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Editor

Tim Peake

tim.peake@british-gymnastics.org

Contributors

Olivia Howard

olivia.howard@british-gymnastics.org

Vera Atkinson

vera.atkinson@british-gymnastics.org

Design

**Mark Young,
Kathy-Ann Davies and
Joanne Richards**

BGtv

Gareth Finchett and Phil Marsh
bgstv@british-gymnastics.org

Advertising

George Miller

Cabbell Publishing Ltd,
Wimbledon Studios,
1 Deer Park Road,
London, SW19 3TL
T: 020 3603 7930
george.miller@cabbell.co.uk

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British Gymnastics

Ford Hall,
Lilleshall National Sports Centre,
Newport, Shropshire, TF10 9NB
T. 0845 1297129
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www.british-gymnastics.org

**British Gymnastics
Official Photographer**

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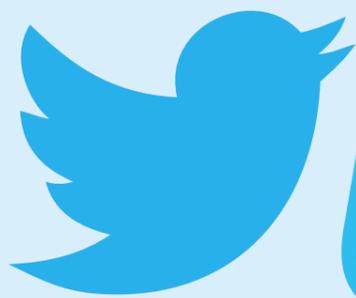
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tweet wall

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Welcome to the BGMediaTeam twitter wall - check out this month's top tweets from the top gymnasts...



Louis Smith @louissmith1989
On my way to dance class haha hmmm never thought I'd say that. Normally a gymnastics session haha



Rebecca Tunney @Rebecca_Tunney
Nice to be back @LiverpoolGym + see everyone again:D



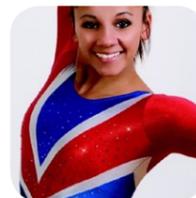
Danusia Francis @danusiafrancis
So I got 24 mini Diet Dr Pepper for \$11. #BARGAIN #lifeisgood



Seb de Verteuil @sebdev1
Getting a letter from the Prime Minister has to be the highlight of my day!



Katherine Driscoll @driscoll86
So proud to have been part of the best summer in British sporting history! What a games London delivered!! #topthatrio #OurGreatestTeam

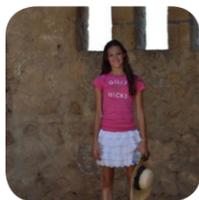


Becky Downie @Bdownie
Me & @DownieE_99 on our first night in Kos :)))





Danny Purvis @PurvisDanny
Had a great time in attending the Scottish parade yesterday, such great support from everyone. I sill managed to get sun burnt #Inscotland ha



Laura Halford @Laura_Halford
Next time I tape a hoop I am definitely choosing an easy design



Robyn Osborne @rosborne_
Soooo, I'm 20 in 2 days... #OAP



Max Whitlock @maxwhitlock1
Off to the fitness gym this morning, need to try n get my muscles back before holiday lol



Niamh Rippin @niamhrippin
need to focus and do some work now .. OMG SQUIRREL #easilydistracted

2012

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Why I love... Double Mini Trampoline

Did you know that in total there are more than ten different gymnastics disciplines within British Gymnastics? With so many to choose from, it's hard to know which one to pick. But if you had your chance to tell the world why you love your discipline so much, what would you say?

We set ourselves the challenge of finding out. So, to get us started, we decided to begin with the one and only double mini trampoline (DMT)...

Double mini trampoline is an exciting discipline, which can be likened to a combination of athletics, trampolining and gymnastics. Competitors sprint down a carpeted track and hurdle onto the apparatus before performing double and triple somersaults with the same precision required on a trampoline. The only difference is that gymnasts have to land on a trampoline bed less than a quarter the size of a trampoline, before performing a dismount on to a landing mat.

To start us off, we caught up with Toby Eager, who has been involved in DMT from the very beginning, to find out why he is so passionate about the discipline...

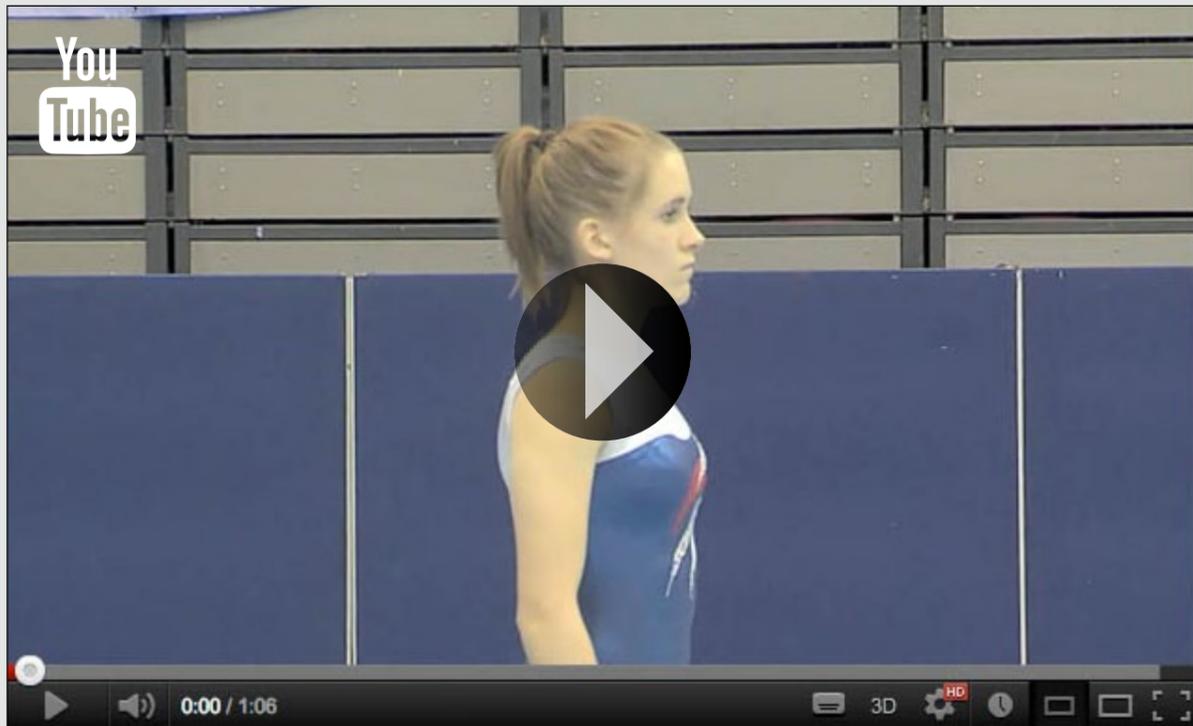
T DMT CV Toby Eager

After retiring from trampolining in 1998, having been a senior international and a World Age Group synchro Champion (Portugal 1994), Toby Eager re-ignited his passion for trampoline gymnastics by taking up Double Mini Trampoline (DMT).

