Update on South region – Rhythmic gymnastics
Completed by – Deb Hows

Clubs in South region
Currently there are 6 known clubs in the South region – Oxford, Rhythmic South, Gibraltar – Silhouettes RG. Southampton and esprit rhythmic gymnastics.

Regions successes
All three clubs have entered competitions at club, zone, and national level. Rhythmic South and esprit rhythmic both have strong group programmes. Both clubs have had success at national level and had groups (espoir, junior and senior) who qualified for the recent British championships. Rhythmic South seniors 3rd overall esprit rhythmic senior 1st overall.
The regions individual programme at the elite level is very strong. As a region we also have the British senior overall Champion and runner up and individual apparatus titles -as well as titles at Welsh English and Scottish Championships.
The region has senior gymnasts in Welsh and G.B.R. squads currently. Laura Halford and Stephani Sherlock have represented G.B.R. at many internationals including Europeans and Worlds this year

Grass routes
Over the last year as a region we have been looking at developing new gymnasts at the grass routes level. Oxford Rhythmic gymnastics club has continued to develop and now has a much larger base of gymnasts working at the first level as well as training competition level gymnasts.
Oxford and esprit have been working together on a weekly basis to share information and for gymnasts to train together.
I have attended Oxford meetings and it has been agreed that they are happy to support rhythmic in their artistic clubs and we will be arranging sessions where we can go into the club and run taster classes.

Coaching and judging
For 2016 as a region we would like to look at trying to develop more coaches and judges. We will need to look at ways of funding courses for all of the clubs and I will arrange a meeting with all of the clubs in the next few months to start the ball rolling and to put a request for funding together for the regional meeting in January 2016.
I have recently attended the HPC performance course run by Adrian Stan

Squads
All clubs have attended the zone squads in 2015. These have been incredibly useful and have provided a good way of coaches meeting and exchanging ideas.

The future
The region is still very small and we would like to work hard to encourage new coaches and judges and to find ways of supporting financially the cost of courses. We would like to look at ways of increasing participation at all levels to start this off we are looking at visiting artistic clubs in Oxford and also starting classes in community centres.

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