

Annual Report 2014





Welsh Gymnastics National Awards 2014

Most Promising Gymnast of the Year

Women's Artistic	Jolie Ruckley
Men's Artistic	Liam Beard
Rhythmic	Abigail Hanford
Tumbling	Mared Cole
Trampoline	Zainub Akbar
Aerobic	Emily James
Acrobatic	Mari Davies, Rhiannon Maine, Hannah

Gymnast of the Year

Women's Artistic	Lizzie Beddoe
Men's Artistic	Clinton Purnell
Rhythmic	Francesca Jones
Tumbling	Jac Perry
Trampoline	Rhianna Andrews
Aerobic	Georgina Davies
Acrobatic	Sophie Bevan, Katie Jenkins, Allana Sparkes
Disability Male	Brandon Diamond
Disability Female	Isabell Price
Schools	Lowri Evans

Club of the Year

Valleys Gymnastics Academy

Volunteer of the Year

Diane Elphick

Coach of the Year

Young Coach	Jadie Edwards
Participation Coach	Luke Carpenter
Performance Coach	Natalie Lucitt-Jenkins

Lifetime Achievement Award

Martine Griffiths

Overall Gymnast of the Year

Francesca Jones

Overall Most Promising Gymnast of the Year

Zainub Akbar



Foreword

This time last year we were a matter of weeks away from the Glasgow Commonwealth Games, unaware that we were on the verge of a vast wave of gymnastic victory across the world's stage. With an unprecedented medal tally, Glasgow 2014 certainly helped shine a vibrant light on all involved in our tremendous sport. Thanks to the team's passion and commitment, the Welsh Gymnastics family continues to grow and thrive. On behalf of everyone, in what has been an unforgettable year, thank you to all who have supported us.

Time has flown by since last summer and in those months gymnastics has continued to ride the crest of the Commonwealth wave with multiple success in regional, national and international competitions. With new talent emerging every year, across every discipline, our mission is to ensure that we continue to nurture the talents of young gymnasts by placing them on a performance pathway as quickly as possible.

Sport Wales have once again proved invaluable to the Welsh Gymnastics' network of clubs. Through their financial support more clubs than ever have been able to implement innovative business infrastructures, helping to expand workforce, improve facilities and reduce waiting lists.

Development and support of gymnastics at a 'grass roots' level continues to be of paramount importance to us. We have worked hard to introduce new developmental competitions, ensuring more communities across Wales have the opportunity to access the riches that gymnastics can offer, for both physical literacy and personal growth.

Our inaugural recreational club event, Gymspire, proved a tremendous success with 527 gymnasts taking part from 18 clubs across Wales, while our Rotary Welsh Schools Disability Gymnastics competition saw record numbers with 416 children competing across 8 regional rounds. 2014 also saw the successful running of a pilot aimed to explore the barriers to participation from girls in ethnic minorities.

As a governing body, our hard work has been rewarded with esteemed recognition, including an Intermediate Equality Standard Award and Level 3 Safeguarding Accreditation. These honours have reaffirmed that at the core of everything we do is strong governance, equality, diversity and leadership.

With the profile of our sport continuing to rise and our Commonwealth legacy inspiring a new generation, we are more committed than ever to support, develop and celebrate gymnastics across every level.



Helen Phillips
Chair

Board Members

Technical Director
Andrew Morris

Membership Director
Dorothy Neyland MBE

Finance Controller
David Vickery

Development Director
Elaine McNish

Legal Director
Tracey Singlehurst-Ward

Development Director
Barbara Beedham

Workforce Director
Bev Smith



Chief Executive Report

“A dream doesn’t become reality through magic, it takes sweat, determination and hard work”

2014 was most certainly a year when many a Welsh Gymnastics’ dream came true. Writing in this report exactly 12 months ago I said that the previous year had all been about preparation; preparation for the Commonwealth Games and preparation for growth through workforce plans – this excellent preparation, hard work and determination most certainly bore the juiciest fruit in 2014.

What a historical year it was for Welsh Gymnastics – unprecedented success on all fronts.

The fairy tale that was Glasgow – Frankie Jones carrying the Welsh flag in the Opening Ceremony, Frankie Jones winning Wales’ first medal, then Wales’ first Gold medal followed by the huge accolade of winning the David Dixon Award for the most inspirational athlete of the Games. Welsh Gymnastics won 10 of Wales’ medals – an amazing total team performance by the Women’s Artistic team to win Bronze and an individual Bronze for Georgina Hockenhull. The Rhythmic haul extended to 6 medals for Frankie, a team Silver and 2 Bronze for Laura Halford. The Men’s Artistic team also recorded its highest results ever.

Team Welsh Gymnastics was the team of the games on all levels – the most successful sport and without doubt the most supported from fellow team members, the vocal and emotional staff and the equally passionate parents, club coaches, members and friends.

For this success I have to thank from the bottom of my heart the Welsh Gymnastics Performance Team, the coaches, the gymnasts and very importantly Sport Wales. Without their support staff, facility and financial support, our 2014 success would still be a dream.

But there were other stories that made Glasgow 2014 Welsh Gymnastics’ Games. I remember being asked by Oliver Hides, when taking part in a Radio Wales interview on one of many mornings, “did I know that sequins and leotards were the new National Costume of Wales?” and tweets from a Welsh football and rugby correspondent commenting that Gymnastics was now Wales’ National Sport, but most importantly the number of friends and people that showed me pictures of their young children and grandchildren wanting to be gymnasts.