Toby was the 2002 men's British champion and was a World and European Championship medallist. He formed part of the first senior DMT team in Great Britain when it officially became a discipline in 2001 and after the 2007 World Championships, Toby retired with a team bronze medal. By the next World Championships in 2009, he was selected as coach to the team in St Petersburg, where he led the Great Britain team to great success.

Toby has recently become BGtv's resident commentator for the annual trampoline, tumbling and DMT British Championships and was also the voice of trampoline at the Olympic Games at the North Greenwich Arena at London 2012. However, he is now back to normality as a





Check out **Georgia Downing's** two gold medal winning passes from this year's senior women's British Championships. Toby is one of Georgia's proud coaches.

Special Educational Needs Co-ordinator in Bedfordshire and one of the two coaches responsible for GB's youngest DMT ladies champion, Georgia Downing.

"DMT is explosive! I describe it as a cross between the vault in Gymnastics and a two trick competition in trampolining. It requires a powerful run up from 20 metres, followed by the ability to accurately pull off two multiple twisting double somersaults (at the top level) or even triples before landing perfectly in 'The Zone'."

The need for speed, power, agility and flexibility, as well as a whole bucket-load of guts and concentration, is what makes this such an exciting event as there is no margin for error in DMT. I think what sets it apart from the rest is when the gymnast completes

their landing, placing just a small toe outside of the inner zone could cost them nearly a whole mark. I like to compare it to tennis, the ball is either in or out of the line, even if only slightly - it's that tight!

The sport is still relatively underrepresented in the UK, but is being introduced to clubs across the country all the time and anyone can get involved. DMT provides an excellent opportunity for gymnasts to be multi-disciplined. It's a tough one to master, but it really is great fun."



Find a club offering DMT near you!

Toby in action



TOBY'S 5 FACTS

Did *you* know?

1. Many athletes choose to do both DMT and trampoline gymnastics, with some making it onto the International stage in both disciplines.
2. Power is essential in DMT; some gymnasts perform two triple somersaults in a pass that can often take up to 10-15 bounces to achieve on a trampoline.
3. The margin for error in DMT is very small; one big toe out of the inner zone could cost a gymnast nearly a whole mark.
4. In DMT competitions there are four passes; two in the preliminary round and two in the final round. Each pass must be different, so gymnasts have to be careful not to use up their most difficult passes early on.
5. Great Britain sent its first International senior team to a European Championships in 2002.



Kit In the bag



British aerobic champion **Chloe Farrance** gives *The Gymnast* a look inside her gym bag and tells us why coach Kerry Scotts' lucky socks make all the difference to her in competition...

WHAT ARE THE THREE THINGS YOU ALWAYS HAVE IN YOUR GYM BAG AND WHY?

Ankle weights, knee pads and loads of tape.

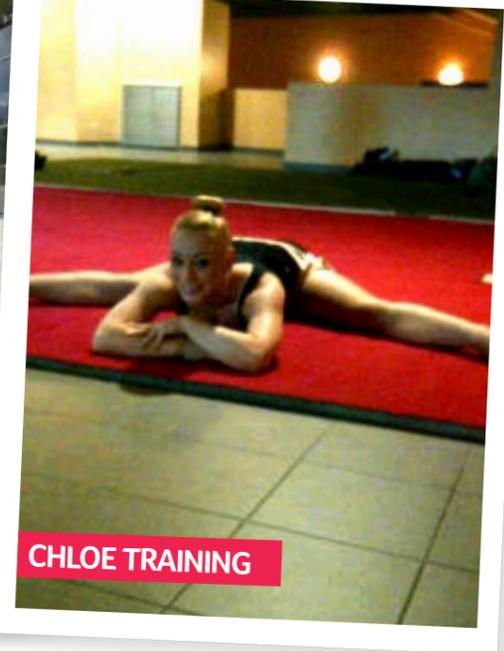
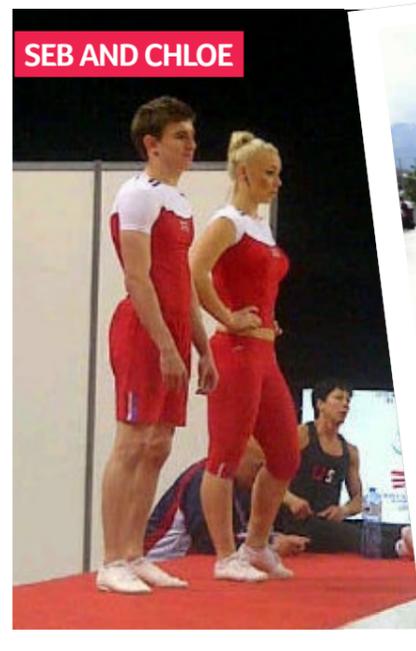
DO YOU HAVE ANY LUCKY MASCOTS OR THINGS YOU TAKE TO COMPS?

I don't really have a lucky mascot at competitions but I make sure my coach Kerry has her lucky socks on. Every time she has worn them I have made a final at every international competition, which means she has to wear the same socks for two days, which she is never happy about.

WHAT THREE SONGS WOULD YOU HAVE ON YOUR IPOD TO GET YOU IN THE MOOD TO COMPETE AND WHY?

During my warm up and stretching I like to listen to something quite chilled like Frank Ocean. Getting closer to competing I listen to something more up-beat like dubstep or drum and bass, and then ten minutes before I compete I have to listen to my competition music.

