



Annual Report
2012

Annual General Meeting Chair of the Board's Foreword

Chair: Helen Phillips



Board Members:

Technical Director	Andrew Morris
Membership Director	Dorothy Neyland MBE
Finance Controller	David Vickery
Education Director	Judith Davies
Development Director	Elaine McNish
Commercial Director	Tbc

Thank you for supporting Welsh Gymnastics (WG) for another year. 2012 was again an outstanding year for our magical sport.

Without the support of our clubs driving our sport to the forefront of community activity we simply could not have achieved the record results that we are publishing today. With the support of Welsh Gymnastics staff we are now establishing strong and stable networks across Wales enabling every child to expand their physical literacy skills and be called a 'Gymnast'. Clubs are thriving; Gymnasts are excelling because of the commitment and dedication of the club officials, coaches and judges, parents and associated WG volunteers and staff.

With thanks to Sport Wales' financial support we have been able to support the membership with additional investment into programmes, clubs and people across Wales delivering the strategy that our members set. This couldn't have been achieved without the proactive partnerships with Local Authorities and dynamic organisations such as NSPCC, Urdd and Rotary.

The modernisation of the Area and Technical committees are well underway and once fully established will even further cement the footprint that gymnastics throughout Wales is making. With the continued excellent work of our national coaching staff we see stronger long term athlete development programs available across Wales efficiently communicated.

Corporately we are acknowledged as a very progressed governing body. We have an excellent team of competent, professional volunteers on our Board who guide, support and challenge the strategy, policies and financial planning that our members empowered us to facilitate on their behalf. As with any good governance progression is critical and succession plans are in place for key roles on our board. Our relationship with British Gymnastics remains strong and collaborative with mutual respect and support for each other's purpose.

WG's trading position continues to improve with an increase in revenues generated from its membership activities improving WG's financial position. This growth, combined with increased investment from Sport Wales, has enabled WG to grow and strengthen its programmes and continue to plan and invest in the future. Moving forward attention will be focussed commercial campaigns that will of regional and national benefit.

Along our journey there have been so many committed volunteers and staff that have helped me grow this organisation to what it is today. We are one of the leading sports in Wales and as such now have an infrastructure in place to take Welsh Gymnastics to its next level.

Many new members of staff have joined us in the past 18 months and the following reports detail the contribution they and their teams have made. Closely supported by the board these people will assist you achieve your personal aspirations as gymnasts, coaches, judges or officials and help you grow your club into the hub of the community.

We will together increase the profile of our sport in Wales and ensure we continue to provide a safe environment for the children to participate and become elite gymnasts or superstars in other sports. We all know 'Gymnastics is where sport begins!'

Thank you to you all. I look forward to working with you in 2013 / 2014.

Written by: Helen Phillips

Annual General Meeting Chief Executive Report

Chief Executive: Rhian Gibson



More Members, More Medals

Our vision was certainly being realised in 2012 - a year of amazing growth and success for Welsh Gymnastics.

We saw an increase of 25% in our membership to 11,521. By the end of this financial year it stood at over 12,000. This significant increase in female members especially means that for the first time ever Gymnastics holds the largest female membership of any Sport in Wales.

With the Glasgow Commonwealth Games 2014 coming ever closer - our targets for medal successes in preparation were also well surpassed. More podium places were achieved in international events across our Olympic Disciplines. The Welsh impact on British Teams was also significant.

2012 was one of the greatest years for Sport in the UK with the London Olympic and Paralympic Games. Welsh Gymnastics were nationally recognised as one of the main successes in attaining a strong and sustainable legacy in Wales. We welcomed the Olympics and raised awareness through the Olympic Event in Llandudno and the Ol-gym-pic Gala in Cardiff and continued to work with clubs during and after to grow capacity and members

Frankie Jones 7 times British Rhythmic Champion flew the Welsh Gymnastics flag in London. I am delighted that Frankie has now relocated to Wales and is back in training with the support of Sport Wales and Welsh Gymnastics.

As well as growing our membership - the number of gymnastics clubs in Wales has risen from 86 to 98, we have more coaches available to train our gymnasts and an exciting Young Leaders in Gymnastics course was launched with Sports Leaders UK.

The impact the Development Team are having on the ground in assisting sustainability and growth in clubs is excellent. The team enabled a record amount of money from different sources and grants to be attained and used by clubs across Wales. But, we still want to improve our services and results therefore we have been conducting more research and asking for more feedback on our work to ensure further growth in the future.

The Olympics also opened the door to a significant amount of media attention for our Sport. Welsh Gymnastics profile is higher than ever in the Welsh media with programmes, features and events on television, radio, on-line as well as in newspapers and magazines on our gymnasts, clubs, initiative and successes. This is a great marketing tool in attracting people to our sport leading to higher participation levels.

We also raised the level of communication with our partners, stakeholders and gymnastics family with a launch of a new newsletter and increased use of our web-site and social media.

As strides were taken to improve the governance of our Sport, Welsh Gymnastics worked with Technical and Area Committees to re-structure and to work more closely together to support the various disciplines and ensure strong regional structures.

One of my priorities for the year was to negotiate and agree a working and financial partnership with British Gymnastics. This has taken a great deal of time and effort, but I am pleased that we have now agreed in principle on a way forward, which I believe will further strengthen Gymnastics in Wales for the future. I am looking forward to sharing the details with you very soon.

