

ANNUAL REPORT

2016

Welsh
Gymnastics



Gymnasteg
Cymru



Welsh Gymnastics National Awards 2016

Non Olympic Emerging Talent

Jessica Morris
Bronwen Maine
Keira Wemyss

Olympic Emerging Talent

Oscar Harper

InSport Award

Rebounders Trampoline Club

Coaching Chain Award

Raer Theaker

Young Leader

Ethan Gauregui

Volunteer of the Year

Sally Corden

Community Coach of the Year

Adam Daniels

Lifetime Achievement Award

Carol Sargent

Non-Olympic Gymnast of the Year

Molly Brown

Inclusive Gymnastics Award

Bangor Gymnastics Club

Performance Coach of the Year

Adam Perman

Club of the Year

Valleys Gymnastics Academy

Olympic Gymnast of the Year

Maisie Methuen



Chair's Foreword

What a year 2016 has been - a year in which our sport has made significant progress in Wales. I am pleased that some of the key successes are outlined in the following pages of this report. I couldn't pick out just one, so I leave it to you to read about them all.

It has been a very productive 12 month and I am delighted to give my continued support to Welsh Gymnastics' outstanding board members and Chief Executive.

As a board, we are honoured to have launched a refocused strategy for our sport. We believe this strategy demonstrates our commitment to developing communities, exceeding performance standards and diligently govern the sport in accordance to the Governance and Leadership Framework. Our refocused strategy also demonstrates how well positioned gymnastics is to contribute to the Welsh Government's Future Well-being Generations Act.

I feel privileged to work in such a dynamic and inspiring sporting community. The commitment and dedication of the volunteers and club officials who work so hard, day in day out, never fails to amaze me. Collectively we all share the success of Welsh Gymnastics through its talented gymnasts and community clubs. You all inspire me and make me proud to volunteer and lead, alongside the unwavering support of the board and Chief Executive, the direction of gymnastics in Wales. Well done everyone and thank you all so much.

Our financial planning and management remains robust and reliant on continued investment from Sport Wales and Welsh Government which we are grateful for. Please refer to our Annual accounts for greater insight.

Our board recognises the need to continually assess the direction our sport is heading. We need to give our workforce every opportunity to develop gymnastics' communities and create future champions. In turn, those champions will inspire our young people, and those finding the sport later in life to be healthy and active.

As a board, we equally recognise the need to engage and understand the needs of our stakeholders. To this end, you will increasingly see board members at events and visiting clubs. The board has also commissioned a stakeholder perception survey over the summer. This survey will be led by an external provider and will help us evaluate the perceptions of our membership and wider stakeholders to ensure we communicate proactively and appropriately. I hope you will all contribute enthusiastically.

Finally, as we approach the Commonwealth Games in Gold Coast, Australia, in April 2018, may I, on behalf of the membership and the board of Welsh Gymnastics, wish all potential team members and coaches the very best in their trials and final preparation.

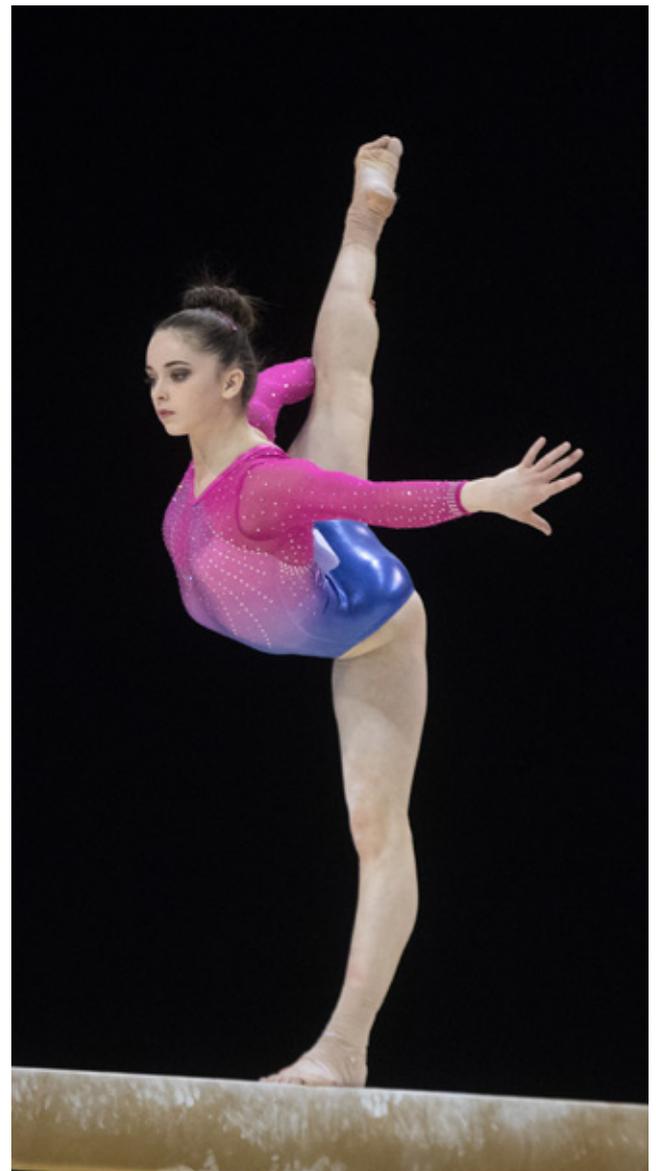
Board members:

Barbara Beedham
Sally Church
Lisa Gannon

Andrew Morris
Tracey Singlehurst-Ward
Bev Smith



Helen M Phillips
Chair



Chief Executive's Report

It's been another successful year of unprecedented growth for Welsh Gymnastics. Membership has reached another milestone of over 22,000 a further 10% increase on the previous 12 months and a 200% increase from 2011. Thousands of other children are participating in gymnastics in non-club environments all over Wales.

