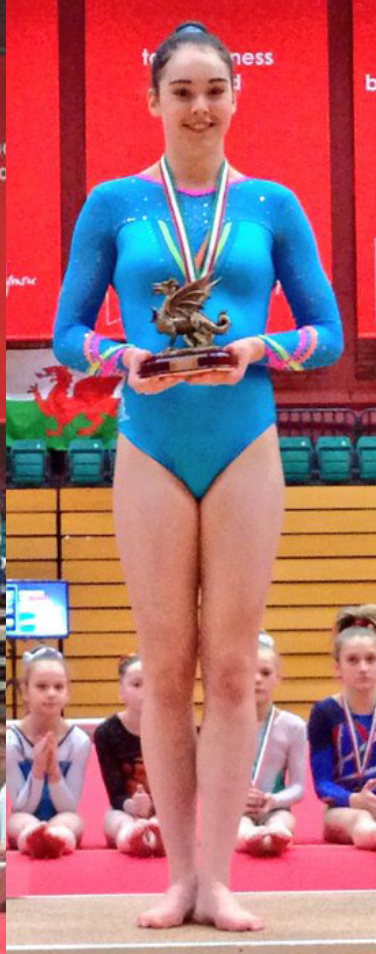


# ANNUAL REPORT

2015









## Club Key

### Wrexham

Jan Davies

### King Edmund Acro Gymnastics

Bethan Dix  
Chloe Gunther

### Ynys Môn Gymnastics Club

### Cardiff Met

Jake Bailey  
Zainub Akbar

### Swansea Gymnastics Centre

Cameron Dundas  
Rhys Griffiths  
Anthony Triebel

### West Street Gymnastics

Emily Stock  
Katie Jenkins  
Allana Sparkes  
Mari Davies  
Rhiannon Maine  
Hannah Jenkins

### Martine's Action Pack

Mia Bernardo  
Kayleigh Silva

### Llanelli Rhythmic Academy

Abigail Hanford

### Maesteg Trampoline

Kayla Smith

### Pace Academy

Jack Grabham  
Jac Perry

### Cardiff Olympic

Jolie Ruckley

### Barry YMCA

Iwan Mepham

### Esprit

Laura Halford

### Neath Afan Gymnastics

Eve Scourfield

### Phoenix Gymnastics

Maisie Methuen

# Welsh Gymnastics National Awards 2015

## Volunteer of the Year

Jan Davies

## Special Recognition

Bethan Dix & Chloe Gunther

## Club of the Year

Ynys Môn Gymnastics Club

## Participation Coach of the Year

Cathi Rowley

## Performance Coach of the Year

Jake Bailey Cardiff Met

## Young Coach of the Year

Cameron Dundas

## MOST PROMISING GYMNAST OF THE YEAR

### Acrobatic

Emily Stock  
Katie Jenkins

### Aerobic

Mia Bernardo

### Rhythmic

Abigail Hanford

### Tumbling

Jack Grabham

Allana Sparkes

### Men's Artistic

Rhys Griffiths

### Trampoline

Kayla Smith

### Women's Artistic

Jolie Ruckley

## GYMNAST OF THE YEAR

### Acrobatic

Mari Davies  
Rhiannon Maine  
Hannah Jenkins

### Men's Artistic

Iwan Mepham

### Disability Male

Anthony Triebel

### Tumbling

Jac Perry

### Rhythmic

Laura Halford

### Disability Female

Eve Scourfield

### Women's Artistic

Maisie Methuen

### Aerobic

Kayleigh Silva

### Trampoline

Zainub Akbar

### Schools

Britney Campbell-  
Lawrence

## OVERALL MOST PROMISING GYMNAST OF THE YEAR

Abigail Hanford

## OVERALL GYMNAST OF THE YEAR

Maisie Methuen

# FOREWORD

Gymnastics has, and will remain, a fundamental sport to engage children through their whole life in becoming physically literate. With our guidance, Sport Wales and Welsh Government are clearly focussed on supporting projects that can provide best opportunities for wellbeing ultimately creating a healthier and active Wales.

I have made reference on many occasions that Sport is a universal language. At its best it can bring people together, no matter what their background. When young people participate in community gymnastics classes they experience real exhilaration even as they learn the ideals of fundamental skills and teamwork.

As we continue to grow and achieve more we understand that expectancy on our organisation to lead gymnastics is high. To ensure this we have spent time reviewing and building a refocussed strategy, reviewing our targets, repositioning resources and recruited new staff and board members to ensure the organisation is robust to ensure success.

The investment from our key funding partners Sport Wales and Welsh Government is increasingly critical. Whether it's investment into winning medals or providing an opportunity of wellbeing we remain very grateful.

We believe an ingredient in our success has been the role models, following on from Frankie Jones inspirational story, I am thrilled to see retired Commonwealth medallist, Raer Theaker, remain in the sport through coaching and her role within the governing body.

British Gymnastics, Disability Sport Wales and Child Protection in Sport Unit Wales have been critical in supporting the executive throughout the year and guiding the board on strategy. Thank you for your continued support and guidance.

The board's key purpose is to ensure Welsh Gymnastics success by collectively directing the vision and strategy. In doing so ensuring we meet the appropriate needs of our members and relevant stakeholders. Welsh Gymnastics has chosen to communicate our key messages through a refocussed strategy 'Communities and Champions 2022' (COaCH22).

