

ANNUAL REPORT

2017



Welsh Gymnastics National Awards 2017

Disability Emerging Talent

Lilly Owen

Non-Olympic Emerging Talent

Rebecca Davies and Summer Painter

Olympic Emerging Talent

Alex Niscoveanu

Insport Club

Bangor Gymnastics Club

Young Leader

Alice Corden

Jordan Dodd

Volunteer

Sarah Twose

Community Coach

Leigh Fowler

Inclusive Award

Neath Afan Gymnastics Club

Lifetime

Joy Sumner

Performance Coach

Natalie Lucitt-jenkins

Disability Gymnast of the Year

Sharmeela Bragg

Non Olympic Gymnast of the Year

Molly Brown

Olympic Gymnast

Laura Halford

Club of the Year

Bangor Gymnastics Club



Chair's Foreword

The 2017/2018 calendar for Welsh Gymnastics has yet again been incredibly successful for a whole host of reasons.

More members, more medals and an increased appetite to better understand and serve the membership.

In 2017, the board initiated a series of consultations and an independent stakeholder review which has resulted in an engagement plan to ensure we deliver a service that fully reflects the needs of all our members, not just the few.

Thank you all for engaging in these important feedback opportunities.

The objective was to listen to your views on some key topics and as a result changes have been made to a series of our working forums to ensure we strengthen technical disciplines and area governance. We want these key forums to work more closely together and ensure a clear line of sight is in place for decisions and actions. We want to ensure appropriate and regular communications are received by all, ultimately improving the membership experience.

I'd like to thank the fantastic support of our staff, Non-Executive Board, British Gymnastics and Sport Wales; it's been a pleasure to work with you. New executive leadership will no doubt bring different ideas and innovative ways of achieving our strategic goals and increasing new faces in the board room will continue to bring a fresh approach to the organisation's leadership.

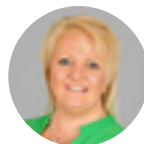
Together, we have built significant succession across all areas of the organisation and the organisation is robust, financially secure, corporately well-advised and ultimately a great sporting organisation and one that I will always be incredibly proud of.

I would like to express my heartfelt thanks to our membership for continuing to strive to provide a better opportunity for all who are involved within this sport. The clubs are the heart of many communities, and the work that goes on within them to provide a child a platform to develop is so significantly important for their wellbeing and future, inside and outside of sport.

Finally, as a volunteer myself, I just wanted to give a big shout out to all the volunteers, because without them sport simply would not exist! Nothing teaches hope, kindness, courage and compassion like helping others selflessly. Thank you all and please take a huge share in the success of our sport over the last year and for the many years to come.

Board members:

Barbara Beedham
Sally Church
Dr Lisa Gannon
Andrew Morris
Tracey Singlehurst-Ward
Bev Smith



Helen M Phillips MBE
Chair

Chief Executive's Report

What an exciting year it's been for Welsh Gymnastics.

Without doubt, there has been much success across the Community and Champions strategy. This is due wholeheartedly to the continued drive, passion and commitment of the membership.

At the Commonwealth Games we had to wait until the final day of competing in both women's artistic and rhythmic gymnastics to achieve the well-deserved silver medals. There were also many other successes on the international stage that we are equally proud of, both from the gymnasts and their committed and dedicated coaches. More Welsh gymnasts are now competing on an international stage and making up the GB teams in a broad spread of disciplines.

At Welsh Gymnastics, we want to safeguard the future success of the gymnasts. Therefore, significant work has been taking place to build the systems that will give the gymnasts and those supporting them a better understanding of the needs. Ensuring they are able to cope with the demands of elite sport, transition to becoming a senior athlete and continue to participate in the sport long after they have finished competing.

Our positive partnership with British Gymnastics continues to grow and we are working to further enhance the collaboration for the benefit of all our members. A significant change that took place this year was the roll out of our new membership system. Although there were a few initial problems with the system, it is now able to help us better understand and support our members.

Membership is over 25,000. The continued strong growth, especially girls, is an impressive reflection of the positive activity being delivered within clubs and something you should be extremely proud of. With new initiatives imminent, many more children will be participating in gymnastics in clubs and the community all over Wales. This participation and membership growth will need to be supported by the quality workforce. In 2017, there has been continued excellent growth in coaches, and particularly female coaches at higher levels.

We continue to develop our offering and achieve our goal of gymnastics for all, our calls for action club is now embedded within the community and working towards full sustainability. We are delighted with its success and thank all those involved for their commitment to driving it forward. Welsh Gymnastics has learnt a great deal and we are looking forward to using the learning and principles to bring gymnastics to even more hard to reach communities.

Welsh Gymnastics promotes a child safe, child friendly environment and champions the wellbeing and inclusion of all children. We are committed to delivering safe sport and continue to tackle inequalities across the sector.

Within this 2017 Annual report, it would be remiss of me not to recognise the work that my predecessor Rhian Gibson, who until her departure in September 2017, contributed extensively to the achievements upon which we are reporting, as well as the progress made to the vision of Welsh Gymnastics. I am thrilled to take on the mantle of CEO of this wonderful organisation.

I want to also record my thanks to the Chair and Board of Directors at Welsh Gymnastics. I am truly grateful for the support and guidance I have been given. I am looking forward to working with the talented and committed board, volunteers, staff and membership to strengthen the structures and systems that will help gymnastics become even stronger, more sustainable and, ultimately, more successful than it already is.



Ann Bevan

Chief Executive, Welsh Gymnastics

Performance (& Champions) Report June 2017 - May 2018

2017 to 2018 was the fourth and final year of the Commonwealth cycle for Welsh sport and therefore the main focus for Men's Artistic, Rhythmic and Women's Artistic disciplines during this period was selection and performances.

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

Gold Coast 2018

Targets set = 3 medals (5 stretch); achieved 2 medals, 2 silvers – 1 women's artistic floor, 1 rhythmic hoop.

As in previous Games, throughout the preparation period the team at Welsh Gymnastics ensured the gymnasts were in the best possible place leading up to and during the competition through excellent planning, meticulous preparation, attention to detail and hard work. Whilst the medal target wasn't met, all gymnasts put in their best performances and on five separate occasions the gymnasts were so close to podium places. In total, across the disciplines Wales had five 4th places, three of which were by the smallest of margins, 0.10 or less.

A full independent review is now underway to identify the strengths and weaknesses within each of the programmes. Recommendations will follow for the next four years, to ensure success on both the Commonwealth and World stage.

Outside of the Commonwealth Games, within the Olympic disciplines, the Performance Team continues to lay the foundations for building a world class system across the 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 30 gymnasts in GB squads across the whole age range, from senior downwards.

As part of the on-going strategy work and system building, the team has been working on a framework for all Welsh squad gymnasts. Exploring at each level of a gymnast's pathway, what skills, knowledge and actions do gymnasts, parents and coaches need to take to support the creation of a world class senior gymnast? The work is ongoing, however in 2018 the priority areas were identified as improving levels of parental support

and guidance; developing mental toughness; and exploring ways to develop coach's ability to maximise technical knowledge in training. During May 2018 our first parental induction programme began for all parents with gymnasts selected into the first phase of the squad programme.

In addition, the Trampoline Technical Committee has established a discipline specific strategy, fully aligned to the Welsh Gymnastics strategy. Its mission by 2020 is to 'enable access to a fully inclusive pathway across Wales for all communities to experience high quality trampoline sports, allowing everyone to reach their full potential'. Again, work here is ongoing with the Trampoline Technical Committee driving the change required to support these aims.

Between May 2017 and April 2018, Wales participated in 16 international events across the Olympic disciplines – Men's Artistic, Rhythmic, Trampoline and Women's Artistic. Many were used as development for up and coming gymnasts on the international scene. Podium places were achieved at 11 of the 16 events (70%). In addition, Rhythmic and Women's Artistic continue to have gymnasts represent GB at high level international events.

At British Championship level, Wales continues to make its mark. Across the four Olympic disciplines, Wales won a total of 39 medals, the most significant included a senior vault and beam Gold in women's artistic and the senior rhythmic all-around Champion for the fourth time. There were also many more medals achieved across the age groups in all the Commonwealth disciplines.

2017/2018 has been a successful year for the Non-Olympic Disciplines. With gymnasts from Aerobic and Tumbling gaining places in British foundation, Junior and Senior squad. Medals and podium places achieved at British Championships from our Acrobatic, Aerobic and Tumbling Gymnasts, had an inspiring effect for up and coming gymnasts, with lots of them gaining places on podium at all National Development Plan levels at various ages.



Jo Coombs

Head of Performance & Champions

Communities Report

2017 has been an outstanding year for the development of gymnastics in Wales with even more children taking part in clubs and their community settings.

Club and Community Development

Over £250,000 of investment in partnership with Sport Wales has enabled 60 clubs to access community chest this year and six Development Grants. There have been 11 clubs complete facility development projects; six of those have been clubs in North Wales. Deeside, Ruthin and Denbigh, Buckley and Bangor Gymnastics have new premises; Olympus Gymnastics and Ynys Môn Gymnastics club have expanded their centres, with a focus on disability and pre-school. VGA were shortlisted for the third time for British Gymnastics' Club of the year and has successfully opened yet another venue in partnership with Aneurin Leisure in Abertillery as a physical literacy project 'Skills 4 Life'.

WG continue to work with Social Business Wales, Wales Co-operative and Arts and Business Cymru to provide governance support to clubs. This has led to four clubs using the government scheme and appointing apprentices. The new membership system was introduced with clubs and parents embracing the new system and clubs accessing the GDPR Awareness modules.

New clubs include Cleddau, Fusion Trampoline, Cardiff Flyers Trampoline, Dimax Gymnastics and SJ Aerobics. The 'Gym for All' competition programme for 2017 is now fully inclusive and has doubled participation this year with more than 4000 children taking part in the framework. North East Wales schools festival piloted (Denbigh, Flint and Wrexham) with eight schools and 96 children. Over 400 children now take part in the Gwynedd, Anglesey and Conwy schools' competition. Maisie Methuen led a session at Maes Ebbw to promote the Rotary Disability Schools competitions, which had more than 800 children with disabilities participate in Bench, Floor, Vault or Rhythmic across Wales.

Non-Olympic

This year saw the introduction of a Non-Olympic Officer who works with the technical panels to deliver, develop and strengthen the elite pathway for Non-Olympic disciplines.

In its first year Tumbling has seen the introduction of a new tumbling league with more than 200 competitors and three gymnasts are now in the GB senior squad and foundation squad. There are now two new Aerobic clubs in Wales with Phoenix Dance and Gym and SJ Aerobics operating in Aberdare. Recently, Welsh gymnasts competed at the World Championships where they secured a silver medal and Shea Jones represented British Gymnastics as a coach. TeamGym has seen workforce triple in the last year with a plethora of workshops, coach and judge education.

All Non-Olympic disciplines are currently developing their own discipline strategies so watch this space for 2018!

Workforce

This year has seen over 250 judges revalidate their qualifications across five disciplines, WA judging now completed five courses and qualified 166 club and regional judges – a 186% increase from the previous cycle.

Following the success of the Sports Leaders Award in Gymnastics in 2012, where over 1300 have accessed the award; Welsh Gymnastics developed and launched the Sports Leaders Trampoline award. WG also launched 'GymVol'; the volunteer scheme for Welsh Gymnastics event volunteers and judges. Volunteers will be recognised for their valuable contribution and it is hoped that by forming a closer bond with the volunteers Welsh Gymnastics will understand the volunteers' motivators and how it can support them on their journey. The first weekend saw over 50 volunteers and judges access the scheme.

Legacy

Following the Rio 2016 Olympics, Welsh Gymnastics launched a Legacy Programme to focus on the build up to the Commonwealth Games in Gold Coast 2018. As part of the scheme, eight coaches have accessed level 4-5 coaching courses. The club passport initiative saw winners from Buckley Girls, Vertigo, Monmouth GC, Planet, Olympus, Cwm and CCYC, receive a variety of prizes including Commonwealth Dinner tickets, Gymnova & Milano vouchers, coaching session with Commonwealth Medalists Raer Theaker and Lizzie Beddoe and a Commonwealth Goodie Bag. Clubs were invited to host Australian themed parties in the build up to Gold Coast and signed the flag and book with well wishes that were sent with the team to Australia.

Diversity

Three years after the start of a BME project in Bute Town, Fantastic Gymnastics has made remarkable progress and now has more than 100 girls attending gymnastics sessions every week. This year the club has trained seven new sport leaders, three level 1 coaches and three level 2 coaches.

Disability

As part of the Communities and Champions strategy 2022, Welsh Gymnastics brought together key stakeholders, who form part of the disability gymnastics community, to develop a disability strategy for 2022 and beyond. The strategy will focus on the development of the organisation, communication, workforce and opportunities. A working group has been established which will drive the strategy with Welsh Gymnastics.

This will support the fantastic work that clubs continue to do. This year, Bangor Gymnastics Club was awarded Disability Sport Wales Club of the Year - this is the third year in a row that a gymnastics club has won this award. Mair Eluned from Bangor Gymnastics also won the transforming lives award. Bangor, Ynys Môn, Twisters and Rebounders are leading the way with Gold inSport Club.



Siwan Davies

Head of Communities

WG at the Commonwealth Games

2018 once again saw Welsh Gymnastics take three full teams to compete in the Commonwealth Games in Australia. In total, 13 gymnasts were selected to represent Wales across the three disciplines of Women's and Men's Artistic and Rhythmic Gymnastics. This was the youngest team that Welsh Gymnastics has ever sent to compete with nine of the 13 gymnasts attending their first games.

The two standout moments of the games have to be the silver medals won by Latalia Bevan in the Women's Artistic Floor and Laura Halford with the Rhythmic Hoop.

Andrew Morris Welsh Gymnastics' technical director and Gold Coast team manager said: "Welsh Gymnastics base medal target was three medals across the three disciplines and the actual medals achieved was two. It must be said however, that our gymnasts came incredibly close to many additional podium places as we placed in fourth spot in so many events and in two events by the closest margin imaginable.

"Whist this was incredibly frustrating at the time, we must be very proud of the performances of our young gymnasts and be increasingly excited to see how they will continue to develop over the next cycle and onto Birmingham 2022 games."

Mens Artistic Gymnastics

The five gymnasts that made up the men's artistic team were Benjamin Eyre, Clinton Purnell, Iwan Mepham, Jac Davies and Josh Cook. Having finished seventh in the team event the men qualified for five individual finals, with Clinton and Josh qualifying for the individual all around, Jac Davies for the floor and pommel finals and Iwan Mepham for the parallel bars final. Jac Davies finished an agonising fourth on the pommel horse with a score of 14.233, 0.067 behind the bronze medal winner, replicating his finish at Glasgow 2014.

Rhythmic Gymnastics

The three gymnasts selected for the Welsh Rhythmic team were Abigail Hanford, Gemma Frizelle and Laura Halford. The team finished in fifth place and the gymnasts qualified for six individual finals, with Laura qualifying for individual all-around, hoop, ball and ribbon finals and Gemma qualifying for all around and hoop finals. Laura claimed a silver medal with her breath-taking hoop routine and two very close fourth places, only 0.55 behind bronze medal winner in the ball final and 0.10 behind the bronze medal winner in the ribbon final.

Women's Artistic Gymnastics

The five gymnasts selected for the Women's Artistic team were Emily Thomas, Latalia Bevan, Holly Jones, Jolie Ruckley and Maisie Methuen. It was a close competition with the Team finishing in fourth position, with a total score of 155.975. The team secured nine out of a possible 10 positions in finals with Latalia and Maisie qualifying for the all-around, bars and beam finals. Latalia and Emily qualified for the floor and Holly for the vault final. The competition saw Latalia rewarded with a silver medal for her spellbinding floor performance and an excruciating fourth place in the vault final for Holly Jones, with a score of 13.816, 0.033 behind the bronze medal winner.

Welsh Gymnastics is incredibly proud of the achievements and efforts of each of our gymnasts. They are a credit to our sport and the community which they represent.



