



Annual Report  
2017/18

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Images: courtesy of PSB Photography & Commonwealth Games Scotland



## Chair's Introduction



The end of the 2017-18 financial year coincides with the completion of the third year of Scottish Gymnastics current 12-year strategy. With 25% of the time now behind us, it is appropriate to formally review progress and develop our detailed plans for the next four-year segment, starting from April 2019.

At a high level, all of the indicators and outputs confirm that we are making good progress. The continued growth in our clubs where we now have over 30,000 members, with increased participation in all disciplines and at all levels, provides an incredibly strong base for gymnastics to continue to develop ahead of projections. However, we must be mindful of future challenges, particularly in a climate where public sector spending is under significant pressure across all areas.

The continued refinement of our future plans and any adjustments in our overall strategy will be crucial as we prepare our business plan for the next four years. Last year, 33% of our funding came from **sportscotland** grant aid which compares very favourably to the 2013-14 figure of 47%. Our aspiration is that we continue to drive commercial activity to reduce this ratio even further, whilst at least maintaining the level of support we secure from **sportscotland**.

The two new members of our board, Ally Whike and Ian Chambers, have made significant contributions over the past year. New views and experience from out-with the gymnastics environment have helped to stimulate discussion and consider a fresh perspective. With several long-standing directors approaching the end of their permitted terms of service, board succession will be a key priority over the next 12 months. We need to work hard to ensure we maintain the balance in the governance of our sport, to continue to ensure future success.

On the gymnastics front, there have been amazing performances from gymnasts across all disciplines and although the Commonwealth Games in Gold Coast sits at the end of the reporting year, the early timing of the Games allows me to record our thanks and congratulations to all of those gymnasts who represented Scotland proudly in Australia. With our most successful overseas games, the gymnasts competed with distinction, courage and determination to deliver a total of three medals.

Success in competition is the reward for many years of hard work, and I would also like to take this opportunity to recognise the efforts of all of those coaches, support staff and also the gymnasts' families, who contribute so much to the whole effort.

**Scott Harper**  
Chair, Scottish Gymnastics



## Chief Executive Officer



Over the last three years, gymnastics in Scotland is booming. We have more people taking part, bigger and stronger clubs, and more gymnasts competing across all disciplines.

The financial year ended on a high with the Gold Coast 2018 Commonwealth Games. We were represented by a team of five men and five women in artistic gymnastics - our first ever full “home grown” female team. We were proud of the gymnasts for achieving three medals and the most successful performances across the board.

None of this happens by accident and it is down to the hard working, dedicated support of a huge number of personnel and volunteers in clubs that is growing, developing the sport across the country. Our performance programmes are designed to enhance their great work and with the technical panels, we continue to develop the support we offer to inspire and nurture emerging talent. You can find out more in our technical panel and gymnastics reports, and see how competitive gymnastics is on the increase on page 11.

As always, Gymfest is a great example of dedicated clubs and members. The events in Aberdeen and Perth involved over 2500 gymnasts from across the country showing their talents and skills, supported by an army of volunteers from their clubs and a legion of supportive parents and fans. We can't do it without you and a well-deserved thanks from everyone across the Scottish Gymnastics membership.

We have continued to develop our support in developing leaders in clubs and supporting coaching through PGDip and BSc in partnership with Edinburgh Napier University, our team of Regional Pathway Coaches (RPC), our leadership academy, and other CPD. The full education report is on page 22. The introduction of safeguarding 3 training in August 2017 ensures the learning continues in this important area to ensure everyone can stay safe and have fun in gymnastics. You'll find details on page 12.

For those who cannot take advantage of everything due to other commitments and geographical challenges, we have a range of online opportunities from the self-assessment tool for clubs, CPD for coaches, and we are increasing learning opportunities through our new dedicated hub, absorb, in 2018. We are delighted that clubs are continuing to make use of the development opportunities available to them from our team and external partners.

With more support on offer from across our team, we have welcomed new members of staff this year, including two new Club Support Officers in February. Find out more about club development over the past year on page 6.

Looking ahead in 2018, there will be plenty to celebrate with the Year of Young People. The European Artistic Championships in Glasgow will provide inspiration for our young gymnasts and a highlight for many a sport fan. Gymnastics - what a sport - thanks for making it what it is!

**Euan Lowe**  
CEO, Scottish Gymnastics



## Club Development

### New this year

Two new Club Support Officers (CSO) joined the team in February 2018.  
 We entered a partnership with British Safety Council.  
 In partnership with Sport Aberdeen, we created new Pathways Coordinator (Gymnastics) post.

### What went particularly well

Completion of first year of Leadership Academy.  
 Support to increased number of clubs through new Club Support Officers.  
 Supported 12 clubs to access £322,924 in funding.

### Coming in 2018/19

Further expansion of the Gift Aid programme with our partners at BDO.  
 Improved HR support for member clubs.  
 Launch of the new P1-3 Schools resources to be delivered through member clubs.  
 New online club development courses on our online learning platform *absorb*.

	2016-17	2017-18
<b>MEMBERSHIP - Final Figure for financial year</b>	25973	28437 + 2464 + 9%
<b>Clinics</b>	5 Clinics 35 Clubs	3 Clinics 22 Clubs
<b>Leadership Academy</b>	12 Graduates	10 Leaders
<b>BDO Support</b>	15 Clubs	18 Clubs supported
<b>Morton Fraser Advice</b>	15 Clubs	5 Clubs 4 Legal bulletins
<b>Facilities</b>	10 New	7 New Club facilities 2 New LA/Trust facilities 5 Clubs moved to bigger / improved facility
<b>Self-assessments</b>	54 Completed	23 Completed 15 new registrations. (64 Clubs using the tool in total)



## Education

### Regional Pathway Coaches (RPC)

In March 2017 Scottish Gymnastics successfully recruited nine coaches across four regions with each working long-term towards expanding the number of gymnasts entering the competitive pathway. The programme involves pathway coaches delivering coach development sessions in the four regions to underpin good technical knowledge and understanding of the fundamental skills for gymnasts, act as mentors for women's artistic gymnastics coaches who need support in their development, and establish performance development environments using learning from mentors.

