

Rhythmic Technical Committee

Dear all,

Please find below and attached the May updates. Congratulations this month to Daniela Balova on the birth of her daughter Nicole.

If you would like to receive our newsletters, please send a request to [RG TC Contact](#). Previous newsletters can be found [here](#). If you no longer wish to receive this information, then please send an email with the subject "Rhythmic News Opt Out" to [RG TC Contact](#)

Kind regards
Ruth Wilson
RG TC Information Officer

10th May 2016

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Competition Update

Reminder that the closing date for NDP Finals and Round 1 of the Group League is Friday 13th May at 12.00 Noon

BQT Ballet for 2017

The new BQT Ballet program for pre-Espoir, Espoir and Juniors has been developed for 2017 and will be available shortly. As part of the roll-out, two ballet workshops, to enable clubs to have an opportunity to see the exercises with the music and ask questions relating to the understanding of the new program. Please find attached information and registration forms for these workshops. Deadline for registration is 3rd June 2016.

Sunday 19th June – North, Sandymoor School, Wharford Lane, Sandymoor, Cheshire, WA7 1QU

Saturday 2nd July – South, Venue tbc

Note that if you want to be considered as a BQT ballet assessor, then attendance at one of these sessions is mandatory.

Calendar

Please find attached latest 2016 calendar overviews

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GBR Representation

On 21st -25th April, GBR team travelled to the **AGN Cup**, Maia, Portugal, with both Senior and Junior representation. The gymnasts were supported by coaches Nia Evans and Ruth Wilson, and Judy Warrack as judge.

- Junior
 - o Hannah Martin (53.900)
 - o Alida Bogdanova (49.900)
- Senior
 - o Stephani Sherlock (54.050)
 - o Gemma Frizelle (53.450)

Congratulations to all gymnasts in reaching finals, with Hannah Martin taking Gold in Hoop, Silver in Clubs and 6th in Rope and Ball, Alida Bogdanova 7th in Rope, Gemma Frizelle, 5th in Ribbon and 7th in Clubs and Stephani Sherlock, 6th in Ball and Clubs, and 8th in Hoop.

A further article can be found on BG website [here](#).

Esplor Squad selection

From this August, the selection period for the GBR Esplor Squad will be 12 months instead of 6 months, and run from August to July. From this August, selection will also be open to Under 9s. Please note that the new BQT Ballet program (i.e. effective for BQT from 2017) will be used during this selection event. The selection event will take place on 2nd and/or 3rd of August 2016 at Lilleshall National Sports Centre. More information to follow.

Mentoring for coaching qualifications

BG have made it very clear, that they want to ensure that the responsibility for the learners (coach's) learning is with the learner throughout, from pre-course right through to assessment. Coaches can have more than one mentor to cover the whole syllabus.

Following on from this, it is the learners' responsibility to choose a mentor (s), who can continue this learning and development with the coach through to assessment. This means that the learner might need to look through the syllabus and choose suitable mentor(s) to fulfil this need. This is available on the BG web site.

To help support the learners (coaches) and the sport to continue to move forwards, coaches can ask to attend the National Esplor Squads (requests via email to [Amy Nixon](#) or [Amy Walmsley](#)) and Zonal Squad sessions to help develop their coaching abilities and knowledge. It may be suitable for the coach to contact the lead coach of their chosen session to ensure they can mentor you in the areas you require.

British Championships

Coaches are reminded that individual gymnasts and groups wishing to guest at the British Championships need to apply in writing to the RGTC for permission to enter. Applications should be received no later than Friday 3rd June.

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Welsh Championships

Please find attached competition information and entry forms for the Welsh Championships and Welsh Open, which will take place on 9th/10th July in Cardiff. For further information, please contact [Jo Coombs](#).

RGTC Role

The RGTC would like to provide a clarification that they are responsible for technical matters only on the running of Rhythmic gymnastics program and structure. Correspondence on club related matters or concerns on behavior of participants in the sport should be raised to BG Ethics and Welfare, and not the TC.

Coaching cover at competitions

Clubs are reminded on the coaching criteria for entering BG events, as can be found in the competition handbook and is shown below. Further reminder, for both training and competition, the following ratios need to be adhered to - 1 coach to 16 gymnasts, where the coach holds a level two or higher qualification. If the level two (or higher) coach is accompanied by a level one, an additional 8 gymnasts may be added per level one coach.

For competitions each club MUST have at least one level two (or higher), and potentially level one/s to assist. The above ratios must be adhered too. As these are current BG rules, then these will be implemented at all future competitions

When submitting entries for a BG event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered onto the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. Supervising Coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Where it is necessary to substitute a coach the club must inform the BG Events Department, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event. Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific DBS and Safeguarding certificates.