Partnerships have been of paramount importance for the success of our work this year. I am extremely grateful for all the support and guidance given to us by our main partner Sport Wales, without their contribution we would never have achieved so highly. Other partners who have played key roles in our work are Welsh Government Regional Business Services, Local Authorities, Wales Co-operative centre, Chwarae Teg, Cardiff Metropolitan University, the Urdd, Rotary and many schools. We hope to grow these relationships and nurture new ones in the future.

Welsh Gymnastics has a great staff team. They have worked relentlessly this year in ensuring that WG has achieved and passed their targets. I would like to thank all the staff past and present for their commitment and passion throughout the year.

The support and guidance of the Welsh Gymnastics Board has also been invaluable. As a critical friend the Board has ensured that our decisions have been clear and transparent and our processes strong and robust.

Volunteers remain the lifeblood of the organisation, without the commitment, time and energy of our volunteers, coaches, judges and officials Welsh Gymnastics would not survive - their contribution is priceless. I hope that as Welsh Gymnastics further strengthens as a National Governing Body that we can support our volunteer workforce to grow and continue supporting Gymnastics in Wales.



Welsh Gymnastics has raised its membership, medal tallies and profile this year our ambition is to continue to raise our standards in all fields to make 2014 an even better year for Gymnastics in Wales.

Written by: Rhian Gibson

Annual General Meeting Performance and Excellence Report

Head of Performance and Excellence: Jo Coombs

2012 through to the beginning of 2013 has again shown the standards of elite gymnasts and programmes improving within Wales. The performance team has grown to 8 full time staff in order to ensure our overall targets of 'more medals' is achieved. With Glasgow 2014 Commonwealth Games just over a year away and ambitious targets set, the main focus of the team is in the preparation for the Games and maintaining the current standings with the GB squad structures. Alongside this, the continued planning, development and succession beyond 2014 is crucial to carrying on the sustained success all disciplines are currently achieving.

A podium place at every international event

Between April 2012 and March 2013 Wales participated in 11 international events across 5 disciplines - Acrobatic (Acro), Men's Artistic, Rhythmic, Trampoline and Women's Artistic. The success rate of podium places across these events is 91%, confirming the potential these disciplines show in achieving the target of a podium place at every international event by 2020.

In addition to this Aerobics, Rhythmic and Women's Artistic had gymnasts represent GB at high level international events including Aerobics World Age Groups, Rhythmic Europeans, World Cups and Olympics and Women's Artistic Junior Europeans in which they narrowly missed out on a team medal.

At senior British Championship level, Wales is also making an impact. Within the 3 Commonwealth disciplines medals were achieved. The most significant of these is the Senior AA rhythmic champion, Frankie Jones, taking her 6th British title, Clinton Purnell replicating his medal performance on vault from the previous year and Raer Theaker and Georgina Hockenhull taking individual apparatus medals at their first senior British Championships.

Here is a snapshot of successes of how we are surpassing our 'more medals' targets. Further results are detailed within each technical committee report.

Men's Artistic	Northern Europeans	Clinton Purnell AA Silver Individual apparatus medals - Vault 1 st , Rings 2 nd
Women's Artistic	Celtic Cup	Junior & Minor Team Gold Kiera Brennan Junior AA Gold; Georgina Hockenhull Silver & Rebecca Moore Bronze; Eloise Aitken Minor AA Gold; Rhyannon Jones Bronze

	Northern Europeans	Team Gold Angel Romaeo AA Silver Individual apparatus medals - 2 nd vault; 3 rd bars; 1 st & 3 rd beam; 1 st , 2 nd & 3 rd floor
Rhythmic	Super Cup, Hungary	Laura Halford Senior AA Gold & Gold on all apparatus Nikara Jenkins Junior AA Silver & 3 rd Hoop; 2 nd Ribbon
	Millennium Cup, Canada	Laura Halford Senior AA Gold & 2 nd on hoop & ball; 1 st clubs & ribbon; Nikara 3 rd ball & 2 nd ribbon
Trampolineing	Dave Ward Hunt Cup	Junior Girls Team, U21 Team, Senior Ladies Team Gold; Senior Men's Team Youth Girls DMT Team Gold Rhianna Andrew 1 st Junior Girls; Bethan Williams 1 st Youth Girls DMT;
Acro	Winterthur Cup, Switzerland	Silver Youth mixed pairs Bronze Junior Mixed Pairs Bronze Junior Women's Group

A world class system that identifies and nurtures talent

To ensure the succession of elite gymnasts within Wales, Welsh Gymnastics has invested in personnel to research the identification and development of talent. Women's Artistic have started the process with running talent days, building a programme and providing coaching clinics, and Rhythmic will be developing a similar programme to assist clubs provide the right coaching environment and skills once identification is made.

It is hoped a resource can be produced alongside mentored identified coaches specifying the environment, hours, characteristics and skills that is conducive to developing talent.

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. Judging still poses a problem within a number of disciplines, however Welsh Gymnastics is putting in place a judging programme to ensure clubs can provide the appropriate judges to support events. At a performance level the international Brevet judges have been supported by Welsh Gymnastics to maintain their qualification. Congratulations go to all of these judges in gaining their level of qualification and enabling Wales to continue to provide judges internationally for both Wales and GB.