CHLOE AT THE 2011 BRITISH CHAMPIONSHIPS



IS THERE A LUCKY/FAVOURITE LEOTARD YOU WEAR FOR BIG COMPS, WHICH IS IT AND WHY IS IT SPECIAL TO YOU?

I don't have a favourite or lucky leotard but I really like my mixed pair leotard.

IS THERE A PARTICULAR PERSON OR GROUP OF PEOPLE THAT YOU THINK BRING YOU LUCK WHEN COMPETING?

Most of the time when I compete abroad I don't have many people to cheer for me because we go with such a small delegation, so I am used to just hearing my coach Kerry's voice at the side of the floor and that motivates me and helps me to get through the routine.

WHAT ARE YOUR THREE BEST MEMORIES FROM YOUR CAREER?

My three best memories, coming out on top has got to be winning the silver medal at the World Championships 2010 in Rodez. I will never forget the feeling watching the GBR flag be raised up in the arena. This was the first time ever for Great Britain and was an emotional experience.

My first year as a senior, I went to France to compete at the World Cup. I managed to

qualify for finals in 6th position and then on finals day I improved my routine and pushed my ranking up to 4th position, just missing out on bronze.

European Championships 2011, Romania. My coach gave me a target to reach the finals. We knew with my best routine I could take 8th place. I actually finished 9th with the same score as the Russian in 8th place. I was very proud of that result.

WHAT WOULD BE THE PERFECT DAY OFF FOR YOU?

My perfect day off would probably be to go up to London with a few of my friends to Pineapple dance studios and do some of the dance workshops. So I would consider my day off as active rest, without the pressure.

IF YOU WEREN'T A GYMNAST WHAT WOULD BE YOUR DREAM JOB AND WHY?

If I wasn't a gymnast my dream job would probably be a tattooist. I love art and especially tattoos. If I couldn't do that I would definitely be a dancer.

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Men's Artistic

Endo Circles on High Bar

By Lee Woolls



REMINDER

Coaches should only coach skills that are contained within their current BG qualifications and within a BG recognised environment.

Rhythmic Gymnastics

Rolls on Body Segments

By Sarah Smith



Gymnastics for All

Formations and Distractions

By Donna Parsons



All **Excel Tips of the Week** will be released every Thursday morning. Keep an eye on **GymBlast** to find out what each weekly tip will be.



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Where are they now?

Svetlana KHORKINA

by Vera Atkinson



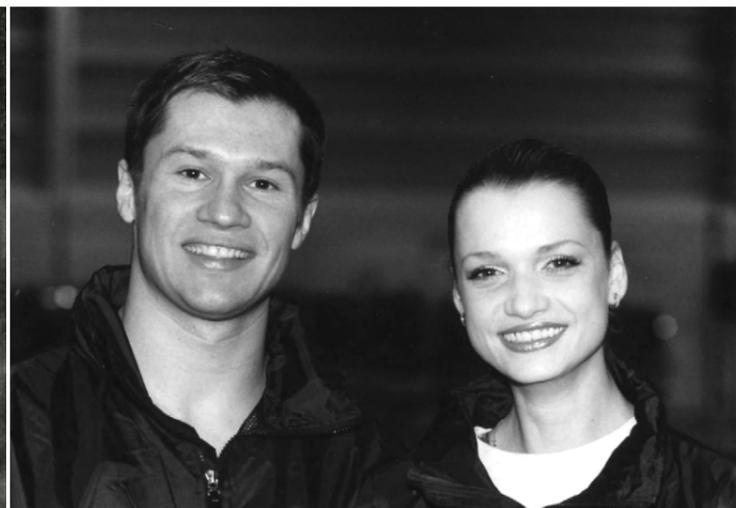
With the prestigious Glasgow World Cup on the horizon who better to begin the *Gymnast* magazine's 'where are they now?' series than **Svetlana Khorkina**, the gymnastics icon who competed at the first ever Glasgow gymnastics event back in 1997 going on to win five titles in the Scottish city.

Record breaker...

Sveltana Khorkina retired shortly after her third Olympics in Athens 2004, as a double Olympic Champion on bars and with an overall collection of two gold, four silver and one bronze medal.

She stands proudly in the record books as three time all-around World Champion with an overall world medal tally of nine gold, eight silver, and two bronze. Her European collection comes to four all-around titles and an overall number of thirteen gold, five silver and two bronze medals. In Glasgow she took five titles in four years of competition making her the undisputed Queen of Glasgow.

Interviewed by The Gymnast magazine's Vera Atkinson at the 2001 Artistic World Championships in Ghent, just after she had won her second world title (out of three) - and with fellow Russian superstar Alexei Nemov



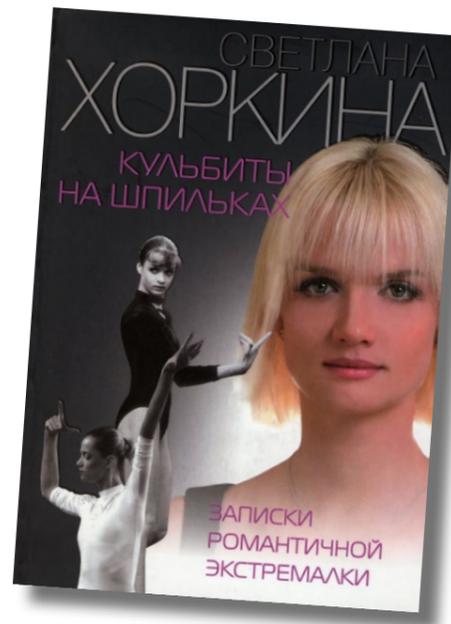
Svetlana at the 2004 Olympics in Athens



Her legacy...

Khorkina is the only gymnast who has gymnastics elements named after her on all the four apparatus. With a height of 165cm she was one of the world's tallest superstars and very few people believed she would reach far in the sport when she started training gymnastics in her native town of Belgorod. It was her coach Boris Vasilievich Pilkin who proved them all wrong by creating a specific technique, training methods and skills to help Svetlana use her height to her advantage. Sadly, Pilkin died in 2010.

