

June 2015

Following the TC Meeting on the 29<sup>th</sup> June the TeamGym TC issue the following update.

### **36 Spring Dorado**

For the British Championships 2015, Continental Sports (in association with PE Redskaber) will supply the following trampettes: one 36 spring Dorado (yellow bed), in addition to one 4- spring Dorado (red bed), as well as Continental's own TeamGym trampette. In addition, the PE Fusion Track will again be supplied for the Championships. The 36 spring (yellow bed) Dorado will also be available for next year's qualifiers. If anyone is interested in swapping their own red Dorado to a 36 spring they need only purchase the yellow Dorado bed from Continental.

### **UK Mods and Levels Review for after British Finals 2015**

UK modified rules to the UEG TeamGym will be available soon and come into effect after the British Championships 2015 (these include British levels 1-6). No significant changes are anticipated and all age groups will be remaining the same. We would also like to remind all coaches to be wary of any rumoured changes to the UEG code. The current UEG code is September 2013 (Revision A March 2014). Until a new revision is issued this is the UEG code from which our own modified rules are based. Coaches should also note that other countries throughout Europe have their own modified code and these should not be mistaken for the UEG code.

### **National TG Coaching Clinic**

On 7<sup>th</sup> and 8<sup>th</sup> November 2015 we will be holding the National TG Coaching Clinic, this year hosted by Crewe & Nantwich. Presenters will include... Matte Hart (Zonal Squad update); Margaret Kerr (judging feedback from Swedish competitions); Bev Such (sports psychology); Chris Bennett (Somersaulting vault techniques and spotting); Kelly Stacey (dance / choreography); and Lewis Jones (body preparation).

### **Triple Saltos**

Following the initial success of the zonal training programme, British Gymnastics has decided to trial the TGTC's original proposal for introducing triple saltos from August 2015 to October 2017. Through the Zonal Squad system, 5 gymnasts have initially been identified as meeting the skill and fitness prerequisites, with a few others whose progress is being monitored in anticipation that they may also reach the criteria. The HPC coaches of those who have met the criteria (or close to it) have been invited to the first part of a two part add on module for triple saltos in Dundee, Scotland from the 3<sup>rd</sup> to 5<sup>th</sup> August 2015.

It is imperative that we stress that triple saltos are not within the current HPC syllabus. Only gymnasts who are on the BG register for triples in teamgym may develop these skills under the direct guidance of HPC teamgym coaches with the appropriate triple accreditation i.e. successful accreditation at Add on Module 1a for 'preparing' the triple salto half out off trampette and Add on Module 2a for 'competing' the triple salto half out off trampette. It must also be stressed that gymnasts on the triple register for teamgym must ensure that they only perform triple saltos within a BG recognised environment and under the direct guidance of accredited BG coaches. Anyone found not respecting this will be removed from the triple salto register.

TeamGym has been given a great opportunity to prove its professionalism, discipline and rigor by respecting the procedures in place and taking responsibility for the reputation of the sport.

## TeamGym Technical Committee

### **Dates for 2015/2016**

7<sup>th</sup> & 8<sup>th</sup> November 2015 – TG Coaching Clinic @ Crewe

5<sup>th</sup> & 6<sup>th</sup> March 2016 – Northern Qualifiers @ Edinburgh, Scotland

12<sup>th</sup> & 13<sup>th</sup> March 2016 – Southern Qualifiers @ Bracknell

1<sup>st</sup> May 2016 – Multi-Zonal Match@ Bracknell

27<sup>th</sup> – 31<sup>st</sup> July (TBC) – British TeamGym Championships & Challenge Event

10<sup>th</sup> -16<sup>th</sup> October 2016 – European TeamGym Championships in Slovenia