This document will guide our ambitious targets, governance efficiency and continue to push us forward to ensure every child in Wales has access to the riches gymnastics can offer. Whether it be playground or podium, we remain committed to aiding the growth of gymnastics and sustaining a successful future for the sport in Wales.



**Helen M Phillips**  
Chair

## Board members:

Bev Smith

Tracey Singlehurst Ward

Andrew Morris

Barbara Beedham

Elaine McNish [Retired 03.16](#)

Lisa Gannon [Effective 01.04.16](#)

Sally Church [Effective 01.04.16](#)

# CEO REPORT

It has been another fantastic 12 months for Welsh Gymnastics (WG) and gymnastics in Wales. Membership has exceeded an unprecedented and historic 20,000 and the 2020 ambitious vision target has been realized four years ahead of schedule. Investment into facility development, satellite provision and reducing waiting lists has seen membership increase by 30% on last year. There are also over 10,000 children enjoying gymnastics in leisure centres and other facilities, while the URDD provision continues to rise and the 2015 School Sport Survey reported 19.7% of children are now participating in gymnastics on a weekly basis; a 3.3% increase from 2013.

Elite performance success has surpassed targets with Maisie Methuen gaining the Women's Artistic all-around title in the British Championships, more gymnasts are on the BG pathway and a successful centralised programme has been introduced to build for the future.

The success has been delivered through different projects and strategies led by staff and volunteers – especially our clubs and coaches – and supported by Sport Wales and other partners.

## They include:

- Strategic facility development and growth of entrepreneurial and social enterprise clubs
- Better research and evidence resulting in targeted and more training courses for coaches and workforce
- Effective legacy programmes and use of role models to maximise international success and increase profile of the sport
- Growing the quality and diversity of gymnastics offered
- Attracting harder to reach groups to the sport
- Communicating to the customer and stakeholders the benefits of gymnastics as a key factor in physical literacy and wellbeing

As a result of reaching the 2020 Strategic Vision targets four years early, WG has refocused the strategy and restructured the staff to deliver new goals of sustaining the success and growth, growing the clubs and workforce and creating a whole sport and elite performance pathway. The new and exciting Communities and Champions Strategy for 2022 (COaCH22) will shortly be published and will lead the work of Welsh Gymnastics for the next Commonwealth Cycles.

Key to the delivery of the refocused strategy is our commitment to strengthen and develop the links with our partners; Sport Wales, British Gymnastics, Diverse Cymru, Business Wales, Wales Co-operative, Arts & Business Cymru, Welsh Media Companies, Urdd (Welsh Youth Movement), Diverse Cymru, Leisure Providers, as well as Government – national and local. We will also look to form new partnerships to further grow our business.

But the most important partners are our gymnasts, volunteers, coaches and clubs – we thank you for your continued support and engagement as we move to the next chapter of the Welsh Gymnastics' journey.



**Rhian Gibson**

Chief Executive, Welsh Gymnastics

# CHAMPIONS REPORT

The standard of success delivered by Welsh gymnasts continues to surpass expectations and this period is no exception.

Within the Olympic disciplines, the two most significant medals won during 2015 at major championships were by women's artistic gymnast, Maisie Methuen and trampolinist Zainub Akbar. Maisie's silver medal on beam at the European Youth Olympics was another historic moment for both Wales and GB and Zainub achieving Silver at the Trampoline World Age Group Championships is proof that Welsh gymnasts can compete with the best. The commitment and meticulous preparation of their coaches, Tracey Skirton-Davies and Jake Bailey, are one of the main ingredients to their success.

As a performance team, our focus was to continue to lay the foundations from Glasgow 2014, review recommendations and ensure more gymnasts are achieving GB pathway places and international representation.

Another notable step in future performance success has been the setting up of the centralised programme for women's artistic and rhythmic to include accommodation provision and a partnership with a local school. This has enabled selected gymnasts aiming for 2018 and beyond that do not live in the Cardiff area to be provided with a twice-daily training programme, full education provision and suitable recovery time between sessions to maximise preparation and training. Eight gymnasts are currently utilising this facility of accommodation and school provision (four women's artistic and four rhythmic).

In addition, we have employed another full-time coach for women's artistic. The role is predominantly to support the development of coaches within the club environment with the purpose of widening the breadth of talent across Wales.

The performance team has also spent considerable time working on, and agreeing with partners, the long term vision, mission and objectives of each of the Commonwealth disciplines, in order to continue to raise the bar, sustain success and provide clarity for all members, coaches and clubs. Communication of this long-term strategy started with a forum in women's artistic in May 2016 and will be rolled out to the men's artistic community followed by the rhythmic community.

Appropriate full-time facility provision still provides some challenges for the team as the gymnast's progress and programmes become more established. This area will continue to be a priority moving forward to ensure our gymnasts have the best possible preparation towards major international events.

Between May 2015 and April 2016 Wales participated in 10 international events across the Olympic disciplines – men's artistic, rhythmic, trampolining and women's artistic. Podium places were achieved at 8 of the 10 events (80%), reaffirming the potential these disciplines continue to show in achieving the targets at major Championships for Wales and GB.

