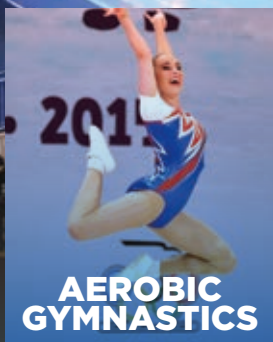


# 2015 BRITISH GYMNASTICS CHAMPIONSHIP SERIES

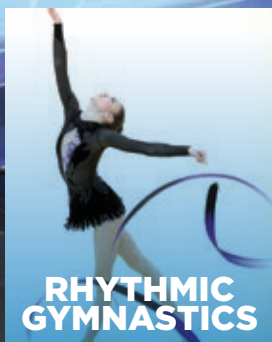
4 DAYS, 4 CHAMPIONSHIPS, 4 DISCIPLINES



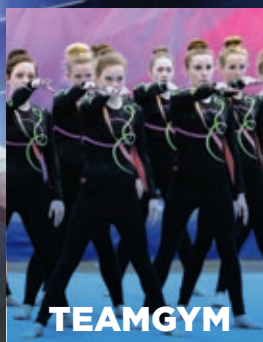
**ACROBATIC  
GYMNASTICS**



**AEROBIC  
GYMNASTICS**



**RHYTHMIC  
GYMNASTICS**



**TEAMGYM**

ALSO FEATURING LIVERPOOL'S MINISTRADA DISPLAY EVENT

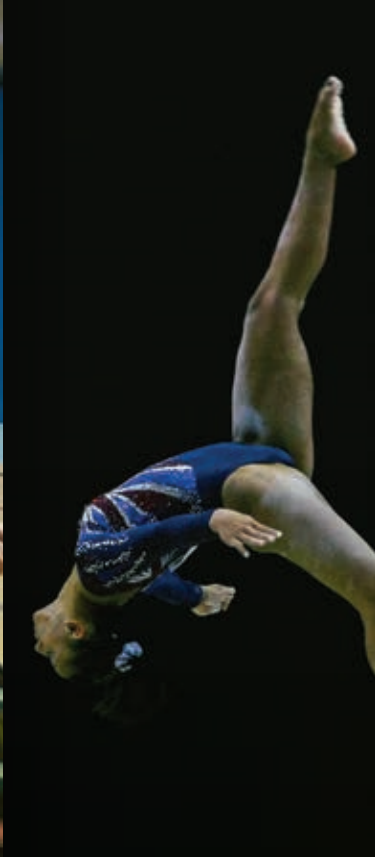
**30 JULY - 2 AUGUST 2015**  
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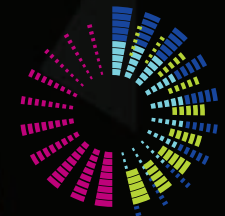
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2015 WORLD GYMNASTICS CHAMPIONSHIPS

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“ ”

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 its 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**

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# WELCOME TO ECHO ARENA HOME OF THE 2015 BRITISH GYMNASTICS CHAMPIONSHIP SERIES



WHERE DO I GO?  
CHECK OUT THE MAP ON  
P46 TO SEE WHERE THE  
EVENTS WILL BE TAKING  
PLACE IN THE ARENA

## WELCOME...

**O**n behalf of British Gymnastics, I would like to welcome you to the first ever British Gymnastics Championship Series.

We are delighted to be bringing the 2015 British Gymnastics Championship Series to Liverpool with four days of non-stop gymnastics action showcasing the skill, expression, energy, team spirit and diversity of our spectacular sport.

You will be treated to an incredible feast of gymnastics with multiple British Championships events taking place for acrobatic, aerobic, TeamGym and rhythmic gymnastics. As an added bonus to the spectacle of gymnastics, the wonderful Liverpool Ministrada festival event is also taking place bringing gymnasts from across the UK to the Echo Arena.

Please be sure to show your enthusiastic support for all our competitors who have worked so hard to get to this prestigious event.

To every gymnast, coach and club involved – congratulations for making it to the very top of our sport and best of luck for the championships.

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, Alto Digital and JT Hughes Group.

I hope everyone enjoys a wonderful four days of fantastic gymnastics action!

ALAN SOMMERVILLE OBE  
PRESIDENT, BRITISH GYMNASTICS

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# HOW TO FOLLOW



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# 2015 TRAMPOLINE TUMBLING & DMT BRITISH CHAMPIONSHIPS

12-13 SEPTEMBER 2015  
ECHO ARENA, LIVERPOOL

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INTERNATIONAL HYGIENE GROUP

CONTINENTAL

Gym-aid



# YOUR GUIDE TO THE BRITISH CHAMPIONSHIPS

**O**ur 2015 British Gymnastics Championship Series promises to be a spectacle of jaw dropping gymnastics with our top stars fighting for the prestigious titles. The competition will be fiercer than ever to take gold and steal the spotlight. Gymnasts will pull out their biggest moves to impress and outdo each other in four disciplines: acrobatic, aerobic, TeamGym and rhythmic gymnastics.

From the spectacular throws of the acrobats to the grace and beauty of the rhythmic gymnasts, the explosive energy of an aerobic gymnast, and the sensational synchronised routines from our TeamGym gymnasts, you will be treated to a great exhibition of awe-inspiring performances from Britain's best.

**LYNNE HUTCHISON**  
**RIBBON**

## THURSDAY & FRIDAY

### RHYTHMIC

### RHYTHMIC GYMNASTICS QUALIFICATIONS & FINALS

The Rhythmic Gymnastics British Championships will begin on Thursday in the **Competition Arena**. Gymnasts will compete individually in one of the following categories; under 9, under 10, under 11, under 12, junior (aged 13 – 15 years), senior (aged 16+ years) or disability (mixed ages). Gymnasts also have the option to compete as a group in a separate competition in either the espoir (espoir translates directly to mean 'hope' and is for aged 9 – 12 years), junior (aged 13 – 15 years) or senior (aged 16+ years) categories.

Thursday sees the individual gymnasts take the stage and compete for the coveted all-around title where they compete with four apparatus. The under 9's compete a free routine (no apparatus) and with rope, under 10's free, rope and hoop, under 11's free, hoop and ball and the under 12 gymnasts compete free, rope, ball and clubs. Juniors perform with the rope, hoop, ball and clubs. Seniors also compete four routines, with the hoop, ball, clubs and ribbon. Their scores for the individual routines are then combined for an overall ranking. The event also doubles up as qualification for individual apparatus finals on Friday. Espoir groups are made up of four gymnasts and perform one free routine and one with four ribbons. Junior groups are made up of five gymnasts and perform one routine with five balls and one with five ribbons. Senior groups are also made up of five gymnastics and the group performs one routine with three sets of clubs and two hoops and one with five ribbons.