Club Development

Officer's Highlights

WEST

Number of clubs - 25
Current membership - 5,324

Gymspire October 5 clubs 91 gymnasts
Prelims May 2018 7 clubs 220 gymnasts

Facilities

The West Area has seen two new clubs affiliate this year - Dimax and Cleddau Gymnastics Club. Tenby Gymnastics Club moved premises in order to reduce its growing waiting list. Since moving to Tenby Leisure Centre the club has increased by 60 members.

Funding achieved

Total community chest funding secured - £18,500

Llanelli Rhythmic secured a total of £17,500 Sport Wales Development Grant for a new carpet and equipment. The new equipment will be used to increase membership and develop its performance sections.

NORTH

Number of clubs - 20
Current membership - 5,767

Development Competitions & Events

Gymspire Oct 2017 = 8 clubs 269 gymnasts
Prelims May 2018 = 7 clubs 250 gymnasts

Clubs / Facilities

Buckley Girls, Deeside and Ruthin and Denbigh all opened the doors to their new dedicated facilities. In addition, Olympus Gymnastics Club extended its facility into an adjacent unit, while Ynys Mon has opened a second extension, specifically for disability and preschool sessions.

Funding achieved

Total funding £84,000 through Community Chest, Development Grants and Other sources.

SOUTH CENTRAL

Number of clubs - 26
Current membership - 7,753

Development Competitions / Events

Gymspire Oct 2017 = 9 clubs 293 gymnasts
Prelims May 2018 = 10 clubs 387 gymnasts

Facilities

2018 has seen the re-launch of Islwyn Gymnastics Club. The club temporarily closed in 2017 but since been reopened by new directors Karl and Marie Ward. The club currently has more than 120 members and holds classes in preschool, Women's Artistic, Men's Artistic and general gymnastics.

Funding

£68,000
Development Grants = two clubs
Community Chest = 12 Clubs

SOUTH EAST

Number of clubs - 27
Current membership - 5,941

Development Competitions

Gymspire October 2017 - 10 clubs 306 gymnasts
Prelims May 2018 - 10 clubs 339 gymnasts

Clubs / Facilities

New club Cardiff Flyers. Three clubs have moved into or expanded their facilities with Cardiff Central expanding to the building next door, City of Newport Gymnastics Academy moved into a larger premises, and Cardiff Olympic moving to a permanent facility.

Bettws Gymnastics Club has increased its coaching team to include four new qualified coaches, three new sport leaders and three new WAG club judges, topping off a fantastic year for this growing community club.

Funding

Over £50,000 has been invested into the South East clubs in the last year through community chest, development grants and fundraising.

Medal Success

There were some outstanding performances from our Welsh gymnasts at the Gold Coast Commonwealth Games this year. However, the standout successes have to be Latalia Bevan and Laura Halford, who both came away with Silver medals after mesmerising performances in their individual apparatus finals.



Latalia Bevan

Latalia was rewarded for her efforts in the 2018 games which saw her finish fourth as part of the Women's Artistic team and qualify for four of the five individual finals with a silver medal following a seamless and elegant performance in the Women's artistic floor finals.

After qualifying for the individual all-around, beam, bars and floor finals, Latalia secured the silver medal with her final performance at the games on floor finishing only 0.033 behind the gold medal winner Alexandra Eade of Australia. The last Silver medal won by a Welsh Artistic gymnast was Sonia Lawrence in 1994 on the vault.

On her medal winning performance, Latalia said: *"I felt nervous beforehand but when I started competing, the pressure just went away. I focused on giving everything I had so that we could come home with a medal for Wales."*

Latalia is part of the Welsh Gymnastics centralised programme which saw her move home and school from Merthyr Tydfil to Cardiff, providing her with an opportunity to dedicate more time to training around her schooling.

Latalia was blown away with her success *"I CAN'T BELIEVE IT!! Silver medal for Floor at the Commonwealth Games, thank you to everyone for the support, I wouldn't have got here without you, I am lost for words - so proud to be Welsh."*



Laura Halford

Laura was hoping to build on her success of the 2014 games where she won team silver and two individual bronze medals. Having qualified for the individual all-around, hoop, ball and ribbon finals, she also had to wait until the last day of competing for her Silver medal.

Laura finished in fifth place finish in the all-around final, and narrowly missed out on the podium, achieving a fourth place finish in the ball, 0.55 behind bronze and only 0.10 behind the bronze medalist in ribbon.

It was Laura's spellbinding hoop routine that earned her her fourth Commonwealth Games medal and first individual silver.

Laura said of earning a silver medal: *"I'm just so, so happy. I was a little bit disappointed with the all-around result but now I'm so happy it makes it all worth it. I've really enjoyed performing and the whole experience of the games this year - I wanted to come and have fun, and I did that. There was a lot of pressure after Glasgow but now this medal has made it all worth it, overall I'm just really proud of my performances."*

She is also part of the centralised programme and manages to fit a packed gymnastics schedule around studying at university.

Welsh Gymnastics are so proud of how Laura and Latalia have represented themselves, their families and Gymnastics in Wales. We were with you through every performance and are thrilled with your successes.

Impact of the legacy programme

In July 2016, Welsh Gymnastics launched the Rio to Gold Coast legacy programme. One aspect of the legacy programme was to increase the number of high level coaches in the artistic disciplines across Wales. To help achieve this a Workforce fund was created. There was an open application process for the fund that would enable coaches to access CPD courses to further their skills, gain higher qualifications, experience and knowledge to support the Elite pathway.

From this fund, five coaches are now furthering their coaching qualifications at level 3 or above and contributing and supporting the development of the performance pathways in artistic gymnastics across Wales.

