

# GYMNAST

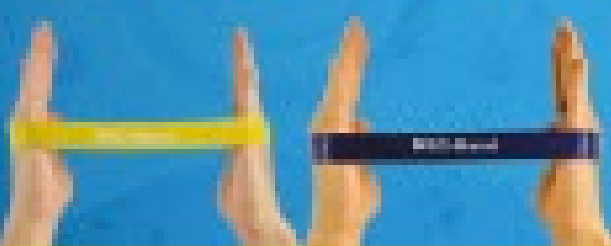
British Gymnastics Digital Magazine

SUMMER 2015

**GIARNNI  
REGINI-MORAN**  
GETTING READY FOR RIO!



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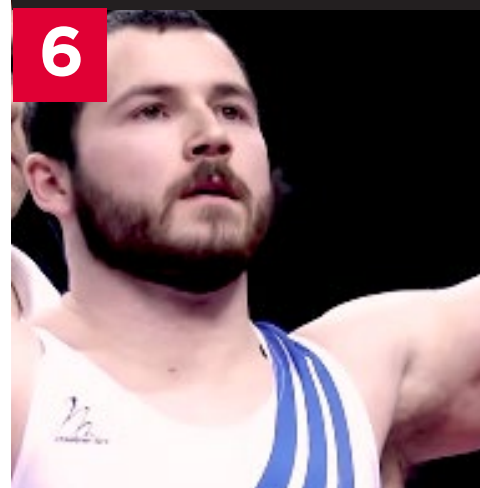
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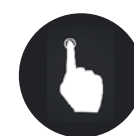


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### NUTRITION TIPS FOR TRAINING

We delve into healthy eating tips for when you're training

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Cover photo - Giarnni Regini-Moran

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# OUR TOP FIVE MUST SEE TOP GYMNASTICS VIDEOS

FOLLOW US



IN OUR SUMMER EDITION OF THE GYMNAST MAGAZINE, WE TAKE A LOOK BACK OVER THE LAST FEW MONTHS AND PICK OUR TOP FIVE MUST SEE GYMNASTICS VIDEOS. WHETHER IT'S IN OR OUT OF THE GYM, HERE ARE OUR PICKS FOR THE LATEST MUST SEE VIDS!



# 5

First up on our list is a montage of the 2014 TeamGym European Championships. The UEG recently released the footage of the event which we think is awesome! The team spirit and skills are amazing. This is certainly worth a watch if you're thinking of coming to the 2015 British Gymnastics Championship Series which includes TeamGym!



# 4

Number four on our list is the one and only Ashley Watson from Leeds! Men's artistic gymnast Ashley performed incredibly on the high bar at the British Masters back in March in Liverpool. The video of his routine went viral on social media and rightly so, his routine is packed full of difficult and jaw dropping elements. If you haven't seen it already it is not one to miss!



# 3

A team of our members recently spent time in South Africa to help introduce disability gymnastics. They conducted various workshops providing disability training across the country. We followed the team during the final phase of their visit. It's definitely an inspirational watch!



# 2

Second on our countdown is former British artistic gymnast Danusia Francis! Danusia has spent the last few years competing for UCLA in America after finishing her elite career for Great Britain. It's great to see our gymnasts continue in our sport and do great things and Danusia is certainly doing that! She has been wowing crowds with her impressive and flawless routines ever since she made the trip across the pond. Check out her beam routine from earlier this year, talk about sassy – we love it and just wait for the dismount!



# 1

Gaining the top spot in our summer edition of must see vids is our tumbling British Champ! If you missed Kristof Willerton's performing a triple straight somersault – where have you been?! Kristof performed this incredible skill recently and is one of the first gymnasts in the world to do so. The World Champion tumbling gymnast just goes from strength to strength; you have to watch this, talk about defying gravity!







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## BRITISH GYMNASTICS FOUNDATION CHARITY CYCLE RIDE

SATURDAY  
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AUGUST 2015  
YORKSHIRE

**We believe that gymnastics has the power to transform lives, but we need your help to do it!**

On the 15th August 2015, we'll be heading to Yorkshire for our first ever fundraising challenge. Following some of the roads taken by the 2014 Tour de France, the challenging terrain and beautiful landscapes offer wonderful cycling, as we set off from Skipton and cycle along the beautiful Wharfedale valley and into the hills.

