2014 RHYTHMIC **GYMNASTICS** BRITISH **CHAMPIONSHIPS**

FENTON MANOR, STOKE-ON-TRENT

OFFICIAL PROGRAMME











WELCOME MESSAGE

n behalf of British Gymnastics, I would like to welcome you to the 2014 Rhythmic British Championships, which promises to be a superb showcase of our incredible gymnasts competing for the most prestigious of titles. Our brilliant British rhythmic gymnasts continue to inspire and excite.

With the Commonwealth Games fast approaching, there is no doubt that we will witness spectacular performances by those hoping to proudly stand on the medal podium this summer, as well as witnessing the potential superstars of the future competing in the younger categories.

Please be sure to show your enthusiastic support for all our competitors who have worked so hard to get to these championships. To every gymnast, coach and club involved – congratulations for making it to the very top of our sport and best of luck this weekend.

We would like to take this opportunity to thank UK Sport for supporting our World Class Programme and Sport England for aiding our grassroots development. We would also like to thank our sponsor Milano and our preferred suppliers Continental, IHG and Alto Digital.

I hope everyone enjoys a wonderful three days of fantastic gymnastics action.

Ahn mmeurole

ALAN SOMMERVILLE OBE PRESIDENT, BRITISH GYMNASTICS



GYMNASTICS

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Amazing days

20 ^{Golds}

Venue: The SSE Hydro

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RHYTHMIC GYMNASTICS POETRY IN MOTION

Rhythmic Gymnastics combines grace, coordination, agility and artistry. Accompanied by stirring music, the gymnast uses small hand apparatus to weave a routine of flawless beauty moulding gymnast, music and apparatus into one.

The handling of apparatus whilst performing complex turns, pivots, balances and contortionist like movements are characteristic trademarks of this stunning gymnastics discipline.

Providing participation opportunities for individual or groups, rhythmic gymnastics is the perfect sport for those who love dance and movement to music and where personality and expression are at the forefront.





The rope is made of hemp or synthetic material. The length may change in proportion to the size of the gymnast and instead of a handle, each end of the rope terminates in a knot.

Routines can be performed with the rope open or folded, held with one or both hands, with or without the rope changing hands. The relationship between the rope and the gymnast is key with the rope often wrapping around the gymnast. Flexibility, agility, and gracefulness combine with passion and skills to make the perfect rope routine.



CLUBS

The clubs may be made of wood or synthetic material and their length is between 40 to 50 centimetres. Each club weighs 150 grams.

Clubs provide games for the hands. The gymnasts perform rotations, circles, throws, and many asymmetric movements in combination with complex movements of the body. Club handling requires rhythmic work, coordination, and perfect precision.



The ball is made of rubber or synthetic material and its diameter is between 18 to 20 centimetres. The weight of the ball must be a minimum of 400 grams.

The ball is the only piece of apparatus that can never be held, it may only be balanced on the body or rolled over. This requirement results in a perfect union between the body of the gymnast and the apparatus. The spectacular throws of the ball are in neat contrast with the softness and precision of the catches, both of which are also requirements of the routine.

HOOP

The hoop is composed of wood or

plastic and its inner diameter can

range from 80 to 90 centimetres.

The minimum weight of the hoop

is 300 grams. The hoop must be

rigid enough to retain its shape

The hoop carves a space that

through the hoop or when the

apparatus rotates around any

part of her body. Frequent grip

coordination and the shape

different parts of the body.

of the hoop is ideal for rolling

and rotating on the floor or on

changes require well-developed

when used in a routine.

must be fully used by the gymnast, as when she passes



RIBBON

The ribbon stick is 50 to 60 centimetres in length and 1cm in diameter. It is typically made of wood, bamboo, plastic or fibreglass. The ribbon is made of satin or a similar material without starch. The maximum weight of the ribbon is 35 grams, its width is between 4 to 6 centimetres, and its length is a minimum of 6 metres.

The ribbon is a long, flexible and light piece of apparatus that shapes patterns in space. When used by the gymnast, its aerial movements carve forms and images. Snakes, spirals and throws represent the main routine elements when using the ribbon.



