



Women's Artistic Gymnastics
Sask First Pathways Program
2023-2024
September 19, 2023

SASK FIRST

Program Description

The Sask First Program was implemented to give Saskatchewan's gymnasts and their coaches more training experience and to improve the level of gymnastics in the province. The program's overall objective is to improve results at all future Western, National and International competitions.

This Program has three objectives:

- To provide our current and potential High Performance and National stream podium (top 8) gymnasts with expert coaching lead by professional Gymnastics Saskatchewan HP Coaching staff and supported by other Canadian HP Coaches.
- To increase training and competition experiences for selected gymnasts and their personal coaches.
- To use sport science programs to educate gymnasts, coaches and parents in all aspects of the sport of gymnastics.

Saskatchewan gymnasts will be selected annually to one of two tiers. Each year, Tier 1 and 2 gymnasts will have the opportunity to access expertise from the High Performance (HP) Coach, in line with Gymnastics Saskatchewan's and Gymnastics Canada's Long Term Gymnast Development (LTAD) model. For 2022-2023 the tiers will be composed of gymnasts in the following categories.

Tier 1

HP Senior

HP Junior

HP Novice

*These are all athletes who have been designated as HP Athletes by Gym Can

Tier 2

Youth (2012-2014)

CCP Level 9 (All ages)

CCP Level 10 (all ages)

*Tier 2 will include any athlete who is planning to attend Elite Canada 2024 & tested a HP Level at ID Camp

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Program Activities

PROGRAM DEVELOPMENT, REVIEW & EVALUATION

The HP Coach, in consultation with the Technical Director will create, monitor, and evaluate the WAG Sask First Program Plan. The Women's Technical Committee may provide advice regarding the program plan and delivery.

SELECTION

Annually, the HP Coach, will invite gymnasts to participate in a Talent Identification (ID) camp, conduct an assessment, determine if further evaluation is required and finally, select gymnasts to the 2 tiers.

Sask First athletes for the 2023-2024 season

- Tier 1 athletes
- Level 10 athletes
- Level 9 athletes
- Youth

Tier 1 & 2 athletes from the previous season who competed at the 2023 Western &/or Canadian Championships in Level 9, 10, or HP and are not changing levels are automatically selected and confirmed upon:

- 1) Completing the SaskFirst physical testing
- 2) Attending the SaskFirst training camp November 3-5, 2023 (unless exempted by HP Coach, written request must be provided)
- 3) Competing on all apparatus at the following verification: December 2023 Mock Meet (TBC)

**provisionally selected athletes should show as much as they can as close to competition equipment as possible. What they show and with extra mats/softer landings is up to their personal coaches. For these athletes, coaches can choose for an assessment as per the manual or judge verbal/written feedback.

Gymnasts will be selected annually to tiers based on physiological development, physical ability, gymnastics skills, and performance results.

Each athlete, not already selected, must achieve the following all around score for each Tier and Level **to be eligible to be selected** to that Tier for the 2023-2024 season. These scores are based on selection from the previous year. This is to ensure that each year Saskatchewan is meeting standards and building strong teams.

Tier 1

- Only current HP athletes selected until after Elite Canada – AUTOMATIC

Tier 2

- HP pathway athletes testing an HP Level: 75%
- Youth: 80%
- CCP 9: 80%
- CCP 10: 80%

Athletes who are not currently on a Gym Can designated HP list, and test an HP level at the ID Camp, will be conditionally placed into Tier 2, if they achieve the score standard outlined. If the score standard is not achieved at the ID Camp, the HP Coach (with the assistance of a judge) will convert their scores to reflect an appropriate National CCP Level (CP 9 or CCP 10). If the CCP score is met, they will be placed onto Tier 2 as a

CCP National athlete until Elite Canada. Following Elite Canada, any athlete who is on an HP list will be automatically added to Tier 1.

From the eligible athletes who meet these standards, the HP Coach, in consultation with the Technical Director, has the final decision in the selection of gymnasts for each tier.

Each Tier 1 and Tier 2 gymnast's personal coach will receive performance feedback from the HP Coach outlining the recommendations to improvements in physical and skill development in order to help each gymnast achieve her potential. Tier 1 athletes and coaches will meet with the HP Coach 2-3 times per year, Tier 2 athletes and coaches will meet with the HP Coach 1-2 times per year to discuss goals (short and long term), training plans, training/physical/physiological needs.