With two route options available, either 35 miles or 66 miles, it's time to dust off your bike and get training, as the day offers you a fun challenge no matter what your level of experience.

It's only £35 to enter and all we ask is that you fundraise at least £100 so that we can continue to create opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.

You will be supplied with a training guide when you register and everyone who takes part will get a free goody bag at the end of the ride. Plus, if you're not too distracted by the stunning scenery, you may even get to see some gymnastics legends on route.

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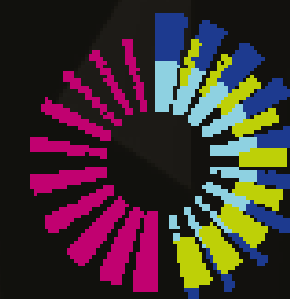
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2015 WORLD GYMNASTICS  
CHAMPIONSHIPS  
GLASGOW 23 SEP-04 OCT



“

I was lucky enough to win a World Championship in front of a British crowd in 2009, so I know what a difference home support can make, and it's up to us to get behind the home team and cheer them on!

I'm going to be in Glasgow this October supporting the team and I want to see all of you there too!

Beth Tweddle, three-time World Champion

[2015worldgymnastics.com](http://2015worldgymnastics.com)

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By Olivia Howard

## INTERVIEW

# INTRODUCING GIARNNI REGINI-MORAN YOUTH OLYMPIC CHAMPION LOOKS AHEAD TO THE REAL DEAL IN RIO

Giarnni Regini-Moran is just 16 years old a good ten years younger than some of Britain's current senior level gymnasts but he has already proven he can battle with Britain, Europe and the world's best having been crowned 2014 Youth Olympic all-around champion, junior European floor champion and 2015 British Masters floor and vault champion.

To be eligible to compete in an Olympic Games, male gymnasts must turn 18 in the year of competition. Giarnni will venture into adulthood just weeks before the Games open in Rio but instead of classic party celebrations, Giarnni may well have a different focus and that is certainly what he is aiming for.

"I would love to try for Rio. I feel like I'm up to the senior standards and when I compete against them I don't really get too nervous, I feel like I fit in and I'm part of the team. I do a lot of competitions with them so I know them well. My floor and vault are at senior levels and I am working on bringing my other routines up too. Even though I am currently still a junior, I'm working senior routines now so I'm prepared. If I have to downgrade for a junior competition this actually really helps as when I take the more difficult moves out I have a really good fitness level."

Coming from a talented and large family, Giarnni's dad Glenn is from Irish decent which is where the Moran in

his surname hails from and his mum Kerri from Italian which is where the Regini comes from. He tell us his mum wanted to call him Giarnni as its Italian and his four siblings also follow suit with the youngest at 7 years Ricco who is also a gymnast with heaps of potential, brother Emilio who is 12, 14 year old sister Elise and 15 year old brother Carlos who have all been involved in gymnastics at some stage.

For Giarnni, it's always been gymnastics and it was one swing on the rings many years ago that had him sold.

"I started gymnastics because I was just running around like crazy at home! I remember jumping onto the rings when I first tried a session and I was swinging and pulled my legs up and flipped over. I remember telling everyone how awesome it was! One of

the coaches said to my mum I should try out for their recreational class and as I was advanced I made it into that group and it all went from there. Now I train at the Europa Centre with my coach Pete (Etherington)."

Giarnni has now developed into one of Britain's most promising gymnasts and if his difficult routines aren't already impressive enough he vows to push even harder this summer to up his game even more.

"If I want to compete against the best in the world I've got to keep working on improving my routines. I'm working on some harder skills which will take time but once I've got them hopefully I can really nail them in competition. My floor has a 16.8 start value which is one of the highest in the world. I have a routine that is in the 17 start values but I just need to get all of the tumbles consistent first. I'm hoping to change my routines around a bit so I can have them ready by the end of the year but I will take everything as it comes."

Looking set to make a name for himself, Giarnni is very quick to tell us that just like any young gymnast he still has a sporting idol.

"Dan Keatings is someone I really look up to. When I was younger I used to compete in the same region as him and

## INTERVIEW







**“MY FLOOR HAS A 16.8 START VALUE WHICH IS ONE OF THE HIGHEST IN THE WORLD”**

I used to go to his gym every Sunday. He was my idol and I always looked up to him. Now I know him well as a friend and even when I go to squads now we get on really well. We even go to watch Liverpool (football) games together!”

