

## Rhythmic Technical Committee

Dear all,

Please find attached latest updates.

This month would also like to send congratulations to Nia Evans on the birth of her son Sebastian :)

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)

2nd October 2018

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### BQT Ballet Update

Please note that there is a change of music for the following exercises

- Espoir 9 Temps leves
- Junior 10 - Allegro 1

The updated music can be downloaded from Gymnet, under "Coaching Resources".

An adjusted ballet program for BQT Espoir Group is now available, which will take effect for 2019 BQT. The music will be available through the "Coaching Resource" section on Gymnet. In addition, a clarification has been added to Junior exercise Grand Battement Jete . All updates can be found in the updated ballet program available on Gymnet.

### Competition Update

Group League Round 2 Competition will take place this weekend at Fenton Manor in Stoke. Look forward to seeing you there. For ticket information, please see [here](#).

Reminder that the closing date for the Open Individual Apparatus for Espoir and Pre-Junior and Group League Round 3, which will take place In Fenton Manor, Stoke Is 12 noon on Friday 12th October.

### Coaching courses

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

- |                                 |              |            |
|---------------------------------|--------------|------------|
| • 27 <sup>th</sup> October 2018 | UKCC Level 1 | Livingston |
| • 4 <sup>th</sup> November 2018 | UKCC Level 1 | Blackburn  |

## Rhythmic Technical Committee

### Judging Courses

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

- 23rd February 2019                      Club                      Gorton

### Level 3 Group League

Round 3 of the Level 3 Group League will take place at Shoreham Academy on Sunday 18th November. Please find attached information and competition entry form. Closing date is 31st October. For further details, please contact [Maria Foster](#)

### Waiver Process

Reminder that that the process for applying for a waiver for any gymnast/group for a BG event can be found In the competition handbook and will require the following information. Waivers should be sent to [Vicky Pearson](#)

*Please complete a separate application form for each Gymnast/Group.*

Name of Gymnast/Group: Club:

1. Matter in respect of which a waiver is sought (e.g. exemption from certain BQT exercises, entry to British Championships, right to participate in GBR Squad selection event, membership of GBR Squad, exemption from competition requirements)
2. Reason for requesting the waiver (e.g. illness/injury/physical limitation\*, missed BQT or Grades)

*\*If the reason relates to illness, limitation or injury please enclose medical evidence in support*

3. Information in support of your application, i.e. why the coach believes that the Gymnast/Group should be allowed to compete in the relevant competition/attend the selection event/be a member of the GBR Squad, together with any supporting information (e.g. scores from recent competitions)

Coach's declaration (*by submitting this form the coach agrees to the following*)

It is the coach's responsibility to ensure that their gymnast(s) performs/competes only when fit and well enough to do so. The disclosure of the information requested in this form does not impart any responsibility on the RGTC to make this assessment. The coach confirms that the gymnast(s) is/are (or is/are expected to be) fit and well enough to:

- perform the remaining BQT exercises in respect of which a waiver is not sought; AND/OR
- compete in the competition/selection event in respect of which you make this application; AND/OR
- participate in the scheduled GBR Squad sessions

as appropriate, in the context of this application form. If the gymnast(s)'s circumstances change so that this is no longer the case, it is the coach's responsibility to ensure that the gymnast(s) does not put herself/themselves at risk by proceeding with that event.

Coach's signature:

Coach's name:

Date: