



2023-2024 Rhythmic Gymnastics Team Sask Aspire Program

August 22, 2023

Program Objectives

The Rhythmic Team Sask Aspire program aims to identify rhythmic gymnasts in the province who have potential to succeed at the high performance provincial (LVC) and/or National level of competition. The focus of this program is to provide opportunities for these gymnasts and their coaches for the long-term development of their careers, while increasing the number of gymnasts in Saskatchewan who are competing at higher levels of competition.

As the Aspire program is meant to identify gymnasts on the long-term pathway towards higher standards of competition, eligible levels will be limited to younger provincial levels and Novice and Junior athletes. Older provincial levels and National Seniors are not the focus of this program.

Key objectives of the Aspire Program include:

- To provide gymnasts and their coaches with growth opportunities by bringing in experts to the province (when possible), and/or sending the team to training and competition opportunities outside of the province.
- To identify a pool of gymnasts on the pathway to the “Train to Train” stage, who have potential to succeed at Western and Canadian Championships.
- To use sport science programs to educate gymnasts, coaches, and parents in all aspects of the sport of gymnastics.

Program Outline

1. The Aspire Program will aim to provide identified athletes with a minimum of one training opportunity and/or one team travel event each season, depending on availability of events and/or expert coaches.
2. The program is open to any Gymnastics Saskatchewan members registered in the appropriate developmental levels, categories, and ages:
 - a. LV2B, LV2C (9 years old only)
 - b. LV3B, LV4B (10-13 years old only)
 - c. LV3C, LV4C, LV5C (10-13 years old only)
 - d. National Novice, National Junior (10-13 years old only)
3. Selection to the Aspire program will happen annually, based on physical testing and evaluation from National level judges from in and outside of Saskatchewan. This process will be in the form of video submission. All athletes must submit videos for evaluation, no petitions will be accepted.

Team Selection

1. Team size will be up to a maximum of 6 gymnasts, regardless of level. *This number may be adjusted by the Gym Sask Technical Director based on numbers in the province each year.*
2. Each club may name one coach for consideration to be named to the program. Coach selection will be made by the RG Technical Coordinator and Technical Director based on the final number of athletes that have been selected, and which club they represent.
3. Selection of athletes will be based on physical and skill testing attached to the end of this document as follows:
 - a. Max possible score is 75. Gymnasts must score a minimum of 85%, or 64/75 to be eligible for selection.
 - b. Out of all eligible gymnasts, the top 6 gymnasts will be named to the program. In the case of a tie, additional gymnasts will be named to the program.

Program Calendar

Event	Location	Date
Trials & Evaluation	Virtual	Videos must be submitted by Oct 15 th , 2023
Training/competition opportunity	TBD	TBD, sometime between Dec 2023-Aug 2024.

Team Travel

1. All athletes named to the Aspire program will:
 - a. Be required to purchase a Team Sask track suit jacket & training outfit.
 - b. Be required to attend the training/competition opportunities that are selected for the group, and pay 50% of the cost, this includes but is not limited to registration fee, travel, accommodations, food, etc.
 - i. Gymnastics Saskatchewan will provide ample notice and budget for any events.
 - c. Should an athlete get injured, and they are unable to attend the competition a medical note must be sent to the Gym Sask Technical Director prior to the event.
2. Gymnastics Saskatchewan will register all team members in their appropriate categories for any events.
3. Gymnastics Saskatchewan will pay for 100% of approved coach expenses.

4. Gymnastics Saskatchewan will coordinate travel and accommodations for the team. Parents will be invoiced for their portion prior to the event.
5. The Team will travel together to and from any events as a team, watch fellow teammates, and participate in team bonding activities. Individual travel arrangements are not permitted. Athletes will be required to stay with the team and not with parents.
6. A chaperone/Team Manager for the team will be selected as per Gym Sask requirements and the Rule of Two.
7. For more regulations related to team travel, please refer to the Gymnastics Saskatchewan operational policies and procedures manual (add link) and risk management handbook on the Gym Sask website.