The Europa Centre where Giarnni trains is key to his success and development, with the centre having a fantastic team supporting their gymnasts. Giarnni has a busy schedule in what is his ‘second home’.

“On Mondays, Wednesdays and Fridays I do two sessions for about four and half hours each. I also have sessions on Tuesdays and Thursdays and then have a rest day on Sunday. I also do some recreational coaching throughout

the week for my apprenticeship. I train with Tommy Nicolaou and Toby McCarthy. Tommy is at my level and we have competitions in training; we like to see who can be the first one to learn a new skill. We have a bit of banter so it’s great. The Europa Centre is amazing; we have a fitness gym and boxing facilities and lots more.”

The strength of the men’s gymnastics programme in Britain is constantly improving and after the success of London 2012, Giarnni is proof that the legacy lives on. It seems the competitiveness between the boys is what really drives them forward. We’ve noticed a lot of talk on social media about the #CassinaClub and we ask Giarnni what it’s all about.

“A Cassina is a really difficult skill to do on the high bar, not many people in the world can do it. Sam Oldham always starts little clubs, so you’ve got ones like the strength club, I know he’s got a special name for it but when you can do certain things you can join the club! Sam put up a picture saying #cassinaclub so it spurred me and Nile (Wilson) to try it too; I caught mine then not long after Nile did too. I think Reiss (Beckford) is the king of that club. It’s all the little things that help push up to be better which is great!”

Although Rio is on the horizon, there’s still a long way to go yet for young Giarnni with a few more milestones still to come.



Giarnni with his youngest brother Ricco



A young Giarnni with his brothers Carlos and Emilio in the gym

“It’s the European Youth Olympics this July, I’m hoping to be selected and to go out there and do well in that competition, then we’ve got a junior Japan competition which is always a big test as we get to compete against the top talent from international greats such as Japan and China! I’m excited to see what the rest of 2015 holds!”

The coach’s verdict: We ask Giarnni’s coach Pete what it’s like to coach the rising talent and he tells us how supportive his family have been and how Giarnni’s early success was at times unexpected.

“He has got a great personality; it’s over the last few years that he has taken control of his own training. Before that it was more me telling him what to do and now he has his own way of doing things, it’s great because it shows he cares and can take control. As a team we joke around a bit but when we are at competitions Giarnni knows when he needs to be serious and focus, and we then go through the motions where he takes himself out and mentally goes through his routines.”

“I’m incredibly proud of him, when we started getting ready for Brazil and the World School Games in 2013, we never thought we’d medal but we did on floor and vault and on parallel bars which was amazing. We then went on to the junior Europeans at the beginning of 2014 and had more success. Neither of us thought we would make it through to the Youth Olympics but due to someone being injured we did. We went to ‘participate’ in the competition, our target was to come in the top 6 but Giarnni won in qualifications



and then again in the all-around and took another four apparatus medals. It was amazing and the best junior results we've ever had and it was the best result we as a team had ever had. Competing alone he had to be in full control which was a big step up for him but he successfully managed an impressive 17 out of 17 routines over three days of competition!"

"Giarnni's family are great, they back us up and do everything we ask of them. They sold their house and moved over 100 miles so their boys could do gymnastics. All five children moved schools and the parents gave up their jobs so the boys could train full time. They both now work at the Europa Centre. Giarnni's Mum works on reception at the club, she does some classes in the gym too and his dad works in the fitness gym and is duty manager. Giarnni only lives five minutes up the road from the gym, so it's amazing as he can get to and from during sessions quickly."

"We are looking forward to what the future holds but for now 2015 is our focus and we will continue to work hard in the gym."



GYMNAST 14



**FOLLOW  
GIARNNI'S  
JOURNEY...**



# 2015 BRITISH GYMNASTICS CHAMPIONSHIP SERIES

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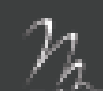
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# MAKING HISTORY AT THE EUROPEAN GAMES

FROM THE 12TH-28TH JUNE, 153 BRITISH ATHLETES WILL COMPETE ACROSS 13 SPORTS IN 19 DIFFERENT DISCIPLINES AS THE FIRST EVER EUROPEAN GAMES GETS UNDERWAY IN BAKU, AZERBAIJAN.

