

## Rhythmic Technical Committee

Dear all,  
Please find attached August update.

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 Information Officer)

1<sup>st</sup> August 2018

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### Rhythmic Symposia

Join coaches of all levels from across the country at this inspirational two-day event. With the 2018 theme of 'a coach's toolkit for supporting a developing gymnast', on Saturday hear about sports science, its benefits on athlete health, and how it can allow athletes to train at their best more frequently. You'll also receive an after dinner talk about the coaching network. On Sunday, learn about the current generation of gymnasts including how best to identify and interact with them and how generations differ. The Acrobatic & Rhythmic symposia will be held on 8<sup>th</sup>/9<sup>th</sup> September at Lilleshall. For full information please see [here](#).

This year, work around your schedule by attending either for a single day or for the full weekend. For registration, please note that the closing date for booking with accommodation is 5<sup>th</sup> August. Please see links below.

- [Weekend with accommodation](#)
- [Weekend without accommodation](#)
- [Saturday only](#)
- [Sunday only](#)

### Level 3 Group League

The 2018 competitions for Level 3 Group League will take place as follows

- Round 1:** 23<sup>rd</sup> September, Edinburgh
- Round 2:** 21<sup>st</sup> October, Cardiff
- Round 3:** 18<sup>th</sup> November, Shoreham by Sea

Please find attached competition information for Round 1, which will take place in Edinburgh, alongside the Thistle Invitational for Individuals. For further information, please contact [Susan Arnott](#).

## Rhythmic Technical Committee

### Coaching courses

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

- |                                  |              |            |
|----------------------------------|--------------|------------|
| • 6 <sup>th</sup> August 2018    | UKCC Level 2 | Cardiff    |
| • 13 <sup>th</sup> October 2018  | UKCC Level 2 | London     |
| • 27 <sup>th</sup> October 2018  | UKCC Level 1 | Livingston |
| • 4 <sup>th</sup> November 2018  | UKCC Level 1 | Blackburn  |
| • 10 <sup>th</sup> November 2018 | UKCC Level 1 | Belfast    |

### Judging courses

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

- |                                   |              |            |
|-----------------------------------|--------------|------------|
| • 25 <sup>th</sup> August 2018    | Club Judge   | Livingston |
| • 22 <sup>nd</sup> September 2018 | County Judge | Telford    |
| • 23 <sup>rd</sup> September 2018 | Club Judge   | Telford    |
| • 23 <sup>rd</sup> February 2019  | Club Judge   | Gorton     |

### FIG Updates

Please see [here](#) for latest updates and clarifications on the CoP