

Regional Guide

Trampoline, Tumbling and DMT

Inter-Regional Challenge Cup Final 2024

6th – 7th July 2024

Utilita Arena, Birmingham

NORTH

V3

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Team Roles

Over the past few years the role of the Team Manager has developed and proven to be a great success for each of the regions. This role assists each of the regions by having a main point of contact at the event who will also be responsible for registering their gymnasts and in turn reducing the congestion at the British Gymnastics Accreditation Desk. Team Managers will be based at the regional desks near the gymnasts and coaches' entrance (**Entrance E**) and will be given a list of the gymnasts attending orientation to register (as attending) and also competing (by flight) each day to and accredit upon arrival for their competition. Coaches are required to report to the British Gymnastics Accreditation Desk, located to the right of the regional desks and register. Team Managers should work with the appointed Team Chaperone(s) to deliver the gymnasts by flight, to the Warm-Up Hall at the times detailed on the competition schedule and notify the Accreditation Desk of any withdrawals. This is a very important role and will greatly assist with the smooth running of the competition.

To ensure and manage the accreditation effectively, please ensure gymnasts are informed to arrive in time for the registration 'slot' detailed on the timetable for their flight.

Please note, it is crucial that only the gymnasts on the list are accredited, as the Team Managers will be issued with the exact number of wristbands required for each day. In addition, it's imperative that at the end of each flight registration time each time manager needs to go to the registration desk to confirm all gymnasts have registered and notify the registration desk of any gymnast withdrawals, to prevent North from being charged a non-participation fee as stated in the Trampoline, Tumbling and DMT Competition Handbook 2024.

Duties:

- To ensure the regional desk, located at the gymnast and coaches entrance is manned from the start of orientation training on Friday until the last flight has registered on Sunday
- Ensure gymnasts, prior to arrival at the venue know which region they are representing
- Register gymnasts on arrival for both orientation training and competition each day
- Distribute gymnast's accreditations once registered on the day of competition
- Inform the Team Chaperone(s) of gymnasts who have been registered and if there are any withdrawals, which need to be submitted to the British Gymnastics Accreditation Desk
- Liaise with the Team Chaperone(s) to ensure all gymnasts are met upon arrival at the main gymnast entrance 'E'. Following accreditation / registration the chaperones are required to ensure gymnasts are taken to the Warm-Up Hall in readiness for their allocated flight.
- Ensure after the gymnasts have completed their competition, the Chaperone(s) are taken to the 'Gymnast Collection Area' located at concourse level, using the stairs located opposite the warm-up hall, this will be clearly signposted. .

Please note the Team Manager and Chaperone will only be permitted to access the gymnast / coach's entrance and Warm-Up Hall, not the Field of Play.

Name(s): Becky Couch

Where this role is fulfilled by different people over the weekend, the Team Manager's accreditation should be handed back to the British Gymnastics Accreditation Desk, and the new official will need to collect upon arrival.

Team Chaperones

The role of the Team Chaperones is to liaise and support the Team Manager.

Duties:

- To arrange collection of gymnasts from the gymnast and coaches entrance and lead them to the Warm-Up Hall, where their coaches from the region will be located (route can be shown in **Appendix 1**)
- To deliver gymnasts back to their responsible adults / guardians after they have completed their competition – agreed location which will be signposted
- To inform the Accreditation Desk of all withdrawals / changes to teams

Please note the Team Chaperones will only be permitted to access the gymnast / coaches entrance and Warm-Up Hall, not the Field of Play.

Name(s): Lucy Marsden

Where this role is fulfilled by different people over the weekend, the Team Chaperone's accreditation must be handed back to the British Gymnastics Accreditation Desk, and the new official will need to collect upon arrival.

Coaches

Please find below a list of coaches from your region.

Coaches will be required to report to the British Gymnastics Accreditation Desk upon arrival to collect their accreditation. Should a coach arrive who is not on the list below, the coach is required to go to the team manager to approve if the said coach can be added. The team manager is required to report to the Accreditation Desk so we can carry out the necessary checks to allow the coach to be added.