Rhian Gibson
Chief Executive, Welsh Gymnastics

We had hoped for success and had meticulously planned to grow capacity in our clubs – especially in the Rhythmic discipline to capture the demand for our fundamental sport. As they came knocking on our club’s doors our membership grew to over 16,000. With an increase of over 260% in 3 years, participation is at its highest ever, as is the interest and demand.

Gymnastics success in 2014 encompasses all our work – more clubs have moved to dedicated permanent facilities, working as Social Enterprises or other Business Models; ensuring a great experience for our young gymnasts starting their sporting journey, thus contributing significantly to getting “Every Child Hooked on Sport for Life”. We also have a stronger workforce with more coaches than ever before, catering for the growing number of gymnasts.



We have reached out to engage with communities that have not in the past tasted gymnastics. I am especially proud of our Mount Stuart School Project, with its aim to engage girls from Black and Ethnic Minority communities into our sport. We conducted a year-long pilot in partnership with Diverse Cymru and the school and now 24 girls are enjoying weekly gymnastics. Mothers and sisters are engaging with the club and in early 2015 the project was awarded a Sport Wales Calls For Action grant, which will enable the pilot to reach its final goal of growing and sustaining a gymnastics club in Butetown, Cardiff – run by the community, for the community.

This work also highlighted part of our commitment to diversity, inclusivity and equality. WG is the first National Governing Body in Wales to reach the Intermediate Equality Standard. We continue to work with the Welsh Language Commission and the Urdd to better our Welsh Language Provision. Strong governance and leadership continues to be at the heart of all we do and is key to our success.

Success of the sport and individuals within the sport has been recognised – ensuring that we are establishing female role models for aspiring sportswomen in Wales. After coming runner-up in the Welsh Sports Awards Personality of the Year, Frankie Jones was inducted into the Welsh Sports Hall of Fame and Laura Halford won the Carwyn James Junior Sportswoman of the Year. Jo Coombs was Welsh Coach of the Year and Welsh Gymnastics were finalists in the Sport Coach UK Awards for Governing Body of the Year, while Frankie and her coaches won the Coaching Chain in the same awards.

Yes in 2014 a dream came true but in Welsh Gymnastics we do more than dream. We set ourselves high goals and aspirations, these have already been set for the next Commonwealth Cycles. We will be delivering on a new Communities and Champions strategy – taking our workforce, clubs and communities to the next stage of our development as we strive to give every child in Wales the opportunity to learn, enjoy and be physically literate through our core sport of Gymnastics.

We can only do this with the continued support, hard work and commitment of our clubs, coaches, volunteers and gymnasts. For all you've contributed over the years, we at Welsh Gymnastics are eternally grateful and sincerely hope you will continue with us on this exciting and important journey in 2015 and onwards.





Performance & Excellence Report

The Performance Team during the first half of the period focused primarily on the Commonwealth Games in Glasgow and achieving our ambitious targets. Following the Games and subsequent review the team has been putting in place the building blocks and structure necessary for sustained success across the next cycle and beyond.

As the lead for the Performance Team I was very proud and privileged to witness the success achieved at the Games. A special note is also made for the team spirit that was achieved for this Games. The gymnasts, coaches, support staff and Welsh Gymnastics family that made the journey to Glasgow made it a truly special experience.

In addition to this, all disciplines of Welsh Gymnastics within the performance area, continue to improve on standards and either maintain or improve on results each year. To sustain this, each of the technical committees charged with developing the discipline are working hard to establish clear structures, which will move their discipline forward.

Glasgow 2014

Targets set = 3 - 5 medals; achieved 10 medals, 1 gold, 5 silvers, 4 bronze, across Rhythmic and Women's Artistic disciplines. Welsh Gymnastics was the most successful governing body across Team Wales.



Jo Coombs
Head of Performance and Excellence

The phenomenal outcomes in Glasgow 2014 were delivered by excellent planning, meticulous preparation, attention to detail and hard work by coaches and gymnasts. WG made a promise it would not leave Glasgow with any 'what if' factors. WG in fact achieved well beyond expectations.

In order to sustain and build on this success WG needs to be ambitious and build a world class infrastructure over the next 4 years that will contribute to the GB programmes and regularly develop podium potential gymnasts, both for Wales and GB at Commonwealth, European, World and Olympic level.

In order to achieve these aspirations and objectives WG conducted a review of the last 4-year cycle leading to Glasgow 2014. The review delivered 9 key recommendations that are critical for WG to achieve its ambitious goals:

- Coaching and support staff provision appropriate for each discipline that will keep the gymnasts performing to the highest level
- Full time facility provision with appropriate levels of equipment
- Centralised programme to include education and accommodation provision
- Training and competition programmes that reflects the location of the next Commonwealth Games
- Increased investment in talent programmes in order to identify, develop and sustain performance levels for 2022 and 2026 Commonwealth Games
- Appropriate individual athlete support packages to ensure identified gymnasts are able to prepare and compete to the highest level
- Medical support that reflects the needs of Gymnastics Development of a web-based tool to ensure communication, planning and monitoring is of the highest level
- Continued partnership with British Gymnastics to ensure Welsh gymnasts are accessing and selected into GB performance pathways

International events

Between April 2014 and March 2015 Wales participated in 13 international events across 5 disciplines – Acro, Men’s Artistic, Rhythmic, Trampoline and Women’s Artistic. Podium places were achieved at 12 of the 13 events (92%), an increase of 5% from 2014; reaffirming the potential these disciplines continue to show in achieving the target of a podium place at every international event by 2020.