**sportscotland** investment has allowed Scottish Gymnastics to create a formal partnership with South Essex Gymnastic Club using their technical experts Scott Hann, and Ross Falsetta, their head women's coach. The coaches have attended the club nine times this year, and will do so throughout 2018, and have progressed well, continuing to develop new ideas and techniques in their regional and club sessions.

### Educator Workforce Training

The Education team recruited 11 new tutors and 11 new assessors to support the increasing demand for coach education throughout the disciplines across the country. In addition, our newly recruited tutors will undergo the Sport Educator Personal Development Award in 2018 to develop and support them in their new role. Our annual standardisation meeting also took place in January with over 35 tutors and assessors present, which included a CPD session focussed on the Scottish Gymnastics Talent Principles amongst updates on the course structure and content.

### PGDip

The PGDip was introduced in September 2016 to increase the professionalism of performance gymnastics coaching in Scotland and support the development of world-class coaches. Delivered in partnership with Edinburgh Napier University, this high-level post graduate degree focusses on developing future leaders and performance coaching practice which can be applied to any gymnastic discipline. With each of the five coaches completing the relevant modules, they are working on their final assignment in their chosen area, and due to graduate with a pass or distinction in June 2018. Through further **sportscotland** investment, Scottish Gymnastics is recruiting a new cohort of coaches in 2018 for this successful programme.

### BSc

In August 2017 Scottish Gymnastics launched the BSc Developing Athletes through Professional Practice, in partnership with Edinburgh Napier University. This degree is the first of its kind in the UK and has been well received by those involved. The aim is to deliver a world-class bespoke coach development and support programme for aspiring performance coaches at degree level, providing a high-level CPD opportunity beyond the Scottish or British gymnastics coach education pathway.



Fourteen coaches from different disciplines are studying: reflection of current practice; performance behaviours; athlete welfare; performance psychology; and developing athletes through coaching. Throughout the programme, each coach has regular support and mentoring from Scottish Gymnastics staff and university lecturers.

## Judge revalidation

Scottish Gymnastics is committed to supporting the ongoing development of our workforce, in line with our strategy, whereby world-class officials are an integral part of building a true performance system.

We recognise there is a large financial commitment for individuals and so Scottish Gymnastics offers support to those who meet criteria and are committed to supporting the organisation's aspirations.

In 2017, through a nomination process involving the technical panels, Scottish Gymnastics provided funding to 19 judges to subsidise their revalidation process at Brevet level (i.e. retain current level of qualification, move up category, or move from national to Brevet). Ten judges revalidated at national level and a further nine judges completed the Brevet qualification.

## Symposiums

As part of the Technical Panel health checks carried out in March 2017, Scottish Gymnastics agreed an investment of up to £500 per panel to support a symposium focussing on developing coaches' knowledge both technical and non-discipline specific. TeamGym, Rhythmic and Acrobatics have delivered their symposiums to over 100 attendees and the remaining disciplines are holding their symposiums in 2018.

## Future Developments

From May 2018, UKCC Level 2 course attendees will no longer have to undertake a theory exam as part of their course and instead the assessment will be focussed on the learner's practical delivery and logbook completion.

From August, pre-school education changes from the current formal qualification pathway to a CPD add-on module. This will make the qualification more accessible to our members and allow clubs to develop their pre-school sections.

In December, our Educator Workforce licence comes up for renewal for our current tutors and assessors, which gives us the chance to review the licence maintenance criteria as part of our commitment to ensuring our workforce are operating at a world-class standard.

We are continuing to add to our CPD offering with the introduction of several online short courses and resources to help coaches learn at their own rate in their own time. We have invested in specialists to help create these programmes including Edinburgh Napier University. Topics include: Developing Female Athletes; Nutrition – understanding gymnasts' needs and approaching eating disorders; Introduction to Biomechanics; and Understanding the Psychological pressures in Gymnasts.



## The numbers

	UKCC level 1	UKCC level 2	Level 3 technical modules	Level 3 theory	Learn to Coach	Judging	CPD including: disability module, symposiums, coach clinics, pathway training	Totals
<b>Target</b>	37	21	16	3	8	15	12	112
<b>Delivered</b>	34	14	16	2	7	21	38	<b>132</b>
<b>Attendees</b>	381	137	187	38	142	265	328	<b>1478</b>



## Events

	2015		2016		2017	
	Competitions	Total Gymnasts Entered	Competitions	Total Gymnasts Entered	Competitions	Total Gymnasts Entered
<b>WAG</b>	11	1899	9	2281	11	3084
<b>MAG</b>	9	549	6	413	7	502
<b>ACRO</b>	4	1144	4	1382	4	1224
<b>TRA and DMT</b>	10	1843	8	2521	9	2086
<b>TUM</b>	4	695	8	1139	8	1187
<b>RHY</b>	3	338	3	316	3	244
<b>TeamGym</b>	1	164	1	191	1	189
	<b>42</b>	<b>6632</b>	<b>39</b>	<b>8243</b>	<b>43</b>	<b>8516</b>



## Ethics, Welfare and Conduct

The annual review gives us a chance not only to reflect on the year’s activities but also remind our members that Scottish Gymnastics is unwavering in its ambition to provide a positive and safe environment for all to learn and enjoy gymnastics.

