



Developmental Training Camps 2017-2018

The goal for these training camps is to give Developmental athletes (both in JO and club developmental based programs), who have the potential to be on a National or HP pathway, the opportunity to work with other Provincial Head Coaches & the HP Coach.

There will be two training camps offered throughout the 2017-2018 training season.

1. October 28th @ Can-Am Gymnastics Club 3:30pm-7:30pm
 - a. Age eligible athletes 2010-2008 (not already invited to SK First ID Camp) – **40 athletes (one session)**
2. June 16th @ Gymnastics Adventure, Regina 2:30pm-6:30pm
 - a. Age eligible athletes 2011-2007 (not already a part of the SK First Program) – **~40 athletes (one session)**

Physical testing will be a part of each of the training camps and one physical testing standard will be used for all birth years. Results will be distributed to clubs and coaches only for further planning. Each results sheet will be split up according to birth year. – **This is going to be updated from the previous camp and will be sent out by June 1st.**

A skill list is attached for each birth year. All athletes attending the training camps must be prepared to work on the skills listed for each event.

Registration will be limited for each of the training camp and open for all Saskatchewan clubs to register. Please remember this will be most beneficial for athletes who have the potential and are working toward a National and HP Pathway (ie: Aspire, young Level 9).

Birth year	Event	Skills Needed	Skill Focus at Camp
2007/2008	Vault	<ul style="list-style-type: none"> • strong handspring & ½ on to feet (at vault height 115cm) • experience vaulting onto a table & table trainer with a beat board • understanding of Yurchenko drills 	<ul style="list-style-type: none"> • running drills • proper board approach • basics for flipping vaults & potential flipping into a pit
	Bars	<ul style="list-style-type: none"> • strong kip ! (straddle/legs together) • kip – stoop on/sole circle (catch HB) • Giants in straps (strong swings) • FH to min 45 in straps 	<ul style="list-style-type: none"> • Giants on wooden rail • FH ! • Flyaway (LO)
	Beam	<ul style="list-style-type: none"> • Press ! • BWO • FWO • BHSP step out on line • CW-BT dismount 	<ul style="list-style-type: none"> • Press ! • BWO – BHSP series • RO dismount • Aerial elements on a line
	Floor	<ul style="list-style-type: none"> • RO – BHSP – LO • RO – BHSP (x2-3) • Switch leap • FHSP • Running FT 	<ul style="list-style-type: none"> • Twisting drills (backward) • Advanced leaps • FHSP – FT or rebounding forward lines
2009/2010	Vault	<ul style="list-style-type: none"> • strong handspring to back onto stacked mats • experience vaulting onto a table/table trainer with a beat board 	<ul style="list-style-type: none"> • running drills • proper board approach • vaulting onto table with board – handspring to back • handspring to feet drills (Aspire 1)
	Bars	<ul style="list-style-type: none"> • Kip • Cast 45 • Stoop on – catch HB • Strong understanding of proper swing technique 	<ul style="list-style-type: none"> • Kips IAR (mini routines) • Cast ! drills (both straight body and straddle) • Kip ! • Giant drills
	Beam	<ul style="list-style-type: none"> • Strong handstand • CW • BWO • Tick Tock 	<ul style="list-style-type: none"> • Press ! • FWO • BHSP drills

	Floor	<ul style="list-style-type: none"> • RO – BHSP • BT off height or on trampoline • Push FWO • FT from board or on trampoline 	<ul style="list-style-type: none"> • RO – BHSP – BT • BHSP IAR • Leaps with full split (spit leap, switch leap)
2010/2011	Vault	<ul style="list-style-type: none"> • Strong handstand • Understanding of board approach 	<ul style="list-style-type: none"> • running drills • proper board approach • handstand and popping drills • Handspring to back onto stacked mats from beat board
	Bars	<ul style="list-style-type: none"> • Pullover from hang • Back hip circle • Strong glide swing • Cast to horizontal • Understanding of beat swing and long swing techniques 	<ul style="list-style-type: none"> • Kip drills • Long hang swing drills • Stoop on drills
	Beam	<ul style="list-style-type: none"> • Handstand • CW • Strong straddle L hold (press ! start position) • Basic jumps 	<ul style="list-style-type: none"> • CW • BWO • Tick Tocks
	Floor	<ul style="list-style-type: none"> • Strong handstand • CW • BWO • RO • Basic understanding of power hurdle 	<ul style="list-style-type: none"> • RO drills • Building a strong hurdle • BHSP drills • Connecting RO – BHSP

1 ATTEMPT FOR EACH EXERCISE UNLESS UNEXPECTEDLY UNSUCCESSFUL OR OTHERWISE INDICATED

RECORD ONE DECIMAL PLACE WHEN TIMING OR MEASURING

20M SPRINT

- Timed in seconds
- Begin time when athlete begins running, stop when they are crossing the line

BOX JUMPS

- Athlete has 45 seconds to do as many as possible onto 30cm box
- Time will begin when the evaluator says "Go" and will be stopped when 45 seconds is reached
- Must be performed consecutively, no extra punches or stops (on floor or box)
- One warning will be given for an extra bounce or stop before athlete is asked to stop.

