

# Rhythmic School Magazine

Rhythmic School's Official Newsletter



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## FROM THE EDITOR

April has been a very busy month, full of great satisfactions but, due to the Pandemic, still full of worries that we are sure we will definitely cope with in the near future.

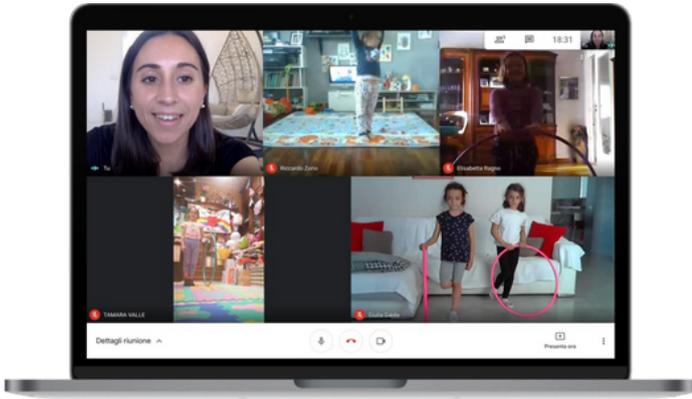
Hopefully we'll have an important improvement in June so we are confident that we will definitely be able to welcome you all back in the gym, giving to all RS members the opportunity to attend courses face to face, keeping safety as our first priority.

Rhythmic School has been the protagonist of the latest regional competitive Championships, organizing and managing Italian Federation Gymnastics competitions and obtaining outstanding results from our gymnasts, capable to get as always the top of the charts.

We are grateful to the parents who have strategically contributed to the success of the events. We are grateful to the entire staff effort that gave hundreds of gymnasts the opportunity to compete safely.

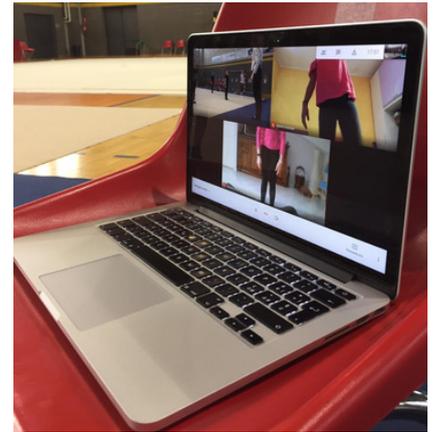
Next September, at Candelo Sports Hall, we will host once again the Italian Federation Gold Championship. We still count on the precious help of the already tested RS staff, but we are always ready to welcome new parents to join them and become an active part of the "Rhythmic School family"

## NEWS FROM THE CLASSES



RSbaby class training keep going online. Current legislation allows to carry out the basic outdoor activities, but as weather forecast are a bit unpredictable so far, has been decided to continue with remote lessons even during May.

Our little ones are very good and cope with great spirit this path, the improvements they are making are the starting point for the activities that will soon return to the gym, under the careful supervision of the coaches Elena and Margherita.



Older girls, from the age of 8 onwards, in the “Basic” and “Pre-junior” classes have returned to carry out their training at Candelo Sports hall, in compliance with current legislation in place.



In recent weeks, in addition to the related activities to improve athletic strength, posture and coordination, training focused on the use of the apparatus, looking after future performances and competitions in which, we are confident, they will soon be able to participate.



## THREE GOLD MEDALS, ONE SILVER AND TWO BRONZES



Six trophies won by the Rhythmic School in the F.G.I (Italian Gymnastics Federation) competitions held between 10 April and 2 May



Full results:

4th - Interregional Team Championship Gold 3 Pre-Junior - Bragante / Bravaccino / Pavanetto

10th - Individual Regional Championship Silver LA1 A1 - Viana Ginevra

13th - Individual Regional Championship Silver LA1 A1 - Brocchi Martina

28th - Individual Regional Championship Silver LA1 A1 - Segatto Ginevra

22nd - Individual Regional Championship Silver LA1 A2 - Cola Alice

BRONZE - Individual Regional Championship Silver LA1 J1 - Sales Neto Maria Giulia

5th - Individual Regional Championship Silver LB1 A4 - Sales Neto Esther Carolina

4th - Individual Regional Championship Silver LB1 J2 - Linty Matilde

GOLD - Individual Regional Championship Silver LB2 A2 - Marchesi Iris

GOLD - Individual Regional Championship Silver LB2 A4 - Giabardo Ilaria

GOLD - Individual Regional Championship Silver LB2 J3 - Garizio Angelica

22nd - Regional Championship Together Silver LB Open pair - Linty / Sales Neto MG

6th - Regional Championship Together Silver LC Open team - Antorra / Bocci / Botto Steglia / Dipalma

BRONZE - Individual Regional Championship Silver LD A2 - Pavanetto Elena

SILVER - Individual Regional Championship Silver LD J1 - Antorra Beatrice

5th - Individual Regional Championship Silver LD J1 - Di Palma Nadia

7th - Interregional Championship Serie C ZT1 - Antorra / Beraldo / Dipalma / Sabbatini / Sapino

## THE FREE HAND AND THE APPARATUS OF RHYTHMIC GYMNASTICS



As our friend Alberto Angela would say:  
"also in this episode we will continue our journey to discover Rhythmic Gymnastics"

The apparatus of rhythmic gymnastics are 5: rope, hoop, ball, clubs and ribbon, in addition to these the basis of all the routine and preparation lies in the Free Hand.



