Natalia Gilbert

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(UK and US Citizenship)

**DOB:** 22/02/2007 **Height:** 148cm **Weight:** 46kg

Gymnastics Career Summary:

Having started artistic gymnastics at recreational level from the age of 5 years, I quickly developed a passion for the sport and there was no stopping me! At the age of 10 I was invited to trial for Acrobatic gymnastics at Evoke Acrobatic Gymnastics Club in the UK and became the top of a Women’s Pair.

From the age of 14, I trained at King Edmunds Acrobatic Gymnastics Club in Yate, where I became the top of a Senior Women’s group. I then returned to being the top of a Women’s Pair, competing at Junior and Senior level, winning both World and European medals. I particularly love the performing aspect of this discipline, combining acrobatic skills alongside dance, where I get the opportunity to express my movement and emotions through the music and routine.

From finishing my competitive career, I have recently began taking aerial hoop classes which has allowed me to apply my flexibility and strength skills in a different way to which I am used to.

Achievements & Highlights in Acrobatic Gymnastics:

Sept 2024 – World Bronze medallist in the Balance Final in the Senior Women’s Pair category

July 2024 – Senior Women’s Pair British Champion

Oct 2023 – Junior Women’s Pair All-around European Champion

April 2023 – Junior Women’s Pair English Champion

May/June 2022 – Represented Great Britain in a Senior Women’s Group at two World Cups

Experiences:

Gym displays – performing up to 3 shows in one day at my gym club in the Summer and Christmas displays. Working alongside a large group of gymnasts, learning new choreography and acting out different character roles.

GBR Training Camps – opportunity to meet & train with other gymnasts & coaches, establishing good relationships and team work outside of our own club.

Regional TV News interviews – sharing my sporting achievements and experiences live in several TV interviews.