Please note, accredited coaches will have access to both the Warm-Up Hall and Field of Play, however the following coach ratio will apply:

TRA: 8 coaches (4 FOP & 4 Warm-Up Hall)
TUM: 8 coaches (4 FOP & 4 Warm-Up Hall)
DMT: 6 coaches (3 FOP & 3 Warm-Up Hall)

Saturday 6th July

Region	Competition	First Name	Last Name
North	Disabilities DMT Level 1 - CAT 1 - Women 9-14	Adam	Rear
North	Disabilities TRA Level 1 - CAT 1 - Men 9-14	Adam	Rear
North	Disabilities TRA Level 1 - CAT 2 - Women 9-14	Adam	Rear
North	Disabilities TRA Level 2 - CAT 1 - Men 9-14	Adam	Rear
North	DMT Level 2 - Men 13+	Adam	Rear
North	DMT Level 2 - Men 13+	Billie	Percival
North	DMT Level 2 - Men 13+	Graham	Otterson
North	DMT Level 2 - Men 13+	Joanne	Rear
North	DMT Level 3 - Men 13-14	Adam	Rear
North	DMT Level 3 - Men 13-14	Billie	Percival
North	DMT Level 3 - Men 13-14	Graham	Otterson
North	DMT Level 3 - Men 13-14	Joanne	Rear
North	DMT Level 3 - Men 15-16	Adam	Rear
North	DMT Level 3 - Men 15-16	Billie	Percival
North	DMT Level 3 - Women 13-14	Adam	Rear
North	DMT Level 3 - Women 13-14	Billie	Percival
North	DMT Level 3 - Women 13-14	Graham	Otterson
North	DMT Level 3 - Women 13-14	Joanne	Rear
North	DMT Level 3 - Women 17+	Adam	Rear
North	DMT Level 3 - Women 17+	Billie	Percival
North	DMT Level 4 - Women 11-12	Adam	Rear
North	DMT Level 4 - Women 11-12	Billie	Percival
North	TRA Level 1 - Men 11-12	Billie	Percival
North	TRA Level 1 - Men 11-12	Ella	Feltham
North	TRA Level 1 - Men 11-12	Rebecca	Stobbart
North	TRA Level 1 - Men 11-12	Lauren	Brown
North	TRA Level 1 - Men 11-12	Melanie	Scott
North	TRA Level 1 - Men 11-12	Graham	Otterson
North	TRA Level 1 - Men 11-12	Adam	Rear
North	TRA Level 1 - Men 11-12	Joanne	Rear
North	TRA Level 1 - Men 11-12	Stephanie	Otterson
North	TRA Level 1 - Men 9-10	Adam	Rear
North	TRA Level 1 - Women 11-12	Adam	Rear



North	TRA Level 1 - Women 13-17	Adam	Rear
North	TRA Level 1 - Women 9-10	Adam	Rear
North	TRA Level 2 - Men 11-12	Adam	Rear
North	TRA Level 2 - Men 13-14	Adam	Rear
North	TRA Level 2 - Women 11-12	Adam	Rear
North	TRA Level 2 - Women 13-14	Adam	Rear
North	TRA Level 2 - Women 15+	Adam	Rear
North	TRA Level 2 - Women 9-10	Adam	Rear
North	TUM Level 1 - Men 13+	Deborah	Couch
North	TUM Level 1 - Men 13+	Brendan	O'Brien
North	TUM Level 1 - Men U13	Robert	Davies
North	TUM Level 1 - Men U13	Nikki	Wilson
North	TUM Level 1 - Women 13+	Matthew	Bennison
North	TUM Level 1 - Women 13+	Tina	Wells
North	TUM Level 1 - Women U13	Rebecca	Rowan
North	TUM Level 1 - Women U13	Lyndsay	Madden
North	TUM Level 2 - Men 10-12	Dan	Lannigan
North	TUM Level 2 - Women 10-12	Dan	Lannigan
North	TUM Level 2 - Women 10-12	Lyndsay	Madden
North	TUM Level 2 - Women 13-14	Steven	Gilmore
North	TUM Level 2 - Women 15+	Steven	Gilmore
North	TUM Level 2 - Women 15+	Denise	Hill

