

Aerials High Flyers Arrive in Style

Aerials high flyer Sarah Ainsworth started her competitive career on Saturday in style by competing at the World Masters Competition in Switzerland. This world class water ramp competition attracted a distinguished array of past and present Freestyle Aerials champions. Sarah held her nerve well and competed with a lay and lay tuck to progress to the finals to finish in 8th place. After this amazing first competition experience Sarah will continue water ramp training with other members of the British Aerials Training group in Switzerland and will start snow training in November, progressing to snow competitions this coming season in the Europa Cup.

Sarah age 21 is a British Gymnastics Grade 1 trampoline competitor who has move to Aerial skiing to progress her career and has just completed her first 12months of training. She is part of the programme set up with British Gymnastics and British Diving to provide athletes with potential from related sports into Aerials which has had a promising start.

More information on British Aerials Training can be obtained form Gladys Marr

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