The event will continue in the arena on Friday as the gymnasts bid for individual apparatus titles.

Not sure of the technical terms?

Read **p16** to learn more about rhythmic gymnastics

### AEROBIC

### AEROBIC GYMNASTICS QUALIFICATIONS & FINALS

The Aerobic Gymnastics British Championships also begin on Thursday and take place in the **Auditorium**. Aerobic gymnastics is the most high energy of all the types of gymnastics and with routines performed either individually or in pairs, trios or groups. On Thursday, our Foundation and NAC gymnasts compete for their various titles whilst our FIG gymnasts look to qualify for finals to take the British titles. These finals take place on Friday and are for the FIG gymnasts only.

Not sure of the technical terms?

Read **p22** to learn more about aerobic gymnastics



**AEROBIC GROUP**

# SATURDAY & SUNDAY

ACROBATIC

## ACROBATIC GYMNASTICS QUALIFICATIONS & FINALS

On Saturday, the Acrobatic Gymnastics British Championships begin in the **Competition Arena**. Our gymnasts are split up into the age categories of 11 – 16 years, 12 – 18 years, 13 – 19 years (junior) and senior and then further split into partnerships of a mixed pair, women's pair, men's pair, women's group (three gymnasts) and men's group (four gymnasts). Our 11-16 years and 12-18 years partnerships perform both their dynamic and balance qualification routines on the Saturday looking to place in the top eight in order to advance to their finals on Sunday. However, our junior and senior partnerships only perform one routine, either their balance or dynamic on the Saturday.

On Sunday our junior and senior acrobatic gymnasts compete their second qualification routines hoping to make the finals and then all age group finals take place. 11 – 16 age groups perform either their dynamic or balance routines in finals. All other age groups and partnerships perform a combined routine in the final which is a mix of both dynamic and balance elements.

**RICHMOND WOMEN'S PAIR**

**KINGS LYNN MEN'S GROUP**

Not sure of the technical terms?  
Read p26 to learn more about acrobatic gymnastics

# DISCOVER ACROBATIC GYMNASTICS

The music swells. You climb onto your partner's shoulders and take a deep breath. The next thing you know you're flying through the air, spinning and twisting. You can almost feel the crowd gasp...

Are you ready to discover just how awesome you are and what kind of gymnast you'll be?

[www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk)

British  
Gymnastics  
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SPORT  
ENGLAND

# SATURDAY & SUNDAY

TEAMGYM

## TEAMGYM FINALS

The TeamGym British Championships take place on Saturday in **Hall 2**. TeamGym involves three disciplines: floor, tumble and trampet. There are a minimum of 6 gymnasts in a team. The teams can be all men, all women, or an equal mix of men and women. With gymnasts competing in youth (10-12 years), junior (13-17 years), senior (16 years+) or disability (9 years+). Scores are totalled from all three apparatus to decide the champions.

On Sunday, the TeamGym Challenge takes place which sees some smaller teams competing for challenge titles.

The Challenge event offers an alternative competition for those participants aspiring to compete full TeamGym but who do not yet fulfil the age or team number criteria. All Challenge age groups compete against one another, and the rules have been relaxed to allow greater participation.

Not sure of the technical terms?  
Read **p30** to learn more about TeamGym



**PINEWOOD  
MEN'S TEAM**



## THE MINISTRADA

As an added extra, there is also the Liverpool Ministrada festival taking place for the first time at Echo Arena. This will be taking place in the **Auditorium** on Saturday and Sunday from midday.

The Ministrada is all about entertaining the crowd with gymnasts having a fun and exciting non-competitive experience whilst being part of a team. Encompassing the ethos of Gymnastics for All, Ministrada aims to give participants the opportunity to display their skills and talents as a team in a fun and friendly environment, alongside Britain's best gymnasts. It will be hosted in the Auditorium, with exciting and creative performances from all ages, abilities and disciplines of gymnastics, this event is guaranteed to wow both the audience and participants.

British  
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# 2016 ARTISTIC GYMNASTICS BRITISH CHAMPIONSHIPS

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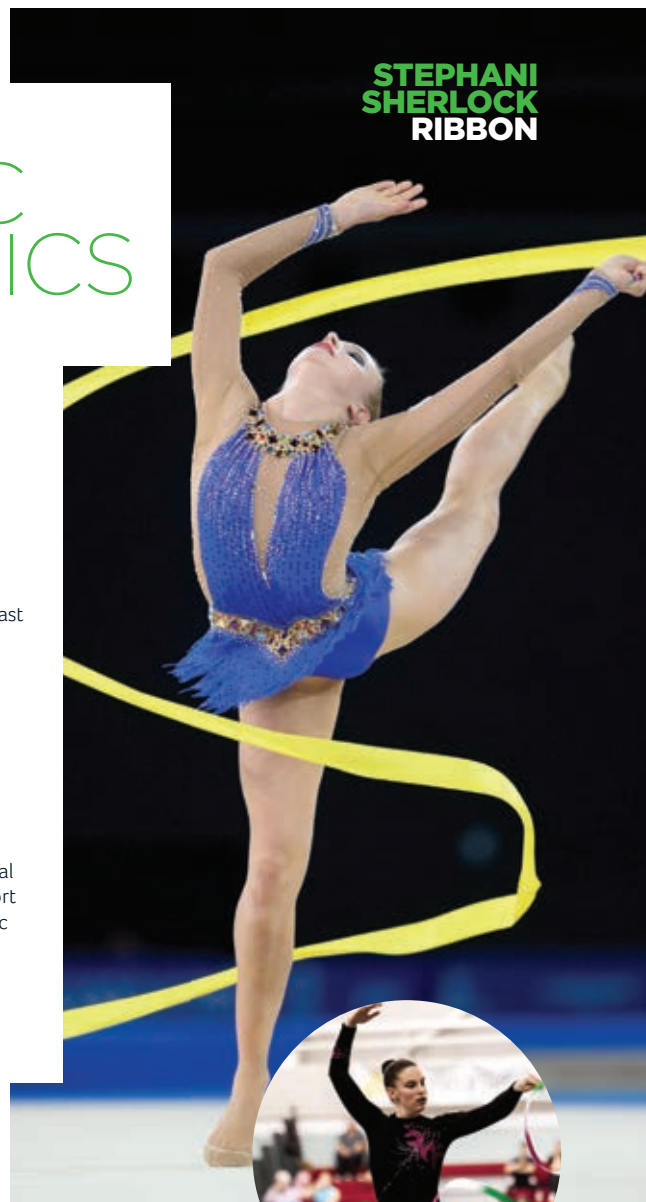
# RHYTHMIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**R**hythmic 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.



**HANNAH WESTERMAN**



**STEPHANI SHERLOCK RIBBON**



**ROPE**

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.



**BALL**

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 when used in a routine.