In addition Rhythmic, Trampoline, Tumbling and Women’s Artistic had gymnasts represent GB at high-level international events including World Cups, Europeans, World Age Groups and World Championships.

At British Championship level, Wales continues to make its mark. Medals in the Olympic disciplines were achieved in Rhythmic, Trampoline and Women’s Artistic. In addition across a number of disciplines, many more gymnasts made apparatus finals.

A world class system that identifies and nurtures talent

Talent programmes for the younger gymnasts - in order to ensure succession of elite gymnasts - continues in Women’s and has been taken further into Men’s Artistic and most recently Rhythmic Gymnastics. The results of these show an increase in British squad selection in all 3 disciplines. Welsh Gymnastics has now employed a Performance Talent Development Manager to focus on the management of talent programmes and ensure we develop and sustain potential for future high performance selection.

All competitive gymnasts, coaches, judges and volunteers experiencing a quality event

Welsh Gymnastics has run its full programme of domestic events facilitated by the technical committee competition organisers. These volunteers do a fantastic job providing opportunities for all levels of gymnasts and should be commended.

In 2014 and 2015 continued investment by Welsh Gymnastics into identified events was provided to showcase our sport and raise the profile. These included the Annual Awards Evening, Women’s and Men’s Artistic Championships, Rhythmic Welsh Championships, Aerobics Welsh Open and Gymeisteddfod. Changes to these attracted more participants and a number of high profile gymnasts. They also provided an excellent spectator event to aspiring gymnasts.

Internationally Welsh Gymnastics also hosted the Annual Celtic Cup for Men’s and Women’s Artistic Gymnastics.



Development Report

2014 has been another successful year for the development of gymnastics. Delivery of plans laid out in our Commonwealth Games 2014 lead up and legacy work have continued to develop at pace. Clear evidence has been seen of this all across Wales as clubs have taken up the new initiatives and programmes. Strong investment has been made in facilities, recruitment and continued development of our coaching and workforce and more grassroots competitive opportunities have been available.

These developments and growth has been surrounded with a very strong message of sustaining the exceptional growth in membership the sport has seen over the last few years. The success of the Welsh gymnasts at the Commonwealth Games ensured the excitement and passion for the sport didn't fade, but continued to go from strength to strength. This year has been about stabilising the club infrastructure, whilst providing a high level of customer service, however our membership has still climbed to an unprecedented 16,186 members.

Facilities

Efforts to improve facilities has been a major focus for us, with 5 clubs undertaking and completing bigger facility moves with change of legal structures. Total investment of £430,000 has been made into these projects in partnership with Sport Wales and the Communities Facilities Program to name a few. This figure does not include the incredible fundraising efforts by all of these clubs, who individually all raised approximately £15,000. All developments are already showing promising membership returns. There are many more clubs working towards facility moves during 2014 and have been laying the stable foundations, ready for impact in 2015/16.



Sarah Jones
Head of Development

Workforce

The priority for the year was to stabilize and strengthen the workforce development programme. The substantial growth in course offerings of 130 courses in 2013, needed to be reevaluated in terms of practicality and capacity. In 2014 we streamlined the workforce programme and offered 103 courses. This involved a refinement of the delivery programme that is more effective, efficient and more sustainable, whilst ensuring the widest offer to our membership. The refinement of the programme still delivered strong numbers of engagement of close to 1,000 individuals.



The Commonwealth Games legacy programmes are continuing with the Rhythmic Legacy 2nd stage seeing 9 candidates from Welsh clubs attend the UKCC 2; with candidates from the first 6 clubs and 3 new clubs attending from the UKCC 1 Rhythmic Legacy programme.

Our judging Legacy programme has seen an additional 50 judges at regional and national trained this year, an additional increase of 48%. This shows the overall programme has now supported a 280% increase in regional and national judges.

Safeguarding

Our work to create and ensure a safe environment for our gymnasts has continued with the club welfare officer roadshows, which upskill and educate – these continue to get positive responses regarding their value. Our connection with British Gymnastics is in place to provide clear and regular guidance and support. Welsh Gymnastics passed the post standards review with the CPSU and Sport Wales to ensure the organisation is operating in accordance with best practice.

Grassroots

Grassroots opportunities were once again a focus with the development team adding to the number of opportunities for gymnasts to compete, following the successful introduction on the area preliminary competitions in 2013. 2014 saw the launch of the Gymspire events. This increased the opportunities for grassroots participation to 8 across Wales. The Gymspire events saw 527 gymnasts participate from 18 clubs. The combination of area preliminary competitions and the national event saw 29 different clubs involved, with 1046 gymnasts taking part, proving this year to be our biggest number of entries into national Preliminaries of 419 gymnasts. Our Rotary Disability Championships was once again a success with a high level of participation of over 500 disabled gymnasts. This year also saw the next phase of partnership working with Cardiff and Vale College, where the students coordinated and led the delivery of many of the regional rounds and assisted with the successful running of the final held in Cardiff.