RHYTHMIC BRITISH CHAMPIONSHIPS PHOTOSHOOT

LAURA HALFORD

Laura Halford took the top senior title in 2013 and is our poster gymnast for this year's championships - here are some exclusive behind the scenes photos from our dramatic photoshoot!

YOUR GUIDE TO THE RHYTHMIC BRITISH CHAMPIONSHIPS

SENIORS

ith several seniors fighting for places in their Home Nation team for the Glasgow 2014 Commonwealth Games, the senior section is not only the largest for well over a decade, but also the largest at these championships.

For the first time at the British Championships, 2013 senior champion **Laura Halford** (Esprit Gymnastics) goes head-to-head with 2012 Olympian and six-time champion **Francesca Jones** (unattached). Both gymnasts are hoping to represent Wales at the Commonwealth Games. Among those in the running for England are three of last year's medallists - the 2013 senior runner up and bronze medallists - the 2013 senior runner up and bronze medallists - **Stephani Sherlock** (Esprit Gymnastics) and **Jael Gore** (City of Canterbury) respectively - and 2013 junior champion **Tyler Brumitt** (Esprit Gymnastics). Scotland have already selected their team, comprising **Rebecca Bee** (Beacon), **Lauren Brash** (West Lothian) and **Vicky Clow** (Pentland).



COMPETITION FORMAT

All gymnasts scores will be added together to determine the British all-around champions in each age group. Scores go back to zero for the apparatus finals on Sunday except for our disability gymnasts whose all-around scores will also count towards apparatus titles. The number of competitors in these finals is based on the number of gymnasts entered in each age group. In the junior and senior sections, the top eight gymnasts with each apparatus will go forward to the finals. Should our guest in the junior section rank in the top eight, she will go through along with the next eligible gymnast(s). In the under 12 section, the top six will compete again on Sunday. Again, if either or both of the guest competitors rank in the top six, they will also work again as will the next eligible gymnast(s). All under 10 and under 11 gymnasts automatically go forward to the finals.

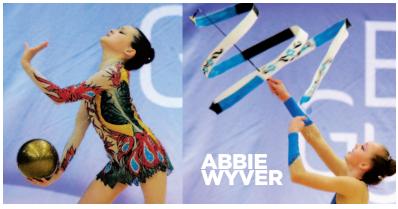
The draw for the finals has been made with gymnasts working according to the position in which they finish with that piece of apparatus in the all-around event. Any guest competitors who qualify will work first.

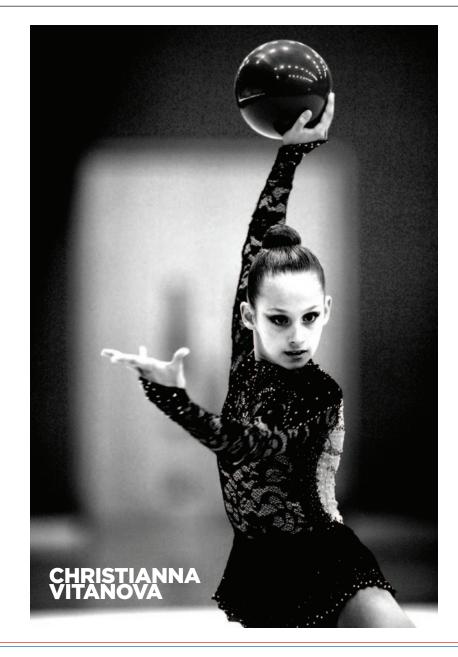
JUNIORS

our of last year's top Juniors have now moved into the Senior ranks, and with Bronze medallist **Anna Kelis** (LAGAD) having since represented Cyprus, only the City of Canterbury's Abbie Wyver remains from last year's top six. The City of Bath duo of Selina Brown and Tiola Gleeson were the next highest placed last year, and the Junior field also includes last year's Under 12 Champion and runner-up - Christianna Vitanova (Elite) and Amaranta Chavez – formerly LAGAD, now Hendon). The Junior section includes one of our three guest competitors; Anastasija Baidenko (Llanelli Academy) is ineligible under British Gymnastics' nationality rules but as she met the standard at both the British Qualification Testing and the Zonal Grades, she is taking part as a guest. This means she cannot win medals, but will be able to perform in any Apparatus Finals she qualifies for.