Evaluation Criteria – Physical Testing

1. Jumps with double rotation of the rope – 10 seconds
<p>Start Position: Feet together with rope behind legs, holding releve for at least 2 seconds before gently lowering heel and starting the jump.</p> <p>Scoring/Key Movement Criteria:</p> <ul style="list-style-type: none">• Stopwatch is started with the first movement of any part of the body and stopped after 10 seconds.• Coach should count the number of jumps completed in 10 seconds.• Feet and ankles together, arms and legs extended, minimal noise and light landings. Rope should not touch the floor.
2. Jumps with forward rotation of the rope – 30 seconds
<p>Start Position: Feet together with rope behind legs, holding releve for at least 2 seconds before gently lowering heel and starting the jumps.</p> <p>Scoring/Key Movement Criteria:</p> <ul style="list-style-type: none">• Stopwatch is started with the first movement of any part of the body and stopped after 10 seconds.• Coach should count the number of jumps completed in 30 seconds.• Feet and ankles together, arms and legs extended, minimal noise and light landings. Rope should not touch the floor.
3. Jumps with backward rotation of the rope
<p>Start Position: Feet together with rope behind legs, holding releve for at least 2 seconds before gently lowering heel and starting the jumps.</p> <p>Scoring/Key Movement Criteria:</p> <ul style="list-style-type: none">• Stopwatch is started with the first movement of any part of the body and stopped after 10 seconds.• Coach should count the number of jumps completed in 30 seconds.• Feet and ankles together, arms and legs extended, minimal noise and light landings. Rope should not touch the floor.
4. V sits – 15 seconds
<p>Start Position: Lying position on the floor, arms extended above head holding a rope folded in four, legs extended.</p> <p>Scoring/Key Movement</p> <ul style="list-style-type: none">• Coach to count each time the gymnast touches the toes with the rope as a successful v-sit.• Legs must be straight, together, arms extended.• Body controlled, strong and rapid movements.

5. Arch ups with rope – 15 seconds

Start Position: Lying position on the floor, arms extended above head holding a rope folded in four with legs extended.

Scoring/Key Movement

- Coach to count each time the gymnast lifts upper torso to a vertical position.
- Gymnast must keep arms extended with the rope behind the head during each successful arch-up.
- Legs and feet should remain on the floor during each arch-up.

6. Pushups – 10 seconds

Start Position: Plank position, arms and legs extended with arms shoulder-width apart, fingers pointing at 12 o'clock, flat back.

Scoring/Key Movement

- Coach to count each time the gymnast touches nose to the ground and returns back up to plank as a successful push-up.
- Gymnast must keep arms, legs, and back extended, with straight line from toes to head.

7. Safe & Square hips in split (R/L leg)

Start Position: Sitting flat on ground in pike sit with legs out in front, arms out to horizontal.

Scoring/Key Movement

- Gymnast to move from pike sit to right split, hold for 8 seconds, return to pike, move into left split, hold for 8 seconds.
- Movement must be videoed TWICE – once from directly in front of the gymnast, and once from directly behind the gymnast.
- Gymnast must keep chest vertical and back straight, arms up at horizontal, and demonstrate a square and safe hip position in each split (hips and shoulders aligned, back knee faced down, back heel faced up).

Scoring Matrix - Physical Testing

	5 Excellent Executed according to the specified execution criteria	4 Very Good Most of the specified criteria is completed	3 Good Some of the specified execution criteria is completed	2 Needs Improvement Not performed accordingly to the specified execution criteria	1 Attempted Attempted but not completed according to the execution criteria
1. Jumps with double rotation of the rope	15+	15+	10-15	10-15	Less than 10
2. Jumps through the rope with rotation forward	90+	90+	80-90	80-90	Less than 80
3. Jumps through the rope with rotation backward	90+	90+	80-90	80-90	Less than 80
4. V Sits	10+	10+	6-9	6-9	Less than 6
5. Arch Ups	10+	10+	6-9	6-9	Less than 6
6. Push Ups	10+	10+	7-9	7-9	Less than 7
7. Safe & Square Splits	Both R/L	Both R/L	One leg only	One leg only	Neither leg

Evaluation Criteria – Body Difficulty Technique

1. Front horizontal balance – R & L side
Starting Position: On releve, arms extended horizontally.
Scoring/Key Movement <ul style="list-style-type: none">From releve, gymnast lifts straight right leg to front horizontal position and holds for 2 seconds in shape. While still in fixed shape, the gymnast pulls up to the ceiling, holds and then closes the legs on releve. Repeat with left leg.Gymnast must keep hips and shoulders aligned, support leg straight. Shape must be fixed for the duration of 2 seconds.
2. Back attitude balance – R & L side
Starting Position: On releve, arms extended horizontally.
Scoring/Key Movement <ul style="list-style-type: none">From releve, gymnast lifts straight right leg to back attitude position and holds for 2 seconds in shape. While still in fixed shape, the gymnast pulls up to the ceiling, holds and then closes the legs on releve. Repeat with left leg.Gymnast must keep hips and shoulders aligned, support leg straight. Shape must be fixed for the duration of 2 seconds.
3. Side split balance – best side
Starting Position: In third position, arms extended horizontally.
Scoring/Key Movement <ul style="list-style-type: none">From third position, gymnast brings leg out to side above the horizontal in side split position on releve for 2 seconds. While still in fixed shape, the gymnast pulls up to the ceiling, holds and then closes the legs in fifth position on releve.Gymnast must keep hips and should aligned, support leg straight, and have visible split position.
4. Unassisted penché balance on flat foot OR assisted penché balance on releve
Starting Position: In third position, arms extended horizontally.
Scoring/Key Movement <ul style="list-style-type: none">From third position, gymnast lifts leg behind to arabesque position. From arabesque, the leg leads the body into split position, while maintaining the shoulders at horizontal. Gymnast must hold the shape for 2 seconds. If performing unassisted, gymnast may remain on flat foot. If performing assisted penché, gymnast must hold shape for 2 seconds in releve. From split position, gymnast elevates back to arabesque, pulls up to the ceiling and closes the legs in fifth position on releve, arms extended horizontally.Counts should be as follows: 1-2 (arabesque), 3-4 (penché position), 5-6 (hold), 7 (back to arabesque), 8 fifth position.Gymnast must keep hips and shoulders aligned.