All selected Sask First Team members will receive a letter of congratulations along with a list of the activities they are eligible to participate in, anticipated costs and agreement documents. In addition, for tiers 1 and 2, a package containing the Team Saskatchewan gear needed for their season will be distributed to their clubs.

The HP Coach can conduct an assessment of a gymnast and place her on the one of the teams, after consultation with the WAG Technical Director at any time. The assessment must include a minimum of 2 of the following:

- Observation at training camp(s)
- Competition results
- Observation of training

Selection of an athlete is pending receipt of the athlete and coach commitment forms to Gym Sask by the required deadline.

TRAINING

The Sask First Program will focus on reinforcing the fundamentals of gymnastics in order to achieve long-term success and strong competition results in the future.

SASK FIRST gymnasts & their coaches will receive training in the following areas during training camps and competitions: body basics, core stability, flexibility training, training program design & implementation, sport specific warm-ups and cool-downs, training diets, refueling, competition & pre-competition eating, injury prevention, injury management, drug & supplement education, over-use/abuse, short term/long term goal setting and gymnast travel tips.

The SASK FIRST gymnasts will attend training opportunities throughout the year. These training opportunities will occasionally include a physical testing component so that the HP Coach and the coaches of the individual gymnasts can more easily track gymnasts' progress.

Camps will be used to continually evaluate each gymnast's progress. After each training camp, gymnasts' personal coaches will receive written feedback and future recommendations.

Sport Medicine and Science will be an important part of the camps and will include sessions on nutrition, exercise physiology, sports psychology and injury prevention for parents, coaches and gymnasts. In addition, gymnasts will have access to physiotherapy and sport psychology sessions as available and needed.

COACH MENTORSHIP

The SASK FIRST Program will aim to mentor all coaches with tier 1 and 2 gymnasts at or aiming to be at the High-Performance levels. The HP Coach and other 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 does not have a gymnast on the SASK FIRST Team. The coaches will evaluate this aspect of the program yearly to help provide direction.

Coaches will need to provide long and short-term planning documents, training details and other documentation to the HP coach if requested. Coaches may also be required to fill out other documentation for their athletes to optimize and assess each athlete's needs.

COMPETITION EXPERIENCES

There is an expectation that SASK FIRST gymnasts attend the SASK FIRST competitions they are selected for as well as other Team Sask events they trial for. If there are extenuating circumstances why a gymnast is not attending an event, there will be a discussion between the HP coach and the gymnast's personal coach in order to make a decision with the gymnast's best interests in mind, and the athlete's commitment to the SaskFirst Program.

The gymnasts will travel as a team under the direction of the HP Coach (unless otherwise notified) when representing Saskatchewan. The determination of each gymnast's competition level at SASK FIRST events is at the discretion of the HP Coach and will be determined by their skill performance and the requirements of each level. Gymnasts will be expected to compete with full requirements.

Selection Criteria **2023-2024**

HIGH PERFORMANCE

20% Physical

D Score: 33%

E Score: 47%

CCP Levels 9 & 10

20% Physical

80% Final Skill Score

YOUTH

20% Physical

80% Final Skill Score

Current High-Performance Athletes and Tier 2 level 9 & 10 athletes who are not changing levels

Automatically Selected to Sask First Team pending they complete the requirements on page 3.

(Physical testing and skills assessment at Identification Camp mandatory, unless attending a Gym Can event)

*Cost of the ID camp is \$50.00 per gymnast. This cost is waived for current High-Performance Athletes

Annual Identification Camp

2023-2024

Invitation Criteria

1. Gymnasts who were named to a 2023 Gymnastics Canada High Performance list
2. Gymnasts who were selected to the 2022-2023 Sask First Program in Tier 1 or 2
3. Gymnasts who competed at the 2023 Westerns &/or Canadian Championships the CCP 9 or CCP 10 categories
4. Any gymnast registered in CCP 9 in the 2022-2023 season

Coaches may submit a petition form, along with \$75 to the WAG Technical Director with a link to a video of skills on each event of the level to be tested, and past results at competitions from the 2022-2023 season. A check list of skills for each level will be provided to coaches for them to include for the video of athletes. It is recommended that coaches submit videos that include as many skills as possible from the checklist at the athlete's testing level. The link to the checklist is here:

[SK First Video Petition Check list 2023-2024 - Sept 18 2023.docx \(1\).pdf](#).