We have continued to strive to make gymnastics as welcoming and inclusive to all. During this period, we were the first governing body in Wales to be awarded the Disability Sport Silver inSport Award which recognises our work in giving more opportunities in gymnastics for disabled children. Fantastic Gymnastics our Butetown, Cardiff Gymnastics Club for women and girls from black and ethnic minority communities in partnership with Diverse Cymru continues to flourish with over 100 girls participating weekly and 5 of the gymnasts' mothers qualified as UKCC Level 1 Coaches. We are currently working towards the inSport Gold Award and the Advanced Equality Standard.

There were notable successes in Performance with Maisie Methuen who was the 2015 Junior British Champion transitioning to senior and winning the Silver All-around medal in the British Championships. The strength and sustainability of the Performance programme was further demonstrated as Wales won the Team Gold and All-around Gold in the inaugural Junior Commonwealth Gymnastics Championship in Namibia. The above successes showing that the investment into the House for Elite Gymnasts and Centralised programme is bearing fruit. To secure the best care and support to these elite gymnasts Welsh Gymnastics have formed a partnership with Action for Children to support us in ensuring the wellbeing and health of our gymnasts in squads and all clubs.

Our partnership with British Gymnastics continues to grow and strengthen and we are now working to further enhance the collaboration for the benefit of all our members.

Supporting clubs in improving and acquiring facilities continues to be a priority to enable Welsh Gymnastics to grow capacity and increase the opportunities available for children to take part. Notable work has been completed in North West Wales with Gwynjim and Bangor acquiring new facilities and Ynys Mon expanding its premises. This has led to hundreds more children taking part with many enjoying gymnastics through the Welsh language.

Gymnastics is a fundamental sport that gives every child key skills in movement and is where sport begins, and we are proud to be the first national governing body to pilot the Sport Wales physical literacy project. This will enable us to empower even more children to enjoy a fun, active and healthy life. We will also target children from more hard to reach communities.

All our work is centred around the 2022 Communities and Champions Strategy, with the 6 main goals of

- Medals at international event and Welsh gymnasts on the GB pathway
- Clear pathway for gymnast progression on every level of the sport
- Strong and vibrant community and performance clubs
- Excellent workforce for every level and discipline
- Even more members and participants enjoying quality gymnastics
- Gymnastics for all

Welsh Gymnastics continues to deliver evidenced outcomes on all our current 2022 strategic projects. But, we can only achieve success with the support of our partners especially the clubs, coaches, volunteers and gymnasts. So, thank you all for your support in 2016 in achieving our successes. We look forward to continuing working with you on the 2017 and future initiatives to ensure more children in more communities in Wales are healthy and active.



Rhian Gibson
Chief Executive



Champions Report

With the Commonwealth Games 2018 now less than a year away, 2016–17 was an important preparation period and one in which gymnasts have again achieved both domestic and international success across several disciplines.

Within the Olympic disciplines, the most significant areas of international achievement were Team Gold and All-Around Gold and Silver for both the women's artistic discipline and trampoline discipline at the inaugural Junior Commonwealth Gymnastics Championships in Namibia in October. This was the first event of this type and the first opportunity for trampoline to join the Commonwealth family. Whilst a relatively small event, it was a significant junior preparation event and some solid performances demonstrated potential from Wales' gymnasts. In addition, women's artistic gymnasts were again a force to be reckoned with at the UK School Games, a strong team performance resulted in a Team Gold, beating England to the top spot and a noteworthy step towards Commonwealth Games preparation.

2016 was an Olympic year and although Wales didn't have a representative in team GB for these games, Maisie Methuen and coach Tracey Skirton Davies, were selected as part of the 'Ambitions programme' and travelled to Rio. As a future Olympic hopeful, this opportunity provided Maisie with first-hand experience of the Olympic village and the games' atmosphere as part of her preparation for Tokyo 2020. In addition to Maisie's Rio opportunity, June saw Maisie crowned Wales' Rising Star, beating off competition from other young elite athletes from Wales. This was the first time a gymnast had won this Award and emphasises the profile and progress the sport has made over recent years.

As a Performance team, we continue to lay the foundations for building a world class system across all age groups in Wales to ensure more gymnasts are achieving GB pathway places and international representation. During this period, and within the Olympic disciplines, Wales has a total of 24 gymnasts in GB squads across the age ranges.

As part of the on-going strategy work and system building, the team identified that to achieve the performance goals within the strategy, early focus should be placed on creating and communicating a clear performance pathway model, with defined criteria available for every level. During this time, the focus was to gather evidence from established performance coaches across the UK to gain greater understanding of 'what is a high-performance environment'. The outcome of this work will provide a robust criteria for Welsh Gymnastics' Clubs working within each of the Olympic disciplines at each stage

of the performance pathway. The research findings were then communicated to the women's and men's community, with the other disciplines follow.