One coach who has benefited from the legacy workforce fund was Carol Sargeant of Llanelli Gymnastics Club. Carol applied for the fund to further develop her coaching knowledge and is now working to complete her level 5 qualification. She said of the fund: "It has enabled me to progress my gymnasts further within the elite pathway and I believe the current squads in Wales are thriving and progressing well. I'm sure the courses and experience gained from the fund has impacted on this."

This year has seen Carol achieve a number of accolades with her gymnasts with Seren Rowlands-Higgins winning 2017 British Gymnastics National Grade 1 and Ella De Vera finishing 5th in the British Gymnastics Compulsory level 3 – both on the British elite pathway. Llanelli also has gymnasts in both the Welsh Preparation and Development squads.

As well as having an impact in her own club, Carol is using her newly gained knowledge at squad training to support coaches from across Wales, ensuring that everyone has an opportunity to develop from what she has learnt.

Atlanta Martone of Swansea Gymnastics Centre was awarded funding to support her role in the development of the Men's Artistic programme and gymnasts in Wales. She undertook Level 3 technical modules, which she feels gave her confidence in both basic and key skills, aiding her development as a coach.

Of the five coaches that applied for the fund, four were female. This development in high level female coaches was recently commended by Sport Wales. In a letter to Welsh Gymnastics' CEO, it stated: "Welsh Gymnastics is congratulated on the continued excellent growth in coaches, and particularly female coaches at higher levels".

In addition to the coaches that accessed the legacy fund, Wales' Junior National Coach Olivia Bryl has completed her level 5 Women's artistic qualification.

Legacy programmes such as these are not only pivotal to the engagement of clubs but introducing a Workforce fund such as this is key to the progression of gymnastics coaching staff and the development of Welsh gymnasts.





Bangor Gymnastics Club

Bangor Gymnastics Club is a social enterprise, run effectively to ensure a sustainable future for the club. It has a workforce of more than 60 volunteers, coaches, young leaders, administrators and directors that serves the community in and around, the Bangor area of North West Wales. With an excess of 700 members, the club provides a vital service for children and young people in the region. Founded on a shared vision, Bangor Gymnastics Club aims to grow on the success it has already achieved, ensuring the vision of the club remains consistent and relevant.

After an exceptional year from September 2015–16, it didn't seem possible for Bangor Gymnastics Club to continue this incredible success. However, the club went from strength to strength and its plan of moving into its own facility was finally realised at the end of March 2017, with Beth Tweddle MBE officially opening the gym on June 10th a 10,000 sqft facility in Llandygai, Bangor.

Having settled into its new facility, the club introduced a number of new sessions, pushing its overall membership to more than 900. These sessions include; inclusive sessions, Parent and Toddler, Preschool, FreeG and Adult gymnastics. The FreeG sessions attract boys and girls from all over the area, but in particular it has proved popular with the local community boys from a nearby estate, encouraging them to participate in weekly activities.

Following the success of its first satellite, the club began a second satellite with Communities 1st Gwynedd in Maesgeirchen. These sessions support the Welsh Government's programme to provide a more prosperous future for the less affluent in Wales and get them involved in sport. The GwirVol Millennium Volunteer scheme and the club's own Young volunteers scheme is now stronger than ever with over 30 young volunteers as part of the scheme and some of its older volunteers have now gone on to gain their Level 1 in gymnastics coaching.

The club has developed a strong working partnership with Bangor University's Sport Psychology department, which successfully used competition preparation techniques with the boys competing in the Island Games and Men's British NDP tumbling championships. With this and a combination of hard work, the team came home with a Silver medal at the Island Games. The club is also proud to have had three of its young female squad gymnasts chosen to attend the Welsh Development squad, with now also three male gymnasts chosen to join the Men's Artistic Prep Squad.

In 2017 Bangor won the Club of the Year award which is given to a club which shows commitment and passion for gymnastics, focusing on the opportunities that the club provides, the activities offered, coach and volunteer opportunities, club management, vision and structure, networking and partnerships with other clubs and local authorities and how the club contributes to the community. In the same year Bangor won the inSport Club of the Year award with Welsh Gymnastics, which recognises the commitment and enthusiasm of a gymnastics club to develop and include work with disabled, low income backgrounds and use of the Welsh language.

The clubs' inclusive gymnastic disability sessions now operate over three sessions per week. With the drive to develop this area, future plans are already in place to increase outreach sessions for disability groups, rebound, sensory and inclusive play, and the club hosted the Rotary Disability Competition in February 2018 with over 60 children taking part. The club are extremely proud to have been awarded the Gold InSport award in May 2017 in recognition of all its hard work in this area.

Bangor Gymnastic Club's mission 'to develop people' is fundamental when developing its workforce. The club has a structured development programme for coaches, volunteers and sports leaders, providing the highest quality coaching and gymnastics facility in its local community and area.



Women's Artistic Gymnastics

The Women's Artistic Technical Committee (WTC) would like to congratulate the National Programme, National Coaches and Club Coaches for another exceptional year. There has been an array of excellent results at a British and International level, culminating in the 2018 Commonwealth Games which saw several outstanding performances from Welsh gymnasts.

The club/domestic programme for the discipline has grown in strength and depth in 2017/2018. It has been fantastic to see new clubs taking part in Women's Artistic competitions, especially at Level 6 and in Club Grade Competitions.

Welsh Development Squads continue to run each month, led by Olivia Bryl. Many clubs continue to engage with these squads and the standard of gymnastics is increasing year on year.

We have seen an increase in the number of qualified judges – thanks to an extensive judge education programme facilitated by Welsh Gymnastics, with courses delivered by our Welsh Brevet and National level judges.