The decision lies with the WAG HP Coach and WAG Technical Director.

The deadline for petitions is October 17, 2023.

2023-2024 Athletes Invited

Level	Name	Birth Year	Club
High Performance	Amy Jorgensen	2006	Marian
	Kendall McCleary	2010	Can Am
CCP 10	Danica Signarowski	2007	Yorkton
	Hannah Mokuruk	2006	Marian
	Arabella MacDougall	2007	Marian
	Marie Millette	2006	Marian
CCP 9	Milah Dyck	2008	Can Am
	Olivia Norton	2010	Marian
	Jada Roussin	2008	Marian

(9)

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Technical Evaluation

Athletes are invited to the testing based on the criteria listed above.

Athletes may test at any one of the following levels, providing they fit into the appropriate birth year:

1. High Performance born in 2012 and earlier
2. CCP Level 10 born in 2012 and earlier
3. CCP Level 9 born in 2010 and earlier
4. Youth born in 2012-2014

Athletes testing the Youth and CCP level will be evaluated with the CCP Code of Points

There is no cap on bonus at any CCP level for either D/E bonus or connection value.

Athletes testing with high performance criteria will be evaluated with the 2022-2024 FIG Code of Points for skill values, CRs, bonus and execution.

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Schedule

Open Training

Saturday Oct 28th 3:30pm – 6:30pm

Marian Gymnastics Club

***Must confirm attendance and numbers by Oct 20th, 2023, to Chris Baraniuk**

Skills Evaluation

October 29th 9:00am – 2:00pm *

(Times may be adjusted once registration is confirmed)

Warm-up

- 30 minute general warm-up.
- Warm-Up per event will run 15 – 20 minutes.
All available apparatus equipment can be used during general and event warm-ups.

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SKILL EVALUATION

Link to Scoresheets is here: [Skill Evaluation SF- 2023-2024 Sept 19 2023.xls](#)

- Equipment Standards.
 - Vault:
 - Youth: 115-125 cm
Stack of mat 20 cm above table and/or up to 20 cm mats for salto vault
 - CCP 9, 10 and High Performance: 125cm
 - Beam: 125 cm
 - Youth: 125 cm, optional mat up to 20 cm under beam, 40 cm additional mats for dismount
 - CCP 9, 10 and High Performance: 125 cm

- Coaches are allowed to instruct gymnasts what to test.
- Gymnasts will present to judge, show all skills, and present when finished.
- Judges will evaluate every element shown. For example, if the gymnast is showing a free hip circle on bars and precedes the free hip circle with a kip cast, all three elements will be evaluated and deducted accordingly.
- Judges will begin deducting with the first counting element and stop with the last counting element. For example: if the gymnast completes a free hip circle and stops by dropping to the floor, this is not considered a fall. Also, if a gymnast demonstrates a kip and stops, only the kip will be evaluated; but, if the gymnast does a kip with a cast, both elements will be evaluated and deducted accordingly.
- Vault for all HP and CCP athletes will be performed onto a hard 20cm landing mat placed in the pit at floor level. (Additional 10 cm allowed). Vault will be best counting vault out of 2 for these gymnasts. Option to vault on the floor: run restricted to 25 metres.
- On bars, all flight and turning elements must be followed by a counting skill to receive credit. For example, a blind hop, straddle back or Pak salto must be followed with a kip or sole circle and performed without feet support on floor, to receive credit and CR. A hecht from low bar to high bar must be followed by a kip.
- Gymnasts may test a skill a second time if there is a fall. This does not apply to vault. There is a **maximum** of **one** time per event. Spotting is not allowed.
- Coaches may stand in as per CCP and Youth regulations on vault and bars. Touching the gymnast receives a zero score.
- Up to 20 cm of additional mats may be used for beam dismounts and for double saltos on floor.
- Up to 30 cm of additional mats may be used for bar dismounts.
- Double saltos on floor may be performed into the pit onto a hard landing mat with no deduction.
- Up to 10 cm of additional mats may be used for tumbling lines with single saltos.
- Up to 20 cm of additional mats may be placed under the bars.
- Composition deductions will not be taken for all CCP levels.