Children’s wellbeing is at the forefront of what we do and developing policies and procedures is only one aspect of that. Every member has been given information on how to “Stay safe and have fun in gymnastics” in their membership pack. This handy credit card sized leaflet is designed so you can add the name and number of your club’s safeguarding officer to the back page and then then tear it off and keep it in your wallet or bag.

We have a duty of care not only to children and young people but also to coaches, helpers and officials in our clubs. Linked to the procedures is a wide-ranging education package of safeguarding courses developed specifically for our unique, hands on sport, providing many opportunities through continuous professional development for those working in gymnastics to stay safe

We launched Safeguarding 3 in August 2017, which is an overwhelming success. Our blended learning approach is an excellent way to keep up to date with safeguarding in a less formal setting yet still keeping the all-important face-to-face group sessions. Being able to talk through the everyday issues they deal with is essential to how clubs operate.

We reprinted the Code of Practice for coaches and officials, updating the previous version from 2015. The code is provided to all those attending safeguarding courses and is available on the web.

In addition to Safeguarding, it is essential that clubs continue to keep up the good work in the area of safe recruitment and to ensure all individuals coming in to work in a regulated role with children and young people complete the required background check.

### Children and Young People: Their wellbeing is everyone’s responsibility

Based on feedback received from our PVG workshops and past safeguarding officers’ symposiums, we are in the process of developing an online ‘Safeguarding, an Overview’, for club committee members. Committee members play a key governance role within clubs and the team felt it is extremely important and beneficial for committee members to have awareness of national legislation relevant to safeguarding and wellbeing in relation to gymnastics and gymnastics clubs.

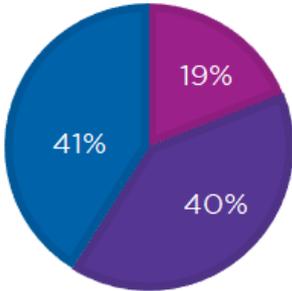
### Safeguarding courses 1 April 2017 – 31 March 2018

	Courses	Attendees
Safe in Your Hands	4	60
Safeguarding & Protecting	21	288
SG2	23	267
SG3 (1 September 2017 - 1 April 2018)	30	311
PVG Workshops		
Number of PVGs processed		460



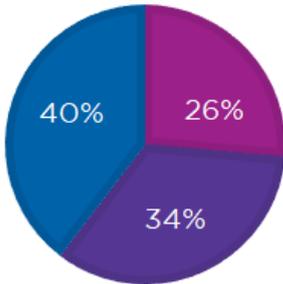
## Business Review

### Where our funding comes from



<b>Affiliations</b>	19%	£375,375
<b>Grants / Sponsorship</b>	40%	£769,064
<b>Commercial</b>	41%	£799,452
<b>Total</b>		<b>£1,943,891</b>

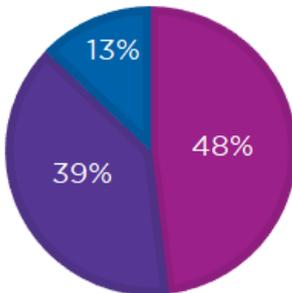
2016/17



<b>Affiliations</b>	26%	£579,153
<b>Grants / Sponsorship</b>	34%	£743,700
<b>Commercial</b>	40%	£868,455
<b>Total</b>		<b>£2,191,308</b>

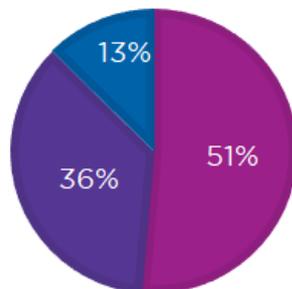
2017/18

### What we spend it on



<b>Gymnastics Activity</b>	48%	£859,279
<b>Staff</b>	39%	£695,892
<b>Overheads / Other</b>	13%	£228,223
<b>Total</b>		<b>£1,783,394</b>

2016/17



<b>Gymnastics Activity</b>	51%	£1,068,173
<b>Staff</b>	36%	£751,027
<b>Overheads / Other</b>	13%	£260,468
<b>Total</b>		<b>£2,079,669</b>

2017/18



## Detailed Income Profile

	2013/14	2014/15	2015/16	2016/17	2017/18
<b>Affiliation Fees</b>	£244,294	£374,438	£422,536	£375,375*	£579,153
<b>Grant Aid</b>	£496,833	£829,097	£635,695	£752,713	£743,700
<b>Competition &amp; Training</b>	£178,401	£253,102	£236,520	£344,931	£387,386
<b>Education / Courses</b>	£234,635	£280,258	£300,747	£342,069	£316,218
<b>Gymfest</b>	£16,086	£74,423	£88,469	£100,923	£109,160
<b>Other Income</b>	£14,676	£57,147	£48,396	£27,880	£55,692
<b>Total</b>	£1,184,925	£1,868,465	£1,732,363	£1,943,891	£2,191,308

\* Net figure after deduction of British Gymnastics service costs

## Detailed Expenditure Profile

	2013/14	2014/15	2015/16	2016/17	2017/18
<b>Competition &amp; Training</b>	£250,495	£486,689	£311,783	£450,473	£499,531
<b>Gymfest</b>	£5,778	£39,251	£46,019	£50,838	£59,367
<b>Education / Courses</b>	£169,174	£212,617	£243,629	£209,065	£245,868
<b>Insurance</b>	£56,567	£66,890	£77,718	£119,488	£162,378
<b>Establishment Costs</b>	£62,131	£61,827	£40,310	£39,409	£39,644
<b>Staff Costs &amp; Admin Expenses</b>	£482,026	£764,003	£784,078	£831,637	£941,322
<b>Legal &amp; Professional Fees</b>	£46,611	£105,039	£25,829	£30,598	£22,018
<b>Affiliations</b>	£26,875	£36,221	£25,826	£1,466	£2,202
<b>Other Costs</b>	£49,451	£79,345	£63,018	£50,419	£107,340
<b>Total</b>	£1,149,108	£1,851,881	£1,618,209	£1,783,394	£2,079,669



