

Rhythmic Technical Committee

Dear all,

Please find the latest Rhythmic news.

There are some important updates this month, please read the information in detail.

Congratulations also to Heather Etchart (Mann) on the birth of her daughter Coco-Isabella.

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)

If you would like to join the mailing list, please send a request to [RG TC Contact](#).

Kind regards

Ruth Wilson (RG TC Communications)

August 12th 2019

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Group Workshop

A Group coach workshop will take place at Lilleshall on Saturday 7th December. The sessions will be run by Kameliya Dunavska, international renowned group coach, who has a strong background in group work and has worked with a number of federations including the France National Group and Turkey Junior National Group. She will impart understanding, experience and knowledge around four key areas:

- Choreography for groups
- Constructing D3/4 collaborations
- Group lifting
- Artistry for groups

Registration for the workshop is open and can be found [here](#).

Calendar Updates

Please find attached updated calendar for 2019 and a first look at our Rhythmic calendar for 2020.

BG Apparatus 2020

Please find attached apparatus pieces for use in 2020

Legends Honoured at British Championship Series

Some of the greats of British acrobatic, aerobic, TeamGym and rhythmic gymnastics were welcomed to the M&S Bank Arena in Liverpool at a special 'champions' reunion' during the Championship Series last weekend. More than 20 former champions joined together to toast their achievements at the reception hosted by British Gymnastics CEO, **Jane Allen**. Rhythmic attendees included five-time British champion, and 4-time Commonwealth Games medallist with Team Wales, **Laura Halford**, 2010 Commonwealth Games team bronze medallist and 2012 Olympian **Lynne Hutchison** and two-time British champion **Hannah Kelly** (formerly Walker). **Rebecca Sukhanova** (formerly Jose) is a four-time British rhythmic champion, and she was in attendance alongside her 2001 World Championships teammate **Hannah McKibbin**, who won the British crown herself that same year. **Jenny Bott**, who is an honorary life member of British Gymnastics for helping to bring rhythmic gymnastics to Britain, was also recognised, as was **Kathie Macreavie**, the first British rhythmic judge to judge at the 1975 World Championships in Madrid. At the same Championships **Barbara Chadwick** (formerly Mould) competed as an individual and **Valerie Merrick** (formerly Small) and **Helen Wallis** (formerly Roberts) were part of the first ever British world group exercise, and they too were present on the day. **Vicki Pearson**, the Technical Chair for rhythmic was also in attendance.

International Representation

We have a busy summer period with gymnasts representing GBR at a number of internationals. Congratulations to all gymnasts, coaches and clubs for their selection.

Queen Margarita Cup, Varna, Bulgaria, 4-8 July

Senior Individual: Alida Bogdanova (Elite)

Junior Individual: Marfa Ekimova (LAGAD), Saffron Severn (Rhythmic Excellence), Elizabeth Popova (Llanelli), Leyla Yilmaz (Elite)

Junior Group: Emily Austin, Rosina Cheale, Amelia Deane, Isabella Rittman, Alexandra Velicko-Xhafa (I-Star)

Supported by Coaches Eleonora Baio, Lynne Hutchison, Ioana Popova, and Judge Maria Foster

FIG World Challenge Cup, Minsk, Belarus, 14-19 August

Senior Individual: Alida Bogdanova (Elite), Gemma Frizelle (Llanelli)

Supported by Coach Nia Evans and Judge Vicki Pearson

FIG World Challenge Cup, Cluj-Napoca, Romania, 21-26 August

Senior Individual: Alice Leaper (Ribby Hall), Christianna Vitanova (Elite)

Supported by Coach Ana Blackburn and Judge Elaine Bailie

Gracia Fair Cup, Budapest, Hungary, 23-25 August

Junior Group: Rachael Allen, Phoebe Haughton-Mitchell, Isabella Lyons, Tyana Reid, Olivia Walker (Ribby Hall) Supported by Coaches Sheila Salvador and Judge Laura Hogg

Zonal Grades 2020

Please see below proposed dates for next year's zonal grades

Zone A - 28th/29th March 2020, London

Zone B - 5th April 2020, Bath

Zone C - 19th April 2020 Birmingham

Zone D - 4th April 2020, Edinburgh

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UKCC Coaching Tutors

British Gymnastics is looking to recruit, train and deploy new tutors for delivery in UKCC Level 1 and 2 Rhythmic coaching courses. This is an opportunity to impact the development of coaches across the sport as a member of the British Gymnastics Educator Workforce. For further information on the role, requirements and application process, please see [here](#). Please note the closing date is 29th September 2019.

Coaching courses

Please see below currently available coaching courses. For enrollment and more information, please see BG Website [here](#).

- 2nd November 2019 UKCC Level 1 Tranent

Judging courses

Please see below currently available judging courses. For enrollment and more information, please see BG Website [here](#).

- 6th October 2019 Club Judge London
- 27th October 2019 Regional Judge Luton

Competition Requirements Update

Please find attached updated competition requirements for 2019-20. Note that these will be in effect for the Open Individual Apparatus competition in November.

