



Home Country Association affiliated to British Gymnastics and representing the Regions of:
East, East Midlands, London, North of England, North West, South, South East, South West,
West Midlands, Yorkshire and the English Schools

www.englishgymnastics.org.uk

NEWSLETTER

July 2014

Providing the opportunity for all individuals in England, with an interest or talent for gymnastics, to be able to realise their full potential within the sport

Welcome from our Chairman, Kevin Flynn

The Commonwealth Games is almost here and the athletes and coaches for the Women's and Men's Artistic Gymnastics Teams, together with those for Rhythmic Gymnastics have been chosen! Congratulations to all and best wishes for a successful Games. I look forward to seeing you all in Glasgow.

The English Gymnastics Association are very pleased to announce a sponsorship arrangement with Gymnova UK, whereby Gymnova will provide all of the apparatus and other equipment for future English Championship competitions, where possible, starting from 2015. The first such competitions will be the Women's & Men's Artistic Championships, to be held on 13th, 14th and 15th March 2015. Our other main sponsor, Milano Pro Sport, have sponsored English Gymnastics for a number of years, supplying kit for Women's Artistic and Trampoline squads, for training and competitions. We are delighted that this will continue in to the future, with increased sponsorship for the Artistic Championships.

Following the success and very positive feedback for our lower level competition, introduced last year, we are pleased to confirm that the new Bronze & Silver Women's Competition (previously known as Novice & Intermediate) will now be a 2-day event in order to accommodate an increase in entries. The competition will, again, be held at New College, Leicester in November. Entries should be sent in as soon as possible. Last year, particularly at the Bronze level, we had to stop accepting entries before the official closing date.

With the new Gymnova sponsorship, we will also be using a new venue for the 2015 English Championships for Women's & Men's Artistic Gymnastics! An agreement has been reached with Loughborough University to hold next years (and hopefully subsequent years) Artistic Championships at the University. The sports hall, which directly joins the Gymnastics Training Centre, is considerably larger than the Wigan venue which, unfortunately, proved to be too small to safely accommodate the 9 pieces of apparatus required for the joint event. Audience seating is also considerably increased.

Finishing where I started – I trust you will all enjoy watching the Commonwealth Games, starting in just under one month's time and wish you all a great summer holiday.

Dates for your Diaries

EVENTS

24th July – 1st August 2014

Commonwealth Games Glasgow
(Gymnastics Competitions)

1st & 2nd November 2014

English Bronze & Silver Women's
Championships 2014 (New College,
Leicester)

13th – 15th March 2015

English Men's & Women's Artistic
Championships 2015 (Loughborough
University)

Women's Artistic Squad Training Camp – Dates Announced

The dates for the Women's 2014 Squads
have now been confirmed as:

18th – 20th July 2014

26th – 28th September 2014

All Camps for 2014 will be held
at The Rushmoor Gymnastics Academy
in Aldershot.





TEAM ENGLAND REVEAL GYMNASTICS SQUAD FOR COMMONWEALTH GAMES

Four London 2012 Olympic Bronze Medalists in Team England Gymnastics squad

A squad of 13 gymnasts has been selected by Team England to compete in Glasgow next month. The squad includes 2012 Olympic bronze medallists Sam Oldham, Louis Smith MBE, Kristian Thomas and Max Whitlock. Five times Junior European Champion, 18 year old Nile Wilson completes the line-up for the Men's Artistic Gymnastics.

The Women's Artistic Team is led by European Champion and double Commonwealth Games medalist Rebecca Downie, who is joined by three of the 2014 European Silver medal winning Team - Claudia Fragapane, Ruby Harrold and Hannah Whelan, with Kelly Simm taking the final position.

Stephani Sherlock, Mimi-Isabella Cesar and Lynne Hutchison will all compete in the Rhythmic Gymnastics competition.