Welsh Gymnastics' aim to improve the experience at competition and provide some showcase events was particularly evident in 2012. Welsh Gymnastics partnered with the Urdd to support the delivery of Gemau Cymru and Special Olympics GB to host the GB Special

Olympics Gymnastics Championships, both very successful events bring more competition opportunities to Wales. Changes were made at the Welsh Artistic Championships, Oly-gym-pic Gala, Gymeisteddfod and Acro Celtic Cup in terms of the staging, announcing and sound system to make the experience special for participants and spectators. Feedback is being gained across selected events during 2013, so far a 90% satisfaction has been achieved. Welsh Gymnastics will, however continue to review the competition programme with the relevant technical committees to ensure it is of benefit and value across the whole gymnastics pathway.

Technical Committee Modernisation

The AGM in 2011 highlighted the changes to be made in the appointment and roles of technical committees to reflect the ever changing requirements of modern sport. This modernisation began at the beginning of 2012 with the disciplines of Trampolining, Men's Artistic, Acro and Tumbling going through the new process. The gymnastics disabilities committee is to follow during the period of June/July 2013 with the remainder of disciplines to be completed following the AGM.

Feedback on the process at both the forums and following the selection process has been very positive and the new committees plans for developing the disciplines further is working exceptionally well.

Glasgow 2014

2014 will be a significant year of great importance for the performance team of Welsh Gymnastics. Preparation of the Commonwealth team's is well underway and the gymnastics long list is now selected. Men's Artistic have a 12 strong squad, with both Rhythmic and Women's Artistic a squad of 7. The monitoring and progress of each squad member is operational and the selection criteria published and communicated to all members.

Training and competition plans are prepared and Sport Wales sport science practioners are actively integrated into each of the disciplines to enhance potential and support the well-being of the athletes. The key coaching personnel, gymnasts and practioners are working extremely hard to ensure our ambitious targets are met and gymnastics in Wales can continue to thrive at the elite end of the sport.

Written by: Jo Coombs

Annual General Meeting Development Report

Head of Development: Sarah Jones

The report details a very busy and productive year of activity in 2012. It has been a year that has seen positive change and real progress on many fronts. Following on from the London 2012 Olympics the newly established development team have been working to ensure the legacy benefits the entire sport across Wales. The Club Development Officers (CDOs) have been focused on addressing club needs as they work within their areas. With the sport hugely dependent on volunteers, they are central to the work of Welsh Gymnastics' (WG) CDOs, who will help to ensure that the clubs are supported and appreciated.

Club Development

Club Development is integral to the sustainability and growth of the sport across Wales and it includes many facets.

Membership and Club Growth - In the last 12 months Welsh gymnastics has seen a 25% increase in its membership. It has been a successful year for gymnastics with the profile raised during the London 2012 Olympic Games. WG capitalised on the enthusiasm for the sport by working with clubs to open their doors through the UK wide initiative 'join in' and the running of a promotional event held in the Hayes Cardiff; enabling greater visibility of the sport, signposting and accessibility to clubs. This passion for the sport supported by the development officers, has created 9 new gymnastics Clubs, 29 club school links, 13 new satellite clubs and a further 13 Clubs have developed new disciplines within their facilities.

A - Z Gymnastics - A reshaping period has taken place on this awards scheme over the last 12 months. A full review of the award scheme took place and new procedures established for handling orders, payments and stock. Through this review the A-Z award scheme has become more financially stable and new initiatives based around the Award scheme are being developed.

Funding - The development team have had a very proactive 12 month in terms of assisting clubs with accessing funding, all of which has been utilised for a wide variety of developmental issues such as facility development, equipment purchase and workforce development. Over a 12 month period £445,622 has been accessed and invested directly in to grassroots gymnastics development across Wales.

Accreditations - Many clubs have been working towards both the GymMark and Insport Accreditation. GymMark provides recognition for clubs that are committed to providing quality experiences and Insport is awarded to those developing inclusive provision. Over the last year 8 clubs have achieved GymMark and 13 have achieved Insport at one of its varying levels, ensuring that more clubs are delivering high quality inclusive provision. WG have continued to work towards its national safeguarding standard level 3, and have streamlined

its internal processes to make the organisation sits operationally in line with national standards.

Local Authorities /Gymnastics pathways Gymnastics pathways have been developed in different areas including Merthyr Tydfil, Neath Afan and Cardiff in the last 12 months, bringing with them significant investment and strong partnership approach to gymnastics delivery across an authority. 2012/13 saw the planning phases for roll out on 2013/14.

Facilities / Business support - Welsh Gymnastics realised that sport development and business development are vital in the long term success of gymnastics Clubs. To enable the Governing Body to support clubs in the best possible way, relationships and partnerships were formed with the Regional Centre Service business support unit and the Welsh Cooperative. These partnerships enabled the right levels of advice and support to be provided to the clubs when they required

Wide ranging developments have taken place over the last year, from a foam pit installation at Phoenix G.C to a complete legal restructure and re homing of City of Newport GC and the relocation of the FIG Aerobic Gymnastics Floor to Martine's Action Pack, Ystrad Rhondda. Gymfusion also successfully transitioned to their own dedicated facility in Llantrisant. A total of 12 clubs have received business support over the last 12 months and are continuing to do so. The level and type of support has been bespoke to each Club based on their needs. The types of advice range from Business planning, environmental advice, and guidance on legal structures and employment law.

Workforce Development

Coach Education - This was a strong year for coach education development. A coach need analysis was undertaken by the development team to establish club need in terms of coach education. This information then shaped the delivery of the years coach education programme. It had a positive impact with 196 new level 1 coaches qualified across the 9 disciplines; 63 level 2 and 22 new level 3 coaches. A further 137 individuals kept themselves up skilled by completing one or more of the array of update courses available. 2012 was the first step to building on the existing Coach Education structure, with a more coordinated approach to course delivery. 2013/14 will see even greater improvements with more courses across the whole of Wales.