Collaboration

2014 saw Welsh Gymnastics looking wider than traditional partners, with the successfully formed partnership with Diverse Cymru, we have also seen community focused projects engage with Communities First, and StreetGames. This year we also continued to support the Urdd with their schools competition in Aberystwyth and Gemau Cymru and we continued our longstanding partnership with the Rotary Club and Disability Sport Wales. In terms of Business partnership our relationships with organisations such as Business Wales and the Welsh Cooperative have continued to provide strong guidance and support.



Social Enterprise

Facility Development

In the last year we have seen a significant rise in the number of clubs, affiliated to Welsh Gymnastics, adopting various business models to operate as a social enterprise. By working with dynamic organisations such as Business Wales and the Welsh Cooperative, clubs have been able to explore new ways of adopting a more professional legal and management status – whether that be as a registered Limited Company by Guarantee, Community Interest Companies or as a charity.

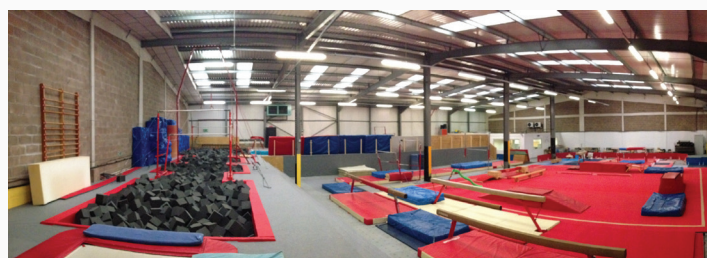
So what is a social enterprise? A business that aims to improve and support its community, tackle social issues and enrich the lives of the people who use it. Profits are reinvested back into the business, so when the business profits, society profits.

Due to the dramatic rise in the profile of our sport since London 2012, Welsh Gymnastics recognised that clubs were struggling under the weight of increased membership. Our goal in 2014 was to assist them by creating opportunities to increase capacity through facility development projects. Whether that be a club operating from a leisure centre moving to an industrial unit, or a club that has simply outgrown its current location, we have facilitated the communication between external partners to ensure sustainability and success of these projects.

Grant funding has helped our clubs acquire dedicated facilities which provide enhanced and safer training environments. In turn this provides a greater gymnastics experience for children and young people who engage with our sport. With this, comes an increase in membership, new employment opportunities and a dynamic hub for the community.

Clubs that have become social enterprises in the last 12 months include Somersault Gymnastics Club and Planet Gymnastics Club, both in Cardiff, Ynys Mon Gymnastics Club on Anglesey and Maldwyn Dragons Gymnastics Club in Newtown and Swansea Gymnastics Centre.

Adopting appropriate business models, along with clear and careful planning is no doubt going to play a major role in the future of sustainable community sport. Welsh Gymnastics will continue to support more clubs in their development, with the goal to see more clubs at the heart of local communities across Wales.



Somersault Gymnastics Club

- Cardiff

- Became Community Interest Company September 2014
- £29,000 Sport Wales Development Grant
- Relocated to a 12,000 sq ft dedicated facility
- Expansive class schedule now offered covering more disciplines
- Demand for two new full-time staff

Maldwyn Dragons Gymnastic Club

- Powys

- Became Company Limited by Guarantee
- £25,000 Sport Wales development grant, £4316 Laura Ashley fund for new equipment
- Fundraised £25,000 additional monies
- First rural gymnastics facility to operate in Wales Opportunity for a coaching apprentice

Ynys Môn Gymnastic Club

- Anglesey

- Became Company Limited by Guarantee Feb 2014
- £24,000 Sport Wales development grant, £9,000 Magnox and £33,000 VVP local community grant
- Moved from leisure centre to dedicated facility in Holyhead
- Membership increase from 41 to 261 since February 2014
- £17,000 fundraised to help with facility move Employed new Facility Manager



My Commonwealth

My journey to Glasgow had been a tricky one. I had every intention after London 2012 to retire, after having an operation on my hip but my coach, Jo Coombs, convinced me to get back into training once I had recovered. It was the best decision I ever made! In May 2014 I competed at the Rhythmic British Championships but didn't perform as I had hoped. Though in hindsight it was a blessing, as I left with a new motivation to re-focus and aim higher for the Games.

It wasn't until the good luck dinner held for the Welsh Gymnastics team that the anticipation for the Games kicked in. After a two-week training camp in Barcelona, I felt confident with my routines. We arrived in the Village four days before the competition began for podium training and a chance to get used to the scale of the Hydro Arena.

Entering the stadium as the Welsh flag bearer at the Opening Ceremony was a very special moment. I had no idea I had been chosen until the day before so there was no time for nerves! I remember the crowd were amazing and the atmosphere was electric.

We started competing the very next morning. It was an intense day of qualifications and plenty of nerves, but I secured my place in the finals for both the all-around and all of the individual apparatus.

We had a great team competition and day one ended with the most amazing news that Laura Halford, Nikara Jenkins and I had achieved a silver medal in the team competition. Standing on the podium with the girls by my side was a wonderful feeling.

It was also the first Welsh medal of the Games so it was even more special. With another big day to look forward to, celebrating was put on hold for physiotherapy, an ice bath and food before heading to bed.

Day two started with the All Around finals where Laura took bronze and I took silver. Seeing two Welsh flags raised high was an emotional moment for everyone.

Heading into the individual apparatus finals, on the last day of competition, I was already overwhelmed by our success but could never have imagined there was so much more to come!