The Team in full is as follows:

Rhythmic Gymnastics Team (pictured from left to right on the 1st line of the main picture)

NAME	FROM	TRAINS
Lynne Hutchison	Born in Tokyo, lives in Bath	Bath
Mimi-Isabella Cesar	Birmingham	Birmingham
Stephani Sherlock	Moscow, Russia	Swindon
Megan Balabey (Reserve)	London	Hendon

Women's Artistic Gymnastics Team (pictured from left to right on the 2nd line of the main picture)

NAME	FROM	TRAINS
Ruby Harrold	Churchill, Bristol	Portishead
Rebecca Downie	Nottingham	Nottingham
Kelly Simm	Whiteley, Fareham	Southampton
Hannah Whelan	Born in Singapore, lives in Liverpool	Liverpool
Claudia Fragapane	Bristol	Bristol
Charlie Fellows (Reserve)	Crewe	Liverpool

Men's Artistic Gymnastics Team (pictured from left to right on the 3rd line of the main picture)

NAME	FROM	TRAINS
Louis Smith MBE	Peterborough	Huntingdon
Sam Oldham	Nottingham	Loughborough/Lilleshall NSC
Max Whitlock	Hemel Hempstead	Basildon, South Essex
Nile Wilson	Leeds	Leeds
Kristian Thomas	Wolverhampton	Wolverhampton/Lilleshall NSC
Reiss Beckford (Reserve)	Enfield	Basildon, South Essex
Theo Seager (Reserve)	Littleborough	Bury, Lancashire
Ashley Watson (Reserve)	Leeds	Leeds





Timetable of Gymnastics Events at the Commonwealth Games 2014 (Glasgow)

RHYTHMIC GYMNASTICS			
Thursday 24th July			
12.00-16.00	Qualification	Women	Team Final & Individual Qualification
18.00-22.15	Final	Women	Team Final & Individual Qualification
Friday 25th July			
13.30-17.30	Final	Women	Individual All-Around Final
Saturday 26th July			
09.30-12.30	Final	Women	Apparatus Finals : Hoop, Ball, Clubs, Ribbon

ARTISTIC GYMNASTICS			
Monday 28th July			
13.30-16.30	Qualification	Men	Team Final & Individual Qualification
	Qualification	Women	Team Final & Individual Qualification
19.00-21.00	Qualification	Men	Team Final & Individual Qualification
	Qualification	Women	Team Final & Individual Qualification
Tuesday 29th July			
11.00-14.30	Qualification	Men	Team Final & Individual Qualification
	Qualification	Women	Team Final & Individual Qualification
16.30-18.45	Final	Men	Team Final & Individual Qualification plus Medal Ceremony
	Final	Women	Team Final & Individual Qualification plus Medal Ceremony
Wednesday 30th July			
13.00-16.30	Final	Men	Individual All-Around Final
18.30-21.15	Final	Women	Individual All-Around Final
Thursday 31st July			
15.00-19.00	Final	Men	Apparatus Finals : Floor, Vault, Pommel, Rings
	Final	Women	Apparatus Finals : Vault, Uneven Bars
Friday 1st August			
14.00-18.00	Final	Me	Apparatus Finals : Vault, P-Bars, Horizontal Bar
	Final	Women	Apparatus Finals : Beam, Floor

Please note:

The England Team (Men & Women's Artistic) compete in the Qualification/Final events marked in red on 28th and 29th July

ENGLISH ARTISTIC CHAMPIONSHIPS 2014 (WIGAN)

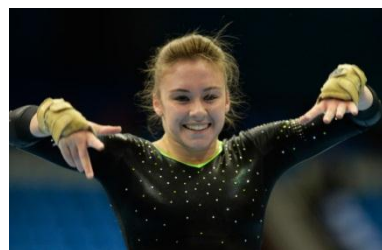
The English Artistic Championships showcase the very best in Elite talent in England and lead to English Champions being crowned for Men's and Women's Artistic gymnasts, from Espoir through to Senior levels.