As part of Commonwealth preparation, the centralised programme for women's artistic and rhythmic continues to provide optimal training opportunities, whilst maintaining support for the girls' education. It is seen as an innovative approach by our partners, and to ensure the programme takes into account the holistic development of the gymnasts, a partnership with both Cardiff Council and Action for Children has been forged, focusing on all aspects of the girls' well-being during this phase of their careers.

In 2016, one of our long-serving performance coaches, Ioana Popova, left the WG for pastures new. Securing appropriate staffing levels and full-time facility provision is still challenging for the team in maintaining high performance structures and this area will continue to be a priority to ensure our gymnasts have the best possible system and structures in place.

Between May 2016 and April 2017, Wales participated in 10 international events across the Olympic disciplines – Men's Artistic, Rhythmic, Trampoline and Women's Artistic. Podium places were achieved at 8 of the 10 events reaffirming the potential these disciplines continue to show in achieving the targets at major Championships for Wales and GB. Rhythmic and Women's Artistic also had gymnasts represent GB at high level international events.

At British Championship level, Wales continues to make its mark. Across the 4 Olympic disciplines, Wales won a total of 30 medals, the most significant included a senior all-around medal and floor gold in women's artistic, senior pommel champion in men's artistic and 3 golds out of a total of 10 medals in the rhythmic senior category.

Non-Olympic disciplines also achieved notable success, gymnasts in Acrobatic, Aerobic and Tumbling achieved podium places in various age groups at relevant British Championships, along with GB representation within the aerobics discipline. Acrobatic gymnasts also competed internationally for Wales, achieving several podium finishes.



Jo Coombs

Head of Performance & Champions

Communities Report

Communities Report

2016 has again been another outstanding year for the development of gymnastics within Wales, with the growth membership resulting in more opportunities and children participating in gymnastics clubs and at community settings.

Club and Community Development

In partnership with Sport Wales, an investment of £123,808 has enabled clubs to further develop and grown their current provision through providing further coach education, developing new programmes and disciplines and new community facilities. This year has also seen 5 clubs move into their own facilities, 2 clubs expand their current facilities and 6 new community clubs open. Gwynjim based in Bethesda has now moved into new permanent facility and has already increased membership by 211.

2016 also saw the launch of the club passport initiative, mapping the way from Rio to Gold Coast and encouraging clubs to participate in a variety of competitions. The first prize for South America, was won by Buckley Girls Gymnastics Club, who received the prize of free tickets to Welsh Gymnastics' awards. This initiative will continue, with prizes awarded each quarter building up to the start of the Commonwealth Games in Gold Coast in April 2018.

Participation numbers in development competitions continued to grow with over 2400 gymnasts competing over the 4 regional areas. The discipline of TeamGym was introduced to the clubs with over 13 clubs, 47 coaches and 98 gymnasts taking part in a variety of workshops and training sessions, to explore and understand how it can be introduced into club programmes.

Partnerships

Community partnerships are vitally important to the growth of clubs, membership and the community of gymnastics. This year has seen Welsh Gymnastics continue its partnerships with Sport Wales, Welsh Government, Diverse Cymru, Disability Sport Wales, Social Business Wales, Arts and Business, Rotary and the URDD. New partnerships have also been developed to support clubs through DAS Law and Agility UK via British Gymnastics.

Workforce

The focus for workforce has been to strengthen our gymnastics' personnel and coach base. In an effort to achieve this, there has been a significant recruitment drive to ensure succession and growth within our tutor and assessor workforce. 12 people were identified to receive training across a number of disciplines and projects, and they will now be embedded into the tutor and assessor workforce throughout 2017.

Welsh Gymnastics launched its Creating Champions Rio Legacy Fund, to support coaches who are dedicated and contribute to strengthening the performance pathways in Artistic Gymnastics across Wales. This Fund will ensure there are more skilled personnel at every level of the gymnastics pathway. 7 coaches are part of this initiative.

With the aim of growing a strong and agile workforce, 2016 also saw the number of Sport Leaders trained increase to more than 1000, with evidence that many progress through the coaching pathway.

New workshops, such as Introduction to Team Gym and Coaching Clinics, on the new women's artistic code continue to be introduced to support the development of our workforce in a non-formal, coach education environment. Coach development modules, in partnership with Cardiff Met University, continue to develop with over 40 coaches attending a Coaching Mental Block workshop.

Equality

As a governing body we continue to explore and develop to provide opportunities for all to participate in our sport. Following the success of last years' Gym For All project, understanding what is needed and providing sporting opportunities for people with disabilities continues to grow. 27 clubs now have been awarded and recognised by Disability Sport Wales through the inSport accreditation, with Twisters South Wales and Rebounders awarded with the Gold standard. To support this growth and the growth of development competitions, a disability category has now been introduced to the 2017 preliminary competitions throughout the areas and at the national event.

Our Calls for Action projects to engage more girls from BAME communities continues to grow, and with a Club officially launched by Rebecca Evans AM in October 2016 and now fully established, it continues to draw more than 100 girls a week to participate in Gymnastics.

Equality will continue to be a priority for Welsh Gymnastics in the coming year and it will work on the great successes achieved already in 2016.