AMARANTA CHAVEZ

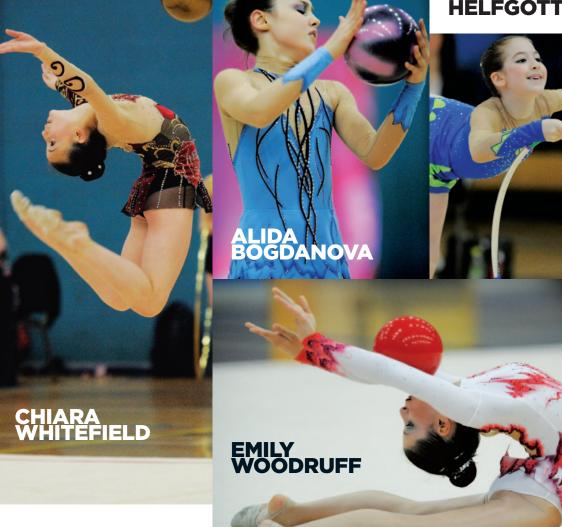




UNDER 12'S, 11'S, 10'S & FLITE $(\neg |$

n the Under 12 section, the 2013 Under 11 champion **Chiara Whitefield** (LAGAD) is back to try and make it two in a row and is joined by the gymnasts she beat into second and third place - Elena's Francesca Barker and LAGAD's Jessica Helfgott. British Gymnastics' new eligibility rules mean that two gymnasts who took part as guests in 2013 – Alida Bogdanova (Elite) and Ruta Sulskis (South Essex) – will compete in their own right this year. Two gymnasts in this section are making their first appearances at these Championships – **Emily** Hawkins (City of Birmingham) and Hannah Martin (i-Star Academy), who is also her club's first qualifier at this level since 2009. Guesting in this section are Livia Haarcaan (Elena) and Amelie Menger (Stockport).

Some of the country's rising stars will compete in the under 10 and under 11 sections. It is here we will start to see the future champions emerge and for some it will be their first British Championships.



JESSICA HELFGOTT

The weekend also sees Round One of the Elite Group League for both espoirs and juniors. The eight espoir and four junior groups who will perform on Saturday are here as a result of having been at the top of the rankings in the Group League seeding competition in February. As there will be three further rounds, no medals will be awarded at this event, with the overall League Champions being crowned at the British Group Championships in November.

While most gymnasts are now following either the individual or group pathway, three gymnasts from Elena (Francesca Barker, Daisie Burke and Phoebe MacDonald), two from the City of Birmingham (Emily Hawkins and Lauren Moult), two from the City of Canterbury (Lottie Wittich and Emily Woodruff) and one each from i-Star Academy (Hannah Martin) and Llanelli Academy (Carys Davies) are doing both individual and group routines this weekend.

DISABILITY GYMNASTS

isability gymnasts compete in different categories according to the nature of their impairment, with Class I signifying a learning disability and Class II a physical disability.

The senior class I title will be hotly contested between Falcon Spartak club-mates **Hannah Westerman** and **Rowena Francis**. Having won the class II title each year from 2001 and 2009, Hannah switched to the Class I section in 2012 and won the title in 2013 denying Rowena her sixth consecutive title. Making her debut at this level is Haverfordwest's **Megan Donovan** who also becomes the club's first disability gymnast to appear at a British Championships. Just one senior class II gymnast has qualified – Falcon Spartak's **Rebecca Cooper** – who will be competing against pre-determined scores.

In the junior class I section, the 2013 champion -**Elizabeth Packman** from South Essex - is back to defend her title and is joined by debutant **Anna Talbot-Ponsonby** (Dorchester YMCA).

The junior class II section contains two competitors – 2012 junior champion **Katie O'Connor** (Falcon Spartak) and club-mate and debutant **Sophie Dalglish**.