## Financial Statements

### Income and expenditure account for the year ended 31 March 2018

	2017/18	2017/18	2016/17	2016/17
Income		£2,191,308		£1,943,762
Expenditure – Direct costs	£(1,069,031)		£(865,299)	
Expenditure – Overheads	£(1,010,638)		£(918,096)	
		£(2,079,669)		£(1,783,395)
Operating surplus		£111,639		£160,367
Interest receivable & similar income		£0		£129
		£111,639		£160,496
Tax on surplus on ordinary activities		£ (1,336)		£ (1,982)
Surplus for the period		£110,303		£158,514



## Financial Statements

### Balance Sheet as at 31 March 2018

	2017/18	2017/18	2016/17	2016/17
<b>Fixed assets</b>				
Tangible assets		£105,208		£74,597
Investments		£1		£1
		£105,209		£74,598
<b>Current assets</b>				
Stocks	£9,749		£3,969	
Debtors	£366,387		£251,937	
Cash at bank and in hand	£821,268		£825,081	
	£1,197,404		£1,080,987	
<b>Creditors</b>				
Amounts falling due within one year	£(775,708)		£(699,839)	
<b>Net current assets</b>		£421,696		£381,148
<b>Total assets less current liabilities</b>		£526,905		£455,746
<b>Creditors</b>				
Amounts falling due within one year		£0		£(39,144)
<b>Total assets less current liabilities</b>		£526,905		£416,602
<b>Capital and reserves</b>				
Income and expenditure account		£526,905		£416,602



## Acrobatic Gymnastics Technical Panel



The task of the Acro Technical Panel has been to build on the successes of previous years and continue to nurture the discipline, its gymnast and coaches. Financially the discipline is doing well, and the revenue generated through the competition program is being reinvested into the discipline through the performance programmes.

The NPP/PPP programme is showing great improvements across the discipline as can be evidenced by the fact that not only are Scottish partnerships reaching podium places at British level, but we are now achieving first place British Champions. We even have partnerships competing for Great Britain on the world stage.

### Competitions

The 2017/2018 year started as in previous years with a successful defence of the last Acro Celtic Cup in Wales which will be replaced by a Home Nations Tournament in future. The Technical Panel is rightly proud of the recent record in the number of times the title has been successfully defended, and proud of all the gymnasts and coaches that helped make that record.

The Technical Panel organises a very successful competition programme over the year, including the Invitational and Team Tournament. This competition has grown in size and attendance to having just about 200 partnerships competing over the competition weekend in January. It is now established as one of the “must attend” competitions for many of the sports largest clubs from right across Britain and Ireland. It is the biggest competition that the Technical Panel organises and is the showpiece for our discipline.

Other competitions included the FIG Scottish Championship and Team Competition (June), Jumblies (December), NDP Scottish Championship (March). The NDP Scottish Championship had to be rearranged away from Bell’s Sports Centre in Perth to Avondale due to poor weather conditions and our thanks to everyone at Avondale for accommodating us at short notice.

We have seen many partnerships compete well at Scottish NDP and FIG Championships, going on to achieve podium places at British Championships. The start of 2018 saw the partnership of Erin Henderson, Sacha Muir, and Chloe Rowlands from Acrobay together with their coach Suzanne Fraser being selected to represent Great Britain at the World Age Championships in Belgium.

These competitions are the opportunity for the gymnasts not only to compete against each other but they display to all the families that these are the skills and talents that their children are working towards. This is what their hard effort is all about. The Technical Panel strives to continually improve the look and feel of these competitions, to make it a spectacle that the families want to attend as well as preparing the gymnasts for competing at much higher levels. We are constantly looking to add to the competitions and thank the events and marketing departments for their help. We are aware that we cannot make demands on the same pockets all the time and look to further opportunities for expanding the audiences.



The competitions are the financial workhorses for just about all other programmes as they give the technical panel the ability to finance all the performance and development programmes as well as subsidies for gymnasts that can't be found elsewhere.

There is a lot of effort goes into organising the competitions and a huge vote of thanks should be given to everyone that contributes both in the lead up to the competitions and on the day. We have a group of volunteers that act as floor managers, stewards and door managers. These volunteers give up their time freely and the competitions rely on them greatly. Many thanks to you all. Thanks also to the TP members, judges and coaches, we couldn't have the competitions without you.

## Development

The national performance programme (NPP) and performance pathway programme (PPP) are now fully embedded within the discipline and working well, led by our Technical Lead Coach Ian Said, supported by our Performance Coordinator Laura Jennings. We have five partnerships in the NPP, and the seven partnerships in the PPP will represent Scotland at the Budapest International Acro Cup in September 2018 as part of their development.

Working on a four-camp year basis, gymnasts and coaches have benefitted from increased contact with Ian throughout the year after club visits were introduced to the programme to ensure the leadership and work from performance camps continues in their club environments. Focussing on coach development rather than the gymnast has been a mindset change but is proving to be the right thing to do. As in previous years coaches without partnerships within the programme have been invited to come along to the clinics but this has not been taken up.

A programme for coaches without partnerships in the NPP/PPP has been developed and will be rolled out in FY2018-19. This will again be coach led, with three clinics and one camp as the proposed model. These clinics/camps will again be led by Ian Said, with much of the programme taking place at his home gym at South Tyneside. This can allow the attending coaches the opportunity to absorb the methods used by Ian in his own gym.

## Summary

The Technical Panel is looking forward to another successful year and will continue to support all gymnasts and coaches. Their development is essential to build success throughout the sport and the TP will do everything that it can to support where it can.