Three Women's Artistic Coaches have accessed higher level coach education (1 x Level 5, 1 x Level 4 and 1 x Level 3 Theory) through the Rio 2016 Legacy Project, which is having a positive impact on the standard of gymnastics across Wales.

Melissa Anderson

Competition Highlights

Latalia Bevan - Silver Medal, Floor, 2018 Commonwealth Games
Holly Jones - Senior British Vault Champion
Maisie Methuen - Senior Beam Champion

Three gymnasts selected for World Cup Competitions. Six gymnasts selected for GB International Competitions

Representatives in all GB Squads:

4 Senior
3 Junior
8 Home Nations
3 Performance Pathway

Welsh gymnasts in Finals at Espoir, Junior and Senior British Level

GB Elite Pathway Competition Results 2017

Voluntary Level 4

Team Bronze

Voluntary Level 3

Ruby Evans – 2nd All Around
Team Champions

Combined Age Group Level 3

Ruby Evans – 2nd All Around

Voluntary Level 2

Sophia Micallef – 1st All Around
Amy Oliver – 3rd All Around

Combined Age Group Level 2

Sofia Micallef – 1st All Around
Jea Maracha – 2nd All Around
Poppy Stickler – 3rd All Around

2018

Compulsory Level 3

Scarlett Lin Chunquin – 1st All Around
Team Bronze

Compulsory Level 2

Ruby Evans – 1st All Around

Committee Members

Melissa Anderson
Carol Sargeant
Sarah Twose
Julie Edwards
Sophie Erickson
Debra Morris-Cavill

Competition Highlights

2018 Commonwealth Games

Jac Davies - 4th in Pommel Final
Jac Davies - Floor Finalist
Josh Cook - 13th All Around
Iwan Mepham - Parallel Bars Finalist

2018 British Championships

Josh Cook - Bronze on Floor and Rings, 5th All Around (U18's) and Bronze on Floor in the Masters Final
Emil Barber - Silver on Vault and 6th All Around (U18's)
Jac Davies - Silver on Pommel (Senior)
Jacob Edwards - Second on Floor (U16's)

2018 Porto Cup

Welsh Teams placed 1st and 2nd
Emil Barber - 4th All Around (Seniors)
Liam Beard - 1st All Around (Youth)
Oscar Harper - 3rd All Around (Youth)
Alex Niscoveanue - 4th All Around
Jacob Edwards - Silver on Floor and Pommel

2017 Northern Europeans

Team Silver
Jac Davies - Gold on Pommel
Clinton Purnell - Silver on Floor and Silver on High Bar
Iwan Mepham - Bronze on Parallel Bars

2017 Club Development and Elite Grades Finals

Team 2nd in Elite Grade Level 1
Team 2nd in Elite Grade Level 2
Louis Jones - 3rd in Elite Grade Level 2
Alfie Lugar - 2nd Elite Grade Level 1
Liam Beard - 3rd in Elite Grade Level 5
Team Bronze - Club Level 3
Harrison Harris - 2nd Club Grade Level 4
Jacob Edwards - 2nd Club Grade Level 6

2017-2018 British Elite Performance

Squad Selection

Liam Beard
Oscar Harper
Alex Niscoveanue
Louis Jones
Alfie Lugar

2017-2018 British MAG Pathway

Development

Programme Selection
Morgan Lucas
Gethin Williams

Committee Members

Andrew Morris
Adam Perman
Peter Haysham
Aled Jones
Paul Edwards



Men's Artistic Gymnastics

Men's Artistic Gymnastics (MAG) in Wales has seen success across all age groups over the past 12 months. With a significant focus on preparation towards the 2018 Commonwealth Games, our senior gymnasts have performed and achieved results in various competitions which has seen them rank and gain medal positions against some of Britain's best. The Commonwealth Games showcased some fantastic performances, which again demonstrated that Wales' senior gymnasts are continuing to develop and progress on the international stage.

Wales' younger gymnasts are continuing to achieve success, with a record number of Welsh gymnasts selected for the British Elite Performance Squad and the British Talent Pathway Programme. Welsh gymnasts are also continuing to achieve individual and team medals across Elite Grades and Club Development Grades Pathway. Some of Wales' more advanced youth and junior gymnasts are gaining experience of training and competing at international events, with the 2018 Porto Cup highlighting that Wales has a promising pool of talented young gymnasts.

Wales' current squad structure has continued to grow the MAG discipline with around 100 gymnasts involved across the preparation squad, development squad, elite development squad, junior and senior squads. Coaches from a number of clubs from across South, Mid and North Wales are regularly working together, sharing best practice and nurturing identified gymnasts.

A competition programme is in place which focuses on both set work and voluntary work, acting as a platform for British Finals, British Championships and selections for future squads, training camps and international teams.

Once the current performance review is complete, future structures, processes and systems for MAG in Wales will continue to nurture talented gymnasts and coaches, with the aim of building upon recent successes.

Aled Jones



Rhythmic Gymnastics

I begin by thanking numerous people whom without their input, Rhythmic Gymnastics in Wales would not be as successful as it is today. Jo Coombs, Nia Evans, Jessica Bolton, Lorelei Westcott, Frankie Jones and Olivia Davies and the Welsh Gymnastics staff. Also, a big thank you to all our volunteers, who give their time freely during competitions and give pastoral care when needed.