Created in line with similar events such as the pan-Am Games and the Asian Games, the inaugural European Games will see our men's and women's artistic, trampoline, aerobic and acrobatic gymnasts competed with the Olympic rings on their chest for TeamGB.

For different sports the aims at the European Games will differ, for some it's a chance for junior athletes to gain experience whilst in sports such as boxing the Games are a key Olympic qualification event.

For the gymnastics disciplines of aerobics and acrobatics the European Games represent a milestone – the first time these sports will compete within the Olympic family for TeamGB. The Games represent an opportunity to showcase these amazing disciplines and for our British gymnasts the pride of wearing the Olympic rings will be huge, we spoke to two of our top gymnasts as they received their TeamGB kit ready for Baku...

## OLIVIA FARRANCE

### MEMBER OF THE GB AEROBIC GROUP

“It's been quite overwhelming to have been selected, to wear the TeamGB kit see the Olympic rings it's a very proud achievement for us all. It feels like we're really starting something, making history for aerobic gymnastics by competing at the biggest event our sport has ever been in. It feels like we're just at the start and hopefully we can build on this and see aerobics get more and more popular.

The European Games will be the biggest competition of our lives by far in terms of the competition. We've been training so hard and want to make ourselves proud aiming to make the final.

Our preparation before the competition will be the same as ever but I'm looking to learn as much as I can from the other sports too, see how they prepare and how they work towards their competitions.

In terms of our group of five we went through a series of trials to make the final line-up which was confirmed earlier this year, it was a tough process! We train whenever we can in between jobs and different commitments it can be hard especially with one of our members Kayleigh being based over in Wales but we've had great support, especially from our parents. The routines are in good shape, we're all perfectionists so we never stop trying to improve but we think it's in the right place, our coach Kerry is pleased and that's the main thing!

I can't actually put into words how proud I am to be part of this group and we can't wait to wear our GBR leotards and show everyone what we can do.”





“I haven’t felt so proud in a very long time, it’s amazing to be part of TeamGB I’m so excited to compete. The experience is hard to put into words and we are cherishing every moment and are determined to do the same in Baku. The European Games is the biggest competition ever for us and we’re aiming to go out there and hopefully get a medal for TeamGB.

We began this partnership last June and its working well. We’re very close and get on really well which is key.

We’ve competed our European Games routines before but have kept working on them, tweaking them to get them at their best. We know the competition we’re up against and what we need to do to achieve our goals, we’re very focussed. I think after our competition may be the time to then relaxed and soak up the atmosphere, I know some of the diving team so I’m hoping to see them and try and just learn and enjoy as much as we can.

There’s no rest after though as we’re straight into the British Championship Series – hopefully with historic European Games medals round our necks.”



CHECK OUT  
THE BUILD UP  
TO BAKU...



## GYMNASTS IN ACTION

### ARTISTIC GYMNASTICS

#### MEN

NILE WILSON  
BRINN BEVAN  
FRANK BAINES

#### WOMEN

GEORGINA HOCKENHULL  
KELLY SIMM  
CHARLIE FELLOWS

### TRAMPOLINE GYMNASTICS

#### WOMEN

KAT DRISCOLL  
LAURA GALLAGHER

#### MEN

LUKE STRONG

### ACROBATIC GYMNASTICS

#### WOMEN’S GROUP

CICELY IRWIN  
JENNIFER BAILEY  
JOSIE RUSSELL

#### MIXED PAIR

HANNAH BAUGHN  
RYAN BARTLETT

### AEROBIC GYMNASTICS

CHLOE FARRANCE  
OLIVIA FARRANCE  
ELLA AUGIER  
KAYLEIGH SILVA  
SOPHIE GOVES





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# NUTRITION TIPS FOR TRAINING

English Institute of Sport (EIS) Performance Nutritionist Mhairi Keil, who works with British Gymnastics' performance programme, shares some advice for those wanting to improve their nutrition to help boost their training.



How important  
is nutrition to a gymnast  
during the day?

On a day to day basis, the foods that a gymnast eats during the day not only supports energy levels and brain function whilst at school, but it also prepares the body for their training sessions after school. Eating the right foods will ensure they have the energy to maintain training whilst also assisting with concentration and learning of new skills.

On a long term basis, this day to day intake impacts on growth and development not only of the muscles, but also the bones and the brain, and is therefore really important to them as an individual as well as an athlete.