By lunchtime I had secured a further three silver medals for my hoop, clubs and ball routines and finally that elusive gold medal with the ribbon. The sweetest ending to the competition.

The rest of the day passed by in a blur of press interviews and celebration. I stayed for the length of the Games to support the other Welsh gymnasts – it was a lovely opportunity to relax and enjoy the Games as a spectator.

The final cherry on top of my Commonwealth cake had to be receiving the David Dixon Award at the Closing Ceremony. Nobody knew, (not even my coaches!) so the look on my face when I walked out into the stadium was one of pure shock and pride. It was easily the pinnacle of my gymnastic career and a moment I will never forget.

Frankie Jones

Club Development Officers

Highlights

West

Victoria Jones

- Number of current clubs - 24
- Membership increase - 602
- Competitions - 9
- Elements Gymnastics Academy continues to grow and has seen an increase of 91 members
- Clubs in the West secured a total of £23,309 from Community Chest, while Swansea Gymnastics Centre, Maldwyn Dragons and Rees School of Gymnastics secured a total of £71,153 in development grant funding
- Llanelli Rhythmic has seen an increase of 62% in club membership due to additional coaches becoming qualified as part of the Rhythmic Legacy project

South Central

Holly Broad

- Valleys Gymnastics Academy have more than doubled their membership since April 2014, which currently stands at over 1100 members. The club continues to grow and develop in their Crumlin-based facility, as well as satellite sessions across Caerphilly, Blaenau Gwent and Torfaen
- Bedwas Gymnastics Club have successfully increased their membership by over 100 since April 2014 and continue to strengthen the club's infrastructure
- 368 gymnasts from 9 different clubs took part in WG South Central Development Competitions, including the inaugural Gymspire competition
- Annual Membership increase of 498
- Number of Clubs - 22
- Competition opportunities in South Central - 9

North

Ceri Sass

- Ynys Môn Gymnastics Club moved into their new dedicated facility in Holyhead, with now nearly 300 members and an increased class schedule
- Over 400 gymnasts took part in the two development competitions in the North - Area Preliminary competitions and Gymspire
- 3 new clubs registered in the area, bringing the total number of clubs to 22
- 50 qualified Sport Leaders that are now supporting their clubs and helping to increase participation

South East

Aled Jones

- Membership increase since 2014 - 380 new members
- Planet Gymnastics, Cardiff Central Youth Club, Somersault CIC have all undertaken facility development projects which resulted in membership increases, new facilities for coach education and national squad training
- Number of Clubs - 23
- Competition Opportunities in the area - 6
- South East Preliminary Championships - 161 competitors from 8 clubs within the area

Technical Committee Chairs' Reports



Women's Artistic Gymnastics

Introduction

This has been another successful for Women's Artistic Gymnastics. The Academy has gone from strength to strength under the guidance of Tracey Skirton Davies, Ioana Popova, Tina Billington, Olivia Bryl and Mark Calton.

Work Areas

Continual Coach Education is ongoing at all Development squad sessions for young coaches, which is now run by Olivia Bryl. The Welsh Squad system is now well established with a regular turnover of 45 gymnasts from all over Wales gaining places every six months in the various squads. The standard of young gymnasts is improving every year, demonstrating the success of the Coach Education that has taken place at these squad sessions.

There are three squads within the system
24 x Development – 6 – 8 year olds
14 x Preparation – Level 4, 3, 2, Espoire gymnasts
Commonwealth Games Squad

Achievements

Welsh Competitions

The WTC provide a wide array of competitions for all levels including Novice, Grades, Challenge Cup, Levels and Floor and Vault as well as our Welsh Championships – these competitions are all well attended by girls from all over Wales.

Regional and Club Judging courses are always well attended – demand still exists for further courses.

We now have 8 gymnasts who, as a result of their success on the British Competition circuit, have secured places in the British Squad system.

Commonwealth Games 2014

Team Bronze – Jessica Hogg, Raer Theaker, Lizzie Beddoe, Angel Romaeo and Georgina Hockenhull
Beam – Bronze – Georgina Hockenhull

Northern Europeans

Team Gold
Maisie Methuen 1st AA
Rebecca Moore 3rd AA

British Championships 2014

Espoire – Maisie Methuen – British Champion
Medals – Vault – Silver – Maisie Methuen
 Bars – Bronze – Maisie Methuen
 Floor – Silver – Maisie Methuen

British Voluntary Levels

Team Bronze – Level 3, Ella Davies, Chloe Weston, Isobel Thomas and Amelia Thomas

Committee Members

Chair

Sandra White

Vice Chair

Dorothy Neyland MBE

Secretary

Joanna Vazquez

Competition Organiser

Melissa Anderson

Judging Convener

Sarah Tooze

Coach Education

Nicola Lewis

Pastoral Care

Carol Sargeant

Kit Manager

Natalie Lucitt-Jenkins

Co-opted member

Tania Coray

Welsh Championships 2015

Espoire – Jolie Ruckley 1st AA, Sioned Thomas 2nd AA, Paige Thomas 3rd AA.
Junior – Maisie Methuen 1st AA, Latalia Bevan 2nd AA, Holly Jones 3rd AA
Senior – Raer Theaker 1st AA, Rebecca Moore 2nd AA

British Championships 2015

Junior – Maisie Methuen 2nd AA
Medals – Bars – Bronze – Maisie Methuen
 Beam – Silver – Maisie Methuen
 Floor – Bronze – Holly Jones