Sports Leaders Award - Commencement of a successful partnership with Sport Leaders UK resulted in adding to the workforce pathway. In its first year the Gymnastics leader's award was piloted, tutors identified and trained and launched in four areas across Wales to great success. 8 months since its commencement, the leader's course has up skilled 24 tutors, and trained 194 new young leaders in the sport of gymnastics. 4 courses were held through the medium of Welsh

Chwarae Teg - The Ascent Programme (Chwarae Teg) is a complete programme of training and support that has been developed to help women learn key team leading and management skills, gain a recognised qualification, explore opportunities for development in

the workplace and build confidence to take the next step in their career. Welsh Gymnastics offered the training to women across Wales who are leaders within any role in a gymnastics Club. 8 were identified to take part in the training, with 4 successfully completing the training and gaining high level qualifications.

Education

A to Z integration pilot - Work commenced this year, to identify and establish ways in which the A to Z resource can be utilised to complement schools curricular (PESS) and extracurricular gymnastics. WG designed a teacher training course and accompanying resources. Over a 6 month period 4 pilot sessions took place, up skilling and educating 43 teachers on how A to Z compliments and enhances PESS resources and how to utilise these on a daily basis. 1 of the pilots was delivered in a special school to show how the A-Z resource can be adapted for children with disabilities and used to prepare them for the WG Rotary competition. Finding from these pilots will be reviewed and planning for 2013/14 will be taken.

Rotary Disability Schools Competition - The Welsh Schools Competition was re-structured this year to make the events as accessible to disabled young people as possible. 7 regional events took place across Wales and 2 finals, 1 in N Wales and 1 in S Wales. The Rotary Competition in 2012 was a huge success with a total of 64 schools from all over Wales taking part, an increase of 11 on the previous year. A total of 497 gymnasts compete; an increase of 99 gymnasts from 2011. To aid the schools in their preparation, WG designed clear guidelines, posted on line and circulated to all schools. The guidelines were fully supported by a suite of videos online; demonstrating the routines, to enable all schools to know exactly how to prepare their gymnasts.

Grassroots Competition

Preliminary Championships - A record number of gymnasts took part in the 2013 Welsh Preliminary Championships at Sport Wales National Centre in April 2013. 389 competitors took part from 17 clubs an increase of 249 competitors on last year's competition they were watched by more than 600 spectators.

Written by: Sarah Jones

Technical Committee 2012-2013 Chair's Report

Discipline: Acrobatic Gymnastics

Chair: Lisa Thomas



Committee Members:

Competition Organiser	Debbie Lavender
Technical Development Lead	Louise Cawte
Team Manager	Julie Jenkins
Area Representative North	Lynda Dodd
Area Representative West	-
Area Representative South Central	-
Area Representative South East	-

The Acrobatic Gymnastics committee was re selected in February and March 2013. The smaller committee is already proving to be beneficial with designated roles and faster response times to communications.

The committee has had a number of key areas to develop:

1. **Welsh squad system** - Acrobatic Gymnastics now has 4 squads running on a monthly basis, a junior and senior squad in the North and the South. These squad sessions are helping with the inclusion of more clubs, increased opportunities for more gymnasts in the sport across a number of levels, increased development opportunities for coaches of all levels, and increased performance levels of Welsh competitors.

2. **Improved events** - The committee has already made excellent progress here with the hosting of the Celtic Cup where a number changes to usual Welsh events were introduced to bring the competition into line with British Gymnastics which worked extremely well. We will be taking these improvements forward into all future Welsh Competitions.
3. **Workshops** - The committee has been working hard to put into place workshops for performance gymnasts who are representing Wales - more work needs to be put in place to make these compulsory to raise standards as they have proved successful with results the clubs who attended.
4. **Results** - Our target in line with Welsh Gymnastics was to achieve more medals at events which we have already improved on with 3 partnerships medalling at the International Winti Cup in Switzerland, every individual competitor at the Celtic Cup medalling, medals at the British Tournament and Championships and after no medals last year we have achieved 4 podium places at the British NDP Finals in 2013. Acrobatic Gymnastics has achieved excellent results which can be seen on the Welsh Gymnastics website and hopes to continue to build on this success over the next 12 months.

There have been better opportunities for coaching and judge education within Wales over the past 12 months and this has helped the development of the sport.

We are very thankful for the funding we receive without which we would not be able to function.

I applaud the coaches and helpers in the clubs, juggling work, families, training and the competitions often, as volunteers with no monetary reward.

I thank the committee for their continued dedication and the efforts made in order to create opportunities for all our gymnasts.

Finally, I would like to thank all the gymnasts for their excellent performances which have contributed to a very successful year and I hope that we can build on this for the future.

Written by Lisa Thomas

Technical Committee 2012-2013 Chair's Report

Discipline: Aerobic Gymnastics

Chair: Martine Griffiths



Committee Members:

Secretary

Nia Griffiths

2013 Welsh Open and Closed Championships

The Championships will be held on Friday 31st June - Sunday 2nd June. The pre-competition organisation has been smooth and I am expecting the Championships to run well. We have three days of competition, showcasing all levels of aerobics - from grass roots through to elite Great Britain (GB) squad gymnasts. There are more than 200 competitors from 11 different clubs.