Where their disability permits, these gymnasts perform with all apparatus. Rebecca and Katie, however, will work rope instead of clubs, and all three debutants will work two of the four pieces – hoop and ball.



The top disability gymnasts in the country will be competing and showcasing their talents this weekend. If you are INspired by the gymnasts and want to get INvolved in disability gymnastics then you can become part of the fantastic new disability programme from British Gymnastics 'I'M IN'.

 $\rm I'M\,IN'$ is a new and exciting programme which creates more participation opportunities for disabled people in our sport.

If you are a disabled person who wants to get INvolved in gymnastics you can:

Find a local club who runs disability gymnastics and participate at one of our exciting disability gymnastics events which are taking place all across England throughout 2014. Head to british-gymnastics.org/findaclub now to get started and to british-gymnastics.org/iminevents to find a full events calendar.

If you are a club you can:

Sign up to the I'M IN Programme and be supported by one of 14 Disability Hub Clubs to develop more opportunities for disabled people in gymnastics. You can benefit from; taster sessions, festivals, competitions, coaching clinics, add-on modules and more. Simply register for the 'I'M IN' programme at british-gymnastics.org/GymNet and your local British Gymnastics Club Development Coordinator will be in touch to answer your questions and help you take the next steps.

We look forward to welcoming you to the programme and seeing disability gymnastics thrive in our sport.





DISABILITY GYMNASTICS

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KNOW SOMEONE WHO CAN'T MAKE IT THIS WEEKEND?

Tell them to head to **BGtv** to watch Saturday's competition **LIVE**. All they need to do is go to <u>www.</u> <u>british-gymnastics.</u> <u>org/2014rhythmic</u> to start watching We'll also be uploading HD medal winning routines from Monday the 19th May so you can relive the action again and again.

COMPETITION SCHEDULE

FRIDAY 16 MAY ALL-AROUND

15:00 - 16:10 Under 10, Under 11 Free (no apparatus) and Under 12 Rope 16:10 - 16:30 Interval

16:30 - 18:00 Junior Hoop

SATURDAY 17 MAY

ALL-AROUND & GROUP LEAGUE

09:20 - 11:35	Junior Group, Under 12 Clubs, Under 10 Hoop, Under 11 Hoop, Under 10 Rope, Under 11 Ball and Under 12 Free (no apparatus)
11:35 - 11:50	Interval
11:50 - 13:55	Junior Ball and Espoir Group Free, Junior Clubs and Junior Disability Ball
13:55 - 14:35	Interval
14:35 - 20:00	Senior Disability (all apparatus), Senior Hoop and Senior Clubs, Junior Ribbon, Senior Ball, Espoir Group (Ribbon), Junior Group and Senior Ribbon (<i>including interval at 17:20</i>)
20:00	Presentation Ceremonies - All-around & Group League



SUNDAY 18 MAY THE FINALS

10:00 - 10:35	Under 11 Ball and Under 10 Rope
10:35 - 11:15	Under 12 Free (no apparatus), Under 10 Hoop and Under 11 Hoop
11:15 - 12:00	Under 10 Free, Under 11 Free and Under 12 Rope
12:00 - 12:30	Interval
12:30 - 12:40	Presentation Ceremonies - Under 10s, Under 11s and Under 12s
12:40 - 13:20	Under 12 Ball and Junior Ribbon
13:20 - 14:00	Senior Hoop and Under 12 Clubs
14:00 - 14:45	Junior Hoop and Senior Ball
14:45 - 15:30	Senior Clubs and Junior Ball
15:30 - 16:30	Junior Clubs alternating with Senior Ribbon

Presentation Ceremonies - Under 12s, Juniors and Seniors 16:30

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- Tour de France Grande Depart 2014, Yorkshire, Cambridgeshire, Essex and London; 5 - 7 July
- ITF Wheelchair Tennis Masters, London; 24 30 November

Future events in 2015:

- European Judo Championships 2015, Glasgow
- IPC World Swimming Championships 2015, Glasgow
- European Hockey Championships 2015, London
- European Wheelchair Basketball Championships 2015, Worcester
- World Canoe Slalom World Championships 2015, London
- World Gymnastics Championships 2015, Glasgow

More information at www.uksport.gov.uk/events

These events are only possible thanks to people buying National Lottery tickets. If you've bought a ticket, you're part of the team. Thank you.