Skill Demonstration:

Gymnasts will be allowed to demonstrate additional “bonus” skills on each event. These skills will not be judged for execution. Gymnasts testing Youth will receive additional points each added to the D score on that event. Gymnasts testing CCP 9 and 10 or high performance will receive points depending on the DV of each skill as noted below. Gymnasts will only be allowed to attempt each demonstration skill once. No second attempts will be allowed. No spotting is allowed.

VAULT

- **High Performance**

	2009 & earlier	20010-2011
.1 bonus	3.6	2.9-3.4
.3 bonus	3.7-3.9	3.5-3.8
.5 bonus	4.0+	3.9+

Youth: n/a

CCP Levels 9 & 10

- Gymnasts may demonstrate 1 additional vault performed onto 20cm soft mats placed into the pit and piled up to floor height.
- No spotting allowed.
- Gymnast must land vault feet first and landed or over-rotated in order for the demonstration skill to be awarded points.

- Gymnasts will receive the points following, depending on the DV of the vault. (Minimum DV of 9.5)
- Gymnast's demonstration vault must be of higher value than the first vault if from the same family.

	Level 9 & 10 (2009 & earlier)	Level 9 & 10 (2010-2011)
.1 bonus	9.5-9.6	9.6
.3 bonus	9.7-9.8	9.7
.5 bonus	9.9+	9.8+

BARS

Youth:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements, (no maximum on bonus):
 - Forward Giant in straps or single bar
 - 3rd different circle element to handstand in straps or low bar
 - 2/1 flyaway: can be into pit onto soft mats 2m below the bar (+- 5cm)
 - Blind change: pit bar or unevens
 - Back giant ½ turn: 2 hand changes
- Gymnasts will receive .25 points for each demonstration skill.

CCP 9 & 10 & High Performance:

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional bar skills performed on the single rail or into the pit onto specific height soft mat. HP athletes have no limit on additional bar skills performed on single rail or into pit soft mats 2m below the bar (+- 5cm)
- Flight elements
 - Same bar release: may wear heel pads
 - D+ Flight element LB to HB: may wear heel pads
 - Flight element HB to LB: may have 1 cm Gymnova mat over low bar
- No spotting allowed.
- Gymnast must land dismount feet first in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

BEAM

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional skills on beam (MAX 1 dance), HP & Youth athletes have no limit on additional skills performed. Skills must be performed on either a low 10cm wide beam, or a height appropriate beam, or dismount into the pit off of a low beam (distance from beam to soft mats into pit 40cm +-5cm).
 - Skills performed on the low 10cm wide beam will receive **50% value**.
 - Skills performed on the height appropriate beam or dismounting off low beam into pit onto soft mats will receive **100% value**.
 - 1 cm thick mat (Gymnova/Spieth) may be placed on the beam for **acro skills only**

Youth:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements (no maximum on bonus):
 - Acro series with salto
 - Acro B connected to back layout salto with 1/1 twist
 - Additional salto or aerial
 - Dance C+: **FIG COP** - maximum 1
- Gymnast will receive .25 points for each demonstration skill shown on height appropriate beam or dismount into the pit off of a low beam (distance from beam to soft mats into pit 40cm +-5cm):
- All demonstration skills performed on a low beam will receive 50% value

CCP Levels 9 & 10 & High Performance:

- CCP Levels 9 and 10: maximum 1 dance element
- Gymnasts must land with FIG contact in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

FLOOR

Youth:

- Gymnasts can demonstrate any of the following skills that have not already been performed to fulfill requirements (no maximum on bonus):
 - C salto – pit
 - Two salto series with 2B+ saltos
 - Dance C+: **FIG COP** - maximum 1
- Gymnasts must land feet first for demonstration skill to count.
- Gymnasts will receive .25 points for demonstrating each skill.

CCP Levels 9 & 10 & High Performance:

- Gymnasts testing a CCP level can demonstrate a maximum of 2 additional skills on floor. HP athletes have no limit on additional skills performed. Acrobatic skills can be performed into the pit with 20cm soft mats piled up to floor height.
- CCP Levels 9 and 10: maximum 1 dance element
- Gymnasts must land feet first in order for the demonstration skill to be awarded points.
- Gymnasts will receive .1 point for demonstrating a "C" skill.
- Gymnasts will receive .3 points for demonstrating a "D" skill.
- Gymnasts will receive .5 points for demonstrating an "E" skill.