Sunday 7th July

Region	Competition	First Name	Last Name
North	DMT Level 1 - Men 13+	Adam	Rear
North	DMT Level 1 - Men 9-12	Adam	Rear
North	DMT Level 1 - Women 13+	Adam	Rear
North	DMT Level 1 - Women 9-12	Adam	Rear
North	DMT Level 2 - Men 9-10	Adam	Rear
North	DMT Level 2 - Women 11-12	Adam	Rear
North	DMT Level 2 - Women 13+	Adam	Rear
North	TRA Level 3 - Men 9-10	Adam	Rear
North	TRA Level 3 - Women 9-10	Adam	Rear
North	TRA Level 3 - Men 11-12	Adam	Rear
North	TRA Level 3 - Women 11-12	Adam	Rear
North	TRA Level 3 - Men 13-14	Adam	Rear
North	TRA Level 3 - Women 13-14	Billie	Percival
North	TRA Level 3 - Women 13-14	Ella	Feltham
North	TRA Level 3 - Women 13-14	Rebecca	Stobbart
North	TRA Level 3 - Women 13-14	Lauren	Brown
North	TRA Level 3 - Women 13-14	Melanie	Scott
North	TRA Level 3 - Women 13-14	Graham	Otterson

North	TRA Level 3 - Women 13-14	Adam	Rear
North	TRA Level 3 - Women 13-14	Joanne	Rear
North	TRA Level 3 - Women 13-14	Stephanie	Otterson
North	TRA Level 3 - Men 15+	Adam	Rear
North	TRA Level 3 - Women 15+	Adam	Rear
North	TRA Level 4 - Women 10	Adam	Rear
North	TRA Level 4 - Women 11-12	Adam	Rear
North	TRA Level 4 - Men 13-14	Adam	Rear
North	TRA Level 4 - Women 13-14	Adam	Rear
North	TRA Level 4 - Men 15-16	Adam	Rear
North	TRA Level 4 - Women 15-16	Adam	Rear
North	TRA Level 4 - Men 17+	Adam	Rear
North	TRA Level 4 - Women 17+	Adam	Rear
North	TUM Level 3 - Women U15	Steven	Gilmore
North	TUM Level 3 - Women U15	Nikki	Wilson
North	TUM Level 3 - Women 15+	Deborah	Couch
North	TUM Level 3 - Women 15+	Nikki	Wilson
North	TUM Level 4 - Women 9-10	Matthew	Bennison
North	TUM Level 4 - Women 9-10	Dan	Lannigan
North	TUM Level 4 - Men 11-12	Dan	Lannigan
North	TUM Level 4 - Men 11-12	Brendan	O'Brien
North	TUM Level 4 - Women 11-12	Dan	Lannigan
North	TUM Level 4 - Women 11-12	Lyndsay	Madden
North	TUM Level 4 - Women 13-14	Dan	Lannigan
North	TUM Level 4 - Men 15+	Steven	Gilmore
North	TUM Level 4 - Men 15+	Joan	Briggs
North	TUM Level 4 - Women 15+	Steven	Gilmore
North	TUM Level 4 - Women 15+	Jessica	McCallay

Gymnasts

Please find below a list of gymnasts competing from your region.

- Gymnasts must be accredited by the Team Manager at the regional desk and issued with their accreditation on the day of their competition. At the correct warm-up time, gymnasts must be taken to the Warm-Up Hall by the Team Chaperone(s) to meet their coaches. When gymnasts have finished competing, or as and when required, the Team Chaperone must take the gymnasts to 'Gymnast Collection Area' located at concourse level, using the stairs located opposite the warm-up hall, this will be clearly signposted.