Carys Kizito

Equality & Compliance Manager



Facilities Report

Increasing capacity through facility development

Welsh Gymnastics will continue to drive participation growth by supporting clubs to increase facility capacity within the sport, which will have the knock-on effect of retaining gymnasts for longer. The development of increasing the amount of sustainable and dedicated gymnastics facilities by clubs, local authorities, leisure providers and other partners is a core part of this strategy, and provides the largest opportunity for participation membership growth. Facility development supports the complete participant pathway and aids sporting success and a strong and resilient sports sector.

Partnerships between Social Business Wales and similar organisations, ensures clubs have the support to become strong businesses and build resilient foundations. Welsh Gymnastics has supported many clubs who have made the transition from voluntary organisations to limited companies, with a board of directors and all of the regulatory administration that comes with it.

Over the last 12 months, North West Wales has seen significant growth in membership with Bangor & Gwynjim Gymnastic Clubs acquiring permanent facilities, while Ynys Mon Gymnastic Club expanded its current premises just a year after acquiring their permanent facility in Holyhead. As a direct result of this, membership at all 3 clubs has increased by more than 700 since November 2016.

Another success in the North West has been at Bangor Gymnastics Club. The Club had been based at Canolfan Brailsford in the centre of the town, since it was founded in 1981. The lack of capacity at its facilities meant that it had a very long waiting list and was having to turn participants away. After years of searching, fundraising and applying for various grants, the Club moved into its new home with new equipment in March 2016. Since then it's membership has increased from that of 270 in 2015 to 889 to-date.

Successes such as those seen in the North West need to be replicated around Wales to increase participation and ensure that club and local authorities facilities are fit for purpose and can fulfil need. To do this, Welsh Gymnastics will continue to learn from its peers, learning best practice from other NGBs and organisations who have faced a similar challenge. The surge in membership numbers seen by Gwynjim, Ynys Mon and Bangor demonstrate that when a new facility is provided, new people join our sport and retention is achieved.



Victoria Jones
Business & Facilities Manager

Club Development

Officer's Highlights

WEST

Joanne Gould

Number of clubs – 25

Current membership – 5386

370 gymnasts from 9 clubs participated in West Development competitions.

New affiliated clubs this year, Afan Lido and Olivia's School Rhythmic Gymnastics. Powys has also seen a new satellite club introduced in Crickhowell Community Sports Centre, where over 40 junior members participate weekly.

Neath Flyers secured a total of £8,300 Sport Wales Development grant for equipment to increase membership and competition opportunities.

In 2015, Carmarthenshire School of Gymnastics has seen membership increase by more than 230 members. The club has also introduced new Trampoline sessions which are already at capacity.

SOUTH CENTRAL

Kathryn Cope

Number of clubs - 23

Current membership - 5407

410 gymnasts from 10 clubs took part in South Central Regional Development competitions.

221 gymnasts competing from 7 clubs entered Gymspire.

Allstars and Barry YMCA have both received inSport accreditation Ribbons.

New affiliated club, Phoenix Dance and Gymnastics, Aberdare, offering Aerobic and general Gymnastics and CV Gymnastics, also in Aberdare, offering general and Artistic Gymnastics.

Zojo's inclusive Gymnastics, Pencoed, offering inclusive general Gymnastics classes.

Rebounders and Twisters SW have launched new satellite sessions in Merthyr Tydfil.

NORTH

Ceri Sass

Number of clubs – 21

Current membership – 5015

368 gymnasts from 9 clubs, including 16 disability gymnasts from Bangor Gymnastics Club and Ynys Mon Gymnastics Club, participated in North Development Competitions 122 gymnasts from 6 clubs competed in Gymspire 2016

Two new gymnastics facilities opened at Gwynjim and Bangor Gymnastic Clubs. Since opening its new premises in May 2015, Ynys Mon Gymnastic Club has extended its facility due to high demand.

Gwynjim, Bangor and Buckley Girls Gymnastic Clubs were awarded Sport Wales Development Grants to aid facility development.

Rhyl and Prestatyn Gymnastics Club received £5000 from the Millennium Stadium Trust Rugby World Cup Fund for new equipment.

Olympus Gymnastics Club Awarded Disability Sport Wales inSport Ribbon

Bangor Gymnastics Club awarded inSport gold, Inclusive Club of the Year and North Wales Club of the Year. It is the only sports club in Gwynedd to be awarded inSport gold.

SOUTH EAST

Carys Williams & Georgia Pike

Number of clubs – 27

Current membership - 4767

606 recreational gymnasts competed in SE Development competitions

21 South East members attended CPD workshops held at Cardiff Metropolitan University after setting up the partnership in 2015

New affiliated club, Gymfinity Gymnastics Academy, based in Tredegar, offering general Gymnastics, Women's Artistic, pre-school and cheerleading, in a new facility with over 200 members

After being awarded a development grant to expand their facility, Capital are now providing Tumbling and Team Gym sessions each week to maintain engagement of older girls in gymnastics.

After successfully obtaining funding from Sport Wales for Tackling Inequalities, Planet Gymnastics began an inclusion project in partnership with Woodlands and Ysgol Gyfun Glantaf with 22 children participating regularly each week.



Maisie's Year

Maisie Methuen has had another outstanding sporting year, having achieved the accolade of becoming one of Britain's most successful espoir and junior gymnasts in 2016. Maisie ended 2016 as Junior Women's British Champion.