ROPE CLIMB

- Begin time when athlete moves first hand, stop when they have touched the 3m tape
- Start from straddle sitting position, with hands below line
- Must be completed with straight legs, at or above horizontal, pointed feet and no legs touching the rope "scissoring"
- One warning will be given for bent legs, legs below horizontal and/or legs touching "scissoring" the rope before athlete is asked to stop.
- Athlete must touch tape or above tape before their legs touch the rope

CHIN UPS

- Time will begin when the evaluator says "Go" and will be stopped when athletes chin is over the bar for the outlined number below:
7 chin ups
- Must be performed on a bar in which their feet do not touch the ground
- Chin up must be completed with straight body, legs, pointed toes and legs together to count
- Chin must be over the bar without touching to count
- No beating or swinging of the body for momentum is allowed. If occurs that chin up will not be counted and a warning will be given. Time will continue to run.

LEGLIFTS

- Time will begin when the evaluator says "Go" and will be stopped when toes touch the bar for the outlined number below:
7 leg lifts
- Must be completed on a bar in which their feet do not touch the ground with the hard spotting block directly behind them
- Leg lift must be completed with straight arms & legs, pointed feet and legs together to count
- Toes must touch bar at top
- Head must be neutral throughout

CASTS: (to 45 degrees, athletes may take two attempts, record best)

- Athlete will perform 5 casts
- Record how many casts are performed in a row
- 45 degrees will be measured from the heels
- Minimum height for any casts to count is horizontal

DEDUCTIONS:

Bent Arms, Legs, Legs apart and/or Flexed Feet = 1 point lower (for each)

PRESS HANDSTANDS: (athletes may take two attempts, record best)

- Will be performed on a low beam starting from straddle – L hold
- .25 is counted when the athlete reaches straddle handstand
- .5 is counted when the athlete reaches handstand

SPLIT HANDSTAND HOLD (athletes may take two attempts, record best)

- Time will begin when athlete shows “full split” with hands on ground
- Time stops when hands are not the only balance point or if any steps are taken

RIGHT AND LEFT SPLITS: (held for 3 sec)

- Will be completed on two boxes with arms in presentation, back knee and front heel on boxes

DEDUCTIONS:

Horizontal Legs = .05

<2.5cm Above Hor = .1

2.5cm Above Hor = .15

5+cm Above Hor = .25

Turned Hips 40 – 45 degrees = .1

Turned Hips 45 degrees or greater = .25

Chest not vertical = .1

Bent Legs and/or Flexed Feet = .1 (each)

BRIDGE: (held for 3 sec)

- Will be completed with hands on line and feet on floor

DEDUCTIONS:

2.5cm short of vertical = .15

5cm short of vertical = .2

7.5 cm short of vertical = .25

10+cm short of vertical = .3

Bent Arms = .05

Arms Wider than Shoulder Width = .05

Bent Legs = .05

Feet Apart = .05

Feet not Flat = .05

MIDDLE SPLITS: (held for 3 sec)

- Will be completed on two beat boards with elbows on beat boards
- Measure from horizontal to bottom of leg (in line with hip)

DEDUCTIONS:

Horizontal Legs = .05

<2.5cm Above Hor = .1

2.5cm Above Hor = .15

5+cm Above Hor = .25

Bent Legs and/or Flexed Feet = .1 (each)

PIKE STRETCH: (held for 3 sec)

- Will be completed standing on beam with feet together and flat
- Will be measured from top of beam
- Will only count when legs are straight
- Measured from index finger

DOWEL LIFT: (held for 3 sec)

- Will be performed laying on stomach, holding dowel with thumbs touching
- Will only count when arms are straight and forehead is touching the ground
- Measure from floor to bottom of wrist

SHUTTLE RUN

- Will be timed for 1 minute and 30 seconds and will begin with timer says "Go"
- Athletes must start laying on their stomach with legs together and straight arms behind the starting line
- Athletes must touch on or past the line for length to count
- 1/2 Lengths will be counted if athletes reaches half way or past when time stops

Coaches Attending:	NCCP Level:	Master Coach (Y/N) <i>If Yes, please list 1st event choice & 2nd event choice</i>

Number of Athletes _____ **x \$50**

TOTAL PAID: _____ (add \$10 late fee per athlete after deadline)

METHOD OF PAYMENT:

Check *Please make checks payable to Gymnastics Saskatchewan*

Visa MasterCard

Card #: _____ Expiry Date: _____

IMPORTANT NOTES:

- Registrations must be received by June 8, 2018
- A \$10 late registration fee per athlete will apply to registrations received after the deadline.

REGISTER TO:

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