Andy Youl  
Acro TP Chair



## Men's Artistic Gymnastics Technical Panel



The men's panel is responsible for the men's artistic grades, Performance Pathway Programme camps and is involved in the National Pathway Programme camps. During the camps for grades, we also hold clinics for judges and coaches.

This year the panel has been made up of John Campbell, Allan McKinnon, Caitlin Ross, and Joshua Watters, with Amanda Boucher standing down as chair. Our thanks for her dedication and we wish her well for her continued contribution to gymnastics as chair of the TeamGym panel. We also said goodbye to Kay Ross and welcomed Stephen Tonge as judging convenor, with Christina Mason joining as an additional member to strengthen the panel.

### Competitions

At the top end, the year focussed on the Team Scotland qualification process ahead of the Gold Coast 2018 Commonwealth Games in April. Congratulations to City of Glasgow's Kelvin Cham and David Weir, Dan Purvis and Frank Baines from Southport Gymnastics Club and Hamish Carter (City of Birmingham) for winning team bronze. Daniel Purvis and Frank Baines also won up individual apparatus medals on floor and parallel bars respectively. The team was supported and lead by Marius Gherman and Paul Hall.

At the Northern European Championships in the Faroe Islands in October, Hamish Carter won all-around bronze, gold on floor and high bar, and a silver medal on rings.

Pavel Karnejenko who has continued to progress as part of the British TOP Junior squad has gained a number of GB internationals and was selected as part of Team GB for the European Youth Olympic Festival (EYOF) where he was part of the silver medal winning team in July 2017.

At the European Championships in April 2017, Frank Baines competed on floor, pommel horse, parallel bars and horizontal bar.

Daniel Purvis, on the back of a strong London Open was selected for the World Championships in Montreal in October 2017.

There was a valuable opportunity at the GymSport International Tournament in Portugal where the mixed team format of senior, junior and under-14 gymnasts allowed a blend of experience and youth to come together and learn in competition.

The Scottish Championships saw an increase in the number of competitors, in particular, gymnasts aged under 16, and the medals being shared across different clubs. Dan Purvis became Scottish senior men's champion for the sixth time, ten years after his winning his first. Pavel Karnejenko (Nottinghamshire) won the junior men's all-around and Aidan Jordaan (West Lothian) the youth, with Reuben Ward (Manchester Academy of Gymnastics) and West Lothian's Lochlan Brown winning the inter and boys' titles respectively.



Many of the younger gymnasts at the British Championships were competing for the first time at that level. Aidan Jordaan came 11th in the under 16 all-around, improving on his results from the previous year. Congratulations to Dan Purvis and Pavel Karnejenko on their respective bronze all-around medals, and there were individual medals for Dan, Frank Baines, Hamish Carter and Reuben Ward.

The Grades Qualifier competition in September saw a greater number of entries than in previous years and some solid performances, with 31 Scots qualifying for the British Men's Artistic National Elite and Club Development Grades. Congratulations to Cameron Falconer from Hamilton Gymnastics club whose top 10 finish earned him a trip to rewards camp at Lilleshall.

## Development

The National Performance Programme played a vital role in the team's preparations for Gold Coast with Paul Hall MBE leading the programme as well as supporting wider coach and gymnast development with the all those involved in the programme. Gymnasts also benefited from additional support from physiotherapy and nutrition within their preparations for Gold Coast.

At Performance Pathway Programme level, Matt Jackson continues to provide technical leadership with coaches and gymnasts involved in the programme also benefit from exposure to a world class performance environment at South Essex gymnastics club.

During camps, Matt has led different clinics for coaches, and more clubs have taken up this opportunity. Looking further ahead in 2018, Scott Hann will be leading the NPP camp in June, in place of Paul Hall who has been appointed GB men's head coach and we wish him well in his role.

The Floor and Vault League has grown in strength during its second year, proving a success in giving more young gymnasts the opportunity to compete and develop. Moving into the 2018 series, we are delighted to have more clubs involved, from Orkney in the north, to Solway in the south, and we look forward to the Floor and Vault Championships in October.

The importance of the league was demonstrated at this year's Scottish Championships with the under 16 all-around podium places won by gymnasts who had been competing in floor and vault just a couple of years earlier, which is an outstanding step up. The gold and silver medallists, Aidan Jordaan and Cameron Lynn, will be looking to continue their improvement on the PPP working towards the National Performance Programme.

In addition to learning through PPP camps and clinics, our coaches continue to develop with the invaluable work of our Regional Pathway Coaches, John Campbell and Douglas Ross.

Our judges continue to be involved at international level, and our congratulations to Claire McAneny and Tommy McGill on their appointments for the Gold Coast 2018 Commonwealth Games, as difficulty judge and execution judge.



## Teamgym Technical Panel



The period 2017/2018 has seen quite a shake-up in TeamGym in Scotland. Following a panel health check, actions were put in place to maximise the enthusiasm and passion for the discipline in Scotland. It has been a period of growth and development and has required a great deal of teamwork and collaboration – a huge strength of the discipline that continues to dominate the sport.

The 2017/2018 saw our first collaboration with British Gymnastics Technical Committee's zonal process. The zonal process involves nine months of training camps for gymnasts meeting a tough pre-requisite skill set who wish to go forward to trial for GB team competing at the European Championships in October 2018. Scotland became a zone in itself rather than gymnasts having to travel to the North of England. This was a fantastic learning opportunity for both coaches and gymnasts and really brought together the gymnasts with shared goals and camaraderie.

The end result was a huge success with an impressive 16 gymnasts going forward to GB trials and eight Scottish Gymnastics selected to represent GB in five out of six teams. We also have a Scottish coach in Tracey Brown who has been appointed as team coach for the men's teams. Scottish Gymnasts now make up more than 10% of the delegation heading to Portugal to the European Championships.

