

Rhythmic Technical Committee

Dear all,

Please find attached Rhythmic updates for November. Congratulations this month to Hannah Walker on her marriage to Ross Kelly :)

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)

19th November 2018

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BQT Updates

Espoir Group

Please note that the testing of RBD as described in the 2018 NDP will not be applicable for 2019 BQT Espoir Group testing. Attendance at this event is optional, but encouraged to enable the Technical Committee to collect data with a view to this event potentially becoming part of the qualification process for the British Group Championships and/or Elite Group League in future, and for coaches to establish a baseline for their Groups.

All Espoir group gymnasts from clubs with Espoir Groups who achieved Level 4 or 5 at the 2018 Group Seeding in April 2018 are eligible to enter 2019 Espoir Group BQT.

Senior Ballet

The Senior Ballet music is now available to download from Gymnet, under "Coaching Resources".

Competition Handbook

The Rhythmic Gymnastics Competition Handbook for 2019 is now published on the BG website and can be found [here](#).

Education Update

The RGTC have met with the education teams for both coaching & judging and the intention is to release a calendar for both judging and coaching awards for the whole of 2019, this approach will minimise potential clashes with the Rhythmic communities activity & enables candidates to plan their educational requirements.

This will be based on the demand as we currently understand, we hope that all these courses be scheduled during December and then available for people to register for the complete 2019 period.

Additional courses will be scheduled as required and based on the demand by registering your interest on the British Gymnastics [Website](#).

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Competition Update

Please find below results from **Group League Round 2**.

Espoir National

- 1st Oxford Stars
- 2nd Esprit Rhythmic
- 3rd Llanelli Stars

Junior National

- 1st South Essex Starlings
- 2nd i-Star Hurricane
- 3rd City of Birmingham Pearls

Senior

- 1st i-Star Academy Storm
- 2nd City of Birmingham Thorns
- 3rd South Essex Eagles

Espoir Elite

- 1st Worcester Red
- 2nd Llanelli Diamonds
- 3rd Elena

Junior Elite

- 1st Ribby Hall
- 2nd City of Birmingham Stars
- 3rd i-Star Eclipse

Full results can be found on [BG website](#).

The **Open Individual Apparatus for Espoir & Pre-Junior and Group League Round 3**, will take place in Fenton Manor on 24th & 25th November. For more information and tickets please see [here](#).

The Sandymoor Cup for Level 1-5 Individuals will take place on 26th/27th January at Sandymoor School. Please find entry form attached. For more information, please contact [Laura Hogg](#).

2019 Competition Requirements

Please find attached a competition requirement update for 2019. Note that there are changes for Espoir Group Free collaborations and the use of R in Free routines for both Espoir Individual & Group.