Celtic Cup 2015

Minors – Team Gold
Jolie Ruckley 1st AA, Zoe Simmonds 2nd AA, Paige Thomas 3rd AA
Juniors – Team Gold
Latalia Bevan – 1st AA, Emily Thomas 3rd AA

Comp & National Levels

Compulsory Level 4 – Team Bronze – Mali Morgan, Poppy Stickler, Jea Maracha, Katie Dovey
National Level 3 – Team Bronze – Menna Watkins, Chloe Weston, Ella Davies, Anya Niven.
National Level 2 – Team Bronze – Olivia Morgan, Sioned Thomas, Paige Sheen, Shauna Purnell
Olivia Morgan 2nd AA
National Level 1 – Team Bronze – Ffion Thomas, Nia Eales, Carlissa Alleyne, Macey Chapman

Men's Artistic Gymnastics

Introduction

Men's Artistic Gymnastics in Wales has been through its most successful period in recent years, in terms of growth in numbers of gymnasts and coaches. Following the great success at the Commonwealth Games the discipline has been through a thorough review of its programmes and activities with positive feedback received from the Sport Wales performance funding application.

Work Areas

There are currently two squad structures for gymnasts aged 6-11 years old; one preparation squad focusing on basic skill development and one development squad for more advanced skills aimed at gymnasts progressing down the MAG Grades pathway. The National Senior and Junior squads consist of 16 gymnasts, 9 of these are potential for 2018 Commonwealth Games. The junior gymnasts have been identified as having potential to compete at Junior British, Celtic Cup and UK School games competitions. We plan to continue training camps to give our gymnasts the opportunity to train with top GB Juniors.

We are organising MAG Coach Education Clinics around long-term planning, routine construction and advanced skill development.

National Championships have vastly improved now that Welsh Gymnastics have invested in its National Events Programme by using both BG Score and multimedia presentation teams. In turn we now need to attract more clubs to compete in our open events.

We now have a regular pool of qualified judges so the MTC now need to ensure the ongoing CPD of these committed judges.

Achievements

Commonwealth Games Glasgow 2014

Team Position 5th - highest ever placing

Individual All Around

Clinton Purnell - 7th

Iwan Mepham - 13th

Harry Owen - 20th

Individual Apparatus Finals

Floor Clinton Purnell 5th

Pommel Jac Davies 4th Clinton Purnell 8th

Rings Clinton Purnell 6th

Committee Members

Interim Chair

Andrew Morris

Development Lead

Aled Jones

Competition Organiser

Chris Jones

National Coach

Peter Haysham

Porto Cup Portugal May 2015

Iwan Mepham Gold on Floor, Silver on Rings

Jac Davies Gold on Pommel Horse

Jo Rowlands Bronze on Pommel Horse

Great Britain Elite Performance Squad

The following gymnasts were selected for 2015 squad;

Rhys Griffiths

Oscar Harper

Liam Beard



Rhythmic Gymnastics

Introduction

It has been an unprecedented year for Rhythmic in terms of achievements and development. Outstanding performances from 3 dedicated gymnasts – Frankie Jones, Laura Halford and Nikara Jenkins – at the 2014 Commonwealth Games, bringing home a total of 8 medals.

Special thanks go to the team involved;

Coaching Staff Nia Evans, Jo Coombs, Ioana Popova
Support Staff Manager Ann Bevan
Strength & Conditioning Matt Archer, Matt Craythorne
Physiotherapist Sian Knott
Dietician Felicity Hares
Psychologist Louise Jones
Physiologist Vanessa Davies

Work Areas

To reach more volunteers to help develop the discipline.
To increase numbers – there are currently 6 clubs offering Rhythmic gymnastics across Wales.

Planning is in place for 2018 Commonwealth Squad.
Talent Development launched the Future Hopes Programme starting with 25 gymnasts and 4 coaches including Francesca Jones, Rhiannon Elphick, Rachel Maguire and Olivia Davies.

National Squad

Coach Nia Evans 8 gymnasts

Development Squad

Coach Jessica Bolton 7 gymnasts

Preparation Squad

Lorelei Westcott 13 gymnasts

GB Squads

2 Senior gymnasts, 1 Junior gymnast, 3 Espoire gymnasts

Achievements

2014 Commonwealth Games

Team Silver

Frankie Jones - 1 Gold, 4 Silver

Laura Halford - 1 Silver, 2 Bronze

Nikara Jenkins - 1 Silver

Committee Members

Chair

Linda Thomas

Advisor

Jo Coombs

National Coach

Nia Evans

Frankie Jones also won the David Dixon Award as the outstanding athlete of the Games – a fantastic achievement and esteemed honour for Wales. Frankie was also runner-up for Welsh Sports Personality of the Year. Jo Coombs won Welsh Performance Coach of the Year and Nia Evans was the only judge out of the 4 Home Nations to be selected for the games.