Group Seeding Eligibility for 2020

Apart from Groups where at least 50% of the gymnasts are born in 2011, to be eligible for Seeding, at least 50% of the gymnasts in a group entering seeding must have competed in a group which completed the Level 3, 4 or 5 Group Leagues in 2019

As there are still two Level 3 Group League competitions (information attached) remaining this year, groups who have level 3 or no current level need to ensure they complete the league if they wish to access the national group seeding event.

English Level 4 Inter-Regional Championships

The English Inter-Regional Championships will take place on Walsall Sports Centre on Sunday 1st December 2019. This brand new competition format will be available for Level 4 Groups & Individuals. Full competition information attached. For further questions, please contact [Laura Hogg](#) or [Rebecca Bunce](#). Please note closing date is 27th September 2019.

Espoir Group BQT

Please note that BQT for Espoir Group will be compulsory from 2020 for groups wishing to qualify for Level 5. Full details on the testing will be available in the 2020 competition handbook.

Espoir Group Composition

From 2020, Level 4 & 5 Espoir groups must consist of 5 or 6 gymnasts. The option of 4, 5 or 6 gymnasts will remain for Level 3 groups. All Espoir groups which enter seeding must therefore consist of 5 or 6 gymnasts.

Welsh Group Invitational

The Welsh Group Invitational and Level 3 Group League will take place in Cardiff on 19th October 2019, full competition information attached. Please note the closing date is 7th September 2019. Further information please contact [Jo Coombs](#).

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West Midlands Competitions

The WM Region will be holding two further competitions as follows:-

- Level 1 to 3 Individuals including Disabilities – Sunday September 22nd – Perdiswell Leisure Centre, Worcester (information attached)
- Duets, Trios and Groups – Sunday October 27th – Walsall Leisure Centre

Both competitions are open to clubs outside the West Midlands. Apparatus will be as per the NDP For further information, please contact [Nicky Richards](#).

Competition Round-up

June/July saw both NDP Finals, Group League Round 1 and British Championships. Congratulations to all coaches, judges, gymnasts and clubs involved !

NDP Finals

Grade 4

Gold - Emily Gyulai (Hendon)
Silver - Olivia Barmeta (Ennis)
Bronze - Elizabeth Lypchuk (Rhythmic Excellence)

Grade 6

Gold - Karolina Averlingyte (Elite)
Silver - Yulia Antipina (LSA)
Bronze - Paula Vivian Foltea (LSA)

Grade 8

Gold - Nia Roberts (Llanelli)
Silver - Evin Tara Young (LSA)
Bronze - Verizara Bakardzhieva (Devotion)

Grade 10 Disability

Gold - Katie O'Conner (South Essex)

Grade 5

Gold - Milana Petriva (LSA)
Silver - Ava Waller (South Essex)
Bronze - Lottie Cahill (Finesse)

Grade 7

Gold - Rosaleen Stoyanova (Ennis)
Silver - Victoria Amyaga (Anna's)
Bronze - Luka Sapoznikovaite (Devotion)

Grade 9

Gold - Michela Sara Mazilu (LSA)
Silver - Victoria Brenzink Durigon (Manchester)
Bronze - Isabella Garsten (Birmingham)

Grade 10

Gold - Azra Dewan (Elite)
Silver - Skyla Simms (Cardiff Central)
Bronze - Ilina Ganeva (Hendon)

Group League Round 1

Espoir National

1st - City of Manchester Hearts
2nd - I-Star Academy Stardust
3rd - I-Star Academy Rainbow

Junior National

1st - I-Star Academy Junior-B
2nd - Deeside
3rd - Esprit Diamonds

Senior

1st - South Essex Eagles
2nd - City of Birmingham Stars
3rd - I-Star Academy

Espoir Elite

1st - City of Manchester Diamonds
2nd - Gib Gems
3rd - Worcester Bluestars

Junior Elite

1st - Ribby Hall
2nd - I-Star Academy Junior-A
3rd - Team Bath

Full results can be accessed [here](#).

British Championships Results

Senior Individual Overall

Gold – Christianna Vitanova (Elite)
Silver – Alida Bogdanova (Elite)
Bronze – Gemma Frizelle (Llanelli)

Under 12 Individual Overall

Gold – Melissa Toma (Devotion)
Silver – Eirlys Jones (Esprit)
Bronze – Nicole Kanlina (Elite)

Senior Group Overall

Gold – City of Birmingham
Silver – South Essex
Bronze – Team Bath

Espoir Group Overall

Gold – Worcester Bluestars
Silver – City of Manchester Diamonds
Bronze – Ribby Hall

Junior Individual Overall

Gold – Saffron Severn (Rhythmic Excellence)
Silver – Elizabeth Popova (Llanelli)
Bronze – Marfa Ekimova (LAGAD)

Under 10 Individual Overall

Gold – Viktorjia Antonova (LSA)
Silver – Anastasia Zorova (Anna's)
Bronze – Sasha Greenwood (LAGAD)

Junior Group Overall

Gold – I-Star Academy Junior A
Silver – Ribby Hall
Bronze – Team Bath Juniors

Full results on BG Website [here](#).