



Southern Region Competition | GBR Squad | IAC – Introductory Aerobic Code

Coaching Courses 2017/ 2018

Level 2

Day 1 – 8th October 2017

Day 2 – 21st October 2017

Day 3 – 22nd October 2017

Day 4 – 19th November 2017

Assessment – 25th February
2018

Venue -

Weston Aerobic Gymnastics
Club, Potteries Community
Centre, Langford Road, Weston-
Super-Mare, BS23 3PQ.

Closing Date -

6th August 2017

Upcoming Competitions

Cardiff Championships 2017

Date -

6th-7th May 2017

Venue -

Sports Wales National Centre,
Sophia Gardens, Cardiff, CF11
9SW.

Heathrow Open 2017

Date -

3rd-4th June 2017

Venue -

Bracknell Leisure Centre,
Bagshot Road, Bracknell, RG12
9SE.

Southern Region Competition

This was the first competition of the year. It was held at Fareham Leisure Centre on Saturday 11th March 2017. This was the first time at the new venue, and after a lot of planning we were excited to see how the competition would go. I would like to say a huge thank you to all who attended and supported this competition.

There was a lot of interest from Clubs both in and out of the Region which made a very busy day for all concerned, however even with a few hiccups the day was very successful and a lot of people left the competition very happy.

This competition also saw the first for these Clubs to compete under the new code of points. This also provided an opportunity for our new judges to put their learning into practice. I would like to thank all the judges that came from across the country for giving up their time and enabling this competition to go ahead.

As Chairperson of the Southern Region, I came away from the competition very impressed with the way that everyone pulled together on the day making it as successful as it was. I would like to say a very big thank you to the parents from Suki and Waterside who volunteered on the day. Many of them arrived at 6.30am to put the competition floor out. They were also available all day for the parents to speak to if there were any issues. All this extra help made a massive difference in the smoothness of how the day ran.

As always, Southern Region awards were presented on the day, please see the winners below –

RAC highest score – Katja Landskroon, Hart

NAC highest score – Jasmine Welsh, Suki

FIG highest score – Olivia Goves, Bulmershe

Dedication to Aerobics went to Kate Dowell. Kate is a parent and on the committee for Suki Aerobic Gymnastics Club. For the past few years, she has been the person behind the microphone and pressing play for the gymnast's music. Whilst we had a few technical issues on the day, Kate kept calm and ran the day as smoothly as possible, without her we would not have a competition that ran so smoothly.

British Championships and NAC Cup 2017

Date -

26th-28th July 2017

Venue -

Echo Arena, Kings Dock, Liverpool Waterfront, Liverpool, L3 4FP.

Award Winners

Southern Region Aerobic Annual Shield Award - Winners!

Kate Dowell - Dedication to Aerobic Gymnastics

Su Killeen - Volunteer of the Year

Holly Lowe - Coach of the Year

Southern Region Aerobic Top Score – Open - Winners!

Lily Jean Smith – RAC – 15.75

Jasmine Welsh – NAC – 16.50

Rhys Williams – FIG – 19.75

Southern Region Aerobic Top Score – Closed - Winners!

Katja Landskroon – RAC – 15.00

Jasmine Welsh – NAC – 16.50

Olivia Goves – FIG – 19.3

Coach of the Year was awarded to Holly Lowe. This was awarded due to the amount of time and dedication Holly has shown to the sport, not just at Bulmershe, but across the Region. Holly offers her time and knowledge to other Clubs to enable them to learn from her, and push gymnasts to their potential.

Volunteer of the Year was awarded to Su Killeen. Su is treasurer for the Southern Region, and working alongside her for the Southern Region Competition showed just how much time and effort she puts into the sport. She is the only judge who has attended the Brevet judging course from the Southern Region, and even left her full-time job to commit her passion to a sport that she believes in.

I have sent out emails to all the Clubs who took part in the competition asking for feedback, if you haven't already sent this then please send it ASAP as the deadline was the end of March. (Becky Goodyer, 2017)

GBR – National Squad

As National Coaches, we'd like to firstly congratulate those gymnasts and clubs selected for the 2017 GBR National Squad -

- Lurda Anedinoviene
- Eesha Antil
- Emily Blackhurst
- Molly Brown
- Jasmine Dight
- Luisa Hardman
- Seren Jones
- Nancy Law
- Lola Lawrence
- Lulu Sargent
- Bella Styles
- Rhys Williams



It's been a much more stringent selection process this year. The aim of 2017 is to improve on body preparation and technique ready for a successful World Cup Event in 2018 at the Portuguese Open. The squad has already had 2 sessions together. It was great to see how much the gymnasts had learnt and practiced at their clubs in between these sessions. We'd like to thank those personal coaches who have attended and been a great help. Working in partnership with personal coaches is imperative to the development of our gymnasts.

Some of the national squad gymnasts competed at the Southern Region recently. It was extremely pleasing to see all of these gymnasts leading the way in their competitive categories. Rhys Williams had the top score of the day - 19.75 debuting his new routine to Singing In The Rain. A special mention also to Lola Lawrence who also gave an outstanding performance to Let It Go

Judges and Coaches

Due to the new Code of Points all our judges have had to revalidate if they wish to judge this cycle. They are still waiting to receive their results but we would like to wish them all the best, hopefully they will get the results they have been wishing for. Good luck judges!



Also, congratulations to our Level 1 coaches who have recently taken their coaching assessments! We really appreciate your support in helping to develop our sport. Keep up the hard work!

Hampshire Training Day

During the February half term NAC gymnasts from Suki, Waterside and New Forest came together for a Hampshire Training Day at Waterside.

This was a pilot training day as we look ahead to what we can offer within the Southern Region to the Clubs in the area. It was a very successful and enjoyable day for all involved.

All the gymnasts gained more confidence throughout the day and many new friendships were formed. I hope that this is the start of many more training days over the year. I will look forward to the Clubs coming together at competitions too.

(Becky Goodyer, 2017)



scoring 19.25. This is the highest score ever achieved by a GBR Group 1 gymnast! Congratulations Lola!

If any coaches would like to attend and view a national squad session then please contact Amy Walmsley, Kat Saunders & Caryl Griffiths. (Caryl Griffiths and Kat Saunders, 2017)

Introductory Aerobic Code



If you have not seen the recent email from British Gymnastics then please find more information below....

Is your club looking for a new Aerobic specific activity for your 11+ participants? Or are you looking for an introductory activity for your pre-RAC participants? Introductory Aerobics has now arrived!

British Gymnastics have been working with the Aerobic National Technical Committee to develop a brand new 12 session resource pack, complete with supporting videos and music. Any British Gymnastics level 1 coach (except Pre-School) can deliver the resource, so it's perfect for your young coaches.

A new competition framework has also been developed to enable participants to compete alongside their friends in teams of 3-6 across 4 difficulty levels. This also gives them a great taster of Aerobic competition before transitioning to RAC. For more information, check out our competition handbook for routines and judging guidance.

To access the above resources, sign up to Introductory Aerobics on GymNET and the resources will appear in your resource centre ready for download.

Do you have a young coach that would be perfect to deliver this activity? British Gymnastics has developed an exciting new Discover Aerobic Gymnastics Workshop to help coaches learn more about this new activity and the competition and performance opportunities linked to this. Visit british-gymnastics.org/courses to book a place on a workshop or contact participation@british-gymnastics.org to register your interest and for more information on the activity.

(British Gymnastics, 2017)

If you have any news or information you would like included in the next newsletter then please email them to Colette Hayes (colettehayes1993@googlemail.com)