The hoop carves a space that must be fully used by the gymnast, as when she passes through the hoop or when the apparatus rotates around any part of her body. Frequent grip changes require well-developed coordination and the shape of the hoop is ideal for rolling and rotating on the floor or on different parts of the body.



**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 GYMNASTICS

**R**hythmic gymnastics is all about spellbinding routines performed on the floor. There are no vaults or bars to leap off; it's just you, the music, and one piece of apparatus that brings your performance to life! We caught up with reigning British champion and Commonwealth Games medallist Laura Halford to find out more about the most elegant and expressive of all the gymnastics disciplines.

**Hi Laura, why should the audience come to watch the rhythmic competitions during their time at the Echo?**

"Rhythmic gymnastics mixes elegance and beauty with difficulty and risk making it really exciting and entertaining to watch. Because there are four different apparatus to be used and an infinite amount of manipulations to be done with each apparatus, you can never expect the same thing from one routine to the next making the competition really interesting."

# LAURA HALFORD

ESPRIT



**Q What should people be looking out for, what makes a great routine?**

"A great routine is where someone can correctly execute the difficulties required in each routine at the same time as expressing to the music and putting on a performance for not just the judges, but the audience as well."

**Q Why is rhythmic gymnastics so special to you?**

"I started rhythmic gymnastics when I was six years old so for 13 years now gymnastics has been one of the most important parts of my life. Through gymnastics I have made so many amazing friends and had opportunities that some people may not experience in their whole life, never mind at just 19 years old, such as travelling the world. Gymnastics has taught me hard work, perseverance and dedication which has helped me in every aspect of my life, not just my sporting career. I love rhythmic because it allows me to be athletic and strong at the same time as elegant, which is not a combination you would usually find in other sports. I love performing to an audience and being expressive which is something that rhythmic gymnastics allows me to do every day."

**Q Can you name some of the top skills people should look out for?**

"The main moves to look out for are risks, balances, leaps and pirouettes. Risks involve throwing the apparatus and performing multiple rotational elements underneath the apparatus while it is in the air. The more difficult risks are when the apparatus are thrown or caught without the use of the gymnast's hands e.g. Between their legs. Balances are generally performed

standing on one leg and fixing a stable position while a technical movement is completed with the apparatus. There are a wide range of different positions that will take the shape of balances. Leaps or jumps are mostly performed in a variation of a split or stag position. The best leaps are the ones where an over split is reached; the legs pass 180 degrees. Pirouettes are rotations that are performed standing on one leg. The most impressive pirouettes are the ones where many 360 degree rotations are performed. The more rotations completed, the greater difficulty the gymnast will be rewarded."

**Q What does it take to be a top rhythmic gymnast?**

"Like any other sports person, to be a top gymnast you need to be very determined and motivated. You have to be very dedicated as training hours need to be long in order to perfect our competition routines. You have to be willing to give 110% every day."

**Q As reigning champion how excited are you to try and retain your title and compete in Liverpool?**

"I am really excited to be competing in Liverpool for the first time because I am looking forward to being able to perform in front of such a large audience. Over the past two years I have had a lot more experience competing in larger arenas so I can't wait to get the opportunity to do that at the British Championships this year. Obviously I would love to be able to retain my title but I will be happy as long as I have performed my routines as best as I can. My main focus isn't on the result but just doing as well as I know I can."

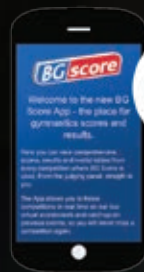
**WATCH  
THE EVENT  
'LIVE' AT**  
[british-gymnastics.org](http://british-gymnastics.org)

British Gymnastics will be live streaming all four days of competition. Watch the tv feed with interviews and highlights of the best action or choose your camera angles from any of the competition halls.

To access this and view live scores visit the event page at:  
[www.british-gymnastics.org](http://www.british-gymnastics.org)



DON'T FORGET TO SEND IN YOUR TWEETS OF SUPPORT TO [@BRITGYMNASTICS](https://twitter.com/BRITGYMNASTICS) USING [#BRITGYMNASTICS](https://twitter.com/BRITGYMNASTICS) AND WE'LL GET THEM READ OUT



Download the BG score App on your mobile for **LIVE** scores and **LIVE** video



We'll also be uploading HD highlights to our YouTube channel over the weekend so you can relive the action again and again.

[www.youtube.com/britishgymnasticstv](http://www.youtube.com/britishgymnasticstv)

# DISCOVER RHYTHMIC GYMNASTICS

Your feet glide across the floor, rising and falling with the music. The ribbon flows elegantly around you, the hoop flies above, and the ball rolls effortlessly over your shoulders.

Are you ready to discover just how awesome you are and what kind of gymnast you'll be?

[www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk)

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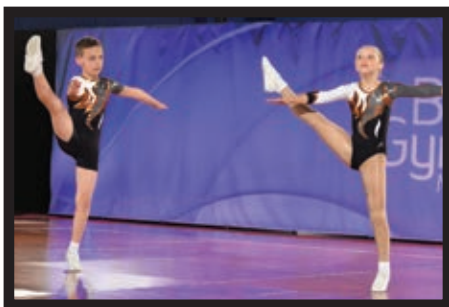


# AEROBIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**A**erobic gymnastics is the most energetic of all the types and with routines performed either individually or in groups.

There is no special equipment involved, it's all about strength and stamina and awesome routines. You will see high-energy performances from all ages from children up to adults.



## COMPETITION INFORMATION

British Aerobic Gymnastics has a development structure that is now recognised by other leading Aerobic Gymnastics countries as one of the best in the world. Coaches, clubs and the Technical Committee members have worked hard to develop a structure that means all levels and ages of gymnasts can train and compete at an achievable and suitable level, that shows a clear pathway through the levels.

### REGIONAL AEROBIC CODE (RAC)

Regional Aerobic Code (RAC), is ideal for aerobic gymnasts starting their competitive journey, with elements and routines that provide a superb starting point and underpin the next level beautifully. The gymnasts are able to be trained in most venues without the need for sprung floors or equipment, making it ideal for starter clubs and schools, as well as larger established clubs who use this level as introduction for gymnasts new to aerobics, and the gymnasts compete as individuals, pairs, trios and groups.

### FOUNDATION

Foundation is for 9 year old gymnasts, with its own compulsories (or skills that must be performed) which include a press up, straddle support, full air turn and pancake (split through), plus two other elements.

### NATIONAL AEROBIC CODE (NAC)

National Aerobic Code (NAC) is the next level for gymnasts to compete in, and again has a structure that allows gymnasts of all ages to compete, either as individuals or part of a pair, trio or group, under the same rules as the FIG gymnasts but with slightly lower elements and no compulsory moves. The NAC cup is awarded to the gymnast at the British Championships who achieves the highest score.