The Championships this year took place at the Robin Park Sports Arena, Wigan from Friday 14th to Sunday 16th March. Entries for the event exceeded those for previous years, with an almost full house of spectators on both Friday and Sunday and tickets for Saturday being completely sold out. This could have had something to do with the return of Louis Smith MBE to the Arena for the Senior Competition, after a break from gymnastics since the 2012 London Olympic Games.

The Championships acted as a trial event for the selection of athletes for the Commonwealth Games, which will take place in Glasgow's Scottish Exhibition & Conference Centre (SECC) from 24th July to 1st August. The event was also a final chance for England's top gymnasts to refine their skills ahead of the 2014 British Championships held in Liverpool at the end of March.



Max Whitlock retained his English Championship crown



With Ruby Harrold taking the Women's Title

RESULTS

Espoir

- 1st – Lucy Stanhope (City of Liverpool) : 50.000
- 2nd – Alice Kinsella (Park Wrekin) : 49.550
- 3rd – Olivia Williams (City of Liverpool) : 47.950

Boys

- 1st – Korben Fellows (City of Birmingham) : 74.100
- 2nd – Thomas Paradise (City of Birmingham) : 73.800
- 3rd – Victor Yeo (Exeter) : 73.700

WAG Juniors

- 1st – Tyesha Mattis (East London) : 55.300
- 2nd – Catherine Lyons (Europa) : 54.750
- 3rd – Amy Tinkler (South Durham) : 53.850

MAG Juniors

- 1st – Joshua Nathan (City of Birmingham) : 78.666
- 2nd – Jamie Lewis (Woking) : 76.234
- 3rd – Loukas Jones (City of Leeds) : 75.150

WAG Seniors

- 1st – Ruby Harrold (The Academy) : 54.350
- 2nd – Kelly Simm (Dynamo) : 53.950
- 3rd – Claudia Fragapane (Bristol Hawks) : 53.650

MAG Seniors A

- 1st – Brinn Bevan (South Essex) : 83.500
- 2nd – Gianni Regini-Moran (Europa) : 83.350
- 3rd – Joe Fraser (City of Birmingham) : 82.750

MAG Seniors B

- 1st – Max Whitlock (South Essex) : 88.850
- 2nd – Kristian Thomas (Earls) : 87.950
- 3rd – Sam Oldham (Huntingdon) : 84.900

Full results can be found by visiting the English Gymnastics Website on www.englishgymnastics.org.uk.

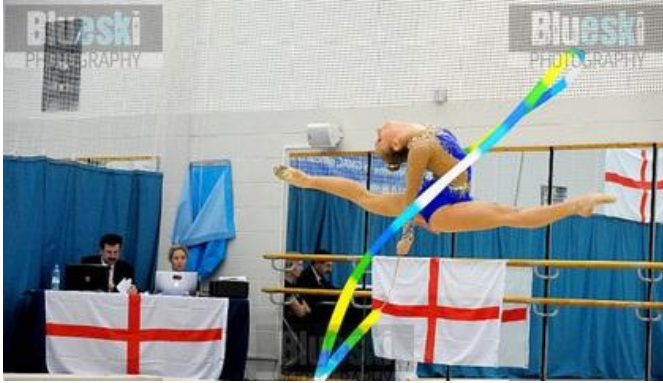
LOUIS SMITH MBE



The Triple Olympic Medalist, finished in the Silver Medal position on Pommel, behind fellow Olympian, Max Whitlock and 6th on Parallel Bars. Louis commented that he was *"relieved and happy"* after a strong performance in his gymnastics comeback and confirmed that he had come out of retirement to try and win a place in the England Team for the Commonwealth Games. Smith told BBC Sport *"Everyone was watching, so it was a little bit stressful and quite nerve-wracking. I think I've proved something to myself, and I think I can offer a lot more."*

Five Men will be selected to represent England at the Commonwealth Games, with London 2012 Team Bronze Medalists Max Whitlock, Kristian Thomas, Sam Oldham and Louis Smith all fighting for places. Louis commented *"I think I've done enough to be considered. Now I need to keep on doing well. I need to go to the British Championships and to as many competitions as I can and prove that I am consistent"*.