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Physical Evaluation

October 29, 2023

3:30pm -6:00pm

Or will begin 1.5 hours after the skills evaluation is complete

***Times may change once registration is finalized.**

Location: Marian Gymnastics Club

Warm-Up:

- Up to 20-minutes general warm-up.
- Gymnasts must test in the prescribed order, from 20 metre run, through to shuttle run.
- Link to physical testing protocol document is here:
[Physical Ability Testing Criteria Sask First Sept 23 2022.docx](#)
- Links to physical testing standards are here:
HP: [Sask First Physical HP Standards Oct 2022.pdf](#)
CCP: [Sask First Physical CCP 9-10 Youth Standards Oct 2022.pdf](#)

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Tentative Calendar of Events

*Gymnasts are responsible for all provincial, inter-provincial and international meal purchases.

Sask First Calendar 2023-2024 Season

Last update: September 18, 2023

DATE	EVENT	LOCATION	WHO	VERIFICATION	COST TO ATHLETE
October 29	Sask First ID Camp	Marian	Selection by Invitation	n/a	\$50.00 Free for HP Athletes
November 3-5	Sask First Training Camp	Saskatoon	Tier 1 & 2	n/a	FREE
December TBC	Mockmeet	TBC	Tier 1 & 2	n/a	\$100.00
December	Sport Science Seminar	TBC	ALL		FREE
January 17-21	Elite Canada	Comox: TBC	Tier 1 and potential Tier 1	n/a	Performance based funding
March 6-10	Gymnix	Montreal, QC	Tier 1 & Tier 2	TBD	TBD
March 22-24	Western Canadian Trials & 1st Trials for Canadians	Regina	All Tiers		Trial fee & Registration fee
April	Westerns Training Camp/Verification of alternates	TBD	Westerns Qualified athletes		FREE
April 18-21	Western Canadian Championships & 2nd Trials for Canadians	Langley, BC	Qualified Athletes	Westerns Training Camp	Gym Sask Funding document – 50% funded
May 10-12, 2022	Provincial Championships	Saskatoon	All Tiers		\$150.00
June 4-10	Canadian Championships	Gatineau, QC	Qualified Athletes	Provincials	Gym Sask Funding document – 50% funded
Summer 2023	Sask First Training Camp	TBD	Tier 1,2		

*Sports Science training seminars as scheduled throughout the year

SASK FIRST **ACKNOWLEDGMENTS**

CHEF/HEAD OF DELEGATION

For all activities involving national or HP SASK FIRST gymnasts, the HP Coach or his designate as approved by Gymnastics Saskatchewan shall be the WAG Head of the Delegation for these teams.

GYMNASTS

All gymnasts who are selected to participate in SASK FIRST events shall abide by Gymnastics Saskatchewan's Code of Conduct, and shall take direction from team coaches, managers and the Chef de Mission as to activities, schedules, and curfews. Each gymnast is responsible for his or her own equipment, uniform and other belongings.

Gymnasts shall read and sign a commitment form and a Code of Conduct form annually and shall be familiar with and follow conduct guidelines and rules as established by their coaches, Saskatchewan team coaches, managers and/or the Chef de Mission.

Each gymnast named to the SASK FIRST team will receive a free item of clothing from Gym Sask (changes each year). Gymnasts will be expected to purchase and wear the Gymnastics Saskatchewan tracksuit, competition leotard and training leotard at all SASK FIRST and Team Sask events when appropriate.

PARENTS

Parents bear the responsibility for preparing gymnasts in such a way as to leave no doubt whatsoever of precisely what conduct is expected of them when participating in any program, event or competition sponsored or sanctioned by Gymnastics Saskatchewan. Parents please be sure to review the parent handbook located on the Gym Sask website.

COACHES

Coaches shall read and sign a commitment form annually and shall be familiar with the SASK FIRST program and its purpose.

All required forms will be distributed by the Gymnastics Saskatchewan office to athletes and coaches qualifying for SASK FIRST.