Unlike artistic gymnastics, the FREE HAND is not considered an apparatus. However, the Italian Gymnastics Federation has also included it in the technical program for the Pre-Junior Level

(a level that includes gymnasts from 8 to 12 years old) and it is the most beautiful body expression that a young gymnast can present in platform. The free hand exercise of the rhythm is sewn on every note of the music: a musical theme is developed and accents and rhythm changes are enhanced with fitting movements that underline every variation.

The great physical ease of the little gymnasts makes this exercise unique and even if the spectacular evolution of the apparatus is lacking, the performance is never predictable. Body difficulties must be included in each exercise: jumps, balances and turns. Each coach chooses the best difficulties for their gymnast, those that best characterize her skills, those that enhance her flexibility and power. Music choice is also very important: slow and passionate music if the gymnast is particularly free and fluid and she prefers slow and extremely precise movements, instead a brilliant and very rhythmic music meet girls more explosive, more toned, fast and smiling without forgetting the accuracy! Without the meticulous care in the free hand the gymnasts would not be able to grow with the apparatus and their routine would be soiled by continuous imperfections. Free Hand is the care of the smallest details in every single movement, arms, hands shoulders, and pelvis positions: the infinite research of perfection!

### ROPE

an apparatus generally made of synthetic fiber at the ends of which there are knots. The length of the rope varies according to the athlete's height. It is an apparatus that requires great athletic skills of speed and explosiveness for the realization of artistic jumps in a variety of shapes and situations. The technical groups of this apparatus are the jumps and hops with the overcoming of the rope, the rotations, the throws, the catches and the abandonments of the rope with immediate recovery. The handling of the rope includes oscillations, circling, sails, eight figure and turns of the rope.



## THE FREE HAND AND THE APPARATUS OF RHYTHMIC GYMNASTICS

**HOOP** has a diameter ranging from 80 to 90 cm, depending on the height of the gymnast. This apparatus is around 300g and is generally made in plastic. The hoop is the apparatus that more than any other requires strength and versatility: it enhances the gymnast's jumping ability, balance and motion range. The technical groups of the hoop are the rolls, rotations, throws, passages through and over the apparatus, conduction elements such as oscillations, circles, figure eight movements



**BALL** is made either of rubber, or with a synthetic material that gives the same elasticity as rubber. It has a diameter that can vary from 18 to 20 cm and a minimum weight of 400g. The ball can be of any color. It is an apparatus that allows movements of great emotional impact for the elegance of rolling and handling and at the same time for the rhythmic strength of the dribbles and rebounds. The dexterity in the conducting elements must be maximum to avoid pinching the ball with the fingers or leaning it involuntarily against the body.

**CLUBS** can be 40 to 50 cm long, have a minimum weight of 150g, and each must be made of synthetic material. At the end of the neck of the club there is a spherical element that facilitates its grip, and allows it to be turned. This apparatus requires great fine dexterity and symmetrical work capacity, since two clubs are used simultaneously in the exercises. The technical groups of the clubs are: turns, pivot, rhythmic beats, throws and catches, asymmetrical elements, oscillations, circles.



**RIBBON** is made of silk or similar material, of any color, it can also be multicolored and have designs. The ribbon must be 4 to 6 cm wide. For the senior it must be at least 6m long, while for the junior and Pre-Junior it can be 5m only. At one end it is connected to a stick generally made of fiberglass, 40 cm long, with a maximum weight of 35 grams. The fabric must always be kept in motion with skillful movements of the upper limbs and thrust of the lower limbs. The technical groups of the ribbon are the direction changes, the spirals, the throws and catches, the oscillations and the circles, all made in continuity and with a clear design, without connecting movements.

## MAY RENDEZ-VOUS

May will see the preparation of the gymnasts for the National Championship finals that will be held in Rimini from June 18th to June 27th.

The only competition scheduled in May is the AICS Interregional Championship, which will take place in San Mauro Torinese Sports hall on 22nd and 23rd of May and where many of our gymnasts will compete.



## RHYTHMIC SCHOOL "FUN" CLUB

For more information visit our website  
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#RSGIRLS