She claimed the top spot following a solid competition on all 4 apparatus – vault, beam, uneven bars and floor – improving on her results from the previous year, when she claimed silver at the British Championships.

Maisie was also the highest ranking GB gymnast at the Junior European Championships 2016 in Bern, Switzerland. She just missed out on the All-Around medal, finishing 4th against a high quality field, and helped the European team to win a silver medal.

She was the first Welsh gymnast to have been selected for the European Championships since 2012, when future Commonwealth medallists – Raer Theaker, Angel Romao and Georgina Hockenhull – joined the junior team.

Maisie was then selected for the Team GB Olympic Association Ambition Programme for the Rio 2016 Olympic Games, and travelled to Brazil in August 2016. The Ambition Programme works with the sporting national governing bodies to offer athletes and coaches, who aspire to compete at Tokyo 2020, a unique opportunity to have an inside experience of an Olympic Games.

On her return, she won team Gold and all 4 individual apparatus' at the 2016 School Games National Finals – a major multi-sport event for elite young athletes - at Loughborough University in September, and was awarded the prestigious award for rising star talent in Wales.

She then travelled to Brisbane, Australia for a training camp ahead of Gold Coast 2018 Commonwealth Games 2018 in April.

Entering 2017 as a senior, Maisie made a great start by taking the Silver All-Around medal at the British Championships in March, as well as gold on the floor, becoming the British Champion and beating Olympian Claudia Fragapane.

A week later, she was named the highest scoring gymnast in the English Championships, and has been selected for the GB Senior Squad 2017, along with fellow Welsh artistic gymnasts Latalia Bevan, Alice Kinsella, Ellesse Oates, Megan Parker, Lucy Stanhope and Sophie Scott. Welsh Gymnastics' artistic coach, Tracey Skirton Davies, said: "It has been a great year for Maisie and with just under a year to go until the Gold Coast Commonwealth Games, Maisie and her fellow artistic gymnasts will be putting all of their efforts in to preparation and training for the event over the coming months. With Commonwealth selection events stacked up in the coming months, it is going to be a busy and intense few months."



Rebounders & Twisters South Wales

2016/17 has been a fantastic year for Rebounders Trampoline Club, who's aim is to provide inclusive trampoline classes to people of all ages and of abilities, Rebounders provides regular sessions for individuals and groups in many areas of South Wales including: Cardiff, Rhondda Cynon Taf and, most recently, Merthyr Tydfil.

In 2016, Heather Sargent, CEO of Rebounders' hard work and vision was recognised as she and the club won many awards. Heather won the British Gymnastics National Inclusive Gymnastics Award for her enthusiasm, commitment and dedication to making trampolining accessible to all. Rebounders won the inaugural inSport Club of the Year at the Welsh Gymnastics Awards.

Heather's constant commitment and dedication to provide trampolining for all has enabled more people than ever with disabilities to participate in trampoline gymnastics with over 200 children and adults now taking part in weekly classes in South Wales.

The team at Rebounders have worked closely with Welsh Gymnastics and Disability Sport Wales to maintain high standards of conduct within their daily work. Heather believes in maintaining the best quality of service for each of her members and to demonstrate this, she and her team at Rebounders have worked to become the first club in Wales to attain the highest level of inSport accreditation from Disability Sport Wales - inSport Gold.

Rebounders was subsequently named the inSport club of the year by Disability Sport Wales, with Heather being shortlisted for the Transforming Lives Award.

Maintaining the aim to develop the Club's mission to provide trampolining for all, it has developed a competitive branch to Rebounders called Twister South Wales. This Club involves mainstream participants, as well as those who have physical and learning disabilities, competing in friendly, regional and national trampolining events, with many of them qualifying for national finals. Twisters SW, also an inSport Gold accredited club, has more than 100 members regularly training and competing for the club across Cardiff, Rhondda Cynon Taf and Merthyr Tydfil.

Welsh Gymnastics, Sport Wales and many other partnership organisations have supported Rebounders and Twisters SW over the past year through community chest grants and fundraising. This funding is vital for the growth and success of trampoline opportunities, coach education and club development. The most recent fundraising event involves the coaches taking part in a sponsored skydive with an aim to raise £25,000.

In March 2017, the club took over Elev8 club sessions when the trampoline club ceased to operate. The young people of Merthyr Tydfil are now enjoying new sessions by Rebounders and Twisters SW. The club is already working hard to increase its visibility within the area with its membership growing each week. There are regular sessions taking place at Greenfield Special School and Pen Y Dre High School with more plans for the opportunities to continue to grow.

The First

Governing Body
in Wales to achieve the
Intermediate Equality Standard

Top Level

Safeguarding
Level 3

The First

Governing Body
to achieve Silver Level
InSport

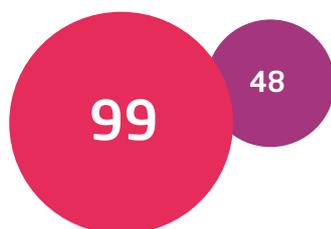
Number
of Members

13,000

2014

22,000

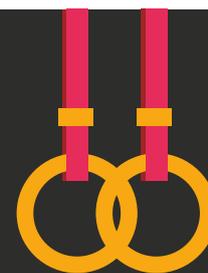
2016



- Clubs
- Satellites

10,863

Gymnastics participation
in leisure centres



Recreational
Competition
Participants

2015 2016



890
Sport Leaders

2,412
Coaches

19.7%



60,000

Number of 7-16 year olds in
Wales participating in gymnastics

Sport Wales school sports survey results 2015.