The unique triple world champion has always been considered to be one of the most enigmatic, charming and extraordinary people in the sport of artistic gymnastics. She has been called The Queen, The Iron Lady, The Diva, The Unpredictable and many other flattering names, but according to the subtitle of her autobiography 'Somersaults in High Heels' published in 2008, she describes herself as a 'Romantic Extremist'.



Svetlana with her coach Boris Vasilievich Pilkin, who sadly died in 2010



Where is she now?

Svetlana's statue in Belgorod

Even during her career, Khorkina was well renowned as not only a brilliant gymnast but also a flamboyant person with ambitions beyond her sport. From playing the leading lady in Russian theatre, performing circus acts with elephants and 'Dancing with the Stars', to gaining a PhD from the Russian State Academy for Physical Culture and Sport, Khorkina has always challenged herself and continues to surprise.

In 2001 she was awarded with the Order of Honour, and is the patron of the Multi-Sport-Complex in her native town of Belgorod where her statue has been erected. Between 2007 and 2011 she was an MP in the Russian parliament (Duma).



Svetlana speaking at the Russian parliament (Duma)... and in one of her many acting roles, courtesy of the Russian theatre



A letter from Svetlana

Vera Atkinson spoke with Svetlana recently to find out the latest chapters in her life and below is her open letter to the *Gymnast* magazine's readers...

My mandate as an MP in the "Duma" (The Russian parliament) expired a year ago but I am still involved in politics.

The experience which I have gathered at the Duma, and particularly the experience as the Vice-President of the Committee dealing with the problems of youth, is indeed, very important for my present activities.

The amount of my work has since then increased further, but remains in the sphere of the youth and the development of sport in Russia.

I am currently an Ambassador for the Winter Olympic Games in Sochi 2014 and continue my work as the Vice-President of the Russian Gymnastics Federation.

I was very happy with the results of our Olympians in London, particularly of the women, but also of our young men's team. However, the new Olympic cycle has started and everything starts from the beginning.

I followed Beth Tweddle's participation in these games with particular interest and I must say that I was very impressed with her competitive longevity. I know by experience how difficult it is to maintain the highest standard of performances for several Olympic cycles. I have been through all this and now I saw that Beth was also able to achieve it. She is a great gymnast - I would like to convey my sincerest congratulations to her, along with my very best wishes for success in life!

I also keep running the annual gymnastics tournament named after me in my native town of Belgorod. This coming November for the 13th time, gymnasts from junior to senior levels, including the superior level of the "master of sport" will compete in Belgorod. This event is supported by the Russian Ministry of Sport, the Russian Gymnastics Federation and my personal Foundation (Svetlana Khorkina Foundation).

As for Glasgow, I remember the competitions there with very nice feelings and particularly the first one, in 1997. When I came there I was already Olympic Champion (in Atlanta '96, A. Bars).

Glasgow is a very interesting city. We were living in a hotel with a small lake in front it where there were white swans swimming. I also remember the competition hall full of people and that they were following my performances with long and loud applause. I am grateful for that warm welcome!

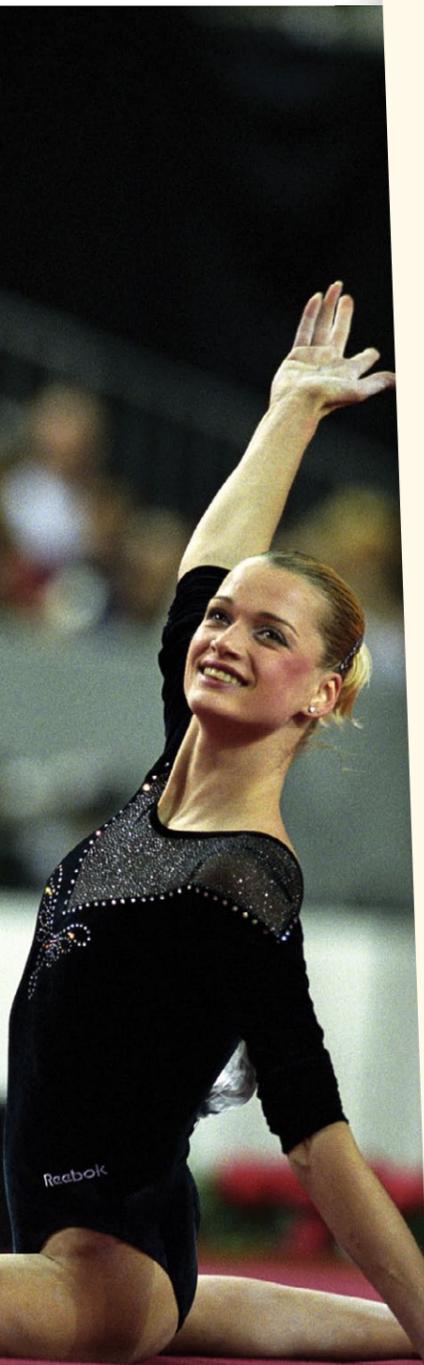
As for my son Sviatoslav, he is now 7 years-old and has just started going to school. He is already training tennis and taekwondo. And, as anyone else born in the 21st century, he is very much into computers. His dream is to become a computer programmer and inventor. Well, I am happy with his choice but we must leave it to the future to see what will happen next...

At the moment we have a parrot at home and Sviatoslav is working very hard to teach him how to speak. So far the parrot remains silent...

With my best wishes to you.

Svetlana

Svetlana with
The *Gymnast*
editor Tim Peake



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EuroGym

From the 15th-19th July 2012, 75 performers joined together from four British Gymnastics clubs to form the GB delegation to the 8th **UEG EuroGym** in Coimbra, Portugal.

For Hamilton GC, Esprit, City of Birmingham Rhythmic and Diamonds TnT, all five days were action packed with the participants enjoying everything that EuroGym has to offer. For **Ruth Gibson**, head coach of Hamilton Gym Club in Scotland, this was her first international gymnastics festival. Here she takes us through why it will most certainly not be her last...