In addition rhythmic, trampolining, and women's artistic had gymnasts represent GB at high-level international events including World Cups, World Age Groups, World Championships and European Youth Olympics.

At British Championship level, Wales continues to make its mark. The title of Senior British Champion was achieved in rhythmic, along with medals won at a junior level in trampolining and women's artistic, as well as many more gymnasts making apparatus finals.

There were many successes too for our Non-Olympic disciplines, the most significant was the partnership of Bethan Dix and Chloe Gunter achieving a Silver medal at the Acrobatic World Cup event in 2015. Kayleigh Silva was not only Senior Aerobics British Champion but also competed at the inaugural European Games in Baku in June 2015 and Jac Perry represented Great Britain in Tumbling at his second World Age Group Championships at the end of 2015.

In addition, both aerobics and acrobatics competed internationally for Wales during the period, with both achieving the target of a podium place at every international event.



**Jo Coombs**

Head of Performance & Excellence

# COMMUNITIES REPORT

2015 has been an outstanding year for the development of gymnastics in Wales with even more children taking part in clubs and their community satellites weekly.

Club and Community Development

£150,000 of investment in partnership with Sport Wales has enabled a further six clubs to move into their own community facilities or expand their current premises. Bedwas Gymnastics Club and Ynys Môn Gymnastics moved from their premises of 40 years into permanent facilities within their communities. Membership during the first few months increased from 60 to over 350 children taking part in gymnastics weekly; with both clubs strong advocates for the benefits gymnastics brings to physical literacy and health and wellbeing of children from pre-school to young leaders. In other funding success, Swansea Gymnastics Centre was successful in obtaining £313,000 from the Welsh Government Communities Facilities Programme, which enabled the club to move facility and increase provision by over 1150.

By developing club infrastructure we have seen more clubs than ever have the capacity to extend their out-reach work and respond to the demand for new provision across local authorities; Rebounders Trampoline Club now deliver a satellite in Rhondda Cynon Taff, Head Over Heels deliver pre-school provision in Swansea Leisure Centre and Valleys Gymnastics Academy provide gymnastics opportunities across four local authorities.

Partnerships

Welsh Gymnastics continue to develop and maintain strong partnerships with Sport Wales, Welsh Government, Diverse Cymru and the URDD; this year has also seen clubs strengthen their work through collaboration with Leisure Trusts and Local Authorities. Deeside Gymnastics Club has recently been successful in obtaining a 6000sq ft. facility within Deeside Leisure Centre by working in partnership with Flintshire County Council. 'GoGym' a partnership between Torfaen Leisure Trust and Valleys Gymnastics Academy has enabled over 300 children to access gymnastics weekly in Cwmbran Stadium and provide the community with new employment opportunities.

## Workforce

The past year has focused on a new offer for the gymnastics workforce. With a strong leadership programme and over 600 Sports Leaders active within our community the MY Leadership Academy programme was launched in Wales. Currently over 27 clubs have registered to use the resource, with over 300 leaders active within the academies; volunteering, accessing training and supporting the development of their club.

New workshops have been introduced to develop specific roles within the workforce. Coaches and officials have accessed the new 1st Steps to Judging and Leaders Disability modules, with inclusion training also developed specifically for club board members/directors. WG have also introduced coach development modules in partnership with Cardiff Metropolitan University; modules range from Choreography to Strength and Conditioning and have currently been attended by over 200 coaches across Wales.

Advancements in technology have led to e-Learning becoming an integral part of the coach education structure. UKCC 1 and 2 courses now include an element of online learning and the safeguarding refreshers are now available to the membership through an online portal.

## Equality

As a governing body we continue to strive to offer inclusive gymnastics accessible to all; looking to improve the quality, diversity of the gymnastics offered and outreach work for harder to reach groups within sport.

The Welsh Gym for All project launched in July 2015, aimed to raise awareness surrounding inclusivity in gymnastics. The campaign saw 16 affiliated clubs share £9106 of funding from the Sport Wales' Kick Start Equality and Human Rights fund. The initiative offered the clubs training to upskill their workforce in order to further increase their disability provision. Over 150 volunteers were trained and 635 children took part in the 2016 Welsh Schools Disability Rotary Competition; a 38% rise in participation from 2015. One of the club's part of the WGFA project, Ynys Môn Gymnastics Club has recently been awarded Disability Sport Wales insport Club of the Year.

Following the successful Call for Action bid to engage more girls from BME communities into gymnastics, Fantastic Gymnastics Cardiff now operates with a volunteer committee and the club engages with over 130 children and 10 volunteers weekly in Mount Stuart Primary School and Butetown Pavilion. See page XX for more details.



**Siwan Davies**

Head of Development

## Gymnastics clubs that have become social enterprises since 2011

Bangor Gymnastics Club  
Bedwas Gymnastics Club  
Buckley Girls Gymnastics  
Capital Gymnastics  
Cardiff Central Youth Club  
Carmarthen School of Gymnastics  
City of Newport Gymnastics  
Deeside Gymnastics Club  
Elements Gymnastics Academy  
GwynJjim Gymnastics  
Llanelli Gymnastics  
Llantrisant Gymnastics Club  
Maldwyn Dragons  
Neath Afan Gymnastics  
Olympus Gymnastics Club  
Penarth Gym Club  
Planet Gymnastics  
RSD Gymnastics Club  
Sakura Health & Fitness  
Somersault Gymnastics  
Swansea Gymnastics Centre  
Valleys Gymnastics Academy  
Ynys Mon Gymnastics

## 20,000 MEMBERS

Membership of Welsh Gymnastics reached 20,000 in April 2016. The target has been achieved four years ahead of schedule, as was written in the WG Strategic Vision 2020 launched in 2011. This marks a 173% increase since 2011 with over 16,000 girls, 4,000 boys and a rising number of coaches and officials now WG members.