What kinds of foods  
are best for a gymnast?

A combination of foods that provide good quality carbohydrates, proteins and fats, will also ensure that their intake of vitamins, minerals and important antioxidants are more than sufficient.

Check out the foods highlighted in the 'What's in your lunch box' hand-out for top suggestions!

Along with great food  
how important is hydration  
over lunch?

The body is made up of 60-70% water. A loss of body water stores through sweating, breathing, going to the toilet etc. can impact on energy levels, concentration, body temperature regulation and muscular performance.

It is therefore key that gymnasts try to include plenty of fluid options throughout the morning, during lunch and early afternoon, to ensure they are well hydrated in preparation for training.





# CHOCOLATE PROTEIN NUT BALLS

These protein balls contain a good source of zinc and magnesium which are important for muscle repair, bone health and wound healing.

## Ingredients:

60g chocolate whey  
e.g. Promax Maxinutrition (2 scoops)

200g cashew nuts

2 tbsp chia seeds

60g brazil nuts

3 tbsp natural dark cocoa powder  
e.g. Bournville Cocoa

100g goji berries

50g dates

2 tbsp natural almond butter  
e.g. Meridian

2 tbsp agave nectar or honey

3-5 tbsp water

## Instructions:

- Mix the protein powder, cocoa powder, cashew nuts, chia seeds, brazil nuts and goji berries in a food processor, and blend well.
- Add the dates, almond butter and agave nectar to the mixture and blend again.
- Whilst blending, add the water 1 tbsp at a time, to help the mixture stick. You should find that the mixture no longer moves in the food processor. Test the mixture after 3 tbsp water. It should easily stick in a ball, but shouldn't be too wet. If the mixture is too dry, add the other tbsp water whilst blending and re-test.
- Scoop a small portion of mixture and compress in your hands making a small ball.
- Keep in a tuperware and store in the fridge for up to a week.

# EAT LIKE AN ATHLETE

WHAT'S IN YOUR LUNCH BOX?



# WHAT'S IN A GYMNASTS LUNCH BOX?



## SWEETS TREATS

Chocolate protein nut balls  
Chickpea choc chip cookies  
Homemade flapjacks



## DAIRY

Yoghurt  
Milk  
Cottage cheese



## CARBOHYDRATES

Wholegrain bread  
Sweet potato  
Whole wheat pasta  
Brown rice  
Quinoa  
Beans and lentils



## FRUIT AND VEG

Fresh fruit salad  
Homemade smoothies  
Vegetables sliced up  
Steamed edamame beans



## PROTEIN

Lean meat and fish  
Hard boiled eggs  
Hummus snack pots  
Nuts and seeds  
Natural peanut butter

# KEEP YOUR FOOD SAFE

Packed lunches are a great way to make sure you have plenty of good quality food options to get you through the day, and prepare your body for training. However, they can be a breeding ground for bacteria, especially in the warm summer months. Don't let bacteria get into your body through the foods you eat.

### Keep your lunchbox cool:

- Store in a refrigerator throughout the day
- Always refrigerate lunchbox until ready to use
- Try using a cool bag with an ice pack
- Frozen drinks can double up as an icepack
- Clean it with hot soapy water after use

### Always remember to wash your hands:

- Before eating
- After going to the toilet
- After blowing your nose
- After emptying bins





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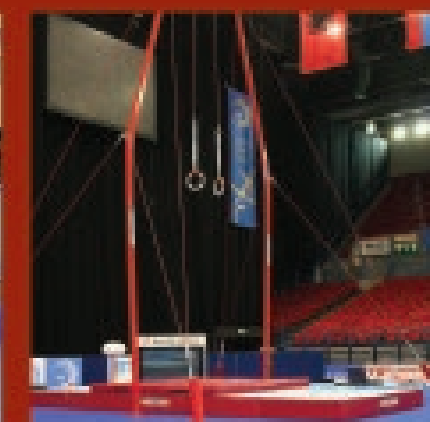
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# WHAT'S COMING UP