### FIG

FIG is the international branch of the discipline, that operates under the same rules used internationally, and each age group has its own compulsory skills that have been used to develop the gymnasts' skills. A compulsory from each skill family means that the gymnasts must train their whole body in order to progress through the age groups and show flexibility, power, dynamic strength and static strength while at the same time show terrific fitness, control and choreographic skills.

Great Britain also allows gymnasts to compete as same sex pairs at all levels nationally and RAC and NAC.



# AEROBIC GYMNASTICS

# KAYLEIGH SILVA

MARTINES ACTION PACK



**A**erobic gymnastics is the most energetic of all the types of gymnastics. To help us get to know this type of gymnastics better we caught up with 2014 Senior Women's British Champion Kayleigh Silva from Martines Action Pack who explains all...

**Q Why should the audience watch the aerobic competitions during the championship series?**

"The aerobic competition will be filled with energy, excitement and dynamic routines. With the routines being performed to upbeat music at high intensity and speed it will definitely impress and be an exciting championship for the audience to watch."

**Q What should people be looking out for, what makes a good routine?**

"A good routine will consist of excellent technique and one which is cleanly executed with a variety of movements. As well as good synchronisation and interactions being performed in groups, trios and mixed pairs."

**Q Why is aerobics so special to you, why do you love it?**

"It's been part of my life for eleven years now, and I have loved every second of it. The excitement of competitions, hard work in the training room and challenging myself to be best I can be never fails to disappoint me. I thoroughly enjoy every part of what it takes to be an aerobic gymnast."

**Q Can you name a couple of move/skills people should look out for and explain what they are?**

"One skill to look out for is a Moldovan. As the body turns, the hands and legs will change from straddle to L support back to straddle support every half turn.

Helicopter to wenson is a skill where leg circles are formed on the upper back close to the chest. The legs are then extended upwards and forwards initiating a half twist to land in wenson push up. A wenson push up is front support with one extended leg supported on the upper part of the triceps. Also in every routine you will notice the combination of aerobic basic steps with arm movements. The basic steps include Jack, knee, lunge, kick, step, march and jog."

**Q What does it take to be a top aerobic gymnast?**

"To be top in any sport you need to have the desire to be the best you can be, desire along with dedication will show results. You have to be determined and willing to put everything you have into every single session, hard work and pushing yourself to the limits."

**Q As reigning champion how excited are you to try and retain your title and compete in Liverpool?**

"I am really looking forward to competing in Liverpool, I think the atmosphere is going to be amazing in the echo arena. I am excited for the challenging competition in the senior category and I am looking forward to fighting for the title."

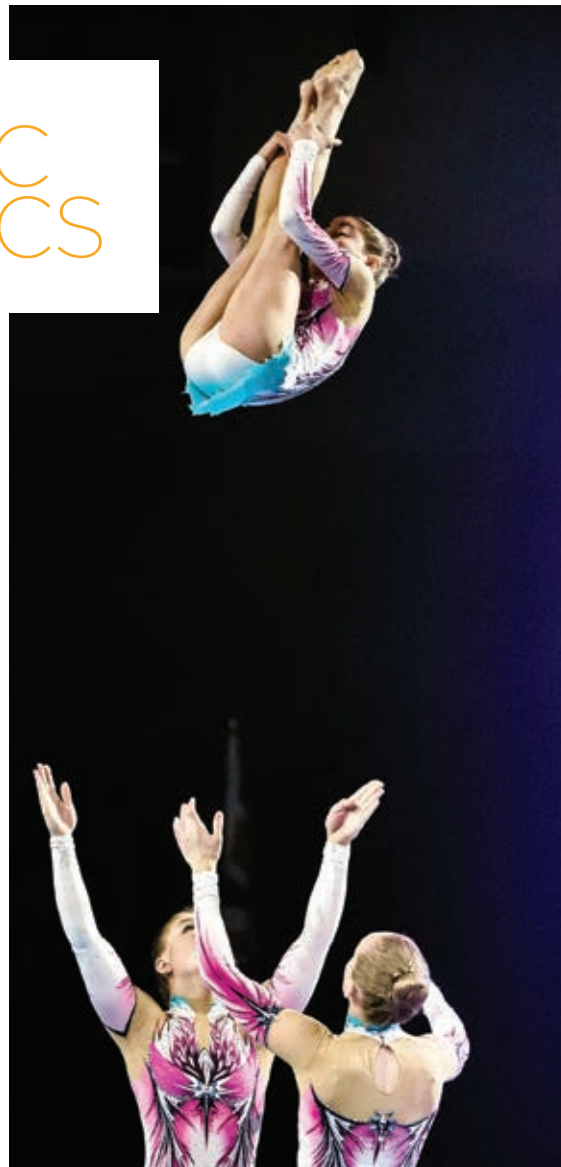
# ACROBATIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**P**racticed by both men and women, acrobatic gymnastics is amongst the oldest known sports practiced by the ancient Egyptians. The name comes from the Greek word 'acrobateo', meaning to rise or go forth.

Acrobatic gymnastics is a modern and artistic discipline, which requires an extraordinary amount of courage and trust amongst gymnasts. Routines are choreographed to music and presented on a 12 x 12 metre sprung floor surface.

**RICHMOND  
WOMEN'S  
GROUP**



In official competitions, acrobatic gymnastics offers five different possibilities of partnerships:

- Men's, Women's and Mixed Pairs
- Women's Group (3 gymnasts)
- Men's Group (4 gymnasts)

Gymnasts work in harmony and trust, each responsible for their partner or partners. Routines require a need for strength, agility, flexibility, balance and acrobatic skills. The results are spectacular, intricate balances performed on partners, exciting multiple somersaults and twisting somersaults with partners being thrown and caught.


The routines presented in competitions are up to 2 minutes and 30 seconds in length and must include a number of required collective (partnership) and individual elements of three different types: balance, dynamic, and combined.

While the balance routine must present balanced pyramidal constructions held for three seconds and other elements of strength, flexibility and agility, the dynamic routine should show flight elements such as throws, pitches and catches of the gymnasts as well as dynamic tumbling elements.

The combined routine presents elements from both the dynamic and the balance routines.

Great Britain is one of the most respected nations in the world in acrobatic gymnastics and has achieved success at World and European level with medals in all categories.

# ACROBATIC GYMNASTICS



**A**crobatc gymnastics is all about working as a team to pull off the most spectacular balances and throws. By learning as a pair or group gymnasts can have a lot of fun developing their skills, strength and co-ordination. To help us get to know this style of gymnastics better we caught up with 2014 Junior British Champions Lewis Walker and Isabella Montagna from Richmond who explain all...

**Q Why should the audience watch the acrobatic competitions during the championship series?**

**ISABELLA** "Great Britain is one of the leading countries in acrobatics so the standard is really high. Acrobatics is a combination of gymnastics and dance with an impressive mix of somersaults and balances that will amaze you!"