As Head Coach of Hamilton Gymnastics Club I felt obliged to attend our club's first major festival and reluctantly travelled along with 16 excited gymnasts to Coimbra in Portugal for Eurogym 2012.

As an ex-international artistic gymnast and artistic coach, I wasn't convinced that I would enjoy the whole festival experience; I just didn't know what to expect. Our senior coach and choreographer Wendy Lucas, is a seasoned festival goer and it was her enthusiasm before and after each and every festival that made me feel that there really must be something in these festivals that I was missing out on.

Our team consisted of 16 artistic gymnasts who train between 7 and 10 hours a week. Preparing their routine was intensive and not at all an easy task when pushed for time and not having the luxury of a full floor area in our gym. The girls all worked hard to master the choreography and acrobatic balances included into their usual training sessions. We found that the girls thoroughly enjoyed the challenge and at the same time this gave them an alternative focus other than just their apparatus work.

"It helped their motivation in sessions and also gave them the opportunity to really work as a team."

From the minute we arrived in Portugal our days were jam packed with performances, workshops, sightseeing, shopping, sunbathing, swimming, parties and more. Forgotten was the school accommodation,



Hamilton Gymnastics Club proudly displays their 'I am BG' flags in Coimbra

the food and the lack of sleep as the girls had much more important things to fill their days.

The team performed at two locations in the town. The first was outside an historic church and the second, a much awaited indoor performance in the luxury air conditioned shopping mall. This came on the hottest day of the trip - a mere 40 degrees! Despite their nerves the girls performed amazingly well without any mistakes and sporting grins from ear to ear.

The whole GB team performed impeccably and worked hard to master the mass

display together, regardless of only knowing each other for two days. Our Head of Delegation, Gemma Barton, handled her role fantastically, ensuring we were all catered for and kept informed of all the updates.

All 75 GB performers focused hard for the mass display. They practised relentlessly in the heat, anywhere they could find. Despite only getting to run through the routine once in the arena they all rose to the challenge and nailed the Gala

“Every minute of it was great... wish we were still there to do it all again!”

Jennifer Rintoul



The Great Britain delegation in good spirits in the Estádio Finibanco Cidade de Coimbra

performance. performing to a stadium of 10,000 spectators – now that’s something you don’t get to do every day.

As a gymnast who gave up the sport and started coaching immediately, I wish that I had taken the opportunity to take part in such an event. I was reluctant to even attend, but came home transformed and excited in anticipation for the next one. You get to sightsee, eat ice cream, take part in workshops, meet loads of new

people, party and experience the euphoria of an international event without the seriousness of competition.

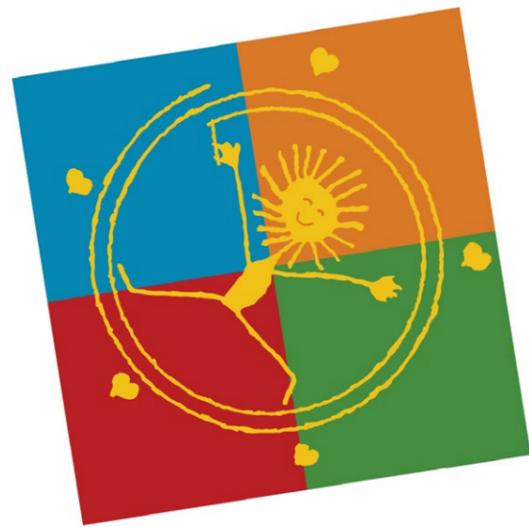
Not every gymnast can say that they took part in an opening and closing ceremony, marched through the town carrying the Union Jack, performed in front of 10,000 spectators and wore a GB tracksuit...but our gymnasts did and will remember EuroGym for the rest of their lives.

“
EuroGym was the most amazing experience...it was the best thing I have ever done. I cannot believe we actually represented Great Britain!
”

Iona McDougall

If you are thinking of retiring from the sport, think twice, display gymnastics is fun and very rewarding. Give it a go...You’ll be surprised!