## JUNE

**20-21**

**RHYTHMIC NDP FINALS  
AND GROUP LEAGUE  
ROUND 1**

Fenton Manor Sports Complex,  
Stoke-on-Trent

## JULY

**04**

**GYMNASTICS FOR ALL -  
GYMFUSION YORK**

York Barbican,  
York

**10-12**

**TRAMPOLINE &  
TUMBLING NDP  
FINALS**

The International Centre,  
Telford

**12-18**

**GYMNASTICS FOR ALL -  
GYMNAESTRADA**

Helsinki



**18-19**

**GYMNASTICS FOR ALL -  
GYMFUSION GUILDFORD**

Guildford Spectrum,  
Guildford

**26**

**GYMNASTICS FOR  
ALL - GYMFUSION  
BOURNEMOUTH**

Bournemouth International  
Centre, Bournemouth

**30-02**

**BRITISH GYMNASTICS  
CHAMPIONSHIPS SERIES**

**ACROBATIC BRITISH  
AEROBIC BRITISH  
RHYTHMIC BRITISH  
TEAMGYM BRITISH**

Echo Arena,  
Liverpool



## AUGUST

**01-02**

**LIVERPOOL  
MINISTRADA**

Echo Arena,  
Liverpool

## SEPTEMBER

**04**

**DISABILITY ARTISTIC  
GYMNASTICS - BRITISH  
CHAMPIONSHIPS**

Bolton Arena Gym Club,  
Bolton

**04-06**

**MEN'S & WOMEN'S  
ARTISTIC - THE SCHOOL  
GAMES**

Bolton Arena Gym Club, Bolton

**11-13**

**TRAMPOLINE, DMT &  
TUMBLING BRITISH  
CHAMPIONSHIPS**

Echo Arena,  
Liverpool

**18-20**

**AEROBIC GYMNASTICS  
ALEX STRACHAN CUP**

Surrey Sports Park,  
Guildford



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CALENDAR  
DATES

## THE GYMNAST DIGITAL MAGAZINE

**VOLUME 53**  
ISSUE 2

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### Published by

**British Gymnastics**

Ford Hall,  
Lilleshall National Sports Centre,  
Newport,  
Shropshire,  
TF10 9NB  
Tel 0345 1297129  
Registered In England No. 1630001  
VAT Reg. No. 100166672



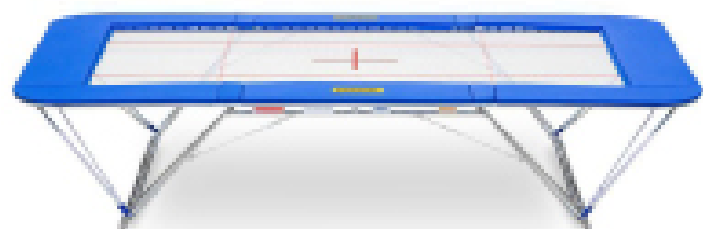


sole UK suppliers for

**EUROTRAMP** & AirTrack Factory

## AirTrack Factory AirTrack

- Relatively **light** and **easily set up**
- **2m or 2.8m** width
- Airtight, so **no noise** during training
- Inflates & deflates **within 4 minutes**
- **Unique flat surface** for maximum rebound

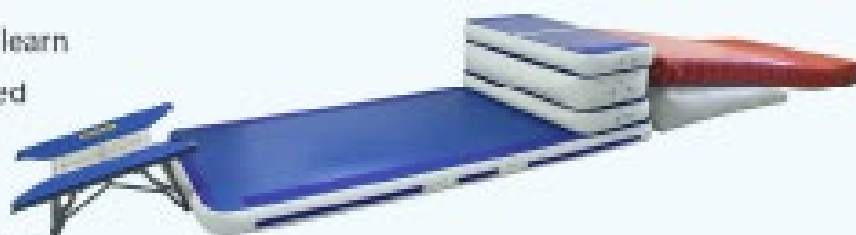


## Eurotramp Trampolines

- Built to stand the test of time
- Equipment **chosen by the Champions!**
- A wide range of models to **suit all needs**
- **Shock absorbing** and robust frame pads
- **FIG approved** equipment

## AirTrack Factory AirJumpy

- Makes exercises **safer** and **easier** to learn
- **Challenging** obstacles can be created
- **Fun** is guaranteed!
- Soft takeoff **prevents injuries**
- Pressure is **customized** within seconds



## Eurotramp Minitramps

- New **low prices**
- **Quality** equipment, built to last
- Available with **springs or cables**
- Unique **high-tech steel**
- Excellent **stability**



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