Over the years our competition ethos has inspired many competitors to personal best scores. I hope that the 2013 performers also have a very enjoyable time and can be the best that they can be at the 'Welsh'.

All Welsh Squad gymnasts other than Kayleigh Silva will be performing and the expectation is for personal best scores and top ranked positions after such a successful competition in Slovakia in April

2013 Slovak Aerobic Open Championships

National Coach: Caryl Griffiths

1. Senior IW: Kayleigh Silva
2. Group 2 IW: Shea Jones
3. Group 1 IW: Georgia Davies; Ceri Payne; Phoebe Cheung
4. Group1 TR: Georgia Davies, Ceri Payne and Phoebe Cheung
5. National Development: IW Emily James

All gymnasts are from Martine's Action Pack and Welsh and GB squad members

6. Sorina Nistor: ND IW who competed for Martine's Action Pack

I should like to congratulate the 2013 Slovak Championship Team who returned to Wales in April, with its best international success, to date. A superb team performance from our gymnasts and the national coach Caryl Griffiths, secured excellent international scores with top final rankings and a bronze medal and trophy home to Wales.

I am very pleased to announce that an agreement has since been brokered for the aerobic floor based in Sport Wales National Centre to be re-located, to the venue, where all current training for aerobic squad members is based - Ystrad Rhondda. This will allow the current Welsh Squad members to prepare and train on approved Fédération Internationale de Gymnastique (FIG) standard equipment for all domestic and international competitions.

It is my sincere hope that we will also be able to act as a core centre for aerobic training and welcome the GB squad gymnasts to train at Ystrad on the aerobic floor.

Judges

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

Coaches

- H. P.C. Martine Griffiths; Caryl Griffiths

N. T. C.

Wales continues to have representation at GB Technical Committee level with Martine Griffiths as the elected member for coach education.

My thanks to all involved in the sport in Wales - gymnasts, coaches judges, supporters and volunteers and to Welsh Gymnastics for their continued involvement help and support for the discipline.

In closing, I should also like to thanks Welsh Gymnastics, Sport Wales and Rhondda Cynon Taff for their help with the transfer of the aerobic floor.

Written by Martine Griffiths

Technical Committee 2012-2013 Chair's Report

Discipline: Disability Gymnastics

Chair: Jean Jones



Committee Members:

Vice Chair

Jeff Savoury

Secretary

Victoria Jones

The Disability Squad continues to meet monthly and the squad has disability members and Special Olympic members.

The Welsh national competition was held in November and sadly was only attended by those gymnasts from the squad, who had to enter, in order to have a qualifying score for the Special Olympics Summer Games in Bath.

Welsh Gymnastics have given excellent support to Special Olympics and assisted in Wales hosting a national competition by paying for the use of the hall in Sport Wales' National Centre, finding judges, finding volunteers and assisting with medal presentations.

Welsh Gymnastics have also funded leotards for the Welsh Squad for the Special Olympics Summer Games in August 2013.

It is sad that the opportunities are limited for disabled gymnasts we have, who do not meet the Special Olympic criteria, however we hope to increase their participation in the future.

A trial for a re-vamped squad will take place in September and Welsh Gymnastics will forward the information to clubs.

The Technical Committee for disability is also going to be organised in line with other Technical Committees and Welsh Gymnastics will organise an information session for all interested parties - prior to the application forms being distributed, for the roles of:

Chair
Competition Organiser
Technical Development Lead
Team Manager

The next year proves to be exciting with:

1. Special Olympics Summer Games
2. New Technical Committee
3. Trials for Disability Squad
4. Proposal for friendly competitions and participation in festivals
5. Welsh National Competition

A big thank you must go out to all squad coaches who all attend voluntarily monthly session, Somersault Gymnastics Club who allow us to use their facility, gymnasts for their continued hard work, parents for transporting their gymnasts, clubs for development of disability gymnastics and all in the Welsh Gymnastics office for their continued support and advice.

Written by Jean Jones

Technical Committee 2012-2013 Chair's Report

Discipline: Men's Artistic Gymnastics

Chair: Jason Wink



Committee Members:

Vice Chair

Shirley Bennett

Competition Organiser (Domestic)

Chris Jones

Over the past 12 months men's gymnastics has continued to strive for excellence and raise the bar with the standards and expectations throughout the discipline.

The Men's committee is still a growing concern with their being very few members. This I see is one area that Welsh Gymnastics needs to address as a matter of urgency.

Development squads

The role of the development coach is a major concern at present with the post holder finding it increasingly difficult to commit any more time to develop the specific area, and unfortunately what is in place at present is not enough if we expect to see competitors at elite grades British finals. However, the clinics that are on offer are beneficial to new and inexperienced coaches, these sessions happen on a monthly basis.

National coaches have now implemented an additional structure to support and provide the elite grades potential more training to increase the likelihood of this target being met.

Within this programme was an apparatus competition which would cater for new competitors and was successfully ran at the end of 2012.

Another area of needed development is that of the quality and quantity of qualified men's judges.

Performance Squads

The above squads cater for those gymnasts who would be eligible to represent Wales at all events i.e. Celtic Cup, UK School Games (UKSG), Commonwealth Games etc.

The squads consists of U/12, 14, 16, Senior who meet one weekend per month under the direction of full time national coaches Pete Haysham and Chris Jones.

Throughout the year these gymnasts have performed exceptionally well at certain events and have gained invaluable competition experience.