In 2011, WG membership was 7695, with a staged annual target to reach 16,500 members by 2016 and 20,000 by 2020. Four years ahead of schedule the ambition has been realised and WG will shortly launch a new strategy to move the sport to the next stage of its journey. The Communities and Champions Strategy 2022 (COaCH 22) will focus on the sustainability of the sport, social enterprise, growth of participation in communities and a new sport pathway from community to champion.

WG have 97 affiliated clubs with another 50 satellite clubs delivering high-quality gymnastic. There are also 9,000 children participating in gymnastics in leisure centres and other facilities across the country. The 2015 School Sport Survey reported 19.7% of children are now participating in gymnastics on a weekly basis, up from 16.4% in 2013. This demonstrates the role and huge potential gymnastics has to play in the physical literacy, wellbeing and health of Wales.

The triumph of British gymnasts on the world stage has also played its part, along with increased media coverage to aid significant growth in the popularity of the sport.

With the support of Sport Wales development grant funding and Local Authority partnerships 23 clubs have changed their business status to become social enterprises, while 17 of those clubs have moved to purpose-built facilities since 2011. To enable continued growth, 120 courses are being run across the country every week (up from 40 in 2011), resulting in an increased workforce, with 450 officials and 2500 active coaches in 2016, up from 1308 in 2011 and ahead of the predicted target of 2000 qualified coaches by 2020.



# CLUB DEVELOPMENT

## OFFICERS HIGHLIGHTS

### WEST

#### Joanne Gould

Number of clubs – 22

Current membership – 5228

Clubs have secured a total of £25,203 from Community Chest, while Carmarthen School of Gymnastics and Head over Heels satellite have secured a combined total of £20,000 in Sport Wales Development Grant funding

Swansea Gymnastics Centre opened its new facility in August 2015 with current membership increasing to 1150

Maldwyn Dragons continues to grow in their Newtown-based facility - membership has increased by 100 since April 2015

375 gymnasts from 7 clubs participated in West Development competitions

### NORTH

#### Ceri Sass

Number of clubs – 22

Current membership – 4947

410 gymnasts from 9 clubs took part in North development competitions

Deeside Gymnastics Club has secured a dedicated gymnastics facility, working in partnership with Flintshire LA and the help of a £21,000 Sport Wales Development Grant

Clubs have secured a total of £17,000 from Community Chest funding Bangor Gymnastics Club now offers disability sessions since becoming part of the Welsh Gym for All Programme. The club has now received the insport Silver Standard

Facility developments across the area are continuing with 6 more clubs working with Welsh Gymnastics towards their own dedicated facility

### SOUTH CENTRAL

#### Holly Broad

Number of clubs – 23

Current membership – 5349

Competition Opportunities in South Central Wales - 9

504 gymnasts from 6 clubs across the region took part in South Central development competitions

Bedwas Gymnastics Club moved into a dedicated training facility in Feb 2016 with the help of a £25,000 Sport Wales Development Grant. Since then membership has increased by over 100 members to 365

Clubs have secured a total of £14,000 from Community Chest funding

New affiliated club, Maesteg Llynfi Valley Gymnastics Club, offering General and Women's Artistic Gymnastics, based in Maesteg Sports Centre with 226 members

### SOUTH EAST

#### Katy Evans

Number of clubs – 24

Current membership – 4922

520 recreational gymnasts competed in SE Development competitions

£20,000 Community Chest funding was awarded to SE clubs for coach education, facility development and equipment Rebounders Trampoline Centre has expanded into Rhondda Cynon Taff and achieved insport Gold Standard for its inclusivity work

Capital Academy secured a £23,000 Sport Wales Development Grant to expand their facility and increase membership

Welsh Gymnastics has partnered with Cardiff Metropolitan University to deliver CPD opportunities for coaches



## RAER THEAKER: FOR THE LOVE OF GYMNASTICS

Raer Theaker has been a member of the Welsh squad since age 7 and GB squad since age 11. She has held the title of Welsh Senior Champion three times, British Vault Champion twice and made history with the Welsh Women's team at Glasgow 2014 Commonwealth Games, picking up a Bronze medal.

She retired in March 2016 but her love for gymnastics continues in other ways...

### In her own words

My mum decided to put me into gymnastics when I was six years old because I was such an energetic child. My enthusiasm for the sport grew so quickly that by age seven I was training at Cardiff Central Youth Club four days a week. As a child I loved to be different and gymnastics encouraged this because it wasn't a main stream sport. I felt it was such a unique, stylish and aesthetically pleasing sport to watch and I loved the idea of being able to do a flip and the splits whenever I wanted to!

