



Coaching Courses | Heathrow International Club Championship | UEG Training Camp

Coaching Courses 2015/2016

Level 1

Day 1 - 14th November 2015

Day 2 - 5th December 2015

Day 3 - 6th December 2015

Venue -

Suki Aerobic Gymnastics Club,
Brune Park Community College,
Oasis Sports Hall, Military Road,
Gosport, PO12 3BU.

Closing Date -

30th October 2015

Level 2 - Add on Module

Day 1 - 28th November 2015

Day 2 - 29th November 2015

Venue -

Martines Action Pack, Rhondda
Sports Centre, Tyntla Road,
Geligaled Park, CF41 7SY.

Closing date -

TBC

10th Heathrow International Club Championship



27th-28th June 2015

This year's 10th Heathrow Aerobic Gymnastics International Club Championships took place at Bracknell Leisure Centre. This championships turned out to be the biggest ever involving just under 300 gymnasts performing a total of 345 routines.

In addition to gymnasts from all 3 of the domestic categories RAC, NAC and FIG representing virtually all of the British Aerobic Gymnastics clubs there were teams entered from Austria, Belgium, Bulgaria, Estonia (2), Italy, Sweden (3), and a large contingent from China. This hefty international involvement provided sufficient brevet judges to allow the entire event to run with double judging panels providing virtually continuous 2 days of uninterrupted performances. This was a fantastic opportunity for many young gymnasts to experience the uplifting atmosphere of an international competition and

Coaching Courses 2015/2016

Level 3

Module 2 - 13th September 2015
(already closed - 10th June 2015)

Module 3 - 6th February 2016

Module 4 - 7th February 2016

Venue -

Weston Aerobic Gymnastics Club,

Potteries Community Centre,

Langford Road,

Weston-Super-Mare,

BS23 3PQ.

Closing date -

15th January 2016

PLEASE note that anyone who is interested in any of the courses above should fill in an interest form on the BG website. BG will then know the number of interested coaches and will endeavour to ensure a course is run.

In addition, please email Su Killeen (suki92@ntlworld.com) with an approximate number of coaches interested in each level to enable successful planning.

the chance to meet and watch some of the top international performances.

There has been such a massive positive feedback regarding this event, Heathrow have already booked the weekend of 25th-26th June 2016 for next year's event.

(Gary Jarvis, July 2015)

UEG Training Camp and International Coaching Course 5th-11th July 2015

The camp was taught by expert coaches from Italy, Romania, Hungary and France. It was well attended with many nations sending their top national squad gymnasts including the current Group 2 European Champion from Russia - Ekaterina Pykhtova.

Mircea Brinzea (Romania) concentrated on general body preparation and specific conditioning for skills. He taught a lot of basics at the start of the week to home in on correct execution. These were then cleverly built upon to become more difficult skills. Matteo Guerrini (France) focused on alignment and posture throughout his sessions. Both our gymnasts and coaches learnt a lot from him.

Laura Piacentini who is involved with the Italian rhythmic team taught ballet sessions. These were difficult sessions but very beneficial for leg and ankle extension. No doubt about it the gymnasts favourite sessions were the acro training taught by Laszlo



Hubacsek (Hungary). He did excellent breakdowns and went through all of our acro moves in the aerobic code of points. Arianna Cuicci taught fantastic choreography sessions. All the gymnasts learned short

routines with beautiful artistic choreography. They did a big performance at the end of the week showcasing what they'd learned.

All the gymnasts from GB threw their heart and soul into the training and will be going home highly motivated for the British Championships coming up. As well as our gymnasts trying hard the 3 coaches on the

Upcoming Competitions

British Championships and NAC Cup 2015

Date -

30th-31st July 2015

Venue -

Echo Arena, Kings Dock, Liverpool Waterfront, Liverpool, L3 4FP.

Alex Strachan Cup 2015

Date -

18th-20th September 2015

Venue -

Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD.

British Championships and NAC Cup 2016

Date -

27th-30th July 2016

Venue -

Echo Arena, Kings Dock, Liverpool Waterfront, Liverpool, L3 4FP.

Alex Strachan Cup 2016

Date -

16th-18th September 2016

Venue -

Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD.

course had their work cut out. They had tough biomechanics and anatomy and physiology theory sessions. They also had practical workshops on choreography and partnership lifts. At the end of the week they had a written exam and had to make up a 30 second routine. They all excelled and passed with flying colours.

All together the camp was a wonderful experience with lots learned and new friends made.

(Caryl Griffiths, July 2015)



If you have any news or information you would like included in the next newsletter then please email them to Colette Hayes (colettehayes1993@googlemail.com)