Our Future Hope Squads are starting to show progress with a bigger number of gymnasts getting into squads and participating in trials. Our group sections within clubs has increased dramatically at all levels with more Welsh groups entering British and Welsh competitions

We have two annual domestic competitions taking place during the year, the Star Cup is a competition for all levels and is organised by Llanelli Academy and, a grassroots competition organised by Rhythmic at the Academy. The attendance at these competitions is very promising and it highlights the increasing number of gymnasts taking part in rhythmic in Wales

A full Rhythmic Technical committee is yet to be established, but it is a priority in the coming months. All squads are currently being reviewed as we have a limited number of coaches, therefore the employment of an extra coach is desperately needed to help grow the discipline. There are plans to get more judges and coaches qualified in the next year and help improve current judges and coaches qualifications. The sport is developing its four-year plan for all squads.

Laura Halford won a silver medal at the Commonwealth Games in the Gold Coast in April. All of the gymnasts had a wonderful time and an amazing experience in Australia and the games were very well organised. The Welsh team of Laura, Gemma Frizelle and Abigail Hanford had a great experience and with wonderful performances. Well done to Welsh Coach Nia Evans and Brevet Judge Joanne Coombs for their work at the Games. They both did an awesome job and did us proud.

Linda Thomas

Competition Highlights

Internationals for Wales & Britain

World Cup, Kazan
Laura Halford, Gemma Frizelle

World Championships, Pesaro
Laura Halford

Aeon Cup, Japan
Laura Halford, Gemma Frizelle, Lavinia Bailey

Happy Cup, Belgium
Abigail Hanford, Nikara Jenkins
(CWG Qualification Event)

Slovenia International
Abigail Hanford, Nikara Jenkins
(CWG Qualification Event)

Australia CWG Preparation Camp
Laura Halford, Gemma Frizelle, Abigail Hanford

Norway International
Laura Halford, Gemma Frizelle, Abigail Hanford

Garcia Cup Hungary
Laura Halford, Gemma Frizelle, Abigail Hanford

British Championships

Seniors
Laura Halford Champion
Gemma Frizelle 2nd

Juniors
Abigail Hanford 4th

U/11
Elizabeth Popova Champion

U/10
Eirlys Jones 2nd

U/9
Grace Owen Champion

British Group Championships

Juniors
Llanelli Academy Champions

Espoir
Llanelli Academy Champions

British Open Apparatus

Seniors
Laura Halford
Gemma Frizelle

Espoir
Elizabeth Popova
Nia Roberts
Emily Cullen
Eirlys Jones

Competition Highlights

Dallas T & T Cup, 2018

Team

1. Gold – USA level 10

Individual

1. Gold – USA level 10

1. Silver – USA level 10

1. Bronze – USA level 10

Committee Members

Jo Coombs

Craig Solomons

Karen Maylin

Sarah Jones

Sue Williams

Trampoline Gymnastics

Trampoline Gymnastics has had an incredible year, with the discipline continuing to grow from strength to strength. I would like to start by thanking our new Trampoline Technical Committee and its supporting groups, Welsh Gymnastics' staff and our fantastic community of members.

Earlier this year we launched the strategy for trampoline gymnastics in Wales. We're currently working on the priority actions for 2018, but we have already made significant progress.

One of the most important issues identified by clubs was improving our Welsh Championships structure. Our new Welsh Open Championships was built on feedback from Welsh clubs, in addition to introducing new and exciting opportunities. This includes a multi-discipline event, which allows gymnasts to compete across three trampoline disciplines (Double Mini Trampoline, Individual Trampoline and Synchronised Trampoline). We're excited to open the competition up to International Federations, with the aim of providing our Welsh trampoline gymnasts with exposure to the international stage.

Across competitions, we've seen a continued increase in participants for all the trampoline disciplines, with more than 600 entries at the three Welsh levels and NDP competitions in 2018. Alongside this, we saw a change to the Code of Points; introducing horizontal displacement judging. Our thanks go to our domestic competition organiser Karen Maylin, the competition working party and our judges and officials, who have all worked tirelessly to deliver high quality competitions.

Our technical lead, Sarah Jones, has established the tutor working party which will look to standardise the delivery and expand the programme of courses. Over the year, we held a number of courses for coaching and judging including: revalidation for the new judging code of points and, for first time in years, a Double Mini Trampoline coaching course. Looking forward, we're excited to support a new sport leaders course, in addition to hosting additional UKCC courses and level three modules. We are also supporting the training of new tutors, to back this significant increase in courses.

Our Welsh squad, managed by Sue Williams, dominated the USA level 10 competition at the Dallas T&T cup. The Welsh team, supported by the Welsh trampoline head coach Sue Lawton, took the gold medal in the team competition; in addition to seven out of the top eight places in the category. This included brilliant routines from Kayla Smith, Leah O'Connor and Alice McCabe who took first, second, and third place, respectively.

Jo Coombs



Acrobatic Gymnastics

Acrobatic Gymnastics continued to run an established, comprehensive competition calendar to coincide with national event preparation and selection.

Acrobatic Gymnastics has worked to develop its squad system using the British Gymnastics Performance Pathway as a guide. Four squads are running monthly, a Junior and Senior squad in the North and South of Wales. These squad sessions are helping with development opportunities for coaches and increasing the performance levels of Welsh competitors.

Improvements from previous events have been taken forward into our Welsh Competitions. We are continuing to learn from every event and are very appreciative of the volunteers who are making the events possible to run. The introduction of a laser measuring system at the NDP Championships helped the competition to run faster and provide accurate height measurements. In addition, there have been a number of newly qualified judges within Wales this year. Congratulations to Senior Women's group of Emily Stock, Katie Jenkins & Olivia Street who were invited to train with the British Squad in December 2017.