Saturday 6th July

Region	Competition	First Name	Last Name
North	Name	First Name	Last Name
North	Disabilities DMT Level 1 - CAT 1 - Men 9-14	Finley	Jones
North	Disabilities DMT Level 1 - CAT 1 - Women 9-14	Amelia	O'Connor
North	Disabilities TRA Level 1 - CAT 1 - Men 9-14	Arron	Barnes
North	Disabilities TRA Level 1 - CAT 1 - Men 9-14	Zac	Malcolm

North	Disabilities TRA Level 1 - CAT 2 - Women 9-14	Penny	Jones
North	Disabilities TRA Level 2 - CAT 1 - Men 9-14	Finley	Jones
North	DMT Level 2 - Men 13+	Gabriel	King
North	DMT Level 2 - Men 13+	Jude	Rogalski
North	DMT Level 3 - Men 13-14	Jacob	John
North	DMT Level 3 - Men 13-14	Joseph	Nicholson
North	DMT Level 3 - Men 15-16	Joseph	Brown
North	DMT Level 3 - Women 13-14	Charlotte	Cowans
North	DMT Level 3 - Women 13-14	Grace	Cowans
North	DMT Level 3 - Women 17+	Abbie	Johnson
North	DMT Level 4 - Women 11-12	Sophie	Reed
North	TRA Level 1 - Men 11-12	Evan	Cooper
North	TRA Level 1 - Men 9-10	James	Redford
North	TRA Level 1 - Women 11-12	Amelia	Hudspeth
North	TRA Level 1 - Women 11-12	Maisey	Mould
North	TRA Level 1 - Women 13-17	Evie	Stott
North	TRA Level 1 - Women 13-17	Sophie	Collins
North	TRA Level 1 - Women 9-10	Amelie	Ingram
North	TRA Level 1 - Women 9-10	Sienna	Jobson
North	TRA Level 2 - Men 11-12	Hector	Shipleby
North	TRA Level 2 - Men 11-12	Max	Bell
North	TRA Level 2 - Men 13-14	Leo	Logan
North	TRA Level 2 - Men 13-14	Matthew	Whitehead
North	TRA Level 2 - Women 11-12	Izzy	Cobbledick
North	TRA Level 2 - Women 11-12	Sophie	Delf
North	TRA Level 2 - Women 13-14	Abbie	Lillico
North	TRA Level 2 - Women 13-14	Felicity	Faulder
North	TRA Level 2 - Women 15+	Matilda	Hesmondhalgh
North	TRA Level 2 - Women 15+	Millie	Barker
North	TRA Level 2 - Women 9-10	Amelia	Turnbull-Bell
North	TRA Level 2 - Women 9-10	Jessica	Shaw
North	TUM Level 1 - Men 13+	Harry	Hutchinson
North	TUM Level 1 - Men 13+	Logan	Roberts
North	TUM Level 1 - Men U13	Hugo	Metcalfe
North	TUM Level 1 - Men U13	Toby	Fenwick
North	TUM Level 1 - Women 13+	Elsa	Crawford
North	TUM Level 1 - Women 13+	Seren	Robinson-Wright
North	TUM Level 1 - Women U13	Abigail	Havelock
North	TUM Level 1 - Women U13	Ella-Mae	Robinson
North	TUM Level 2 - Men 10-12	Beau	Burnet
North	TUM Level 2 - Women 10-12	Beatriz	Garcia Alvarez
North	TUM Level 2 - Women 10-12	Sadie	Allan
North	TUM Level 2 - Women 13-14	Caliana	Miah
North	TUM Level 2 - Women 13-14	Jessica	Willmore
North	TUM Level 2 - Women 15+	Ani	Calland
North	TUM Level 2 - Women 15+	Grace	Robinson