2016 Website Hits
276,500

8132

Social Media
Followers





Women's Artistic Gymnastics

It has been another successful year for Women's Artistic Gymnastics (WAG) at all levels. There have been some significant results on the National and International stages and the Women's Technical Committee would like to congratulate all gymnasts, personal coaches and national staff for their results in 2016/17.

The Welsh WTC and the Area committees provide an array of competitions for all levels. The events are well attended by girls from all over Wales and have been supported by Welsh Gymnastics' staff. In 2016, we adopted an Out of Age level structure, which was successful in providing appropriate competitions for all ages and abilities.

Continual Coach Education continues at all Development squad sessions for young coaches, which is run by Olivia Bryl and supported by Mathieu Poissennet. The Welsh Squad system is well established with a regular turnover of 45 gymnasts from all over Wales gaining places every 6 months in the various squads. The standard of gymnasts is improving every year, demonstrating the success of the Coach Education taking place at the squad sessions.

Tina Billington is working to help bridge the gap in North Wales with squads and coach education. This has been extremely positive with increasing numbers of gymnasts attending Welsh Development Squads.

When it comes to club level competitions we still have some challenges in terms of venue size and the high level of entries. The WTC has been working with clubs to secure venues for competitions but this is still a work in progress. There are also some challenges around the recruitment and development of judges at the lower levels. The issue is being tackled by a commitment to judge education and open access to a range of development and regional squad sessions.

At a higher level, it has been fantastic to see Sarah Twose qualify as a Brevet judge, strengthening the high-level judging community in Wales. The WTC would like to take this opportunity to thank all judges for the time given to the gymnastics community in Wales – your contribution is invaluable.

Melissa Anderson

Competition Highlights

European Championships 2016

Team Silver
4th AA, 5th Beam - Maisie Methuen

Junior Commonwealth Games 2016

Team Gold
Gold AA - Emily Thomas
Bronze AA - Maisie Methuen
5th and 7th AA, Vault Gold, Floor Gold, Bars Gold

Junior British Championships 2017

Bronze AA - Jolie Ruckley
Silver, Floor - Zoe Simmons

British Championships 2017

Silver AA; Gold, Floor; Beam 4th - Maisie Methuen
Silver, Vault - Holly Jones
Silver, Beam - Latalia Bevan

School Games

Team Gold
Gold AA - Latalia Bevan
Silver AA - Maisie Methuen
Gold, Bars; Beam; Floor and Vault - Maisie Methuen

Northern Europeans

Gold, Bars - Emily Thomas

Competition Highlights

2016 British Elite and Club Development Grades Finals

Elite Level 4 Team Gold
Elite Level 1 Team Silver
Club Level 2 Team Gold
Elite Level 4 Individual Bronze
Club Level 2 Individual Gold
Club Level 5 Individual Gold

2016 Northern European Championships

Clinton Purnell – Gold, Vault; Silver, Floor
Jac Davies – Gold, Pommel Horse

2016 School Games

Josh Cook – Gold, High Bar

2017 Porto Cup

Liam Beard - Silver AA (youth), Bronze, P Bars
Jacob Edwards - Bronze AA (youth), Gold, Floor
Oscar Harper – Bronze, H Bar (youth)
Jac Davies – Bronze, Pommel Horse (Masters)
Emil Barber – Gold, Vault (Masters)

2017 British Championships

Jac Davies – Gold, Pommel Horse



Men's Artistic Gymnastics

The Men's Artistic Gymnastics (MAG) discipline is currently undergoing a review of the way it operates, with a view to producing a vision for the future in the form of the "Men's Artistic Performance Strategy", to be complete and ready to be implemented in 2018.

As part of this process, consultations have been taking place interviewing key players within Men's Artistic Gymnastics across Britain. After reaching conclusions from the interviews and research, Clubs will be requested to provide feedback on where they see themselves placed along the performance pathway. An action plan can then be produced which will best meet the vision, mission and objectives of the strategy.

Over the past 12 months, the Men's Technical Committee (MTC) has implemented the following 3-tier squad programme for gymnasts aged 6-14 years: -

- Preparation Squad (6-9 years old) – Monthly training
- Development Squad (9-14 years old) – Monthly training
- Elite Performance Squad (9-14 years old) – Weekly training

There are currently 60 gymnasts engaged in this squad structure, led by Adam Perman, from 11 clubs across Wales. The Welsh National Squad (Juniors and Seniors) operate monthly under Welsh National Coach Peter Haysham, and their main focus is now on the 2018 Commonwealth Games in Gold Coast, Australia.

The MTC have also developed a grades resource named the 'Welsh Preparation Grades', which sit below the British Elite and Club Development Grades (6, 7 and 8 years old). The aim of these grades is to encourage sound fundamentals and physical preparation across the apparatus prior to the elite/club grades pathway.

The committee has been involved with the following events this year:

- Welsh Championships
- Gemau Cymru (Multi Sport Competition)
- Welsh Regional Grades – inc. Preparation Grades
- MAG Floor and Vault

With the New Olympic Cycle starting and the updated Code of Points now in circulation, the process of re-qualifying our judges is under way and we are fortunate to have 2 newly qualified International Brevet judges to assist in rolling out our club and regional courses. Congratulations to Jan Davies and Paul Edwards.