I remember my first competition clearly and still have the distinction certificate for Grade 6; it's a happy reminder of where I've come. I wasn't naturally flexible or strong as a child so had to work hard to develop. As I matured I realised that to be the best, I

would have to focus on these weaknesses. My advice to any young gymnast would be to never skip on strength and conditioning, no matter how much you hate it! The effort you put in during training will show during competition, when it matters most.

At the height of my career, during the 2014 Glasgow Commonwealth Games, a lifetime's worth of hard work paid off. I wish I could go back to that very moment when we were just about to walk out of the arena. To have made such an historic achievement, alongside good friends who I had trained with since I was 9 years old, was incredible.

I knew before I decided to retire that my future belonged in the sport and felt coaching would be the best path for me.

As I progress through my qualifications, I'm enjoying gaining new experience in a club environment, where I have the chance to share my knowledge with the younger generation. Alongside this, I support Welsh Gymnastics, helping to develop the sport and grow participation through my work with events and performance competitions, which I really enjoy.

In the future I want to be a high level coach, with a young group of gymnast heading to the elite pathway. I would love to lead a team out at a major event as head coach. I never imagined at six years old that I would go on to be a Commonwealth medallist, so anything is possible with hard work and perseverance.







# CREATING CHAMPIONS

## Welsh Gymnastics' New Centralised Programme

Gymnastics was the most successful of all Welsh sports in the Commonwealth Games in Glasgow. Welsh Gymnasts won 10 out of the 37 Welsh medal haul. The phenomenal outcomes in Glasgow were delivered by excellent planning, meticulous preparation, attention to detail and hard work by coaches and gymnasts.

In order to sustain and build on this success WG took the next step in building a world-class infrastructure to contribute to the GB programmes and regularly develop podium potential gymnasts both for Wales and GB at Commonwealth, European, World and Olympic level.

WG's strategic ambition is to produce world-class gymnasts. Evidence shows that every medal-winning federation across the world has built systems that centralise talented gymnasts. The success of this approach was illustrated by the attainment of Wales' most successful gymnast – Frankie Jones. A year before the games Frankie moved permanently to Cardiff to train in a purpose-built, full-time facility with access to all Sport Wales

support mechanisms. Sustainable future success for Wales would mean bringing identified gymnasts together with the best coaches, facilities, equipment and support systems to train and prepare.

In October 2015 WG, with the support of Sport Wales, further invested in the preparation of its high performance gymnasts, introducing a centralised programme to include education and accommodation provision. Currently 8 gymnasts reside in Cardiff, with full-time pastoral care. The accommodation caters for two Olympic disciplines; Women's Artistic and Rhythmic gymnastics, including current British Rhythmic Champion, Laura Halford, and European Youth Olympic medallist Maisie Methuen.

WG employed 23-year-old Monmouth-born Rachael Bennett, in the role of house parent. Rachael has taken permanent residence in the central accommodation, to monitor the gymnast's daily routine and support them in their journey to sporting victory.

### The WG centralised programme key objectives;

- Provide an elite environment and quality coaching for any talented international gymnasts wherever they live in Wales
- Lessen the risk of possible negative effect on education
- Improve the probability of performance success through better training hours and environment
- Change mind-set of athlete and families to enable them to reach their performance potential
- Focussed training twice a day in a full-time gymnastics facility
- Less travel time, more training, recovery and education opportunities



## Quotes

"It has the whole package in many ways; a safe location, run by local mums, for young girls in which there is no need to conform by wearing leotards"

### **Khadijah**

Committee member, mum to Hana & Musaibah

"I can see my daughters have learnt new skills and are progressing. I like that there is no competition and they learn to work together."

### **Sadia**

Mum to 5 girls

"Working with the girls has had such a positive impact on everyone involved. Every week the girls have so much enthusiasm to learn. They tell me they wake up early on gymnastics day as they are so excited!"

### **Natalie**

Lead coach

## Testimonials

Before joining the club Maram was very reluctant to take part in any form of physical exercise. One year on and her week now comprises of gymnastics, running and dancing classes after school.

### **Maram**

Year 5

At first Haneefa was reluctant to take part in sports clubs, but according to the headteacher "once she started, she never gave up". She now also attends the Pavillion

### **Haneefa**

Year 6



## Creating Communities Butetown Gymnastics Project

In 2013 WG created a partnership with Diverse Cymru, with the sole aim of creating opportunities for hard-to-reach groups who had not previously engaged with gymnastics.

After equality awareness training for all WG staff, a pilot was created in Mount Stuart Primary School of Butetown, Cardiff, where girls were invited into the female-only space and encouraged to remain in comfortable clothing and headscarves to adhere to cultural practice.

A successful grant application for Sport Wales Call4Action of £157,089 was then made to help accommodate the rapid growth of engagement from the school.

The project, now 18 months in, welcomes over 100 gymnasts, from ages 3-13, to take part in weekly gymnastics sessions at Mount Stuart Primary School and a second location nearby in Butetown Pavilion. Members from a variety of ethnic backgrounds attend including; Somali, Sudanese, Yemeni, Lebanese, Jamaican, Asian British, Arab, Polish, Pakistani, Portuguese, White and Black African.

A steering group has been established to focus on the club's business strategy and a lead coach was recruited in November 2015. A volunteer recruitment evening brought forward five mothers, who have formed a committee, with courses offered in safeguarding and club management, while eight older girls (13+) have taken part in a Sport Leaders course to assist with sessions.