I thank the volunteer committee for their continued dedication and the huge efforts made to create and provide 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.

Lisa Thomas

Aerobic Gymnastics

In the past year, Aerobic Gymnastics in Wales has seen many successes with the emergence of a new club in SJ Aerobics, the Introductory Aerobic Code and World Championship medals.

The Introductory Aerobic Code has seen three clubs (two aerobic and one non-aerobic) across Wales starting to teach basic level aerobic competition routines. SJ Aerobics and Phoenix Dance and Gymnastics both had a successful first competition at this level. This introductory aerobic programme has been key in helping the aerobic discipline grow by 300% in Wales.

The Welsh Awards saw aerobic gymnast Molly Brown win Non-Olympic Gymnast of the Year for the second year running. Molly also qualified for the Aerobic World Championships as part of the Great Britain team, along with fellow Welsh gymnasts Seren Jones, Nancy Law, Emily James, Olivia Goves and Coach Shea Jones.

This was a record breaking trip for the Welsh team - Shea become the first Welsh senior aerobic coach and Olivia the first Welsh senior aerobic gymnast to go to the aerobic World Championships. Emily and her 15-17-year group finish sixth, Olivia and her senior group qualified for the second European Games in Belarus. Molly, Seren and Nancy won the 12 - 14 age group silver medal, with their British team mates Lola and Bella, after beating their third-place qualification score, becoming the first gymnasts at this age group to win an aerobic medal at World Championships.

After such a record breaking year, we are excited as a Welsh sport to see what's in store for us next.

Competition Highlights

British Championship Series Liverpool July 2017

SILVER – Senior Mixed Pair
SILVER – 11-16 Mixed pair
BRONZE - 13-19 Women's Pair
Finals - 12-18 Women's Group
Finals - 11-16 Women's Pair

Pat Wade Classic British November 2017

GOLD – Senior Women's Group
Finals & 4th place finish 13-19 Women's Group

British Championship February 2018

1st – Senior Women's Pair
Finals & 4th place finish 12-18 Women's Group
Finals - 13-19 Women's Group
Finals & 4th place finish Senior Women's Group

British NDP Finals May 2018

SILVER – IDP Women's Group
SILVER – IDP Women's Pair

Tumbling Gymnastics

Tumbling in Wales has had an extremely busy 12 months.

The discipline has grown continually for the last three years and participation is up by 41%. We have introduced new competitions and easier pathways for gymnasts who want to make the transition from other disciplines. On a larger scale, we have gymnasts in the British Development pathway squad and a female gymnast in the Senior British Squad.

Congratulations to Rhisian Thomas and Aeliyah Reigne Vergara on gaining places in British Foundation Squad and Megan Surman in the Women's British Senior Squad.

2017 spring series saw a rise in the number of Welsh competitors entering the competition and successfully gaining qualifying scores to the British Finals. Wales entered its highest number of tumbling gymnasts in to the 2017 British Championships, with gymnasts in nearly all age groups. With four gymnasts making finals, this is a good representation of the growth of the discipline.

Maria Gaynor

Team Gym

Since the introduction of TeamGym to Wales in 2016 the education and opportunities for TeamGym across Wales have grown significantly.

2017/2018 has been a year of growth for the discipline in Wales with now over 14 clubs offering the TeamGym in their clubs or as a new discipline.

This is supported by 26 newly qualified UKCC 1 TeamGym coaches and 10 UKCC 2, doubling the workforce across Wales this year. An Intro to TeamGym judging course was run with 44 attendees and 2 clubs competed at British Championships qualifiers.

Welsh Gymnastics' only TeamGym specific club and facility Ruthin and Denbigh in North Wales, continues to grow from strength to strength with clear pathways set out when a gymnast walks through their doors. Over the past two years, the Ruthin and Denbigh Gymnastics Club has strategically grown its TeamGym knowledge, by qualifying a base of TeamGym coaches both at level 1 and level 2 and taking part in Regional invitational TeamGym competitions. Its specialty is TeamGym and gymnasts begin on the TeamGym GFA pathway.

Welsh Gymnastics has recently launched TeamGym as a recognised discipline in Wales with a newly appointed TeamGym technical panel, including a Welsh Gymnastics representative, and technical experts from North and South Wales

Maria Gaynor

Committee Highlights

British Championship LIVERPOOL September 2017

Megan Surman – Elite Level – Women 17 – 21
- Bronze

British NDP Team Finals - Birmingham 2017

Team 5th position
Tanisha Johnson – Level 7 Women's 13+
- Gold
Ayla Farnworth – Level 5 Women's 10 -12
- Gold
Joseph Dunster – Level 3 Men's 11 -12
- Silver

NDP British Finals - Telford 2017

Seb Jones – Level 2 Men's 13+
- Silver
Peter Goldberg – Level 4 Men's 13+
- Gold
Ellie-Mae Wainwright – Level 5 Women's 10 – 12
- Gold
Ayla Farnworth – Level 5 Women's 10-12
- Silver

British Spring Series 1 - Telford 2018

Jade Evans - FIG Level Women's 13 – 14
- Bronze
Andreas Adams – FIG Level Senior Men
- Bronze
Megan Surman - FIG Level Senior Women
- Silver

NDP Finals – Telford

Ellie Mae Wainwright – British Champion NDP 5
Ayla Farnworth – Silver medalist NDP 5
Peter Goldberg – British Champion NDP 4
Sebastian Jones – Silver medalist NDP 2