Andrew Morris



Competition Highlights

British Championships

Laura Halford - Senior 3rd, 2 Gold, 1 Silver, 1 Bronze
Gemma Frizelle - Senior 4th, 3 Silver
Carys Davies - Senior 5th
Abigail Hanford - Junior 4th
Elizabeth Popova - U/10 Champion, 2 Gold
Isabelle Timmins - U/10 3rd, 1 Bronze
Eirlys Jones - U/9 Champion, 2 Gold

Rhythmic Gymnastics

I will begin by thanking the people who help to keep Rhythmic Gymnastics on track, because without their input this discipline wouldn't evolve and the squads wouldn't improve. The Future Hopes programme is working well and the coaches, volunteers and staff at Welsh Gymnastics are doing a great job.

We said farewell to our National Choreographer Ioana Popova this year. Ioana raised the bar when it came to choreographing floor and beam routines, and her work resulted in many of our gymnasts' scores improving.

I would also like to commend the gymnasts who are part of the Commonwealth programme for their dedication and commitment, as well as their parents, who are always very supportive both financially and emotionally. Unfortunately, a few of our Commonwealth gymnasts have had injuries in the past year which have affected their results, but all of the gymnasts are now working towards the British Championships in July, as well as internationals and selection for the Commonwealth Games.

In the next year, we will be focusing on developing our Welsh Junior, Senior and Espoire Groups. We will also be looking at qualifying more judges at all levels.

On the domestic front, it is great to the improvement achieved in terms of gymnasts reaching British Championships as individuals, groups and British Grades Finals and Elite/National Group leagues. British Group leagues have grown in participation over the past year and it is great to see Llanelli, Barry, Planet, Deeside, Swansea and CCYC taking part, and qualifying, for both the British Championships and Nationals.

Linda Thomas

Competition Highlights

Young Commonwealth Gymnastics Championships

India Marshall – Junior Individual - Gold
Kayla Smith – Junior Individual - Silver

Alpen Cup

2 Gold
2 Silver
3 Bronze



Trampoline Gymnastics

As retiring Chair of the Trampoline Technical Committee, I have had the privilege of working with many enthusiastic and committed people. Through the committee's hard work, the provision for Trampolining in Wales has blossomed. The reorganisation and new 2-tier system has enabled real progress in the sport.

In 2016, the National Squad, now well established under the guidance of Team Manager Sue Williams and National Squad Coach Sue Lawton, competed at four international events. The Cascais Cup in Portugal, the Dave Ward-Hunt International in Gillingham and the Alpen Cup in Austria. In the Alpen Cup, Wales won 2 gold, 2 silver and 3 bronze medals.

The highlight of the year was the first Junior Commonwealth Gymnastics Championships in Namibia in October. The event, which included teams from Canada, South Africa and Malaysia, was a multi-discipline event. The Individual Trampoline team of India Marshall, Kayla Smith, Leah O'Connor, and Katie-May Davies were victorious and returned home as Junior Commonwealth Champions, with India taking individual gold and Kayla silver.

The Competition Working Party, under the leadership of Craiger Solomons, has been very busy working at a high level, continuing to provide a comprehensive domestic competition structure, embracing the NDP system linked to the British Gymnastics Competition Pathway.

The Technical Working Party, under the guidance of Mark Samuels, has made a huge contribution to technical development. From liaising with Welsh Gymnastics, organising and enthusing our group of course directors and assessors, providing a comprehensive programme for coach and judge education, alongside technical workshops and clinics to further the knowledge and confidence of our volunteer coaches and judges. Mark was also involved in the discussions about the inclusion of Trampolining as a gymnastic discipline in the Commonwealth Games. This is invaluable work which we need to ensure continues.

Tony James

Disability Gymnastics

Disability Gymnastics is going through a period of development, transition and growth throughout all disciplines. This is evident through the results disciplines are reporting at Regional and National level.

WG has recently introduced a disability section to all Regional and National development competitions which has led to some real steps forward in developing disability gymnastics throughout the disciplines.

Disability Gymnastics is currently under review and the technical committee will be formulating new pathways and links throughout the disability community and looking at introducing Physical Literacy at the end of 2017.

WG also supported the Welsh Schools Trampoline Novice and Elite competition which saw 13 children take part. A commendable performance by Chiara Molinaro who had the highest score of the day, showing a real improvement and saw her through to the British School Championships. This competition saw an increase in overall attendance with many Welsh gymnasts competing and gaining podium places, bringing home medals and British Schools titles. Welsh Disability championships held alongside the Men's Artistic Championships saw three very strong competitors, each placing on the podium in their respective age groups and categories.

More than 600 competitors took part in WG's School Rotary Competition and a huge increase in participants in the North Area. Welsh NDP Disability trampolining saw a further increase in the gymnasts entering, with children competing to represent Wales in the semi-finals in Birmingham later in 2017.

Maria Gaynor

Aerobic Gymnastics

Aerobic Gymnastics has had another positive year on the international stage with Welsh Gymnasts Nancy Law, Seren Jones and Molly Brown, continuing to develop as part of the GB squad programme.