ENGLISH RHYTHMIC CHAMPIONSHIPS 2014 (BIRMINGHAM)



Stephani Sherlock (Esprit) - Senior English Champion 2014

Photograph courtesy of Andrew Gurney Blueski

On Sunday 11th May 2014, 41 gymnasts took part in the 5th English Rhythmic Championships at the GMAC Centre in Birmingham.

The first part of the day was the turn of the U10, U11 and U12 gymnasts and with 20 gymnasts passing the criteria to compete in this year's competition, expectations were high. The standard of the gymnasts were good. The gymnasts demonstrated great performance skills to gain good artistic scores and, with the recommended body skills being introduced nationally, the standard of the gymnasts' technical scores had made a significant improvement. The Under 12 category, in particular, looked very strong, which was promising as they

move in to the Junior section next year. The afternoon was the turn of the Juniors and Seniors. With many of the Seniors taking part in the 3rd trial for the Commonwealth Games, it was going to be an exciting and promising competition. Abbie Wyver from City of Canterbury club took a clean sweep in the medals in the Junior section, showing clean and strong difficulties and excellent artistic flair with her choreography and musical interpretation. Some improvements with risk and handling needs to be made with apparatus, but overall there was a promising group of Junior gymnasts. In the Senior section the medals were spread across five gymnasts. The level of the Seniors is fantastic and it is clear improvements from the 1st Commonwealth trial to the 3rd have been made. It's great to see the Senior section growing in size and the gymnasts' commitment and focus was clearly demonstrated.

Nine gymnasts, seeking Commonwealth Games representation for England, also competed in the British Rhythmic Championships at Fenton Manor, over the weekend of 17th/18th May 2014, which was the final Selection Event.

The Results were as follows:

Under 10 (Overall)

- 1st Giselle Desseaux (City of Canterbury)
- 2nd Phoebe McDonald (Elena)
- 3rd Alexia Chan (LAGAD)

Under 11 (Overall)

- 1st Daisie Burke (Elena)
- 2nd Azra Dewan (Elite)
- 3rd Abi-Jae Booth (Esprit)

Under 12 Overall

- 1st Alida Bogdanova (Elite)
- 2nd Hannah Martin (I-Star Academy)
- 3rd Eve Baker-Roberts (City of Canterbury)

Junior (Overall)

- 1st Abbie Wyver (City of Canterbury)
- 2nd Christianna Vitanova (Elite)
- 3rd Tiola Gleeson (City of Bath)

Senior (Overall)

- 1st Stephanie Sherlock (Esprit)
- 2nd Mimi-Isabella Cesar (City of Birmingham)
- 3rd Megan Balabey (Hendon)

Congratulations to everyone who took part and full results can be found on the English Gymnastics website www.englishgymnastics.org.uk.



English Rhythmics

Preparations for the Team for the Commonwealth Games are well advanced, with gymnasts competing Internationally with improving results. The first of four Selection Events took place at South Essex Gym Club on 7th April with ten gymnasts fighting for three places. The Competition was fierce and the final Selection of the England Rhythmic Team took place at the end of May.

Alan Burrows 1934-2014

On 1st January 2014, after a tough battle with Cancer, one of the most respected members of the British Gymnastics community, Alan Burrows (80) passed away. His photographs from the late 50s through to the 80s remain in the golden pages of the history of our sport. Alan's love for the sport shines through in the photographs that are his legacy. He will be much missed.

Sport Relief



Rhythmic Gymnastics was featured in the Clash of the Titans at the Olympic Velodrome in March, which was televised across the country as part of Sport Relief. To see John Bishop, Lord Sebastian Coe and their Teams performing earnestly and with interesting handling and body skills, was a joy to watch!

Coaches Maria Foster and Vicki Hawkins were responsible for the choreography and training, whilst England Judges, Rebecca Bunce and Cleo Hooper, along with Scottish Judge, Judy Warrack, had the difficult task of splitting the scores of the two teams.