15th WORLD GYMNAESTRADA 2015 HELSINKI

Make the earth move



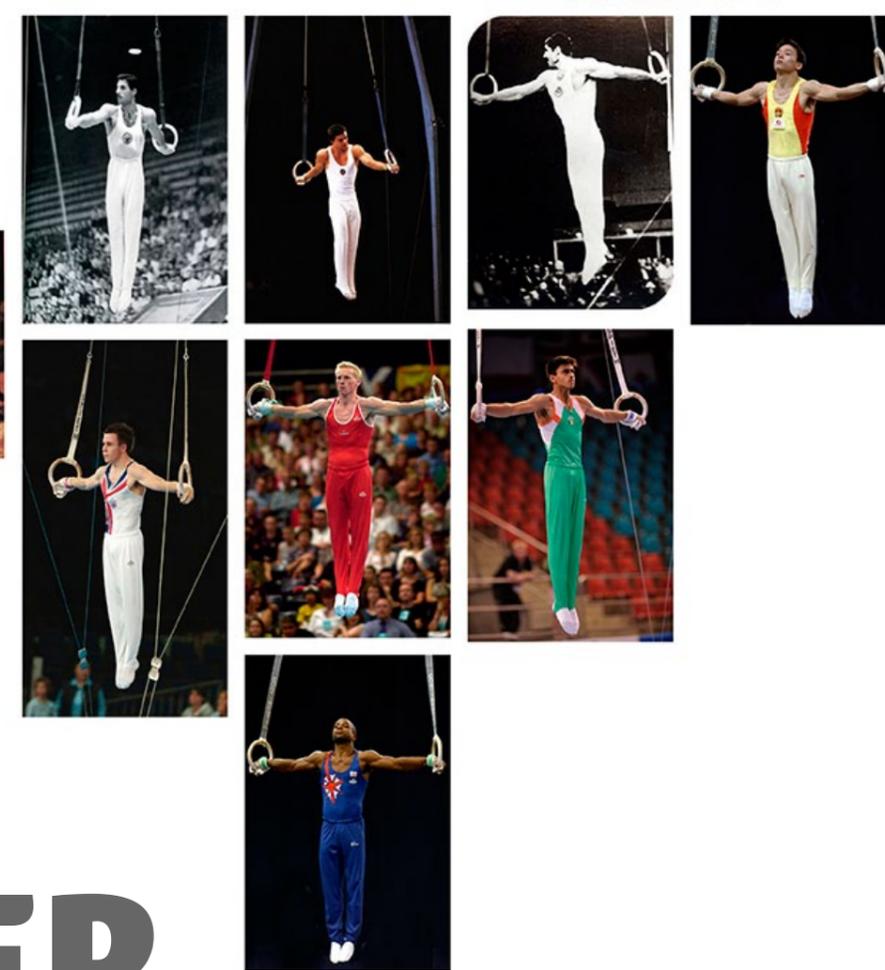
12th-18th JULY 2015

Helsinki has been selected as the host city for the World Gymnaestrada 12th – 18th July 2015, the largest gymnastics for all event. The Gymnaestrada will bring 25,000+ gymnasts to Helsinki from 60 countries from all continents.

Want to find out more?

Pre-registration officially opens in **October 2012** please contact worldgym2015@british-gymnastics.org for more details and to register.

A-Z, detail



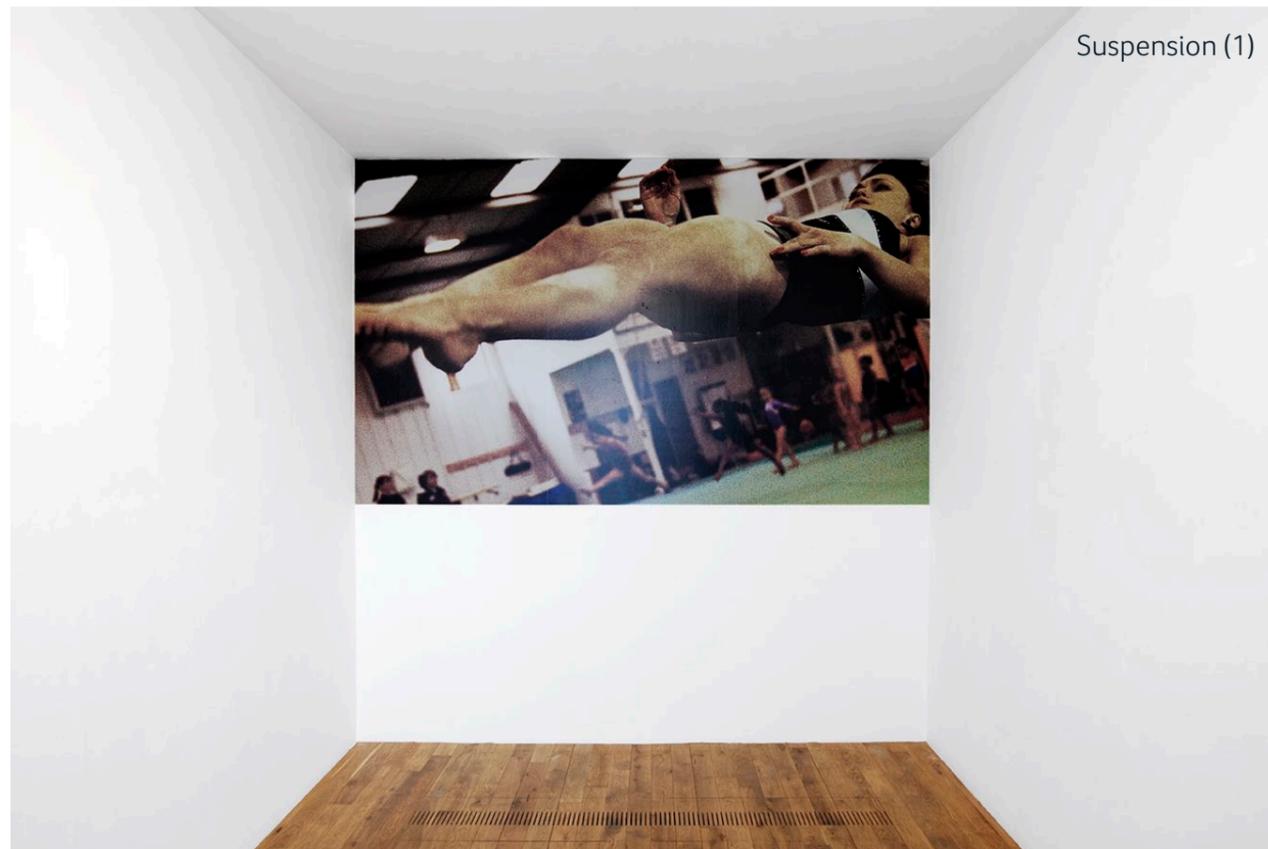
by Tim Peake

OTHER SPACES

In October 2008 The Gymnast magazine was invited to review A-Z of Gymnastics, an art installation of hundreds of individual editorial sports photographs, sourced from commercial, museum, and individual archives, created by Jo Longhurst.

Four years later and Jo has continued to develop this theme and is now exhibiting Other Spaces, a sculptural photography exhibition, which explores the physical and emotional experiences of elite gymnasts in training and competition.

The works on show include classic photographic portraiture, appropriated photographs and hybrid photographic works, with photographs made at Heathrow Gymnastics Club and the World Artistic Gymnastics Championships.