Scottish clubs shone at the British Championships in 2017 with gymnasts from Saltire Team Gymnastics earning bronze in the senior mixed.

TeamGym continues to have representation in Scottish Gymnastics initiatives: PGDip, Leadership Academy, UEG education courses, and this information is shared in the TeamGym community.

### Competitions

The Scottish Championships in February 2018 saw a record number of entries from clubs, with three new clubs competing for the first time and winners in each category coming from clubs across Scotland. The rise in popularity in TeamGym has meant that the TP and events department have had to re-think the competition strategy for 2018/19 to ensure it delivers against our development and performance ideals and in venues suitable for the large numbers involved. These are great problems to have!

### Development

There have been a number of formal and informal courses for TeamGym this year. An enthusiastic and successful Level 3 module course in 2017 and a very busy level 2 in 2018, again with lots of new clubs involved. Moreover, in November 2017, Tracey Brown became the first coach in Scotland to receive the BG Triple Licence. This means that Tracey can now start coaching triple somersaults with the two gymnasts who also received their licences – Adam Souter and Fraser McLeod. This is a massive step forward for Scotland.



This year's summer camp was a massive success. Gymnasts from across Scotland & Northern England got together to be coached in all apparatus by Danish national coaches. This was a great experience for the coaches and for the clubs. We welcomed new coaches on board who were coming along to find out about TeamGym but left with enthusiasm and drive to push the discipline forward in their clubs. This year, for the first time, we launched our Primary age summer camp and invited gymnasts aged under 12 to experience training with the Danish coaches which was a massive success. Gymnasts from Forth Valley, Dundonald, Fyrish, Spartans, Irvine Bay, Dundee Discovery and Midlothian all training together, making friends and learning new skills.

Post summer camp, the TP along with the newly formed working group got together to come up with a development programme. This annual plan would see a minimum of four workshops throughout the year targeted specifically on areas where it was felt Scottish gymnasts and coaches required the most amount of support. The first of these ran in April 2018 with Anders Frisk, Swedish national coach and UEG educator leading a choreography workshop. Over 60 gymnasts and coaches attended and came away enthused and excited.

In January 2018, the Scottish Gymnastics performance department of and the TP ran the first TeamGym Technical Symposium. Again, a wide range of clubs were represented and learned a huge amount from the assembled experts. Workshops included running techniques, choreography, injury prevention, the changes to the code of points and an overview of the UEG internship.

## Looking ahead

The future looks extremely exciting for TeamGym in Scotland. As we support our Scottish Gymnasts at the European Championships, we will also be looking towards the next European cycle and how we can support Scottish athletes to success.

Scotland will once again host GB zonals; a testament to the abundance of talent in Scotland. The TP has also worked very hard with the performance department to develop a National Performance Programme of it's own along with a Performance Pathway Programme to support. The selections for this are July 2018 and the programme will start in August 2018. Former GB coach Chris Short will take the technical lead, assisted by Scotland and GB's Tracey Brown. This programme will support gymnasts looking for GB selection but also develop teams who can compete internationally as well as against Home Nations teams in the proposed Home Nations tournaments.

There are many exciting workshops in place for the development tier of the programme as we look to expand the grassroots of the sport and help to develop gymnasts and clubs who wish to take up the discipline. The competition structure now includes a bigger venue for Scottish Championships, an open age category and two new micro team competitions for entry levels 5 & 6 in regional venues in the west and north. We will be running another symposium in late 2018 and are looking to host a UEG intern. We are putting in place support mechanisms for coaches to help with mentoring and nurturing our coaches and clubs. All in all, it's an exciting time to be involved in TeamGym in Scotland. We're at the start of something big!



## Rhythmic Gymnastics Technical Panel



The Rhythmic Gymnastics Technical Panel (RGTP) focused on development within the sport in all areas throughout 2017. The goals have been to increase the number of gymnasts coming into the sport, creating a bigger talent pool; increase the number of qualified coaches working in clubs, up-skilling the coaches that we have coaching in Scotland; and increase the number of judges at club and county level with the view to having more regional and national judges going forward.

Moving into 2018, the work of the RGTP has been underpinned by the addition of a new chair, and the co-opting of two new members, to further enable the growth towards a successful and sustainable environment for home grown talent in rhythmic gymnastics.

### Competitions

We saw a good representation of Scottish competitors at British Gymnastics NDP Finals 2017, with placings in Grade 5, Grade 9, and a medal placing in Grade 10. At the British Group Championships in Liverpool in July, West Lothian Rhythmic Gymnastics Club became the first Scottish club to have a group qualify and compete.

Building on the start made during 2017, further opportunities have been created in 2018 for Level 1 and 2 gymnasts to compete throughout the year, and to bridge a competition pathway from Next Steps through to Level 3 and above, encouraging both individual and group development.

The use of control competitions to allow judging feedback prior to national events has shown value and the goal is to build this more formally into the competition calendar during 2018/19 as both a coach and judge education opportunity whilst providing the gymnasts with an additional competition training event, without the full pressure of formal competition.

On the group pathway, espoir groups from Beacon, Pentland and West Lothian entered the British Gymnastics National Seeding, with West Lothian qualifying for the National Level 4 Leagues while Beacon, Pentland and West Lothian clubs had groups qualifying at Level 3. Congratulations to the Pentland senior group, who qualified for the 2018 British Group Championships.

British Gymnastics Zonal Grades qualification for 2018 has seen an improvement with a total of 18 Scottish Gymnasts qualifying for NDP Finals across the different age groups.

Looking forward, the competition calendar and pieces have been reviewed and adjusted towards for later in the year, to allow earlier opportunities to build towards the preparation for 2019 National qualifications.