## LEWIS WALKER & ISABELLA MONTAGNA

**Q What should people be looking out for/ what makes a great routine?**

**ISABELLA** "A great routine shouldn't have any wobbles. It should be engaging and capture the attention of the audience. The music, dance and gymnastic elements need to complement each other to obtain a high score."

**LEWIS** "A great routine is one which keeps you fixated on the routine, which is due to the connection they make with the audience; this can be by their confidence, dance, and/or attitude. This is while performing high flighted dynamic elements and still three second balances."

**Q Why is acrobatic gymnastics so special to you? Why do you love it?**

**ISABELLA** "I enjoy working with Lewis. We have been in a partnership for 6 years now. It's fun learning harder skills, travelling to other countries to compete and meeting other acrobatic gymnasts. I love the feeling when we win and knowing that all the hard work that goes into training has paid off."

**LEWIS** "I personally love acrobatic gymnastics because of the performance and choreography which evokes emotion and this is achieved while performing technically very difficult acrobatic elements."

**Q Can you explain the difference between a balance, dynamic and combined routine?**

**ISABELLA** "At seniors, a balance routine is made up of 8 static elements that must be held for 3 seconds whereas a dynamic routine consists of 8 tempo

moves which means I have to somersault through the air. A combined routine has 10 moves that are a combination of both balance and tempo moves."

**LEWIS** "A combined routine is usually the performance competed in the final."

**Q Can you name a couple of moves/skills people should look out for and explain what they are?**

**LEWIS** "Cannonball, is a move commonly done by men's pairs and mixed pairs. It's where the top is in a tuck or pike shape holding onto the bases hands with their hands. They are swung and can either go into a dynamic element or into a balance element. Ridoculla to handstand, which can be done in all partnerships. This is where the top kicks into a handstand on the floor and is thrown for one somersault. They end up back in a handstand on the bases hands.

Double straight somersault. This can be done in all partnerships and can be achieved from many different starting positions. It is two somersaults backwards in a straight shape, however usually performed in an arch shape to help rotation."

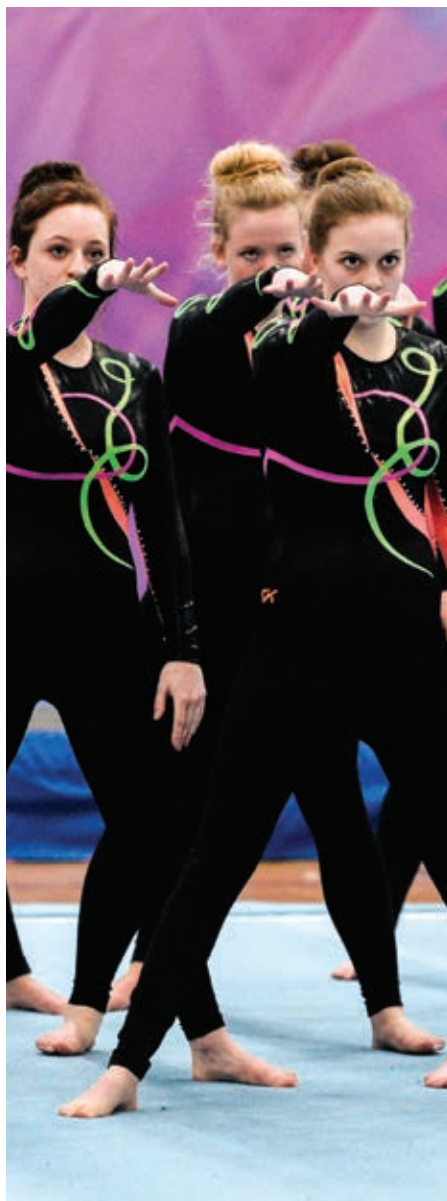
**Q What does it take to be a top acrobatic gymnast?**

**ISABELLA** "Dedication and commitment are key. Even when you've had a bad training session or things don't go your way, you need to pick yourself up and keep moving forwards and stay positive. You need to enjoy training and competing and it really helps to have good support from friends and family."

# TEAMGYM

## WHAT'S IT ALL ABOUT?

**T**eamGym is a team competition for clubs and consists of three sections: women, men and mixed teams. In each of the three disciplines a team comprises between six and twelve gymnasts and can exhibit gymnastic skills in three different disciplines: floor, trampet and tumbling. All three require effective teamwork, excellent technique and spectacular acrobatic elements. The competitions generate an excellent spirit and atmosphere and are attractive and exciting for participants and spectators.



### FLOOR

This is performed on a 14m x 18m non sprung floor area, to instrumental music. It emphasises good, smooth teamwork and expressive presentation. You are allowed between six and twelve gymnasts on the floor. For mixed teams, there must be an even number of men and women. All team members must perform the floor programme.

The Floor Programme consists mainly of gymnastic elements and meticulous choreography. A fluent and good technical performance, properly linked movements, certainty of execution and synchronisation as well as expressive presentation is the aim.

Each routine should have two pirouettes, two balance/power elements, two jumps/leaps and one combination of two elements. Women's teams also have to include body waves; men's teams swing movements of the body and the mixed teams perform work in pairs (such as lifts or throws).

Each floor routine must include six patterns or shapes on the floor. The way the gymnasts move in and out of these shapes is important. Simple walking and simple arm swinging will not get many points – even if they are all together. The emphasis should be on whole body gymnastics – the bigger acrobatic moves come in the other disciplines.



### TUMBLING

Teams perform tumbling series on a 15m tumbling track with good 'streaming' i.e. consecutively and quite close to each other. This can produce a very dynamic and entertaining section of the sport. The evenness of the streaming is very important.

The complete programme is performed to music. Each team performs three different rounds. Each series must consist of at least three different acrobatic elements, without intermediate steps. All members of the team must perform the same series for the first round.

Although you are allowed between six and twelve gymnasts on the floor, you only need to put six forward for each tumble pass. These can be different gymnasts for each one, provided they are in the floor routine. Mixed teams must put forward three boys and three girls for each pass.

Look out for nice flowing tumbles and controlled landing on the landing area. The gymnasts do not have to stand still at the end of their run, but must show control as they move out the way for the next tumbler.



### TRAMPET

Teams perform somersaults on trampet with good streaming. A part of the trampet programme is performed on a vault table. Like tumbling, the complete programme is performed to music with each team performing three different rounds with six gymnasts in each. The first round they should all perform the same element. The streaming and complexity of the elements produces some very exciting moments in this sport and again a controlled landing is important. Look out for twisting double somersaults. It is a safety requirement that two coaches stand in on the landing area.