2014 GB World Cup Events

Frankie Jones

Laura Halford

2014 Internationals

Frankie Jones

Laura Halford

Nikara Jenkins

Gemma Frizelle

Olivia Davies

Rhiannon Elphick

Casey Williams

2014 British Championships

Laura Halford - British Champion - 3 Gold, 1 Silver

Frankie Jones - 2nd AA - 1 Gold, 1 Silver, 1 Bronze

Nikara Jenkins - 8th

Gemma Frizelle - 9th

Olivia Davies - 11th

U/12 Abbie Hanford - 3rd overall & 3rd Free

2014 World Championships

Laura Halford

2015 European Championships

Laura Halford

GB Internationals

Laura Halford

Abbie Hanford

Welsh Internationals

Laura Halford

Gemma Frizelle

Carys Davies

Abbie Hanford

Evelyn Heis

Lavinia Bailey

Trampoline Gymnastics

Work Areas

The re-organisation of the TTC structure has had a positive effect upon the operation of the discipline within Welsh Gymnastics. There are three working parties under the umbrella of the TTC that work independently to look after our Domestic Competitions, Team Management and Technical Development, each with a committed and enthusiastic lead.

Technical Lead, Mark Samuels, has established a group of tutors and assessors that meet to organise a programme of courses and clinics to further the technical development, up-skill our existing, and qualify new coaches.

Our Team Manager, Sue Williams, has established our National Squad system with clearly defined criteria, aims and objectives.

The busiest group, the Competitions Working Party, under the guidance of Graiger Solomons, continue to provide a programme of domestic competition, linked to the BG competitions pathway. Long may this continue.

Workforce

Within the last year 39 Level 1 and 16 Level 2 coaches have qualified, while 8 individuals have completed Technical Modules of Level 3. Together with these a number of L1, L2 and Teacher's Award qualifications have been gained by students under the umbrella of Cardiff Metropolitan University. These young, newly qualified coaches will hopefully continue to spread the word and help to create a broad base for the pyramid giving more people the opportunity to participate in Trampolining.

Committee Members

Chair

Tony James

Team Manager

Sue Williams

Competition Organiser

Craiger Solomons

Technical Development

Mark Samuels

Achievements

The National Team has gained numerous successes in the past year at International events including;
DWH Cup in Gillingham
Friendship Cup in Prague
Home Nations held in Perth, Scotland

There were many outstanding performances, notably Zainub Akbar who represented GB at the Youth Olympics, held in China. In such auspicious company Zainub qualified for the final – a superb result. Zainub continues to develop as part of the GB squad and we wish her every success.



Disability Gymnastics

Introduction

Disability Gymnastics is yet again on the rise in Wales with more clubs throughout the country offering more opportunities to participate through disability specific or inclusive sessions. Clubs have increased awareness as many coaches have now accessed the Disability Awareness Module resulting in increased confidence in delivery.

Work Areas

With the support of Welsh Gymnastics staff, the Rotary Welsh Schools Disability Gymnastics competition was a great success, with the addition of a new regional round on Anglesey. Over 500 gymnasts competed, of which very few are in clubs – a project has now begun to encourage the gymnasts to join their local clubs. It is hoped that this will not only benefit the gymnasts but will also enhance the business of local clubs.

The Squad trials were held in September when the present squad was picked on their ability, although during the year some have lost places due to non-compliance with the rules. The squad is now made up of gymnasts through a variety of clubs throughout Wales.

Welsh Disability Championships were held in October 2014. With low numbers of gymnasts entering in previous years it was decided to open the competition to gymnasts throughout Great Britain. Gymnasts travelled from Jersey, Scotland, Northern Ireland and England with a high standard of gymnastics on display. This competition will continue as an open event in 2015 with stronger links being forged between clubs from the other home nations.

The 2014 Welsh Gymnastics Awards Evening welcomed a performance from the Welsh Disability Squad, which was well received by the audience.

This year saw the introduction of the discipline into Gemau Cymru with two female gymnasts and four male gymnasts selected for this prestigious event. The inclusion of the discipline in this multi-sport event will give a greater exposure to disability gymnastics.

Trampolining have included a disability category into their events calendar ensuring they cater for all.

This year has also seen Welsh Gymnastics recognised through the achievement of the bronze level of InSport Accreditation endorsed by Disability Sport Wales. The programme aims to widen opportunities, increase participation (either as gymnasts, officials, coaches or volunteers) and plays into the Sport Wales vision of every child hooked on sport.

Committee Members

Chair

Position currently vacant

Technical Lead

Kathryn Cope

Team Manager

Rachel Davies

2015 aims to be an exciting year for disability gymnastics with a restructure of the current artistic squad programme, additional coach education opportunities through formal and informal workshops, international links forged with the hope of an international competition programme to be in place for 2016.

Achievements

The last year has been busy and productive with the Welsh Gymnasts having many opportunities to compete.

British Disability Men's Artistic Squad

3 male Gymnasts selected

British Disability Rhythmic Squad

1 female Gymnast selected

British Disability Artistic Championships

3 Bronze and 1 Gold

NDPs in Leicester

Success seen in all grades with 4 distinctions, 3 merits and 1 pass



Aerobic Gymnastics

Work Areas

Our Welsh Aerobic Training Centre in Ystrad with its aerobic floor has continued to be a successful facility for both Welsh and GB squad gymnasts. In February 2015, it was the venue for the very first 'mini showcase' competition in aerobic gymnastics in Great Britain. The feedback from all clubs in attendance has been superb and the competition, run by the only Welsh Club, Martine's Action Pack, is scheduled again for next year.

Wales continues to have representation at GB Technical Committee level with Martine Griffiths as the appointed NCO. Our Welsh Aerobic Workshop has been well received once again with further days scheduled for next year where Welsh National Coach Caryl Griffiths will continue to focus on aerobic execution.