Stephani Sherlock (Esprit) followed the head-to-head with a beautiful performance of her Clubs routine, to show the Velodrome audience what it's really all about.

East Midlands Annual Awards

The 15th East Midlands Annual Awards were held in February this year, with over 125 members attending the prestigious event. The Awards are a real opportunity to reward and recognize the hard work and dedication of volunteers, coaches and officials within the Region. A fantastic evening was enjoyed by all.



The English Gymnastics Association Chairman, Kevin Flynn was the Winner of the Lifetime Achievement Award, pictured below with Runner-Up, Marie Mitchell, the East Midlands Gymnastics Association WTC Chair.

Kettering Olympic Gym Club, were the proud Winners of the East Midlands Gymnastics Association Large Club of the Year – a real example of perseverance – having been Runners-Up on more than one occasion.

The 2014/15 Awards promise to be even bigger and better. What better way is there to say Thank You for your hard work and commitment to your Members, than to be recognised and applauded by your peers.

Congratulations to all Award Winners.



Young Gymnast Wins Canary Wharf Sports Personality of the Year Award



At a glittering ceremony at the East Wintergarden, Canary Wharf, 14-year old English gymnast, Tyesha Mattis was named Canary Wharf Sports Personality of the Year. Mattis excelled in 2013, and got off to a good start in 2014 with a Win in the WAG Junior Competition at the English Championships. Canary Wharf Group organized the 13th Annual Canary Wharf Sport Awards and has, for over 20 years, invested in sport to foster social and economic development in the local area. The Awards encourage sporting excellence and participation in East London and the event was attended by over 300 local sports people and administrators as well as a range of local dignitaries.



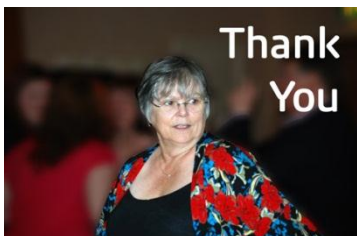
TEAMGYM COACHES CONFERENCE

TEAMGYM

A new and exciting Competition Structure has been introduced for TeamGym, with Competition opportunities now available at Beginner Level, in conjunction with the Gymnastics for All (GfA Programme). A number of Workshops have been held and more are planned across the country, to introduce Teamgym to new Clubs and Coaches. The response from the initial Pilot Competitions have been really encouraging and we hope that these events will really take off this year.

North of England Region held a successful Coaches Conference at Scarborough Gymnastics Club in February 2014. The Event was open to Coaches at Level 3 and above and was designed to support Coaching and Continuous Professional Development within TeamGym. The weekend included performance lectures and Workshops led by experts in their respective fields. The Conference was organised by Claire Williams and the Presenters were Lisa Souter, Chris Short, Bev Such, Julian Such and Stuart Woods.

New Chair for London Gymnastics



At the end of April, Anne McNeill announced that she was retiring as Chairman of London Gymnastics, with a new 'Caretaker' Chairman – Ben Murphy immediately stepping in to the role until the next elections at the 2015 AGM. Anne will continue to be involved as the face of the Region in her role as Life Vice President of London Gymnastics and would also continue in a supporting role as Regional Administrator.

Ben Murphy, has been involved in gymnastics since the age of 5, initially as a competitor and then Coach and National Judge, Club Chairman, Chair of the London Men's

Technical Committee and member of the London Executive for over 15 years.

English Gymnastics would like to congratulate Ben on his new role and thank Anne for her hard work and support over the years, plus wishing her all the very best in her new (hopefully more relaxed) role in the future.



We need your help please...



We are looking for people with an interest and commitment to support gymnastics in schools. Our intention is to re-establish an English Schools Committee, working on a Plan approved by the new English Gymnastics Association Board of Directors. We want to complement, rather than duplicate, the competitions and activities offered by the very successful BSGA.

If you think you can help, please contact Howard Todd via email: ihowardtodd@yahoo.com



→ **English Schools Gymnastics**



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