# TEAMGYM LEWIS JONES

BRACKNELL



**O**ne moment you're performing a hypnotic floor routine, the next, you're somersaulting down the runway. TeamGym takes skills from other types of gymnastics and adds a team element, so you can train and perform right alongside your mates.

To tell us more we spoke to Lewis Jones who took up TeamGym in his teens and has competed at international level representing GBR at the European Championships in 2014. Lewis is also a top TeamGym coach and as he puts it "TeamGym has become a way of life for me, I teach it and I compete it".

### So Lewis, why should the audience watch the TeamGym competitions during the Championship Series?

"For me TeamGym is great to watch because of the adrenaline rush it can give watching skilfully trained athletes push their bodies in an attempt to outdo other teams. Also because across the three apparatus, each team needs to maintain a constant level of good point scoring in order to be high on the score board. Some can be better on a piece than others, but all it takes is for a few mistakes here and there with the deductions adding up for that lead to be lost.

TeamGym is more of a display style of gymnastics with what is called "streaming" on the tumble and trampet/vault which involves gymnasts performing their skills after one another really quickly.

The concept is to demonstrate to the judges and audience the combination of neatness and difficulty on all pieces. It is always exciting to see what each team puts out in competition skill wise at each event how their gymnasts are progressing from event to event throughout the year."

### Q What should people be looking out for, what makes a great routine?

"The floor routine is performed by the whole team and the aim is to hit as much of the judging criteria as possible with high valued elements being performed. Each of the elements has to be performed by all the gymnasts at the same time. Tumble and trampet/vault is performed by the six strongest scoring gymnasts skill wise in each of the three runs performed on each piece. The first run is called the team round and all gymnasts perform the same skills. After that there can be intensification with the highest scoring skills performed at the end of the stream of six gymnasts. If every gymnast did the same skill for all three runs there wouldn't be a problem, although generally there will be gymnasts capable of higher scoring skills therefore the scoring for that round will increase and tactically is the better option.

With a team comprising of a minimum of six gymnasts and a maximum of 12 at the British Championship, most of the team will be in more than one run and therefore you need to train evenly as a gymnast to be a jack of all trades."

### Q Why is TeamGym so special to you? Why do you love it?

"TeamGym has given me a pathway into a healthy lifestyle along with a job and self-worth through the teaching that I do as well as competing as a gymnast."

### Q What does it take to be a top TeamGym gymnast?

"It takes discipline, motivation, passion and the enjoyment of being part of a bigger community and helping your team mates succeed in order to create a stronger team. TeamGym is not an individual discipline and the beauty of that is that not everyone has to be the best, but a good personal standard can be achieved and will go a long way to being an asset to a team.

I am 25 years old this year and I started TeamGym around 16/17. I know of older gymnasts who have inspired me and they are still competing, we see gymnasts competing into their 30's at European level."

### Q How excited are you to compete at Echo Arena in Liverpool this year?

"Having the Echo Arena as a new venue will be exciting as personally I have never been and I am hoping the atmosphere of the audience and other teams will drive us to be the best we can be on the day. On another personal note, it is very exciting having the opportunity to compete again at the National Finals for TeamGym as it is the highest level in this country for our discipline".

# DISCOVER DISABILITY GYMNASTICS

[www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk)

Gymnastics is an inclusive sport. That means our coaches adapt every activity around your physical, sensory and learning requirements. So whatever type of gymnastics you want to try, it really couldn't be easier to get involved - and find out what you're capable of.

Mainstream gymnastics sessions can be adapted to include people with a physical or learning disability, sensory impairments or health conditions. But if you'd prefer to start with dedicated classes, this one is for you. As you're starting out, you'll learn the fundamentals of gymnastics and how to build your strength, control and flexibility. As you begin

to develop your physique and technique, there really is no limit to how far you can go. From local challenges to elite international competitions. Of course, you can also get involved just for the fun and fitness.

Ready to become a gymnast? All our clubs provide a safe, friendly environment with professional coaches to help you learn. Find your nearest venue by visiting [www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk) along with some helpful questions to ask the club. You can also find a full list of disability events at [www.british-gymnastics.org/iminevents](http://www.british-gymnastics.org/iminevents).

#### If you are a club you can:

Sign up to the I'M IN Programme and be supported by an experienced Disability Hub Club 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 [www.british-gymnastics.org/GymNet](http://www.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.

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# COMPETITION SCHEDULE

## THURSDAY 30 JULY

RHYTHMIC

### ALL-AROUND & GROUP CHAMPIONSHIP

Competition Arena

09:30 - 13:15	U9 / U10 / U11 / U12 / Individuals / Junior & Senior Group
13:15 - 13:55	U9 / U10 / U11 / U12 Presentations
14:10 - 21:00	Junior / Senior / Disability Individuals / Espoir Groups <i>inc Interval 18:00</i>
21:00	Junior / Senior All-around / Disability All-around / Individual Apparatus
	Medal Ceremony

AEROBIC

### NAC CUP, FOUNDATION COMPETITION & FIG QUALIFICATIONS

Upper Level Auditorium

10:00 - 11:00	NAC	ND	W / M
		G1	W / M
11:00 - 11:15	Break		
11:15 - 12:40	NAC	G1	W / P / T / G
		G2	W / M / T
			SW / SP / ST
		ND	P / T
12:40 - 13:45	Break		
13:45 - 14:30	FND		W / T
14:30 - 15:36	FIG	G1	W
15:36 - 15:55	Break		
15:55 - 17:00	FIG	G2	W
17:10	NAC Cup & FND Medal Ceremony		

KEY

FND = Foundation Code  
NAC = National Code  
FIG = International Code

ND = National Development is 10 - 11yrs  
G1 = Group 1 - 12 - 14yrs  
G2 = Group 2 - 15 - 17yrs  
Senior = 18yrs +

### APPARATUS FINALS & GROUP CHAMPIONSHIP

Competition Arena

Not sure of the technical terms?  
Read p16 to learn more about rhythmic gymnastics

09:40	Junior Rope / Senior Hoop / Senior Group / Espoir Group
11:00	Junior Group / Junior Hoop / Senior Ball
12:05	Senior Clubs / Junior Ball
12:40	Senior Ribbon / Junior Clubs
13:30	Medal Ceremony
	Junior / Senior Individual Apparatus
	Espoir / Junior / Senior Groups

AEROBIC

### FIG BRITISH CHAMPIONSHIP FINALS

Upper Level Auditorium

Not sure of the technical terms?  
Read p22 to learn more about aerobic gymnastics