Judges

Brevet 2	Martine Griffiths (Martine's Action Pack)
National	Abigale Jones (Martine's Action Pack)
Regional	Barbara Jones (Martine's Action Pack)
Club	Marian Payne, Shea Jones (Martine's Action Pack)

Achievements

2014 British Championships

Most successful British Championships to date for Welsh Squad gymnasts. Our gymnasts took medals in all-but-one of the seven categories entered and we had 3 British titles and the NAC Cup winner for ND Female category.

Senior Female British Champion - Kayleigh Silva
ND Female British Champion - Emily James
ND Trio British Champions - Emily James, Teegan Owens-Anthony and Sophie Roberts
ND NAC category winner - Mia Bernardo

2015 Slovak Aerobic Open Championships

The following gymnasts represented Great Britain at the 2015

Slovak Open in April.

Senior IW - Kayleigh Silva
Group 2 IW - Georgia Davies
Group1 IW - Emily James
National Development IW - Teegan-Owens Anthony, Sophie Roberts
Brevet 2 Judge - Martine Griffiths

Committee Members

Chair

Martine Elaine Griffiths

Welsh Coach

Caryl Griffiths

Competition Organiser

Donna Davies

Welsh gymnasts were extremely well prepared for the competition and had top results and rankings, including a silver medal in the G1 IW category for Emily James.

2015 Welsh Open and Closed Championships

The Championships showcased all levels of aerobics, from grassroots through to elite G.B. squad. There were 250 competitors from all over Great Britain, with over 200 routines on the floor. All Welsh Squad gymnasts performed at the Welsh Championships with excellent results and podium positions in all-but-one category entered.

Current British Champion, Kayleigh Silva, won the senior title convincingly, achieving the highest score in all 3 areas of the sport - artistic, execution and difficulty. Kayleigh also had the highest total score of the Championships.

Emily James - Silver

Sorina Nistor - Gold

Mia Bernardo in G1 TR - category title and Gold medal

Teegan Owens-Anthony - Bronze medal in the ND category

Seren Jones - Silver in the FND category

Ruby Hill - Gold and category title for Pre-FND





Acrobatic Gymnastics

Introduction

Acrobatic Gymnastics in Wales is growing in both participants and clubs and this was evident at the Welsh NDP Championships.

Thanks to the increased numbers of entries and the amount of high profile events our sport is generating, our goal is to now fill the Technical Development Lead and all Area Representative positions on the committee to relieve some of the responsibilities from the current panel.

Work Areas

Welsh Squad System

Acrobatic Gymnastics now has 5 squads running on a monthly basis – a Junior and Senior squad in the North and a Prep, Junior and Senior squad in the South. These squad sessions are helping with the inclusion of more clubs, increasing opportunities for more gymnasts, development opportunities for coaches and improved performance levels of Welsh competitors.

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

Improved Events

Improvements from previous events have been taken forward, however the increase in participants means that we now need to review event venues to ensure increased numbers can be better accommodated.

Inter-club competitions held at Saltney Gymnastics Club and West Street Gymnastics Club are greatly appreciated, providing opportunities for our gymnasts to compete and prepare for bigger events and help raise our national standards.

Committee Members

Chair

Lisa Thomas

Competition Organiser

Debbie Lavender

Team Manager

Julie Jenkins

Workshops

The committee has been working hard to put into place workshops for performance gymnasts who are representing Wales. We will look to make these compulsory to raise standards, as they have proved successful.

Achievements

Welsh Acro gymnasts have been fortunate enough over the last 12 months to compete internationally in many countries including, Switzerland, Bulgaria, Geneva, Italy, Netherlands and Portugal. Our target, in line with Welsh Gymnastics, was to achieve more medals. We have once again improved on our success at British Finals taking 2 Gold, 2 Silver and 1 Bronze medal, beating our 2013 tally.

At the 2014 Pat Wade Classic, 3 out of the 5 Welsh partnerships made it into the finals.

8 gymnasts were selected to attend the British Gymnastics Performance Pathway Camp in Bristol and have subsequently all gone on to qualify for British Finals.

Team Wales achieved Silver at the 2015 Celtic Cup tied on points with Ireland, equaling their achievements of 2014, with 39 gymnasts earning their Welsh International Feathers and taking team medals totaling, 5 Gold, 12 Silver and 22 Bronze.

Bethan Dix has been selected to compete in the Senior Women's pair partnership for Great Britain at two Acro World Cups in Bulgaria and Geneva.

Tumbling Gymnastics

Introduction

The future is looking bright for Welsh Tumbling – we have seen over the past 12 months four new clubs across Wales have joined the tumbling discipline including Eryri Gymnastics Club, Maldwyn Dragons Gymnastics Club, Somersault Gymnastics Club and Cardiff Central Youth Club.

Work Areas

The Dragon Cup, which is a World Age Group FIG competition, proved to be a great success, as we extended invites to clubs from England to compete alongside our Welsh tumblers. We have given grassroot competitors more chances to compete by use of club invitational competitions, allowing them more frequent opportunities to practice new skills in a competitive setting.

Achievements

Five members of the development squad are now in the GB squad and Jac Perry, who is on the GB Squad, has been selected as part of the GB team for World Championships.

A number of Welsh tumbling gymnasts have qualified to compete at the British Championships with regional NDP competitions acting as qualifiers for the British NDPs.