5. Split leap (levels 2B, 2C) OR turning split leap (all other levels) – best side

Starting position: Fifth position on releve, arms extended horizontally.

Scoring/Key Movement

- Leap should include preparation step/chasse and may end with one step after the leap. Gymnast must finish in fifth position on releve, arms extended horizontally.
- Gymnast must keep hips and shoulders aligned, knees extended, body straight up. Knee of takeoff leg must be in line with the toe and must point in the direction of the leap during takeoff. Turning leaps must be 180. Both leaps must have good elevation.

6. Front horizontal rotation – best side

Starting position: Fifth position on releve, arms extended horizontally.

Scoring/Key Movement

- From releve, gymnast steps with leg forward into lunge with heel turning out. Gymnast must complete minimum of 360 rotation. Rotation begins once shape has been met. While still in the fixed shape, gymnast pulls up to the ceiling, holds and then closes the legs in fifth position on releve.
- Two attempts are permitted.
- Gymnast must lead with the heel of the support foot and maintain leg at the horizontal for the duration of the rotation. Shoulders and hips must be aligned, feet turned out, support leg straight. Gymnast must finish rotation without a step, body axis remaining horizontal.

7. Fouetté rotation with passe – best side

Starting position: Fifth position on releve, arms extended horizontally.

Scoring/Key Movement

- From releve, gymnast steps with leg forward into lunge with heel turning out.
- After each passe rotation, the working leg extends out straight to the side on 45-90 degrees. Counting should start immediately after the plie and push-off in the position of the truck/shoulders. Gymnasts must perform two rotations (**THREE for Novice**) and finish without a step, body axis remaining horizontal.
- Two attempts are permitted.

8. Front and back bodywave

Starting position: Feet together, arms down.

Scoring/Key Movement

- Gymnast must perform both a front and back bodywave, showing a sequential contraction and de-contraction of all the muscles of the body, from the head, through the pelvis, to the feet and vice-versa.
- Video must be from the side to ensure the full range of motion is captured.
- Gymnast should end each bodywave in fifth position on releve, without a step.

Scoring Matrix – Body Difficulty Technique

	5 Excellent Executed according to the specified execution criteria	3 Good Most of the specified criteria is completed	1 Needs Improvement Some of the specified execution criteria is completed
1. Front horizontal balance	All criteria met	Some criteria met	Fall out of balance, leg below horizontal
2. Back attitude balance	All criteria met	Some criteria met	Fall out of balance, leg below horizontal
3. Side split balance	All criteria met	Some criteria met	Fall out of balance, leg below horizontal, misalignment
4. Penché balance	All criteria met	Some criteria met	Fall out of balance, leg below horizontal, misalignment
5. Split leap	All criteria met	Some criteria met	Kip motion during leap, legs not in split, misalignment
6. Front horizontal rotation	All criteria met	Some criteria met	Fall out of rotation, leg below horizontal, misalignment, less than 360 rotation
7. Fouetté rotation	All criteria met	Some criteria met	Fall out of rotation, leg below horizontal, misalignment, less than 360 rotation, improper technique
8. Bodywaves	All criteria met	Some criteria met	Incomplete or uncontrolled wave, loss of balance

Submission Checklist – Submit by Oct 15th, 2023

Physical Testing

Please count aloud for each successful repetition.

- ☐ Double rotations
- ☐ Forward skipping
- ☐ Backward skipping
- ☐ V sits
- ☐ Arch Ups
- ☐ Push Ups
- ☐ Safe & Square Splits – Front view
- ☐ Safe & Square Splits – Back view

Body Technique

Please count aloud for body difficulties that require 2 second holds.

- ☐ Front horizontal balance
- ☐ Back attitude balance
- ☐ Side split balance
- ☐ Penché balance
- ☐ Split leap
- ☐ Front horizontal rotation
- ☐ Fouetté rotation
- ☐ Bodywaves

Please label all video files as “GYMNAST NAME_ PHYSICAL TESTING/BODY TECHNIQUE #_ (AS PER SCORING MATRIX)DESCRIPTION”.

Example: “Dalena Juarez_Physical Testing #1_Double Rotations”

- ☐ Upload video files to ONE cloud service folder (Icloud, google drive, dropbox, etc) and send to djuarez@gymsask.com along with a \$25 application fee per gymnast (e-transfer to info@gymsask.com).