

## Rhythmic Technical Committee

Dear all,

Please find below the latest Rhythmic updates

Kind regards,  
Stefano

### Newsletter sign up

Please note if you would like to receive the RGTC News Bulletins, your club will need to enroll using this [link](#) or by scanning this code.



Information will be circulated to club's official representatives only (i.e., club secretary, head coach and judge). Independent Judges can also enroll to receive judging updates.

Alternately, you can check for regular updates on:

<https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

### March 2022

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## Rhythmic Technical Committee

### **COP Q&As for coaches and judges**

The RGTC would like to support all judges and coaches with any queries they might have regarding the new COP. Please insert any questions or doubts via this [form](#) or use the QR code below. Keep sending your questions, we will create a FAQ available to all at regular intervals.



### **NDP 2022**

Please find attached the 2022 NDP which is also now available on the BG website.

### **Coaches' education**

A number of coaching courses are virtually scheduled and currently advertised on the British Gymnastics website that may be of interest to you and your club.

- Rhythmic Gymnastics Level 1 (Virtual) ([Link](#)).
- Rhythmic Gymnastics Level 3 (Virtual) ([Link](#)).

### **Squad Education Days**

Please see attached flyer for GBR coach education day and [link](#) to apply.

Topic covered:

- The application of theory to the coaching of speed, strength and endurance to improve Elite Gymnasts; With Practical aspects.
- What is Technical Preparation and how do we implement this to the training programme
- Development of a long-term Training Plan to support the journey to an Elite performer.
- Apparatus refinement: Technique for Rope and Ball.

### **English and Welsh Championship Handbooks 2022.**

Please find attached the English Championship Handbook and Rhythmic Welsh Championships and Welsh Open 2022.

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)