The community has now rallied together to create a club name, Fantastic Gymnastics, with a logo incorporating the colour orange to represent Tiger Bay; an affectionate term for the area's diverse cultural history.

The goal of creating a sustainable club run by the community, for the community of Butetown is coming closer every week with all partners committed to achieving this fabulous goal and replicating the work in other areas of Wales in the future.



## Women's Artistic Gymnastics

This has been another successful year for Women's Artistic within Wales. The Academy has gone from strength to strength and there have been some significant results on the National and International stage. At a novice and intermediate level, participation is growing and we have seen record numbers of gymnasts attending Area and Welsh events this year.

Continual Coach Education is ongoing at all Development squad sessions. The Welsh Squad system is now well established with a regular turnover of 45 gymnasts from all over Wales gaining places every six months. Development squad gymnasts are attending age-appropriate monthly and weekly training sessions with the national staff. Tina Billington is working to help bridge the gap in North Wales with squads and coach education while Regional and Club Judging courses are always well attended.

The Women's Technical Committee (WTC) provide a wide array of competitions for all levels including Novice, Grades, Challenge Cup, Levels and Floor & Vault as well as the Welsh Championships. For 2016 we are adopting an Out of Age levels structure similar to other British regions.

However demand still exists for further courses and there is a need for more Regional and National judges to support events. It is hoped that in the new cycle we will increase the number of Brevet judges so that additional courses can be run in Wales. We have recently introduced an Introduction to Judging course for young leaders. The pilot was very popular and this will be evaluated and rolled out in due course.

A number of gymnasts were selected for British Squads including 2 Seniors, 3 Juniors, 2 HND Squad and 5 gymnasts selected for British Performance Pathway Squad.

**Melissa Anderson**

### Competition Highlights

#### National Levels 2015

Voluntary 4 - Team Silver, Bronze AA Mali Morgan  
Compulsory 2 - Gold AA Amelia Thomas

#### National Grades 2015

Grade 3,2 & 1 - Team Bronze  
Grade 2 - Silver AA Olivia Morgan

#### British Championships 2015

4th and 6th AA Senior, 2nd and 5th AA Junior

#### European Youth Olympics 2015

Silver on beam for Maisie Methuen

#### School Games

Team Gold  
Gold AA for Latalia Bevan  
Bronze AA for Maisie Methuen

#### Espoire 2016

Team Gold  
Gold AA for Latalia Bevan  
Bronze AA for Maisie Methuen

#### British Challenge Cup

Gold AA Hana Davies

#### Junior British 2016

Gold AA Maisie Methuen  
Gold on Floor Zoe Simmons

#### Compulsory Levels 2016

Compulsory 4 - Team Silver  
- Bronze AA Layla Starkie  
Compulsory 3 - Team Silver

#### Northern Europeans

Team Gold  
Gold AA for Latalia Bevan  
Bronze AA Jolie Ruckley

## Competition Highlights

### 2015 Porto Cup

Gold on Pommel Horse for Jac Davies  
Gold on floor for Iwan Mepham and Silver on rings  
Bronze on pommel horse for Jo Rowlands

### 2015 British Elite Grades Finals

Elite Level 3 Team Gold  
Elite Level 3 Individual Gold - Oscar Harper  
Top 10 placings in Elite grades 2/3 - Liam Beard, Rhys Griffiths, Harrison Harris

### 2015 School Games

Bronze on parallel bars for Cameron Sinden

### 2015 Northern European Championships

Gold on Pommel Horse for Jac Davies

### 2016 British U12 Championships

AA 4th and Silver on pommel horse for Rhys Griffiths  
AA 5th and Gold on rings, Silver on floor,  
Bronze on high bar for Oscar Harper

### 2016 Celtic Cup

2016 Celtic Cup - Gold for Minor Team,  
Silver for Junior Team  
2016 Celtic Cup - AA Silver for Jacob Edwards and bronze for William May  
Junior A/A - Silver for Emil Barber Bronze for Josh Cook

### 2016 Porto Cup

Gold on Pommel Horse for Jac Davies  
Gold on parallel bars for Oscar Harper  
Silver on pommel horse for Rhys Griffiths  
Bronze on pommel horse for Liam Beard



## Men's Artistic Gymnastics

The MAG programme is constantly adapting to changes in the gymnastics landscape with new clubs and facilities coming on board. As a discipline we are fortunate to have a committed group of established and up-and-coming coaches who are all passionate about the development of MAG across Wales.

Squad gymnasts, from Under 12 to Men's, are enjoying international success, however it has also been a time within the cycle when some of our senior gymnasts have been forced to take time out due to injuries.

The Men's Technical Committee (MTC) work closely with WG staff to ensure that the domestic competition programme best serves the purpose of MAG in supporting and developing boys in Wales to progress by establishing the appropriate competition structure.

Over the last 12 months the committee have been involved with the following events;

- Welsh Floor & Vault Championships
- Regional Elite & Club Grades
- Gemau Cymru
- Welsh National Championships

Sustained international success will only be achieved as a result of the continuous development of our junior gymnasts through to senior competitors and as such have developed the following pathway which currently engages gymnasts from 11 clubs across Wales;

Preparation Squad (6-8 year olds)	20 gymnasts
Development Squad (9-12 year olds)	22 gymnasts
Elite Development Squad (9-12 year olds)	14 gymnasts
Junior/Senior Squads	16 gymnasts

In addition, 3 gymnasts have been selected for the British Elite Performance Squad Selection (2015-16); Oscar Harper, Liam Beard and Rhys Griffiths.