Suspension (1)



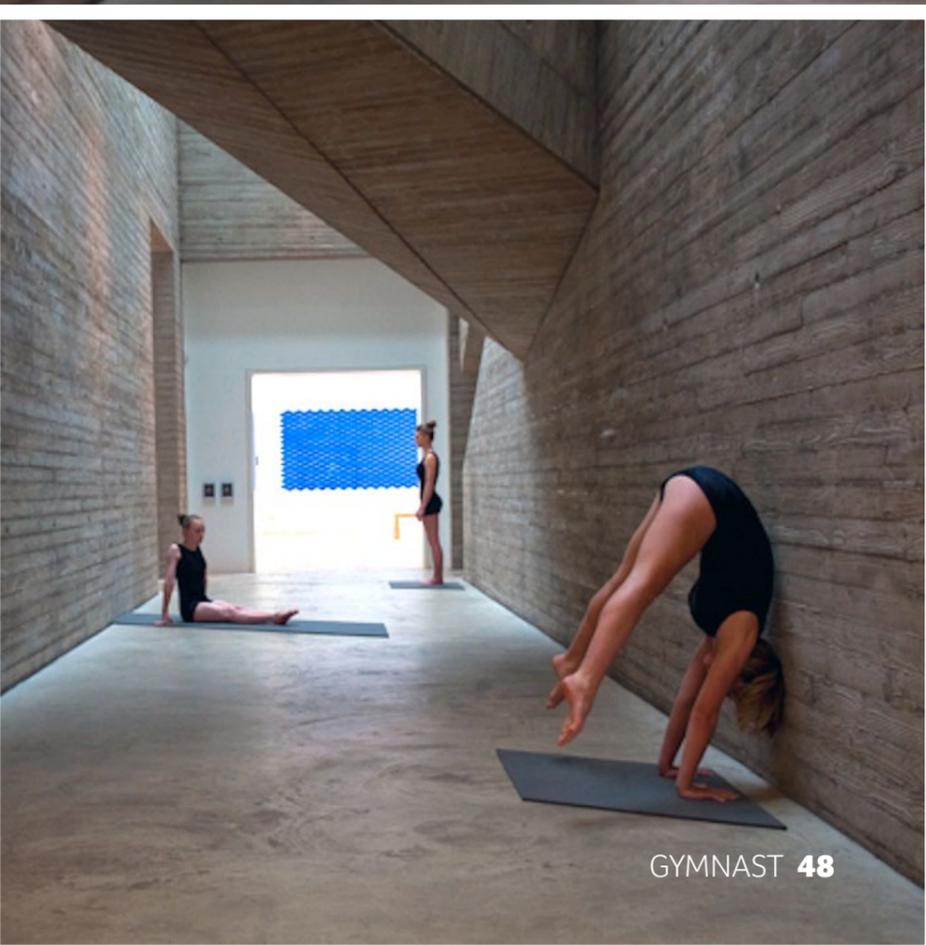
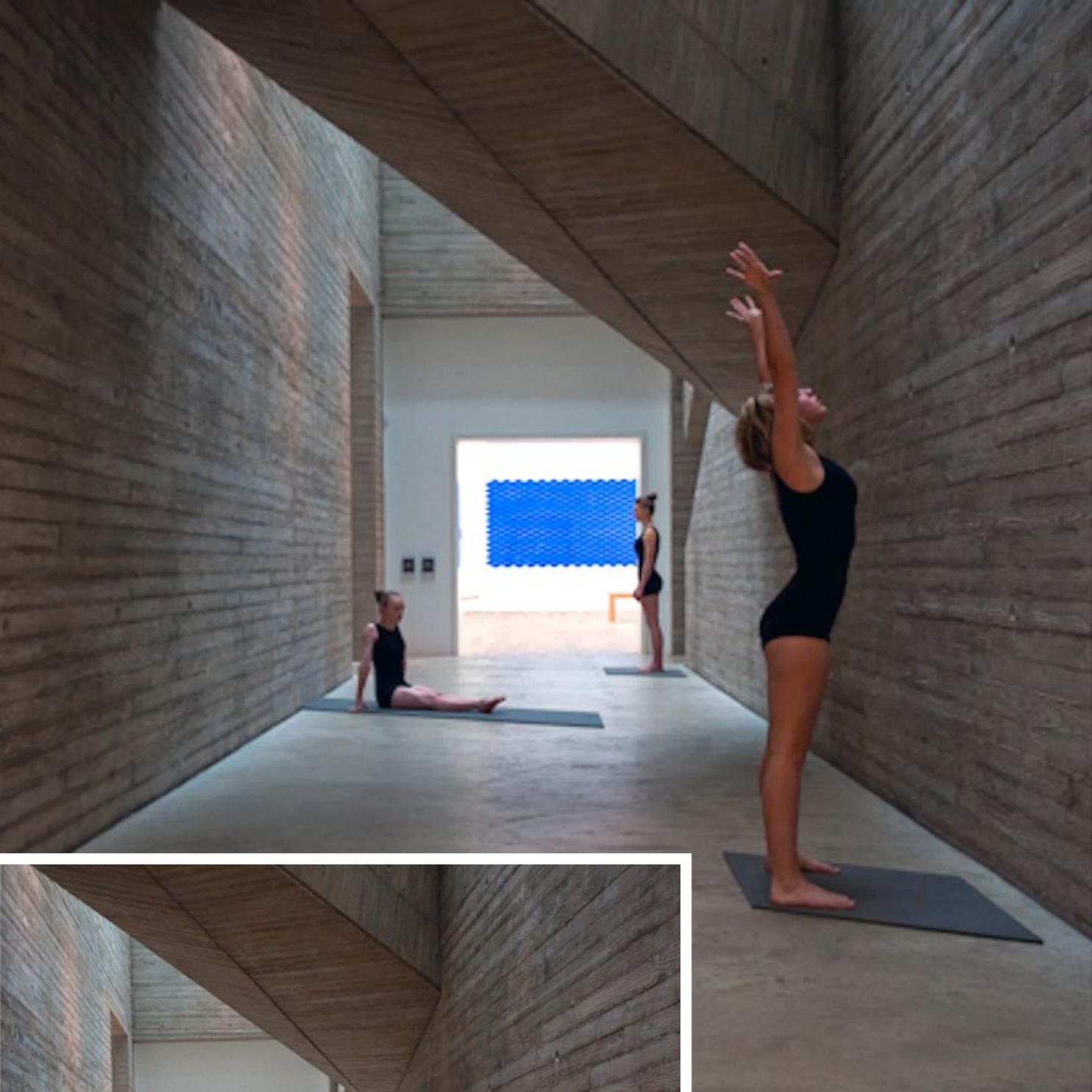
A-Z, detail

What is 'Other Spaces'?

