

Men's Artistic in Sussex - Annual Report 2015-2016

Sussex Clubs

There were 4 clubs active in this discipline: 1066 GA, Hawth GC, Wickers GC and Worthing GC.

Sussex Championships

The Sussex Championships is the only Men's Artistic competition run by the county.

This year there were 24 entries in total, from 3 clubs; 1066 GA, Hawth, & Worthing.

Grades

There were boys from 1066 GA, Hawth GC and Worthing GC at this year's Grades finals.

After the Grades finals, 5 Hawth boys (Karl Hibberd, Tom Killick, Louis Gibson, Reece Besely, James Buttle) and Henry Clarke from Worthing GC were selected for the Club Grades reward camp at Lilleshall. One Hawth gymnast (Anton Adawale) maintained his place in National Squad.

Other Competitions

Regional Championships (6 March 2016)

Hawth GC hosted this event. There were nearly 90 gymnasts appearing during the day.

There were 2 events. The "regional event" used modified rules; these rules included lower level "regional" elements, and allowed empty swings. This allowed young or inexperienced gymnasts to compete, and has helped encourage new clubs in to the region. Wickers GC entered some gymnasts in to this event.

The "national event" was used by more experienced clubs as a warm-up for the English Championships and British Championships.

Regional Training sessions

There are regular regional sessions. All clubs who are either involved in the discipline or who would like to be involved are welcome to attend.

Future dates

Regional sessions

The next regional session is 11 June at Woking GC, at which gymnasts will perform routines using voluntary code in preparation for the Pegasus Open (the following weekend).

There will be a session at Hawth (TBC) on 10 July, which will look at Grades Level 1. This session would be ideal for new clubs.

We will incorporate judging clinics in to both of these session.

Competition dates

19 September - Grades Qualifiers, Pegasus GC.