10:00 - 11:15	FIG	ND	M / W
11:15 - 11:42	FIG	G1	M / W
11:42 - 11:55	Break		
11:55 - 12:31	FIG	G2	M / W
12:31 - 13:01	FIG		SM / SW
13:01 - 13:07	FIG	ND	P
13:07 - 13:14	FIG	G2	P
13:14 - 13:17	FIG		SP
13:17 - 14:15	Break		
14:15 - 14:39	FIG	ND	T
14:39 - 14:54	FIG	G1	T
14:54 - 15:14	FIG	G2	T
15:14 - 15:17	FIG		ST
15:17 - 15:20	FIG	ND	G
15:20 - 15:23	FIG	G1	G
15:23 - 15:33	FIG	G2	G
15:43	FIG British Championships Medal Ceremony		

The different codes above are explained on p19

W = Women  
SW = Senior Women  
M = Men

T = Trio  
ST = Senior Trio  
G = Group  
SG = Senior Group

P = Pairs  
MXP = Mixed Pairs  
SP = Senior Pairs  
SMXP = Senior Mixed Pairs

# COMPETITION SCHEDULE

## SATURDAY 1 AUGUST



### QUALIFICATIONS

Competition Arena

09:00 - 10:45	Age Group 11 - 16	Balance Routine	WP / MP
		Dynamic Routine	WG / MXP
11:00 - 12:50	Age Group 12 - 18	Balance Routine	WP / MXP / MP
		Dynamic Routine	WG / MG
13:00	Break		
13:55 - 14:55	Age Group 13 - 19	Balance Routine	WP / MXP
		Dynamic Routine	WG / MG
	Senior	Balance Routine	WP / MP / MXP
		Dynamic Routine	WG
15:10 - 16:55	Age Group 11 - 16	Balance Routine	WG / MXP
		Dynamic Routine	WP / MP
17:10 - 19:00	Age Group 12 - 18	Balance Routine	WG / MG
		Dynamic Routine	WP / MXP / MP



### BRITISH CHAMPIONSHIPS

Lower Level Hall 2

08:45 - 12:50	Youth Girls / Youth Boys
13:15 - 15:00	Junior Girls / Junior Mixed
15:00 - 16:35	Disabilities Mixed / Senior Girls / Senior Boys / Senior Mixed & Presentation Ceremony



### MINISTRADA

Upper Level Auditorium

12:30 - 13:50	Competition
13:50	Break
14:20 - 15:30	Competition continues

## SUNDAY 2 AUGUST



### QUALIFICATIONS & FINALS

Competition Arena

Not sure of the technical terms?  
Read **p26** to learn more about acrobatic gymnastics

09:30 - 10:30	Age Group 13 - 19	Balance Routine	WG / MG
		Dynamic Routine	WP / MXP
	Senior	Balance Routine	WG
		Dynamic Routine	WP / MP / MXP

### FINALS

10:40 - 11:45	Age Group 11 - 16	Balance Routine	WP / MP
		Dynamic Routine	WG / MXP
12:00	Presentation Ceremony Age Group 11 - 16		
12:20	Break		
13:25 - 15:00	Age Group 12 - 18	Combined Routine	WG / WP / MXP / MP / MG
15:20 - 16:20	Age Group 13 - 19	Combined Routine	WP / MXP / WG / MG
	Senior	Combined Routine	WP / MXP / MP / WG
16:30 - 17:00	Presentation Ceremony Age Group 12 - 18 / Age Group 13 - 19 / Senior		



### CHALLENGE EVENT

Lower Level Hall 2

Not sure of the technical terms?  
Read **p30** to learn more about TeamGym

08:45 - 10:45	Primary TeamGym Challenge
10:45 - 12:02	Youth Micro Challenge
13:00 - 14:06	Junior Micro Challenge
14:06 - 15:12	Senior Micro Challenge & Presentation Ceremony



### MINISTRADA

Upper Level Auditorium

12:00 - 13:10	Competition
13:10	Break
13:40 - 14:35	Competition continues
14:45 - 15:00	Presentation Ceremony



W	= Women	T	= Trio	P	= Pairs
SW	= Senior Women	ST	= Senior Trio	MXP	= Mixed Pairs
M	= Men	G	= Group	SP	= Senior Pairs
		SG	= Senior Group	SMXP	= Senior Mixed Pairs

# 2014 SENIOR GOLD WINNERS

The battle is on for the top gymnasts to take the titles and proudly stand on the top of the podium with the gold medal around their neck!

Here's a low down of who scooped the top trophies at last year's championships...

**2014  
SENIOR  
RHYTHMIC  
ALL-AROUND  
CHAMPION  
LAURA  
HALFORD**

## RHYTHMIC

### INDIVIDUAL ALL-AROUND CHAMPION

**Laura Halford**  
Esprit

### RIBBON CHAMPION

**Laura Halford**  
Esprit

### HOOP CHAMPION

**Laura Halford**  
Esprit

### CLUBS CHAMPION

**Francesca Jones**  
Wales

### BALL CHAMPION

**Laura Halford**  
Esprit

## ACROBATIC

### WOMEN'S PAIR COMBINED CHAMPIONS

**Tanya Johnson and Shonagh Leatherbarrow**  
Wigan Seagulls SA

### WOMEN'S GROUP COMBINED CHAMPIONS

**Jennifer Bailey, Cicely Irwin and Josie Russell**  
Richmond GC

### MIXED PAIR COMBINED CHAMPIONS

**Alice Upcott and Dominic Smith**  
Heathrow GC

### MEN'S PAIR COMBINED CHAMPIONS

**Farai Bright-Garamukanwa and Kieran Whittle**  
Southampton GC

### MEN'S GROUP COMBINED CHAMPIONS

**Connor Bartlett, Daniel Cook, Gareth Wood and George Wood**  
Heathrow GC

## AEROBIC

### WOMEN'S INDIVIDUAL CHAMPION

**Kayleigh Silva**  
Martines Action Pack

### WOMEN'S TRIO CHAMPIONS

**Ella Augier, Chloe Farrance, Sophie Goves**  
Bulmershe

## TEAMGYM

### MEN'S TEAM ALL APPARATUS CHAMPIONS

1066 senior men

### WOMEN'S TEAM ALL APPARATUS CHAMPIONS

Portsmouth senior women

### MIXED TEAM ALL APPARATUS CHAMPIONS

Basingstoke senior mixed

## MINISTRADA

### BEST OVERALL DISPLAY

Middlesbrough Gymnastics Club

### JUNIOR TEAM AWARD

Allstarz Juniors

### BEST TRAMPET AND VAULT DISPLAY

Carnegie Spartans

### BEST INTERPRETATION OF MUSIC

Allstarz seniors

### BEST USE OF FLOOR

Dynamite Seniors

### BEST USE OF COLOUR

Everton Park Gymnastics Club

### BEST COSTUME

Question

# THANKS

## ACROBATIC JUDGES

Judy Wootton  
Dawn Mitchell  
Kathryn Bonner  
Adam Wong  
Stephen Raine  
Adam Wixey  
Shaun Malone  
Emma Parr  
Lyndsay Madden  
Tracey Karmios  
Salme Naylor  
Eileen Harrison  
Karl Wharton  
Katie Lawton  
Debbie Said  
Victoria Pattison