Sunday 7th July

Region	Competition	First Name	Last Name
North	DMT Level 1 - Men 13+	Matthew	Whitehead
North	DMT Level 1 - Men 9-12	Toby	Wilson
North	DMT Level 1 - Men 9-12	Tristan	Scott
North	DMT Level 1 - Women 13+	Jessica	Marshalsea
North	DMT Level 1 - Women 13+	Phoebe	Chandler
North	DMT Level 1 - Women 9-12	Isobel	Illingworth
North	DMT Level 1 - Women 9-12	Minnie	Richardson
North	DMT Level 2 - Men 9-10	Bobby	Dowell
North	DMT Level 2 - Women 11-12	Jessica	Redford
North	DMT Level 2 - Women 13+	Laura	Hill
North	DMT Level 2 - Women 13+	Scarlett	Lancaster
North	TRA Level 3 - Men 11-12	Ethan	Chesworth
North	TRA Level 3 - Men 11-12	Toby	Wilson
North	TRA Level 3 - Men 13-14	Joseph	Nicholson
North	TRA Level 3 - Men 13-14	Jude	Rogalski
North	TRA Level 3 - Men 15+	Gabriel	King
North	TRA Level 3 - Men 15+	Thomas	Smiles
North	TRA Level 3 - Men 9-10	Tate	Dixon
North	TRA Level 3 - Women 11-12	Jessica	Redford
North	TRA Level 3 - Women 11-12	Lily	Thompson
North	TRA Level 3 - Women 13-14	Mya	Teasdale
North	TRA Level 3 - Women 13-14	Phoebe	Chandler
North	TRA Level 3 - Women 15+	Cerys	Dewison
North	TRA Level 3 - Women 15+	Emily	Silmon
North	TRA Level 3 - Women 9-10	Ella	Alcock
North	TRA Level 3 - Women 9-10	Rosie	Machin
North	TRA Level 4 - Men 13-14	Jacob	John
North	TRA Level 4 - Men 15-16	Danny	Stuart
North	TRA Level 4 - Men 15-16	Joseph	Brown
North	TRA Level 4 - Men 17+	Charlie	Toole
North	TRA Level 4 - Women 10	Alice	Rear
North	TRA Level 4 - Women 11-12	Amelia	Martin
North	TRA Level 4 - Women 11-12	Ava	Lightfoot
North	TRA Level 4 - Women 11-12	Elizabeth	Rear
North	TRA Level 4 - Women 13-14	Ava	Henderson
North	TRA Level 4 - Women 15-16	Bella	Richardson
North	TRA Level 4 - Women 15-16	Phoebe	Selkirk
North	TRA Level 4 - Women 15-16	Chayne	Barnes
North	TRA Level 4 - Women 17+	Abbie	Johnson
North	TRA Level 4 - Women 17+	Laura	Scott
North	TRA Level 4 - Women 17+	Laura	Hill

North	TUM Level 3 - Women 15+	Edie	Mykura
North	TUM Level 3 - Women 15+	Ruby Ann	Walker
North	TUM Level 3 - Women U15	Jasmine	Smith
North	TUM Level 3 - Women U15	Rio	Snee
North	TUM Level 4 - Men 11-12	Brooklan	Glen
North	TUM Level 4 - Men 11-12	Donte	Wilson
North	TUM Level 4 - Men 15+	Alex	White
North	TUM Level 4 - Men 15+	Isaac	Hodges
North	TUM Level 4 - Women 11-12	Elizabeth	Speight
North	TUM Level 4 - Women 11-12	Lottie	Carey
North	TUM Level 4 - Women 13-14	Erin	Baldwin
North	TUM Level 4 - Women 13-14	Imogen	Parker
North	TUM Level 4 - Women 15+	Nieve	Mcmanus
North	TUM Level 4 - Women 15+	Sophia	Parker
North	TUM Level 4 - Women 9-10	Mila	Metcalfe
North	TUM Level 4 - Women 9-10	Rosie	Machin

Parents & Spectators

Responsible adults / guardians are required to arrive and transfer responsibility to the Regional Team Chaperone at the gymnasts and coaches entrance (**Entrance E**) and then proceed to use the designated spectator entrance (**Entrance F**) for orientation training and on days of competition. When gymnasts have finished competing, responsible adults / guardians are required to meet gymnasts on the concourse by block 2 where there will be an area cornered off, not at the regional desks. The Team Chaperone will lead gymnasts back to their responsible adult / guardians. This is to prevent the area where the regional desks are located from becoming too congested, and ensure this area is only accessed by accredited persons.

Venue Information

Address

Utilita Arena, Birmingham
King Edwards Road
Birmingham
B1 2AA

Car Parking

Pay and display car parking is available at the venue on the North car park. Alternative car parking is available nearby.