## Development

The development program has continued, with a workshop in April focused on body difficulties and apparatus handling technique, and further workshop planned in August, with a focus on body preparation and LTAD. These are hands-on workshops which bring the coaches together to share the learning, and also bring the gymnasts together in a non-competitive environment.

We are looking at continued judge education, moving our County judges towards Regional, and with a Club Judge course running in August, this will enable to build the base of future judges.

## Looking Ahead

Our goal is to have a sustainable pathway at grassroots feeding into a development and performance pathway, and we are creating the infrastructure to enable this. Bringing in external expertise, which is building and enhancing the knowledge base in Scotland, will start to see results in the preparation and qualification of gymnasts at a British national level.



## Trampoline, Double Mini Trampoline and Tumbling Technical Panel



The past 12 months have been a whirlwind of activity for our trampoline, DMT, and tumbling disciplines, with gymnasts and coaches taking part in a wide variety of regional, national and international competitions, British squads and pathways, as well as coaching and judging courses.

We are also delighted to have Izzy Milns return to the Technical Panel. Izzy agreed to reprise her role as the trampoline & DMT competitions organiser after a few years' away from the panel and we're excited to see what ideas and improvements Izzy can bring to our events.

### Competitions

The first combined Scottish Trampoline & Tumbling National Championships were held in September 2017, bringing together trampoline, tumbling and double-mini trampoline for the first time. The action-packed weekend event was a great success allowing the audience to experience the best of Scottish gymnasts and hopefully a step towards making our Scottish Championships more of a spectacle in the years to follow.

Scotland dominated at the 2017 British NDP Regional Team Finals in Birmingham, with the DMT team winning the team competition and retaining their title for the second consecutive year. Great performances from all three disciplines saw the trampoline team finish in second place for the second consecutive year (equalling our best result) and a second place finish for the tumbling team too, an impressive improvement from seventh place in 2016. That success continued at British NDP Finals in Telford, which saw more than 100 Scottish gymnasts taking part and multiple medals coming home to Scotland in all three disciplines including quite a few gold!

Scotland was also well represented at the 2017 British Championships, with 21 gymnasts qualifying to the event and a few of those gymnasts achieving podium places. Congratulations to Fraser McLeod (Two Foot Higher) on winning his third consecutive British DMT title. Fraser had delighted the Scottish crowds at a competition in Perth a few weeks prior, showing off his impressive triple back dismount, which is rumoured to be a first for Scottish DMT!

The successes at NDP Finals and British Championships led to a number of Scottish gymnasts being selected to the BG Performance Pathways, including the High Performance squads for DMT and the Performance Pathway Development & Foundation squads for both trampoline and tumbling. Well done to the gymnasts and coaches involved.

The strength of Scottish gymnasts continues to grow on the international stage with three gymnasts being selected to represent Great Britain at four different DMT championships which included two representations at European Championships, World Age Group Championships and World Championships.



Caitlin O'Brien from City of Edinburgh became the 17-21 Women's World Age Group Champion in November 2017. Her coach Lauren Jeffrey, who was part of the GB coaching team, was able to see Caitlin achieve this outstanding accolade in Sofia. Fraser MacLeod was also selected to compete for GB in the 15-16 boys event, and finished a credible sixth in a field of 38 gymnasts. Both gymnast were selected to represent GB at the European Championships in Baku, Azerbaijan in 2018, and Caitlin followed her success with a silver medal as part of the Senior Women's DMT team

Kim Beattie was part of the women's team at the World Championships, also in Sofia, her opening high score contributing to the silver team medal.

Kim, Caitlin and Fraser were selected for the DMT GB squads in 2018.

With such impressive DMT talent in Scotland, it's not surprising that the level of participation for DMT in Scotland is on the increase, with a record number of gymnasts taking part in our Scottish DMT competitions.

We also continue to have judges excelling at international level, with three judges successfully retaining/achieving FIG Brevet standard in trampoline and DMT, including Bruce Craig (Two Foot Higher) and Brian Scott (Glasgow Trampoline Club) who have been selected as part of the GB delegation for various international events over the past year.

## Development

A newly formed Tumble Working Group first met in December 2017 to bring club representative together at a group. Led by Scottish Gymnastics, this compliments the work already being carried out by the Technical Panel to help grow the discipline which continues to grow with more clubs joining to work together.

The Panel made a significant investment in upgrading the trampoline equipment at Bells Sports Centre to new Eurotramp Ultimate trampolines, which will be used for all of our competitions and training days, providing our trampoline gymnasts with more opportunities to compete on the same equipment they will encounter British and international competitions.

## Looking ahead

It is fantastic to see all three disciplines thriving, particularly as there is still work to be done in improving the opportunities and resources available in Scotland, which will hopefully help our gymnasts, coaches, and clubs to work towards being the best that they can be.



## Women's Artistic Technical Panel



The Women's Technical Panel consists of:

Chair:	Rod Smith
Finance Officer:	Dawn Telford
Judging Co-ordinator:	Katrina Harper
Performance Co-ordinator:	Cathy Osborne
Coach Education:	Vacant
Competition Organiser:	Vacant
Co-opted General Member	Fiona Cameron

Our vision is to use our collective experience and expertise to improve the overall effectiveness, quality and continuity of the women's artistic programme in Scotland.

It should always be kept in mind that we (WTP) are volunteers who give a significant amount of our time, energy and enthusiasm (even at the most challenging times!) in order to help the gymnasts, coaches, officials and spectators have the best possible opportunities to fulfil their ambitions and enjoy women's artistic gymnastics.