Featured in Other Spaces is a new version of A-Z, 215 appropriated photographs of the human body performing iconic gymnastic moves. Mounted in perspex blocks along the gallery wall, they create a fractured installation of pikes, straddles, layouts and twists. The larger-than-life digital print Suspension (1), which captures a gymnast in mid-flight is perfectly serene and dislocated from her twisting high-speed move. Pinnacle, a floor to ceiling installation of tessellating photographs of fragile, upwardly thrusting legs, a counterpoint to Peak, a single photograph of a young gymnast performing her daily warm-up regime, her muscular body at full extension.

Most dramatically, the Space-Force Construction No's 1, 2, and 3 consist of photographs of competing gymnasts from superpower countries inset in striking geometric sculptural structures. The frameworks extend the images into the gallery space, inviting the viewer to confront the raw, human condition.





Living artwork, Mostyn Intervention



For the opening event at Mostyn, Llandudno, Jo invited gymnasts from Bangor Gymnastics Club to work with her to create a special performance intervention – the girls’ bodies becoming transformed into living artworks, performing repetitive moves to the artist’s strict requirements.

Lucy Greenman, 11, the youngest of the girls, said “*Oriel Mostyn is an amazing gallery to perform gymnastics, with fantastic angles, shapes and lighting which complimented our artistic moves*”, coach Dilys Buckley commented “*the girls were so unsure what to expect at first, but I think they really rose to the occasion - the moves they kept were so simple and they made them look easy and elegant.*”

The gallery thought so too - the intervention was such a success that the four girls were invited to curate a performance of their own for the closing day of the exhibition. Led by Sarah Barnett, a gymnast with a great interest in both art and gymnastics, the girls experimented with using gymnastics as an art form, combining both in a surrounding different to any they had experienced before.

Meanwhile Jo's work has been shortlisted for The Grange Prize for Contemporary Photography, Canada's major photography prize, and Jo is off to be artist in residence at the Art Gallery of Ontario, Toronto, hoping to work with some of Canada's finest gymnasts, "*there are still some works I have yet to make - video works, and a portrait of a female gymnast in the Cross on the Rings - that would be fantastic!*" she said.

Peak (left) and Pinnacle (right)





Bulmershe Gymnastics Club

Invites applications for the post of

Head of Coaching Operations & Development

The successful applicant will be expected to take responsibility for all aspects of the Club's gymnastic coaching operations, working with the existing club management and coaching team. They will also be expected to take a leading role in the development of the Club to provide new services and facilities and be prepared to represent the Club in the community, at regional and national levels.

Bulmershe Gymnastics Club is a GymMark accredited club with 1100 members, operating in a dedicated facility near Reading in Berkshire. The Club provides gymnastics training to all ages from pre-school to adult, including children with special needs, and has national and international competitors in Women's Artistic and Aerobic Gymnastics.

Candidates must demonstrate an enthusiasm for the sport of gymnastics and preferably hold a level 3 (or above) coaching qualification. They should have sufficient experience to support and mentor coaches, with a tutoring qualification an advantage. If necessary, additional training will be provided.

Applicants will need excellent organisational, interpersonal, verbal and written communication skills; familiarity with Microsoft Office applications is highly desirable. The Club can accommodate flexible working hours and offers a competitive salary.

For further details and an application pack please email or phone Val Brown, Club Manager, before 28th October 2012
Email: admin@bulmershegymnastics.co.uk
Tel: 0118 926 3686

Bulmershe Gymnastics Club, Chequers Way, Woodley, Reading, RG5 3EL
www.bulmershegymnastics.co.uk



Other Spaces will be exhibited at Ffotogallery, Cardiff from 19th October - 26th January. Jo is creating another performance intervention with gymnasts from the Welsh national squad in Cardiff for the opening event at Ffotogallery on the evening of Friday 19th October at Turner House, Penarth. Everyone is welcome.

Bangor Gymnasts, from left to right: Sarah Barnett, Bryony Buckley, artist Jo Longhurst, Lucy Greenman, Ellie Hill



The Grange Prize is decided entirely by an online vote. You can see more images, hear Jo talk about her work, and vote for her by clicking the icon.

what's. Coming up

October

5-7 October

AEROBIC
2012 British
Championships
Rivermead Leisure
Centre, Reading

13-14 October

WOMEN'S ARTISTIC
Bill Slater Club Team
Championships
Europa Centre, Kent

13-14 October

RHYTHMIC
National Open
Individual Apparatus
Championships &
Round 1 National Group
League
Richard Dunn Sports
Centre, Bradford

13-14 October

DISABILITY
13th Poole Open 2012
Poole Sports Centre,
Dorset

19-21 October

GYMNASTICS FOR ALL
London Festival 2012
The Brentwood Centre,
Essex

21 October

GYMNASTICS FOR ALL
GymFusion
East Midlands
New College,
Leicester

27 October

GYMNASTICS FOR ALL
GymFusion North
Spennymoor LC,
County Durham

November

3 November

GYMNASTICS FOR ALL
GymFusion
Northern Ireland
Jordanstown, NI

3-4 November

WOMEN'S ARTISTIC
British Age Group
Championships
Vol 4, 3, 2
Guildford

17 November

MEN'S & WOMEN'S
ARTISTIC
Veterans British
Championships
Benfield SC,
Newcastle Upon Tyne

17-18 November

WOMEN'S ARTISTIC
Compulsory L2 re-take in
Age/Challenge Cup Junior
& Senior
Rushmoor GA,
Aldershot

17-18 November

RHYTHMIC
Rhythmic Gymnastics
Club Team
Championships &
Round 2 National Group
League
Walsall

18 November

DISABILITY
Artistic Gymnastics
British Championships
Benfield SC,
Newcastle Upon Tyne

24 November

DISABILITY
Rhythmic NDP
Falcon Spartak,
Hurtsmere School,
Sidcup

24-25 November

ACRO & TUMBLING
British Tournament
Fenton Manor,
Stoke-on-Trent

December

8 December

MEN'S & WOMEN'S
ARTISTIC
FIG Artistic World Cup
Emirates Arena,
Glasgow

8 December

RHYTHMIC
National Group
Championships &
Round 3 National Group
League
Walsall



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