Gymnast & Coaches Entrance

For orientation training and on the days of competition, gymnasts and coaches are required to use the designated entrance signposted as **Entrance E** (see diagram in **Appendix 2**) and report to the regional desk to be signed in.

Spectator Entrance

For orientation training and on the days of competition, spectators are required to use the designated spectator entrance, signposted as **Entrance F** (see diagram in **Appendix 2**).

Regional Desks

Each region will be allocated a desk located in the foyer area located at the gymnasts and coaches entrance (**Entrance E**). This desk will be manned by the Team Manager who will register gymnasts upon arrival. Coaches are required to report to the British Gymnastics Accreditation Desk, also located in the foyer area to the right of the regional desks, to register.

Accreditation Desk

The British Gymnastics Accreditation Desk will be located in the foyer area of the gymnasts and coaches entrance, to the right of the regional desks.

This desk will be used for the following:

- Coach's registration and accreditation
- For each regional Team Chaperone to inform British Gymnastics of gymnast's registrations and withdrawals by flight
- To hand in each region's orientation training sheet confirming who is in attendance
- Submission of tariff sheets
- Any queries regarding the event

Warm-Up Hall

Gymnasts must not use the equipment in the Warm-Up Hall without a qualified coach present and must respect their scheduled time as per the timetable.

Regional Areas

Each region will be allocated an area of the Warm-Up Hall for their teams to congregate. Please see the diagram in **Appendix 3** for details. Please respect this request and stick to the areas provided for ease of gymnasts finding coaches and vice versa.

Gymnast and Coaches Seating

Accredited gymnasts and coaches who wish to watch the competition may sit in the allocated delegation seating (Blocks 2 & 11). Please respect this request and do not sit in any other area during the competition.

If a gymnast/coach wishes to spectate on the day they are not competing, they will be required to report to the Accreditation Desk, to collect a Coloured paper wristband, this will then be swapped for their silicon band on the day they compete by the Team Manager,

Orientation Training – To Follow

Orientation training will take place on Friday evening for gymnasts competing on Saturday, and Saturday evening for those competing on Sunday. Gymnasts and coaches should report to the regional desks at the gymnasts and coaches entrance on arrival to be signed in. Spectators are required to use the designated spectator entrance (**entrance 'F'**).

Training is scheduled by region, please see below for the timetable.

It is the responsibility of the Team Manager to register gymnasts for orientation training, and the Team Chaperone to notify the Accreditation Desk of any gymnasts who are not on site for health and safety reasons. Coaches should report to the Accreditation Desk to sign in for orientation training.

It is advised that the Team Manager contacts the individual clubs within your region prior to the event to enquire as to whether they are attending training. A hard copy of these lists will be available at the event.

Orientation Training Schedule – **NB: Please refer to the orientation schedule attached separately**

Entry to stretching area will be 30 mins before warm up in training hall commences

Please note, gymnasts are only authorised to train as per the orientation schedule. Should any issues arise, please go to the Accreditation Desk for assistance.

Parents are authorised to watch orientation training free of charge.

Competition

Please note there is a strict no mobile phones policy on the Field of Play.

Timetable

The Team Manager and Team Chaperone should adhere to the timings listed on the competition timetable, and ensure gymnasts are not present in the warm-up hall earlier than stated.

NB: As per previous events the competition will run up to 60 minutes ahead of schedule, if possible, therefore please ensure your gymnasts are on-site should this occur.

Following the above statement, it is important that the competition timings are followed. Should clarification be needed, please enquire at the Accreditation Desk.