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Floor Manager  
Jack Potheary & Elizabeth Mounsdon

Warm Up Hall Managers  
Michelle Mounsdon & Alan Carty

Organising Team  
Anita Carty, Charlotte Wilkinson,  
Sue Arnison, Chloe Binks &  
Lauren Binks

## AEROBIC JUDGES

Jackie Murphy  
Robert Cepulis  
Christine Simmons  
Martine Griffiths  
Abi Jones  
Barbara Jones  
Marian Payne  
Sam Fisher  
Felicity Sulma  
Pam McColgan  
Holly Lowe  
Nigel Saunders  
Moya Dempsey  
Claire Cundy  
Su Killeen  
Natalia Iliencko-Jarvis  
Leanne Markey  
Rebecca Mackarell  
Emily Dodds  
Laura Jones

## THANKS

Assistant Competition Organiser  
Trina Farrance

Floor Managers  
Tash Woods

Warm Up Hall Managers  
Deb Antoine, Nadia Moore &  
Dahlia Welsh

## RHYTHMIC JUDGES

Vicki Hawkins  
Nia Evans  
Jo Coombs  
Rebecca Bunce  
Karen Crutchley  
Judy Warrack  
Rachel Haines  
Kerry Booth  
Sarah Moon  
Maria Foster  
Lisa Higgins  
Elaine Bailie  
Fátima Villanueva  
Marilyn Vlachos  
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Louise MacInnes  
Laura Hogg  
Shirin Mustafa  
Elena Kushnerenko  
Carlota Viquer Serina(Maria)  
Maeve Hui  
Andrea McNelis  
Rachel Maguire  
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Naomi Turton  
Chloe Picton  
Rachel Leaper

## THANKS

Floor Manager  
Joy Dulston

Warm Up Hall Manager  
Jane Nicholson

Organising Team  
Liz McNeil, Izzy Nicholson

## TEAMGYM JUDGES

Peter Tranckle  
Peter Brooke  
Daren Norman  
Grant Ellis  
Justin Frank  
Enid Harrison  
Kathie Pryde-Jarman  
Lucy Jewell  
Laura Nuckley  
Amanda Boucher  
Margaret Kerr  
Dianne Heelas  
Lisa Rose  
Kiera Towland  
Lisa Souter  
Zoe Lloyd  
Nikki Webster  
Nikki Stewart  
Jennifer Thompson  
Liz White  
Keith Hughes  
Emma Unsworth

## THANKS

Floor Manager  
Carina Brown

Warm Up Hall Manager  
Kerry Ferguson

Registration  
Eve Crowther

## NATIONAL COMPETITION ORGANISERS

Sandra Sargeant, Acrobatic  
Martine Griffiths, Aerobic  
Nicky Richards, Rhythmic  
Donna Crowther, TeamGym

## ANNOUNCERS

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Grace Blacklock  
John Mason  
Ryan Rodger  
Steve Frew  
Steve Walsh  
Tania Bonici  
Tony McNicoll

## SPECIAL THANKS

The Acrobatic, Aerobic,  
Rhythmic and TeamGym  
Technical Committees

British Gymnastics Young Leader  
Academy Volunteers

Ceremonies  
Hartford School of Gymnastics

Event Presentation  
Novum Audio Visual

Electronic Scoring  
BGscore

## MINISTRADA JUDGES

Lisa Eastwood  
Maria Lonergan

## THANKS

Floor Managers  
Emma Simpson  
Clare Cooney  
Helen Murdock  
Nikki Dawes  
Victoria Earle

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# HEALTH & SAFETY AT ECHO ARENA

British Gymnastics draws your attention to the following Health and 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.
- Please note there maybe strobe lighting, fog effects and loud noises during these championships.
- Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should either be 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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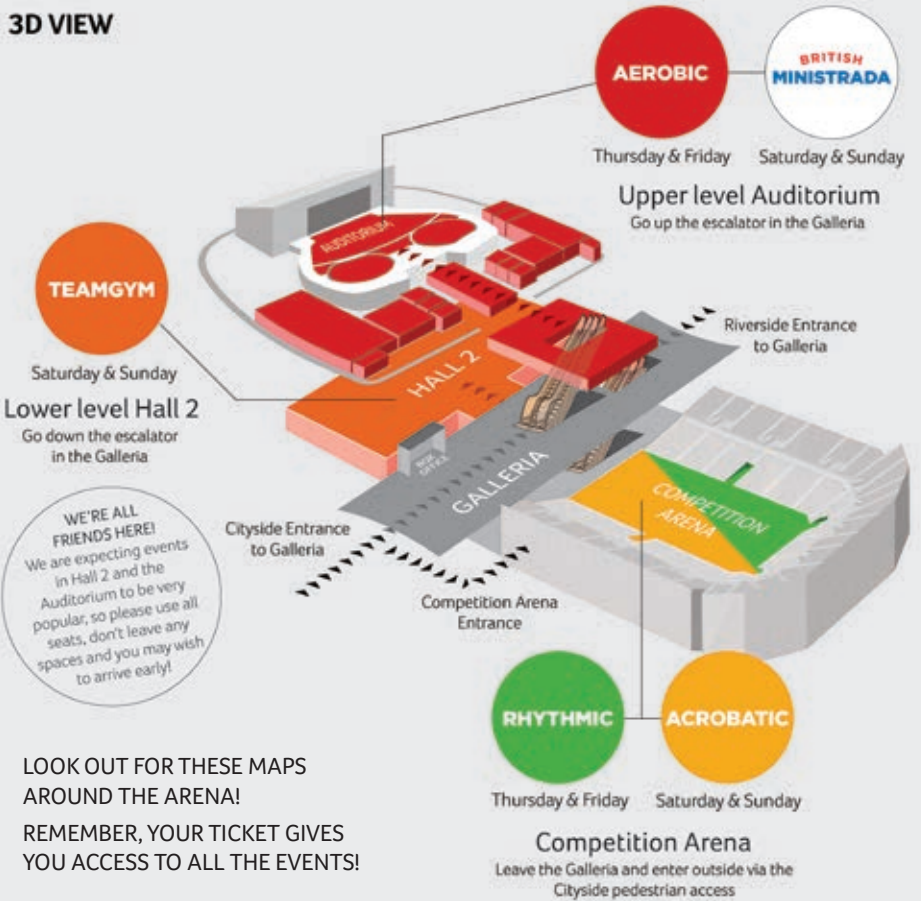
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# MAP OF THE ARENA

## SIDE VIEW



## 3D VIEW



LOOK OUT FOR THESE MAPS AROUND THE ARENA!  
 REMEMBER, YOUR TICKET GIVES YOU ACCESS TO ALL THE EVENTS!



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