

Athlete Advisor

Rhythmic Gymnastics – Beth Strickland



Hi, my name is Beth, I am your newly appointed RG Athlete Advisor.

I started as a rhythmic gymnast in Australia until I moved to New Zealand in 2011 and competed with Nelson Rhythmic Gymnastics Club. In my 10 years of competing, gymnastics has been a massive part of my life, I have had so many awesome opportunities meeting fellow gymnasts and coaches. My Mum often credits my gym coach for helping raise me.

In 2015 and 2016 I was NZ National Champion in levels 8 and 9, but at plenty of competitions I was flinging my apparatus everywhere and getting all sorts of injuries. While I can't really help you with the injuries or runaway apparatus, I can be your voice on the Technical Committee.

In my professional life, I was a Union Delegate for a few years. This gave me experience in speaking up for others and helping unite a collective voice to bring positive change to all involved. I was so happy to see a possibility to unite two passions with the Athlete Advisor role.

Gymnastics is a wonderfully fun and fulfilling sport, but we all know it has its ups and downs. Training and competing can be stressful, and we might not always agree with the decisions made that affect gymnasts the most. Even though for the most part we head out on the floor alone, there's always someone to talk to.

I am now down in Dunedin and helping with judging at Astra Gymnastics, so please come and have a chat at any competitions that I am at. I can't wait to see what we can achieve together over the next couple of years.

Beth. rgathleteadvisor@gymnasticsnz.com