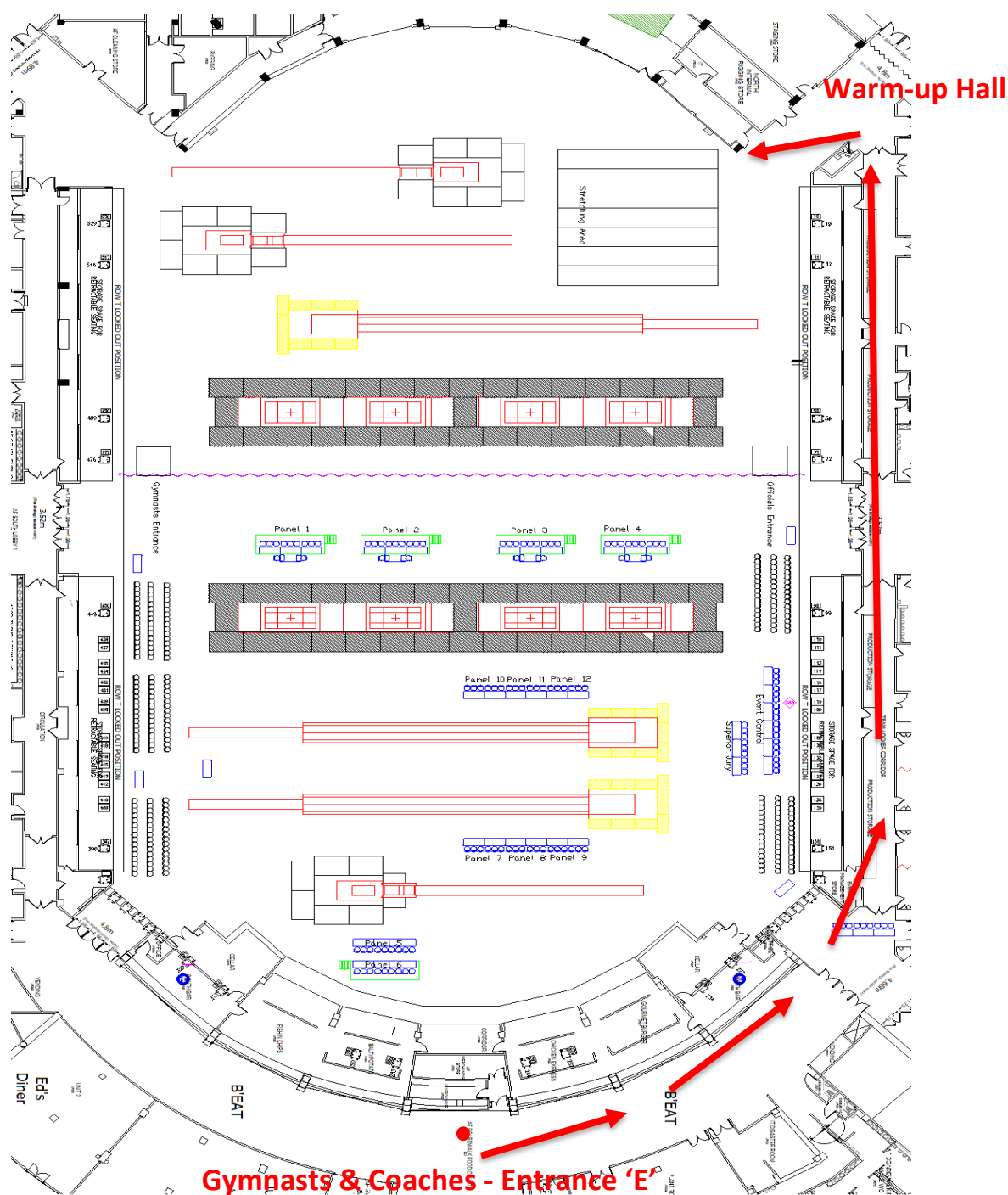
Catering

There will be catering outlets open at the venue throughout the weekend, including during orientation training. Alternatively, spectators are welcome to bring packed lunches and snacks.

