



Coaching Courses | Alex Strachan Cup - Awards | Welsh Workshop

## 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 3

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

## Alex Strachan Cup - Awards

### 18th-20th September 2015

This year's Alex Strachan Cup was a brilliant way to end the competition season. Not only was it a chance to watch some outstanding routines but it was also a chance to present our yearly awards. These awards included the Alex Strachan Cup, Coach of the Year and Gymnast of the Year. On Sunday 20th September these awards were presented to the three deserving winners:

- The Alex Strachan Cup - Debbie Saunders
- Coach of the Year - Kat Saunders
- Gymnast of the Year - Kayleigh Silva

We thought you'd be interested to see some of the reasons we received from clubs and coaches nominating these three outstanding winners of 2015.

### Debbie Saunders - Winner of the Alex Strachan Cup 2015

"Very experienced international coach and the longest serving member of the national coaching team. "

" She has been an excellent mentor to the national coaches but also to many other young coaches in aerobics who have come to rely on her help and advice. "

" She has taken on the mantle of development and has established a series of initiatives to drive this forward in a very short space of time. "



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](mailto:suki92@ntlworld.com)) with an approximate number of coaches interested in each level to enable successful planning.

## Upcoming Competitions

### Martine's Mini Showcase 2016

**Date -**

21st February 2016

**Venue -**

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

### Southern Region Competition 2016

**Date -**

19th March 2016

**Venue -**

Brune Park Community College, Oasis Sports Hall, Military Road, Gosport, PO12 3BU

### Welsh Open 2016

**Date -**

29th April-1st May 2016

**Venue -**

Sports Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW.

### Kat Saunders - Winner of the Coach of the Year 2015

" For her dedication to the national squad and the ongoing achievement and development of young gymnasts at Weston. "

" Her willingness to help out any other coaches when in need and free to give advice at any time. "

" Kat has been a rock and given up time and effort to help support us as a club! She is always just a text away and is an excellent role model to my club. "

### Kayleigh Silva - Winner of the Gymnast of the Year 2015

" Kayleigh's results, behaviour and personality is why she should be Gymnast of the Year. We all need to take a page out of her book. "

" For her ability to combine top level international gymnastics, university education and training to be a coach. Kayleigh attended the European coaching course this year and is currently doing her level 3 aerobic qualification. "

" She is possibly the best female role model for younger gymnasts we have ever had. "



Congratulations Debbie, Kat and Kayleigh! We are lucky to have you in our sport and hope these awards will recognise you for all your hard work and dedication.

## Welsh Workshop 22nd-23rd August 2015

For the first time in nearly 10 years Martine's Action Pack hosted the Welsh Workshop. It was held over the weekend of 22nd & 23rd August at the club's venue in the Rhondda Valleys. Gymnasts from Weston, Suki, New Forest and MAP took part. There were also a number of national squad gymnasts in all age categories which was great to see.

**Heathrow International Open Club Championship 2016**

**Date -**

25th-26th June 2016

**Venue -**

Bracknell Leisure Centre,  
Bagshot Road, Bracknell, RG12 9SE.

**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.

**National Planning and Review Group**

Don't forgot the National Planning and Review Group Meeting is coming up. We will look forward to seeing you all there.

**Time -**

11am-6pm

**Date -**

22nd November 2015

**Venue -**

Swindon Marriott, Pipers Way,  
Swindon, SN3 1SH.



The coaching was done by Caryl Griffiths with Kat Saunders also helping out - both are GB Assistant coaches. Brevet judge Martine Griffiths looked at the structure of competition routines throughout the weekend.

Day 1 focused on body preparation with core conditioning in the morning and ballet and leg extension in the afternoon. Although this was new work for a lot of the gymnasts they all tried hard to learn and improve.



Day 2 was all about execution. The morning focused on choreography drills and the afternoon on core element execution.

Throughout the weekend the gymnasts had the benefit of training on the aerobic competition floor. They took full advantage of this working continuously on the floor whilst showing Martine their competition routines. At the end of the workshop the gymnasts had some fun learning a dance routine taught by Caryl. A perfect way to relax after a weekend of tough training!



It's safe to say the workshop was a success. It was great to see clubs working together and to improve. The Welsh Workshop will be back in the Summer next year.

(Caryl Griffiths, August 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](mailto:colettehayes1993@googlemail.com))**