**Andrew Morris**





## Rhythmic Gymnastics

The Rhythmic TC has had the pleasure of observing how the interaction between essential services provided by Sport Wales, has truly raised the bar for our gymnasts this past year. We now have a bigger extended family who are working closely with our coaches, parents and gymnasts, to prepare them physically and mentally for competition.

This has been a year of transition for some of our gymnasts and we have made solid progress on all fronts, including building on our strategic platforms, whilst establishing exciting new ones.

Some of our gymnasts have moved in together and now reside in a house in Cardiff, settling in well with the demands of their training and studies. I would like to take this opportunity to commend the gymnasts who are part of this programme for their dedication and commitment to the programme, showing maturity for their years.

We have achieved all we set out to do in 2015, apart from the committee, which is a working progress. We have selected a Welsh Junior Group working towards the Junior European; this is a development plan in progress with coach Rachel Maguire. Our grass roots competitions are increasing with new clubs building on their successes and more clubs entering National group competitions. The Future Hopes programme is working well and the coaches – Francesca Jones, Rachel Maguire, Nikara Jenkins and Olivia Davies – continue to work alongside the Welsh Squads.

Gymnasts have competed on the international stage, representing Wales in America and Serbia, while representing GB in Bulgaria, Germany, Estonia, Japan, Hungary and Portugal.

Linda Thomas

### British Squads

Seniors - Laura Halford, Gemma Frizelle  
Juniors - Abigail Hanford  
Espoirs - Lavinia Bailey, Ayse Gular, Elizabeth Popova, Isabelle Timmins

### Competition Highlights

#### British Championships

Laura Halford - Senior Champion, 3 Gold, 1 Silver  
Gemma Frizelle - 2 Bronze  
Carys Davies - 4th & 4th  
Abigail Hanford - 4th Overall  
Lavinia Bailey - U/10 Champion, 3a Gold, 1 Silver  
Elizabeth Popova - U/9 Champion, 3 Gold

#### British Open

Gemma Frizelle - 1 Silver  
Carys Davies - 1 Bronze  
Abigail Hanford - 4th Rope  
Ayse Gular - 1 Bronze  
Lavinia Bailey - 1 Silver  
Elizabeth Popova - 1 Bronze

#### British Group Championships

Llanelli Espoir Group Champions

## Competition Highlights

### Scalabus Cup, Portugal

U12 Individual Silver and Team Silver  
Junior Girls Team 6th  
Senior Ladies Individual 3rd, 4th, 5, and 8th  
Ladies Team Gold

### Alpen Cup, Austria

Senior Ladies Gold, Silver and Bronze  
15 - 16 Girls Gold  
11 - 12 Girls Bronze



## Trampoline Gymnastics

The individual members of the Trampoline Technical Committee (TTC) have continued to strive to develop the potential of trampolining within Wales. The Technical Lead, Mark Samuels, has continued to work with WG to provide opportunities for coaches to be qualified and our existing coaches to progress to higher levels. The Competition Working Party, led by Craiger Solomons, is functioning well, running the competition structure at Regional and National levels. Our National Squad, under the direction of Team Manager, Sue Williams, and National squad coaches, Sue Lawton and Lisa Edwards, is now very well established and has achieved a number of notable successes in both performance and development.

Within the Technical development there have been a number of courses for Teachers, L1, L2, and some Technical Modules of the L3. There were also courses at Proficiency Level aimed at young gymnasts, introducing them to the coaching pathway. The UKCC are at present revising the course format, to include a higher level of online content, this will mean a reduction in the actual number of candidate tutor contact days.

The Competition Working Party have been very busy organising competitions at Schools, Regional and National levels. The Schools, held in November, always attracts a large entry and enables school-based competitors to qualify to Zonal and National Finals. There were a number of Regional and NDP competitions, a significant number of Welsh competitors gained qualification to move on the BG NDP finals. For the first time we introduced a Novice section in the Welsh National Championships which was a great success, involving more competitors at our National Championships.

Aims for 2016 will be to continue to develop as a squad, to secure an Individual final placing at the Commonwealth Gymnastics Championships and to gain Senior and Junior medals at the Alpen Cup.

Our congratulations must go to Zainub Akbar for her outstanding performances at the Youth Olympics in Beijing, gaining a place in the Final and for competing for GB at the World Age Group Championships.

**Tony James**

# Acrobatic Gymnastics

Acrobatic gymnastics in Wales has gone from strength to strength as we have continued to run an established, comprehensive competition calendar to coincide with national events preparation and selection. The committee has worked hard to sustain and develop the Welsh squad system and improve events.

Year on year the participation and standard increases across Wales and the National Squad must ensure it moves forward in line with the progression of the sport to identify our future athletes, coaches and clubs and the creation of an elite squad.

Due to the success of the gymnasts at the National competition 5 gymnasts were invited to British squad training and the Welsh 12-18 Women's Group joined the team invited to trial for 2016 World Championships in China

Lisa Thomas

# Aerobic Gymnastics

Aerobics has had another positive year on the international stage and has contributed to the GB squad programme. Domestic competitions have prospered with the Welsh Open 2015 proving a success with 384 competitors. Since retaining her title of British Champion 2015, Kayleigh Silva has chosen to retire from the discipline.