Some result highlights are as follows -

Northern Europeans (Glasgow)

Team 4 th	240.750
Clinton Purnell AA 2 nd	83.10
Rings 2 nd	14.375
Vault 1 st	15.50
Grant Gardiner	1 finals
Iwan Mephram	2 finals

2013 saw a new cycle within the gymnastic world with another new code of points. The most noticeable change being that the vault start value was lowered by 1.0 mark to fall in line with other apparatus

February saw the 1st competition on this code, the NC's also felt it of value to change the structure of the U/10 competition, in previous years the club grades work was used but from 2013 the elite grades level 1 was to be the criteria:

	Competitors	Winner Ind	Winner Team
U/10	28	Oscar Harper	Swansea
U/12	8	Dex Trivett	Cardiff Central Youth Club (CCYC)
U/14	5	Josh Cook	N/A
U/16	2	Benji Eyre	N/A
Men	9	Clinton Purnell	Barry YMCA

British Champs

Clinton Purnell A/A 80.70 8th
Clinton Purnell Masters Vault 3rd

Celtic Cup 2013

MAG Minors

Finished 2nd as a team only 1 mark behind Scotland

Emil barber made his mark finishing 3rd A/A in is first Welsh international
Josh cook close behind in 5th

Juniors

Team 1st

Iwan Mepham winning the all-around title with 76.30

Oporto Cup

Clinton Purnell A/A 2nd (79.70)

We are now in year four of the Commonwealth Games cycle and for our senior gymnasts preparation will be based around meeting the criteria.

For our junior programme, the priority will be to have representation at the 2013 British champs (U/12 and 14) and elite grades finals.

A special note of thanks must be added to all men's personal coaches of gymnasts within both the development and elite squads for their continued support and hard work throughout the year and hope that it will continue.

Written by Chris Jones

Technical Committee 2012-2013 Chair's Report

Discipline: Rhythmic Gymnastics

Chair: Linda Thomas



Committee Members:

Vice Chair	Nia Thomas
Secretary	Helen Price
Competition organiser	Jessica Bolton
Chair	Linda Thomas

I would like to start by thanking all who have been involved in the organisation and running of this discipline, your time and effort is very much appreciated.

National Squad - Coach Nia Thomas

We now have a full time National Coach hip hip hooray.

We currently have 12 gymnasts in this squad with seven of them also members of the Commonwealth Games squad. These gymnasts have grown in strength and ability throughout this year and when they compete, at the British Championships in a few weeks' time, I am sure we will see the benefits.

The gymnasts have been following a development plan devised and implemented by our national coach Nia Thomas. This plan is aimed at preparing and developing the skills needed, to allow these gymnasts to compete against the best and form a team who, we hope, will medal at the Commonwealth Games.

Francesca Jones is now living in Cardiff which means all our national team can train together more often.

Francesca gained a lot of experience from competing at the 2012 Olympics and she has been able to share this with her team mates.

2012 British Championships:

Francesca Jones	1st
Laura Halford	2nd
Nikara Jenkins	4th
Rhiannon Elphick	6th
Olivia Davies	7th
Casey Williams	8th

The National squad have been following a specific training and conditioning programme with input from the nutritionist.

We've had some good results in 2013:

Laura Halford has medalled in Canada, Portugal, and Hungary and for GB

Nikara Jenkins has medalled in Canada, Hungary and America

Preparation Squad - Coaches Jessica Bolton & Lorelei Westcott

We currently have 12 gymnasts in Prep Squad. Jessica and Lorelei have taken to the task in hand with such enthusiasm.

The sessions are planned and well structured, with lots of advice from our national coach Nia, as to the way forward and what is expected from a gymnast to prepare them for national squad.

It is very encouraging to see ex gymnasts delivering their coaching sessions with such enthusiasm.

As a discipline we are more than happy with the standard of gymnasts coming through our structure, but unfortunately we haven't been able to implement our plans to increase club participation and our baseline numbers, but this is in the pipeline.

It is good to see Barry YMCA back on track.

I think Rhythmic has done outstanding in its effort to get to the top in terms of British competitions and I know think we have a good training structure in place to move upwards.

Written by Linda Thomas

Technical Committee 2012-2013 Chair's Report

Discipline: Trampolining

Chair: Tony James



Committee Members:

Team Manager	Sue Williams
Technical Development Lead	Mark Samuels
Competition Organiser (Domestic)	Craiger Solomons
Area Representatives	Tbc

Trampolining has seen much more activity as a direct result of new structure within the Trampolining Technical Committee (TTC). The activity has been subdivided into three areas namely:

Technical development, competitions and team management; each area has its own leads and sub-committees working within the framework of the TTC.

Technical development under the leadership of Mark Samuels has been primarily concerned with coach and judge education.

Together with office staff a comprehensive timetable of courses through Level 0, Levels 1, 2, courses for teachers, to the technical modules for Level 3 have all been made available, in addition, judging for the first three levels and courses for teaching trampolining for people with disabilities.

The provision of such courses provides many more qualified personnel who in turn create many more opportunities for participation, therefore increasing the base of the pyramid. In the future we would hope to, at the very least, maintain the current level of provision.

Team management, under the guidance of Sue Williams, has been responsible for the development of our national squad and creating opportunities for our talented gymnasts and their coaches, through the provision of coaching clinics and squad sessions, many run by eminent experts such as Jack Kelly and Sue Lawton, who have both worked with, and developed world champions and present day Olympians. The national team competed in two international competitions, the Dave Ward-Hunt Cup and the Home Nations competition.