2016 saw the annual Aerobic Competition re-branded as the Cardiff Open. This was a hugely successful competition, with 326 gymnasts participating from clubs across the UK. Welsh gymnasts had a positive competition, with George Richardson winning Gold in the Group 1 Individual Male category, Molly Brown taking Gold with her team in the FIG Group 1 category, and Nancy Law gaining Silver in the National Development Individual Women's category.

This winning streak continued in to the British Championship series, with all 3 gymnasts repeating their success at the Welsh Open. Medals were also claimed by Welsh gymnasts at the 2016 Aerobic Alex Strachen Cup, with Molly Brown and Nancy Law both being awarded Gold in their categories.

The year was rounded off with Molly Brown being recognised for her achievements, by winning the Non-Olympic Gymnast of the Year at the Welsh Gymnastics awards.

Kathryn Chadwick

Competition Highlights

Rotary Champions

Angel Eames U11 Cat 1 – GOLD
Brandon Diamond U14 Cat 1 - GOLD
Sharmeela Bragg U11 Cat 2 - SILVER
Chiara Molinaro U14 Cat 2 – GOLD

British Gymnastics Disability

Artistic Championships:

Competition B Women's Junior:

Isabel Price, RSD Gymnastics, silver all-round competition, Gold on vault, bars, floor and silver on beam;
Holly Hutton, Haverfordwest, silver on vault
Bethany Paull, VGA, gold on bars, silver on beam, and bronze on floor;
Grace Evans, Haverfordwest, silver on floor, bronze on beam.

Competition B Women's U12

Catalina Cooksey, Neath Afan Gymnastics Club, silver all-around, silver on bars and beam and bronze on vault;
Jaycey Elliot, Haverfordwest, 6th all-around.

Competition B Men's U12

Joey Jones, gold all-round, Gold on pommel, vault, parallel bars and floor, silver on rings and high bar.

Competition B Mens Junior C1

Anthony Triebel, Swansea Gymnastics Club, 1st all-around, gold on rings and parallel bars, silver on floor, high bar, pommel horse and vault;
Jayden Elliot, Haverfordwest, 4th all-round, silver on vault and bronze on rings and parallel bars.

Competition A Mens Junior C1

Tyler Satterley RSD Gymnastics, gold all-round and gold on every piece of apparatus.

Acrobatic Gymnastics

The past year have been very busy for Acrobatic Gymnastics with the change to the new Code of Points and National and International Development Plans. There have been training sessions, coaching and judging updates across Britain. Everyone involved has worked extremely hard to attend events, courses and workshops to ensure that knowledge within Wales is kept at a high standard and qualifications are kept up to date.

We have continued to run an established, comprehensive competition calendar to coincide with national events preparation and selection. Acrobatic Gymnastics has worked to develop their squad system using the British Gymnastics Performance Pathway as a guide and currently has 4 squads running monthly, a Junior and Senior squad in North and South Wales.

Improvements from previous events have implemented into our Welsh Competitions. We are continuing to learn from every competition and are very appreciative of the volunteers who are making the events possible to run.

Lisa Thomas

Tumbling Gymnastics

Tumbling is growing in Wales with new clubs attending and competing at all levels throughout the domestic programme of competitions. With a newly formed committee, the discipline will be looking at developing, growing and sustaining tumbling throughout Wales.

This year saw an unprecedented number of young tumblers competing in Spring Series 1 and 2, with 12 Welsh tumblers participating in the first and second qualifiers for elite pathway gymnasts.

26 gymnasts qualified for the individual finals of the NDP Championships, with Wales as a region placed 5th. The Championships saw Welsh tumblers win 3 gold, 3 silver and 3 bronze medals. The Welsh NDP was also very well attended, with 39 gymnasts from 10 clubs representing Wales in the next stage of the competition.

The Welsh Tumbling Open/Closed Championships were attended by Revolution Gymnastics Club and Sandwell Gymnastics Club from the West Midlands, and following positive feedback and will be continuing next year. The British Championships proved another successful competition, with 4 elite tumblers qualifying and Michael O'Donnabhain from Aberystwyth gaining a bronze medal.

Maria Gaynor

Competition Highlights

British NDP Finals

British Championship Series

Gold for 13-19 Women's Pair
Bronze for 13-19 Women's Group
Bronze for 12-18 Women's Group

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

British Tournament

Gold for Senior Mixed Pair
Silver for 13-19 Women's Pair
Silver for 11-16 Mixed Pair
4th for 13-19 Women's Group

Rzeszow International Cup

Gold for 8-14 Women's Pair Rebecca Davies & Summer Painter

Silver for Women's Group Millie Jackson, Georgina Matthews & Mia Jenkins

Bronze for 11-16 Women's Group Jessica Morris, Bronwen Maine & Keira Wemyss

2nd for 13-19 Women's Pair Lowri Evans & Olivia Street

Celtic Cup

Grade 3 Team Silver
Grade 4 Team Silver
Grade 5 Team Gold
IDP Team Silver
11-16 Team Silver
FIG Team Silver

Competition Highlights

Regional NDP Individual Finals

26 Welsh entries

Regional NDP Team Finals

39 Entries

Spring Series 1

12 Welsh entries

Spring Series 2

12 Welsh entries

British Tumbling Championships 2016

4 Welsh entries
Michael O' Donnabhain – Junior Comp - Bronze

1 Bronze