### Competitions

I know it is a constant theme of our annual reports but our competition programme is expanding year on year which brings with it enormous organisational and logistical challenges. There has been an average 14% increase across all of our competitions in 2018. The WA competition calendar is growing year on year and once again the number of competition days and competitions requiring double panels have increased in 2018 to accommodate the volume. With all this in mind we are extremely proud to report that all of our events have continued to run smoothly and successfully.

This success is due to the continued support of a relatively small group of people who volunteer their time and energy on a regular basis to make every competition a special event for the participants. Special thanks, once again, to everyone who has assisted, especially: panel members Dawn Telford and Katrina Harper; floor managers Scott Harper and Rowan Harper; the volunteers that help setting up and clearing up and our team of scorers led by Robert Stockwell. We would not be able to run the competition programme without the selfless assistance of all these people.

The 2018 Scottish Championships was an exceptional competition that showcased the consistently improving level of gymnastics in Scotland. There was high quality gymnastics at every level and the WTP would like to congratulate all the competitors and especially the all-around champions:

- Senior – Cara Kennedy (City of Glasgow)
- Junior – Crystelle Lake (City of Glasgow)
- Espoir – Millie Redford (City of Glasgow)

This year there was added excitement as the Championships were part of the selection process for the 2018 Commonwealth Games. After much deliberation (a credit to all those that qualified through the various stages) the final honour of being selected to represent Team Scotland on the Gold Coast was bestowed upon:



Cara Kennedy (City of Glasgow)  
Shannon Archer (City of Glasgow)  
Isabella Tolometti (Garioch)  
Sofia Ramzan (Dundee 2K)  
Ellie Russell (West Lothian)

Under the guidance of team coach Sandra Stevenson, the girls went on to do a fantastic job and as well as achieving some individual personal bests they also achieved the following significant results:

5th in team competition  
9th and 10th in all-around finals (Cara Kennedy and Shannon Archer)  
5th and 7th in vault final (Shannon Archer & Cara Kennedy)

Their journey in qualifying and preparing for the Games was supported by the National Performance Programme (NPP) with the technical leadership from Claire Barbieri and with Sandra Stevenson leading the team in Gold Coast as Lead Coach. Coaches and gymnasts on the programme benefited from additional technical input from Laurent Barbieri as well as interventions from physiotherapy, physical preparation and nutrition enhances gymnast preparations.

Throughout the qualification period there were international opportunities for gymnasts to test themselves and a particular highlight was the Team Bronze at Northern European Championships in hosted in the Faroe Islands in October. Special thanks to the judges who supported the qualification competitions, in particular the Home Nations event hosted in Scotland.

Remembering that every successful gymnast has a dedicated team with them every step of the way, the WTP would like to take this opportunity to pass on HUGE congratulations to all the girls, their clubs, their coaches and their families.

We are extremely proud of the recent NDP success at the British Finals in May where Scotland achieved team bronze at National 1 and National 3. This is a fantastic first for Scottish gymnasts and we would like to congratulate all the gymnasts, the coaches that work with them and the clubs involved (Hamilton, Lasswade, Auchterarder and Garioch) in this excellent result. The team members were:

National 1: Abbie Nicholl, Eilidh Gorrell, Grace Muir, Lilly Roy

National 3: Aphra Davidson, Beth Fallow, Hawa Keita, Poppy Cunningham, Tilly Bee

Congratulations also to Poppy Cunningham (Lasswade GC) who achieved second place in the National 3 individual all-around competition - an excellent achievement.

## Development

This year the TP has directly supported the following :

July: Compulsory PPP Camp (40 gymnasts plus coaches)

May: Compulsory & National Grade Preparation Camp (50 gymnasts plus coaches)

May: Compulsory British Final Competition & Kit (10 gymnasts plus coaches)

May: National British Final Competition & Kit (40 gymnasts plus coaches)

We are currently working with Scottish Gymnastics to upgrade the Competition Kit which would include upgrades to both the scoring system and competition equipment.

Thanks to Dawn for her role in looking after the WTP finances in close cooperation with the Scottish Gymnastics finance team.



## Judging

The increasing number of participants in our competitions has resulted in more events where double panels have been required. This enables us to have very much shorter competition running times but creates difficulties in ensuring judging panels have the required level of experience so they support each other.

Many of our National judges and all of our Brevet judges have played an essential role in judging at BG competitions including the 2018 British Championships.

Pauline Smith was selected by FIG to attend the World Championships and Commonwealth Games, along with being an active part of Scottish and British Gymnastics selection/qualification events for the above competitions. She has also been selected by GB to judge at the European Championships to be held in Glasgow. Kirsty Burt has been selected by FIG to attend the Youth Olympics in 2018 and Sinead Lyons recently officiated at the World Challenge Cup Event in Portugal as part of the GB contingent.

January 2018 saw our second judging course with everyone passing successfully, many thanks to Jenna for her help in organising this. We now have 4 Brevet judges, 6 National Judges, 11 Regional Judges as well as Club judges. This is a very healthy situation for women's artistic. Many thanks to Katrina and Pauline for all their help with courses, rules and clinics and also to Kirsty and Sinead for their assistance.

The panel would like to take this opportunity to offer sincere thanks to all the judges who give up their time to officiate at the domestic competitions – we wouldn't be able to do it without you. Once again, Pauline, Kirsty, Sinead and Katrina have generously given their time and expertise as senior judges at our competitions and during the various courses and clinics.

Thanks also to the Scottish Gymnastics events team for all her help organising competitions and to the education team for their help with coaching and judging courses.

As always, we are happy to hear your ideas and opinions and actively welcome constructive input from the wider gymnastic community in Scotland.

If you think you have the energy, commitment, enthusiasm and expertise to make a difference by being a member of the women's technical panel, please get in touch,





A strong

# Scottish Gymnastics

inspiring and nurturing emerging talent



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