In the Home Nations we were narrowly defeated by England, working on a points system 8-1 for each age group and competition, lost by only four points; 100 to 96. England were worried up to very last group - A superb display by all the Welsh competitors.

With the provision of 4x4 trampolines, which have now become available to all our national competitors, performances by Welsh competitors have seen a vast improvement with many more competitors now qualifying for the national championships in July. This development can be attributed the hard work and diligence of their individual coaches and the team manager.

The competition committee lead by Craiger Solomons is the busiest group having to contend with a huge workload. They were involved with five regional grades, the Welsh and the zonal round of the schools competition, the Welsh National Championships, the Welsh Gala; which is part of the national competition circuit. Combine these with the Dave Ward-Hunt, the Home Nations and the Welsh involvement in the British Finals and Welsh competitors would have been competing in 12 competitions in the 2012/2013 competition season; phew!

This year we look forward to Cwpan Cymru, an international open competition with invites going to club and national teams worldwide via the web.

Trampolining continues to grow and develop thanks to the continued enthusiasm and commitment of a dedicated band of volunteers working with the office personnel, who show a high level of professionalism, patience and tolerance under, often trying circumstances, when many demands from a plethora of disciplines are pressing - may the relationship continue to develop.

Written by Tony James

The British Championships in July were once again held at the NIA in Birmingham. Although no gymnasts training at Welsh clubs made the finals of these competitions, notable performances from Welsh gymnasts included Abdullah Izzidien who came 2nd in the senior men's competition and Tilly Nash who was 3rd in the 13/14 Girls competition. Congratulations to them both.

The Welsh Championships were held in Haverfordwest in October. With almost 300 entrants, this competition has grown so much that it is likely that we'll have to run it over a whole weekend in future. The standard of the tumbling seen continues to improve and it is particularly pleasing to see the elite section of the competition grow to over 60 gymnasts.

Following on from this competition, more Welsh gymnasts than ever, took part in the British Tournament at Stoke-on-Trent, in November. Five gymnasts made the finals of the top 8 gymnasts (Lauren Watts - Haverfordwest, Dylan Howells - Wye, Tilly Nash - Pinewood, Peter Goodwin, Eryri and Abdullah Izzidien - Richmond) and they are to be applauded for their achievements.

The Welsh NDP competition was held in Deeside in February and attracted over 200 entrants from clubs all over Wales. The British Finals this year will be held in June and best wishes go to all our Welsh competitors. It is also worth noting that 4 Welsh judges will be at this competition - two for the very first time Shelly Pace (West Street) and Rachel Hughes (Haverfordwest), and my congratulations go to them and to Karen James (Wye), on their selection.

Another growth area for Welsh Tumbling is the Novice Agility competition held in Cardiff in May. This attracts both tumble and artistic clubs and this year saw nearly 300 entrants.

Following on from the changes to Welsh Gymnastics technical committee selection processes, a new committee has been appointed. The committee therefore currently is made up of myself as Chair, David Thomas as Technical Lead, Shelly Pace as Team Manager and Joan Morgan as Competition Organiser. I would like to pass on my congratulations and thanks to the new committee and look forward to working with them in what promises to be a very exciting time for Welsh Tumbling.

Things to look forward to include the Welsh Championships, a home international as we take part in Cwpan Cymru at the start of October, the development of 3 new regional squads and the selection of a new national squad, all by the end of 2013.

2014 onwards promises to be very exhilarating.

I would like to thank everyone involved in Tumbling in Wales, gymnasts, coaches, volunteers and parents, and in particular to our out-going chair Paul Hughes, our former Welsh Squad coach Ernie Cookson and our most senior Welsh judge Joy Sumner, for their tireless efforts in supporting and promoting tumbling in Wales - Thank you.

Written by Karen Adams

Technical Committee 2012-2013 Chair's Report

Discipline: Women's Artistic Gymnastics

Chair: Sandra White



Committee Members:

Vice Chair	Dorothy Neyland
Competition Organiser	Nicola Lewis
Competition Organiser Assistant	Melissa Anderson
Judging Convenor	Sarah Twose
Coach Education Liaison	Carol Sargeant
Kit Manager	Natalie Lucitt

This has been another successful year for Women's Artistic Gymnastics. The Academy has gone from strength to strength under the guidance of Tracey Skirton, Deiter Coch, Ioanna Popova, Tina Billington, Olivia Bryl and Natalie Lucitt.

Achievements

The Welsh Squad system is now well established with a regular turnover of approximately 40 gymnasts gaining places every 6 months in the preparation and development squads. The standard of young gymnasts is improving every year demonstrating the success of the coach education taking place at these squad sessions.

We have also had some fantastic results on the competition circuit this year:

British Levels November 2012

Welsh gymnasts once again did well at the British Age Group Championships, which was held at the Guildford Spectrum.

The championships were attended by all of Great Britain's top nine, ten and eleven year old Women's Artistic Gymnasts, who competed in their respective age categories.

Paige Thomas - Neath Afan Gymnastics Club in the youngest age group at Level 4, came 7th in the combined scores securing her place in the British Squad.

In the level three competitions Jolie Ruckley - Cardiff Olympic Youth Club (COYC), won an overall bronze and 6th in the combined, as well as helping her team to a bronze team medal. This also ensured that she had a place in the British Squad.

