Tumbling

What is expected if I am offered a place in the tumbling group?

Here at Basingstoke, we offer tumbling for the elite performer.

It is a commitment and will mean that you will eventually have to practice for five, three-four hour sessions a week. This gives you a total of 16 hours training in all.

At first you will be preparing to compete in low-level competitions where you will learn the basic competition practices. Here you can become confident in your runs and use this time to develop your self-esteem.

We have less stressfull competitions to compete in Nationally and locally and these take place throughout the year.

Once the tumbler feels more confident and they are able to reach the minimum requirement score, they can enter the Spring Series events.

These events are normally during March and April and they are qualifiers for the British Championships. In order for them to reach the British which is in September in all years (except during the Olympic year), they have to hit a minimum score and finish in the top sixteen competitors.

When they qualify for the British they have to compete two runs. If they do well and they finish in the top eight, they will compete the following day in the finals.

Those who qualify for the British will also be invited to the English Championships. These normally take place just before the British.

From these two events, the selection will take place for the British and the English squads.

About **Basingstoke Tumbling Squad**

The squad began in 2007 and has had a great deal of success.

It is headed by Anne Bidmead who is an International Performance Coach (Level 6) in Tumbling and Womens Artistic.

Coaches working with our group currently are

Alex Hicken Level 3 Tumbling

Steve Giles Level 3 Tumbling

Lisa Holding Level 2 General

Keira Blakey Level 2 Womens Artistic

Ollie Rushworth Level 2 Mens Artistic

Xavier Colombo Level 1 Mens artistic and free-Style

To date, the Tumbling Squad has had the following results in the Europeans and the World Age group Championships.

Allana Penny European Gold Team 2009

Jordan Lucas European Silver Team 2010

Iain Foster World Age Silver 2017

Megan Kealy World Age Gold 2015

Megan Kealy World age Gold 2016

Megan Kealy European Team Gold 2016

Kaitlin Lafferty World Age Silver 2016

Kaitlin Lafferty World Age Silver 2017

Kaitlin Lafferty European Team Gold 2016

Kaitlin Lafferty European Team Gold 2018

Kaitlin Lafferty European Individual Junior Bronze

There are many International medals and British medals that the Tumblers have achieved.

It is a discipline that requires someone who loves flying through the air and creating multiple somersaults and twists.

If you would like to see the top end of the Sport then there are many examples on You Tube.