Welsh gymnasts have won the following British titles; Foundation Trio (9 years old), Age Group 1 (12-14 years old) Individual Women, Age Group 1 Trio, Senior Individual Women

Wales took a small team to the Lithuanian Open in November 2015 and came home with two international medals; Age Group 1 Individual Women Bronze and Age Group 1 Trio Bronze

There are 3 Welsh gymnasts in the GB National Squad - Nancy Law, Seren Jones and Molly Brown. All 3 represent GB at the International Youth Open Competition in Portugal this year. Molly Brown has qualified along with her team mates for the World Age Group Competition in South Korea, June 2016. Molly and her team qualified in 1st position.

With the closure of Martine's Action Pack (MAP) in 2015, Welsh aerobic gymnasts have had to find new clubs to continue with their commitment to the discipline. We hope these promising Welsh gymnasts continue to thrive in the GB programme as they find new training facilities across Britain.

Sophie Jenkins

## British Squads

Seniors - Laura Halford, Gemma Frizelle

Juniors - Abigail Hanford

Espoirs - Lavinia Bailey, Ayse Gular, Elizabeth Popova, Isabelle Timmins

## Competition Highlights

### British Championships

Laura Halford - Senior Champion, 3 Gold, 1 Silver

Gemma Frizelle - 2 Bronze

Carys Davies - 4th & 4th

Abigail Hanford - 4th Overall

Lavinia Bailey - U/10 Champion, 3a Gold, 1 Silver

Elizabeth Popova - U/9 Champion, 3 Gold

### British Open

Gemma Frizelle - 1 Silver

Carys Davies - 1 Bronze

Abigail Hanford - 4th Rope

Ayse Gular - 1 Bronze

Lavinia Bailey - 1 Silver

Elizabeth Popova - 1 Bronze

### British Group Championships

Llanelli Espoir Group Champions

## Competition Highlights

### British NDP Finals

3 Gold,

2 Silver

### Acro World Cup Bulgaria

4th for Senior Women's Pair Bethan Dix and Chloe Gunter

### AcroWorld Cup Geneva

Silver for Senior Women's Pair of Bethan Dix and Chloe Gunter

### Pat Wade Classic

Gold for Senior Women's Group Emily Stock, Katie Jenkins & Allana Sparkes

Gold for 13-19 Women's Pair Lowri Evans & Olivia Street

Silver for Women's Pair Paloma Gioia & Aiofe Higgins

### BREDA Cup

6 Gold, 12 Silver, 2 Bronze

### 2016 Celtic Cup

Team Silver and 33 individual Silver medals



## Competition Highlights

### British Schools Trampoline

Brandon Diamond – U13 Cat 1 – Gold  
Shameela Bragg – U11 Cat 2 – Silver  
Angel Eames – U11 Cat 1 – Gold

### British Men's Artistic Championships

Brandon Diamond – U12 Comp B – 5 Gold  
Anthony Triebel – Junior Comp B – 3 Gold, 2 Silver

### British Women's Artistic Championships

Eve Scourfield – U12 Comp B – 5 Silver  
Catalina Cooksey – U12 Comp B – 5 Bronze  
Bethany Paull – Junior Comp A – 5 Silver

## Competition Highlights

### Regional NDP Semi Finals

53 Welsh entries

### Regional NDP Team Finals

17 Welsh entries

### Spring Series 1

8 Welsh entries

### Spring Series 2

10 Welsh entries

### British Tumbling Championships 2015

7 Welsh entries

## Disability Gymnastics

Disability gymnastics is yet again on the rise in Wales with more clubs offering opportunities to participate through inclusive sessions. Since the launch of the Welsh Gym for All programme 16 clubs have received support through subsidised coach education, mentor support and resource support.

The Rotary Welsh Schools Disability competition saw a 38% rise in participation with 635 children from 63 schools taking part, providing a much-needed pathway into the sport for a record number of disabled children in 2016.

Welsh Disability Artistic Championships were held in March 2016, simultaneously with the Welsh Men's and Women's Artistic Championships for the first time. The competition saw 15 competitors with new clubs entering gymnasts. Gemau Cymru 2015 once again saw the inclusion of Disability Artistic with gymnasts competing in the multisport event.

Victoria Jones

## Tumbling Gymnastics

There has been a positive increase in the number of children finding tumbling through clubs across Wales, which is reflected in the domestic competition programme. The NDP Championships received 221 entries took place in Cardiff Central Youth Club.

It is necessary for the discipline to now develop a cohesive approach to improving both the structure and opportunities for the growth of tumbling in Wales. Four learners have successfully passed the UKCC Level 1 Tumbling course in the past year, which will help increase provision for those interested in the discipline, as workforce expands.

Jac Perry qualified to compete at the Tumbling World Age group championships in 2015, placing 7th overall, while 266 gymnasts entered in to the Dragon Cup and NDP Championships 2015 and three gymnasts were selected to represent GB at the Loule Cup in Portugal – Jack Grabham, Britney Campbell-Lawrence and Michael O'Donovan.

Sam Eliot