The women's individual artistic event for level two saw Latalia Bevan secure individual silver with team mate Maisie Metheun close behind in 4th place.

Both girls ensured they kept their places in the British Squad.

March 2013 - Elite Grade

Both Jolie Ruckley COYC & Lauren Ali Cardiff Central Youth Club (CCYC) passed their Elite Grade this year, alongside Emily Thomas, of Pen-y-bont Gymnastics Club who competed in the Out of Age category.

April 2013 - National and Compulsory Grades

National Grades were a great success this year for our grade 6 team with the Welsh team being crowned British Champions.

National 8 - Katelyn John - City of Swansea Gymnastics Club (CSGC) - 5th place

National 7 - Shauna Purnell - COYC - 14th place

National 6 - Holly Jones - CSGC - 2rd Place

Adrienne Emmanuel - CSGC - 3rd place

Nia Eales - Pen-y-bont - 9th place

Bethan Wainwright - Phoenix Gymnastics Club - 11th place

National 5 - Hana Davies - Llanelli - 1st place

March 2013 - British Championships

Another good year for the Welsh Girls at the British Championships

Maisie Metheun secured 5th place in the espoir overall and was crowned espoir vault champion as well as being awarded silver in beam finals.

Georgina Hockenhull also secured 5th place in the senior overall with Raer Theaker close behind in 6th place. Both gymnasts also won individual titles in finals with Georgina taking bronze on beam and Raer silver on floor.

Judging

Due to the New Code our Judges have to re-qualify. Well done to Olivia Bryl - Junior Brevet as well as Sarah Twose, Liz Webster, Sian Lewis - National, who have all recently passed their exams.

We await the new Courses which will soon be available for all our Regional and Club judges. Many thanks to our Welsh Judges this year, without their presence our competitions could not run.

WTC Members

I would also like to thank all of the WTC members for their dedication and hard work - their organisational skills and presence at many of the Women's Artistic competitions is much appreciated.

Written by Sandra White

Annual General Meeting Communications Report

Press Operations: Jake Wright

The London 2012 Olympic Games was a monumental opportunity for Welsh Gymnastics to raise its profile as the national governing body for gymnastics in Wales.

Since January 2012 to end of March 2013 we've had 130 separate gymnastics news items featured in various media outlets in Wales.

Nearly 100 of these are a result of internal press operations. Media Wales Ltd, that includes South Wales Echo, Glamorgan Gazette, Cynon Valley Leader, Pontypridd and Llantrisant Observer and Wales Online - continue to be the biggest publishers of our gymnastics stories and features.

We also have a good coverage rate with regional newspapers such as the Barry and District News, South Wales Argus, Milford Mercury, Denbighshire Free Press among others.

But very importantly a large amount of Welsh Gymnastics exposure in 2012 was on national radio and television. Programmes, features and news pieces on WG were run on BBC Wales Today, BBC Newyddion, ITV Wales, S4C, Radio Wales and Radio Cymru as well as BBC and ITV Online.

Our communication strategy was not only about the Olympics, our gymnasts, our clubs and medal successes, but it was also about becoming a consistently visible organisation, vastly improving our communications presence to our members.

In 2012 Social Media has played a growing and key part of our communication strategy.

Melissa Anderson from Valleys Gymnastics Academy summed up the way in which our improving communications has been beneficial for us as an organisation, when she was interviewed for a club feature for our website:

"For members particularly - they can go on the website, twitter and facebook and can see what Welsh Gymnastics is and why they are a member. We can see the press releases and interviews from other members and I think that's brilliant," said Melissa.

As a result our website has become a major asset.

From the 1st of January to 12th November 2012 the website had 55,240 visitors; 42.22% were new and 14,586 of which viewed the website on their mobile phones.

The top three most visited sections of the website were the Homepage followed by Events and then News.

Our website is a hub of activity which provides clubs, members and other partners with up to date information such as national or community news items, up-coming events, results or staff contact details.

In April-May 2012 a drive for more community based stories, focusing on the clubs rather than the organisation was brought in.

Working alongside the development officers, a number of club visits were made to conduct interviews, take photographs and then write the feature-length news stories.

The exercise for Welsh Gymnastics has been a positive one in many ways; building up a face to face relationship with lots of different clubs and the different disciplines; a reward for the club to be featured on the website; and as incentive for other clubs to open a dialogue with us, thus creating a bi-directional flow of communication.

Notably our members now are getting in touch through our social media accounts on twitter and facebook, at the time of writing we have over 740 'Likes' on facebook and over 900 followers on twitter.

Social Media has proved to be an invaluable tool allowing members to interact with us and each other, through messages, photos or likes. As a resource our social media sites offer an opportunity to secondary publish any content that we have placed on our website meaning our circulation is wider and information can be passed on - our facebook wall acts as an external message board.

Looking specifically at twitter, the microblogging platform has made Welsh Gymnastics omnipresent on the internet, meaning we can be contacted or make contact, anytime and anywhere. This has been particularly useful when reporting on big competitions for instance the 2013 British Championships in March where we were able to break to our followers that Welsh Gymnasts had won five medals on the final day of competition.

Twitter is also proving useful in building relationships with key people from other industries that we interact with on a day to day basis, whether that be journalists, high profile sports professionals, Sport Wales staff or Welsh politicians.

Additionally we have launched an e-Newsletter, currently on its fifth edition - designed and collated by our Research officer Victoria Pulman - which summarises the news and events content featured on the website from the past month.

Written by: Jake Wright



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