UDTTERY UK Sport

LIKE WHAT YOU SEE? WANT TO DO GYMNASTIOS?

Whether you want to twist and twirl like the pros today or just have some fun and keep fit, with gymnastics anyone can give it a go - any age, any ability gymnastics has something to offer you!

BEGINNER?

New to gymnastics? No problem! To find clubs near to you check out the club finder on the BG website and give them a call. Tell the club you're looking to get started and ask about the options and whether you can go along for a taster session. You might like rhythmic gymnastics which you're watching today or why not try out your local trampolining club for a big bounce experience or maybe if you like watching Spelbound, acrobatic gymnastics is how they got started. Clubs can tell you more about what type of club they are, as well as any specialisms they have. Give it a go and discover gymnastics!

SOME EXPERIENCE?

If you've some gymnastics experience and are still attending sessions or maybe you haven't done gymnastics for a while but would like to return, we've new forms of gymnastics you might like to try - like GymFusion where you can show off and perform with your mates or how about Gymfit, a new fitness class based on gymnastics. Your local club and the British Gymnastics website can tell you what's on offer.

Bribish Gymnastics

How about trying My Club where you take part, having fun with all your mates and help design your own training programme. Many of our gymnasts also volunteer and we've some cool programmes to kick start your leadership skills into action.

Find your nearest club now at www.british-gymnastics.org/find-a-club



2013 BRITISH CHAMPIONS

2013 SENIOR BRITISH ALL-AROUND CHAMPION LAURA HALFORD SENIOR ALL-AROUND CHAMPION Laura Halford Esprit Gymnastics

JUNIOR ALL-AROUND CHAMPION Tyler Brumitt Esprit Gymnastics

UNDER 12 ALL-AROUND CHAMPION Christianna Vitanova Elite

UNDER 11 ALL-AROUND CHAMPION Chiara Whitefield London Academy of Gymnastics and Dance

UNDER 10 champion (2010) Leah Munday

Hendon

DISABILITY BRITISH RHYTHMIC CHAMPIONS CLASS 1

Hannah Westerman Falcon Spartak

CLASS 2 Holly Hamill

Phoenix RGC

JUNIOR
Elizabeth Packwood South Essex

2014 RHYTHMIC GYMNASTICS BRITISH CHAMPIONSHIPS 27

FUTURE EVENTS

21 - 22 JUNE

NDP Finals, Group League & Open Group Walsall

5 OCTOBER

British Team Championships & Group League Walsall

29 NOVEMBER

British Group Championships & Group League Walsall

Tickets will be available to buy in the British Gymnastics shop ahead of the event, visit british-gymnastics.org/shop

BRITISH GYMNASTICS HEALTH & SAFETY ANNOUNCEMENT

Please take a moment to locate the fire exit nearest to where you are sitting. In an emergency, listen to the evacuation announcement and follow the instructions of the stewards.

It is important to ensure that gangways and stairwells remain clear at all times. Your personal belongings should be kept with you at all times. If baggage is found unattended it will be removed and may be destroyed.

In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Photos may only be taken for personal use.

The use of flash or supplementary lighting is not permitted while gymnasts are warming up or competing. Please make sure that your flash is turned off each time you use your camera. Video cameras may only be used, if operating from battery. Also, the use of tripods in the seating and walkways is forbidden.

Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should now either switched off or placed in silent mode.

We appreciate your co-operation in these matters and thank you for your attention.



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THANKS

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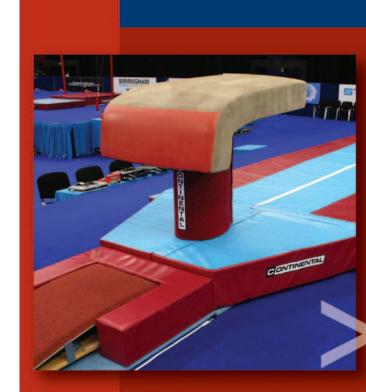
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