**SR TeamGym Technical Committee**

**Report 2015**

**General**

Having been newly established in 2014 the SRTGTC has been finding its feet and place within the south region and collecting feedback from clubs on how and where it can provide support and expertise to help enhance the sport at all levels.

The committee currently consists of:

Chair – Chris Bennett
SR Coach – Stuart Woods
Judging Convener – Nicky Webster
PR & Advertising – Joe Torpey
Berks County Rep – Elizabeth White

**Work in 2015**

In the past year the SRTGTC has aimed to get itself involved and support a number of events with staff, coaches and judges being sent to a number of events including the ‘Bracknell Summer Micro Competition’.

In addition to this the committee also organized and ran the ‘TeamGym Fit Challenge’ in March which was a conditioning competition aimed at preparing SR gymnasts for the upcoming zonal trials and emphasizing the need for good body preparation. This was well attended by the south region and a great success.

In addition to event involvement coaches from the SRTGTC have been out to a number of clubs in the region to introduce TeamGym or to help guide its progression.

**Work for 2016**

In 2016 the committee are endeavoring to increase its presence in the region in a number of areas;

**Introductory Sessions** – SRTGTC will continue to offer taster sessions to new clubs in an effort to expand the TeamGym community.

**Expansion of Competitions** – SRTGTC have been in contact with 2016 event organizers about expanding their current competitions to include levels 5 & 6 at grass roots level to offer more opportunities to gymnasts wishing to compete.

**TeamGym Fit** – This event will be expanded to include all levels in a push to raise awareness of good body preparation and add more variety to the events available to team gymnasts.

**Youth Training** – Training venues will be made available for Youth gymnasts (and their coaches) not yet eligible for zonal squads to access HPC coaches and develop towards this level.
2016 Competition Dates
5th & 6th March – Northern TeamGym Qualifier
12th & 13th March – Southern TeamGym Qualifier
7th & 8th May – International Cup for Clubs (Dundee Leg)
10th July – Summer Open Micro Competition
29th – 31st July – British Championships
24th & 25th September – International Cup for Clubs (Bracknell Leg)
10th – 16th October – European Championships (Slovenia)

2016 SRTGTC Meeting Dates
13th March – Quarterly Meeting
10th July – Quarterly Meeting
2nd October – Quarterly Meeting
27th November – Quarterly Meeting