Appendices

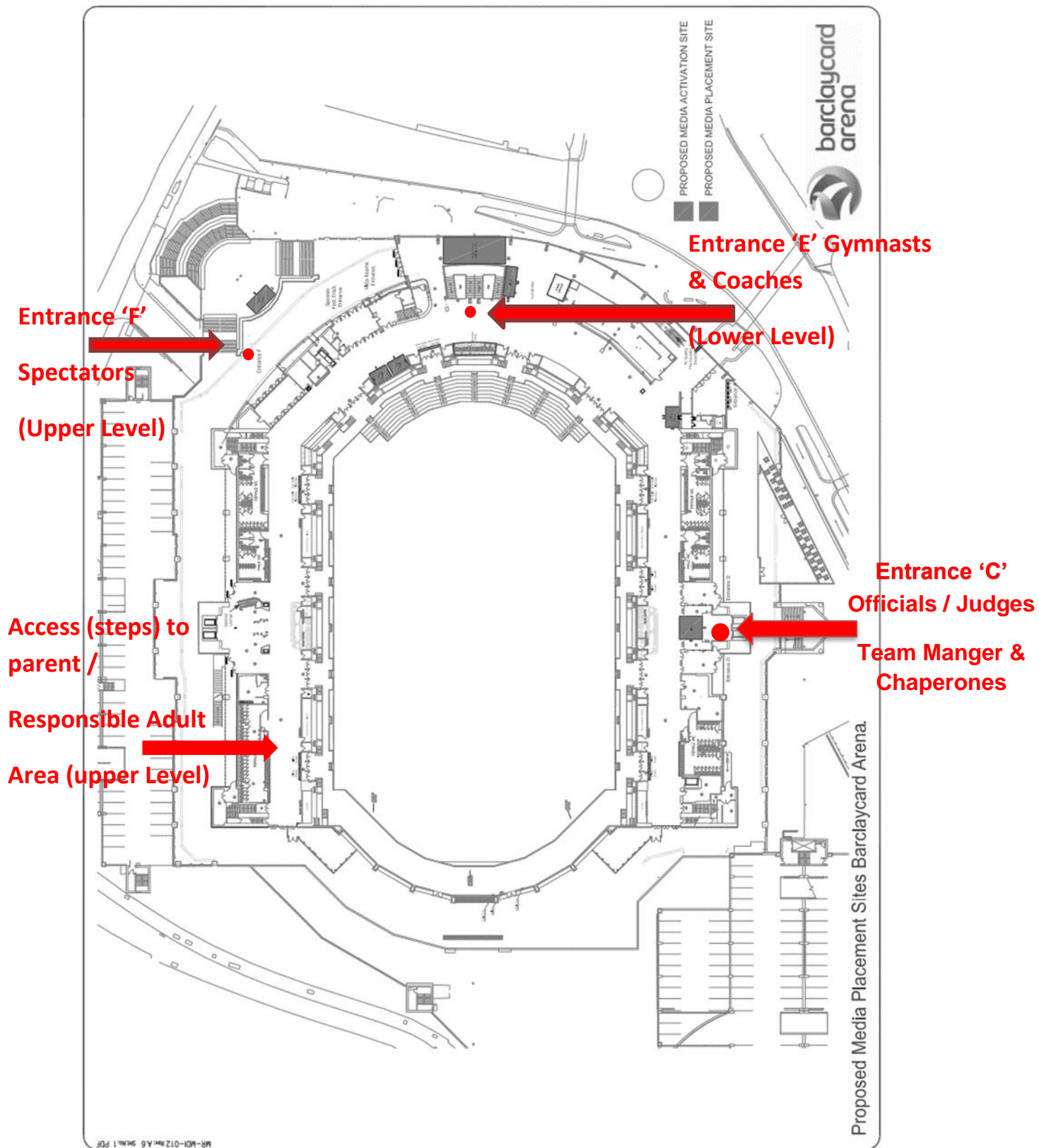
Appendix 1 – Route to Warm-Up Hall

From the gymnasts and coaches entrance, gymnasts should take the route shown below to the Warm-Up Hall, accompanied by the Team Chaperone. Please note, the apparatus layout may change.



Appendix 2 – Gymnasts, Coaches & Spectator Entrances

Gymnasts and coaches are required to use **Entrance E**, on the lower level and spectators must use **Entrance F**, on the upper level. **Entrance F** is also where gymnasts will meet parents/spectators after competing.



Appendix 3 – Regional Areas

The diagram below details the areas allocated to the regions in the Warm-Up Hall. This will be used as a point of reference for gymnasts and coaches to meet. Due to limited space, when gymnasts are not due to be in the Warm-Up Hall please ensure they watch the competition from the gymnast's and coach's seating blocks.

