



Sask First

Trampoline Gymnastics

Gymnastics Saskatchewan's Elite Pathways Program

2022-2023 - FINAL

## Program Description

The Gymnastics Saskatchewan Elite Pathways Program is designed to support the talent identification, selection and development of gymnasts in the Specialization, Becoming a Consistent Competitor, Winning at all Levels and International stages of the Gymnastics Canada Long Term Athlete Development Model.

Saskatchewan trampoline gymnasts in these stages will be eligible to attend an identification camp, may be placed annually into a pathways category and may be eligible for additional funding to attend training opportunities and/or competitions. Following an annual identification camp, gymnasts may be selected for one of the following categories:

**National Team – L4+** - Potential Elite Canada/Canadian Championships podium placing gymnasts. L4 athletes must have mobilized to L5 on at least one event to be eligible for this team and be L4 on all other events.

**Provincial Team – L2-L4** - Gymnasts aiming to attend provincial level competitions as well as Western Canada Cup who have podium potential

Gymnasts in any of these categories may be referred to generally as “Sask First” gymnasts.

The TG Elite Pathways Program supports gymnasts and their coaches in their quest to represent Saskatchewan at the following events: Western Canada Cup, Canadian Championships, Elite Canada, Commonwealth Games, Pan-Am Games, World Cups, World Championships and Olympic Games.

## Program Objectives

The TG Elite Pathways Program aims to give Saskatchewan’s gymnasts and their coaches more training experiences and to improve the level of gymnastics in the province. This will allow gymnasts from Saskatchewan to produce better results at all future Western, National, and International competitions.

This Program has three objectives:

- To increase training and competition experiences for selected gymnasts and their personal coaches
- To provide selected gymnasts with expert coaching, supported by in-province professional high performance coaches and other Canadian expert coaches.
- To use extensive sport science programs to better educate gymnasts, coaches, and parents in all aspects of the sport of gymnastics.

## Program Activities

### **PROGRAM DEVELOPMENT, REVIEW & EVALUATION**

The trampoline gymnastics (TG) technical committee will create the TG Elite Pathways Program. The HP Committee will assist in receiving and evaluating petitions.

### **SELECTION**

Annually, the TG High Performance Coach, in consultation with the technical director and program coordinator, will create selection criteria approved by the TG Technical Committee, invite gymnasts to participate in Talent Identification camps, conduct assessments and finally, select gymnasts to categories within the pathway.

Physical testing will be conducted at the athlete’s respective clubs and results will be submitted to the TG Technical Committee prior to the Talent ID Camp. During the Talent ID camp, all gymnasts will show basic routines as well as demonstrate the more difficult skills they are capable of. Routines and skills for each level can be found in the Sask First Skill Testing document.

Selected Sask First gymnasts will receive a letter of congratulations along with a list of competitions and training camps. Athletes who are not selected will receive a letter of regret and recommended areas to work on from the high performance coach to better the athlete's chances of being selected the following year.

## **TRAINING**

The gymnasts will attend training opportunities throughout the year. The Sask First training camps will focus on reinforcing the fundamentals of gymnastics as well skill acquisition to achieve long-term success and strong competition results in the future. All training opportunities will be facilitated by the HP coach and other expert coaches from all over Canada.

## **SPORT MEDICINE AND SCIENCE**

Sport Medicine and Science will be an important part of the camps and will include sessions on things like nutrition, exercise physiology, sports psychology and injury prevention for parents, coaches, and gymnasts.

## **COACH MENTORSHIP**

The TG Elite Pathways Program will strive to mentor all coaches with gymnasts at or aiming to be at the High Performance levels. Guest coaches will offer training and technical ideas at various camps and competitions as mentioned. There may be a cost associated with attending camps and events if a coach doesn't have a gymnast involved in the Elite Pathways Program.

## **COMPETITION EXPERIENCES**

If funded by Gymnastics Saskatchewan, the Sask First gymnasts will travel as a team under the direction of the selected Head Coach(es) and the selected managers. Gymnasts may be asked to verify their health/injury status, and/or competition readiness 1-2 weeks before a Team Sask funded event.

## **Identification Camp**

### Annual Identification Camp

- Each gymnast must be accompanied by their personal coach or a coach from their club. If an athlete's personal coach cannot attend prior arrangements must be made for the athlete to be coached by a coach from a different club. Coaches may be required to time and count.
- Gymnasts born in 2014 or earlier are eligible for the annual identification camp.
- Coaches may submit a petition to the TG technical committee, for athletes who are not able to attend the ID camp. Upon approval coaches must submit videos of their athlete prior to the start of the camp.
- Selection camps must be held in a gym with a pit.
- Skills evaluations will be conducted by provincial and national level judges. Standards and physical testing items will be available in advance of the identification camp.
- Gymnasts must achieve a qualifying score of 65% overall and be above 50% in the physical testing to be named to either team.
- Petitions will not be accepted for any athlete who does not achieve 50% or higher in physical testing.
- Athletes who have been selected for the WAGC/Worlds teams or on a current Gymnastic Canada national team will be automatically placed on the SF team but must still achieve a minimum of 50% in physical testing.
- Physical testing will be conducted in the athletes' home gyms and must be submitted two weeks prior to the date of the ID camp. If an athlete does not achieve 50% on the physical testing, they will not be eligible to attend the ID camp.
- Athletes who are trialing for the national Sask First team may use provincial physical testing standards if they are 14 years of age or younger as of December 31<sup>st</sup> of the trial year

- Athletes who are trialing for the national team must be born in 2012 or earlier.
- L2 athletes trialing for the provincial team must be born in 2010 -2014. L3 and L4 athletes trialing for the provincial team must be born 2007-2014.
- If an athlete would like to perform a skill that is not on the skill list the coach may request permission for it to be allowed. The request form must be submitted a minimum of 2 weeks ahead of trials. If no petition is received the athlete will not receive any points for the performed skill.