



Rhythmic Gymnastics - Pre-Esprit Development Programme (DEV)

Selection criteria & programme information for
Pre-Esprit level gymnasts

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Programme Vision & Background

The development programme is designed as a 6-month programme to support Pre-Espoir level gymnasts in developing towards the Espoir Rhythmic Espoir Performance Pathway Programme (PPP). The development programme will be a series of one day camps that will run alongside the Espoir PPP camps.

The aim of the Performance Pathway Programme (PPP) for Rhythmic Gymnastics is to support coaches and gymnasts in developing the skills that will allow them to succeed on the British pathway.

Camps will be led by a variety of technical experts along with the support of the coaches on the Scottish Gymnastics Rhythmic Coach Development Programme, providing excellent technical support for both gymnasts and their personal coaches.

Scottish Gymnastics is committed to the safeguarding and wellbeing of everyone. The programmes are based on a culture of providing a supportive environment for gymnasts to thrive, to embrace challenges and overcome setbacks as well as taking ownership of their training and their development. Our approach is an athlete centred, coach-led and performance driven with athlete well-being and coach development at the centre.

Eligibility

Pre Espoir & Espoir Gymnasts

- Gymnasts born 2013 or 2014
- Hold a current Scottish Gymnastics membership
- Individual gymnasts

Coaches who wish gymnasts to be considered for the programme and the profiling day need to submit an application. This should be completed and returned to performance@scottishgymnastics.org.

Access day – 4th December 2022

There will be a virtual access day as an additional selection point for the programme on 5th December 2022, for new gymnasts or gymnasts unable to attend profiling day in May due to injury or illness and for invited gymnasts who were not selected in May.

- **Application Forms: deadline Wednesday 16th November (4pm)**

Selections

Selections will be communicated to personal coaches of gymnasts, with personal coaches asked to discuss and share selection outcomes and feedback with the gymnasts they work with.

Personal coaches of gymnasts must attend the camps to ensure learning and feedback is transitioned back to the club environment.

Virtual Profiling Day

4th December

To identify and select gymnasts to join the development programme, assessments from the virtual profiling day will be used along with video submissions for areas that are not practical to assess virtually.

All video submissions must be received by Wednesday 16th November (4pm) to performance@scottishgymnastics.org [please name videos using the format gymnast_name_grade_exercise]

Recommended Body Difficulties	<p>Recommended body difficulties for the gymnast's relevant age group in 2021²⁰²² will be assessed during the virtual profiling day. RBDs as described in the National Development Plan. Body skills should be shown on both sides.</p> <p>Individuals Grade 3 Under 8</p> <ul style="list-style-type: none">• Stag Leap (option of Stag jump if limited space)• Arabesque Balance Flat to Relevé• Side Splits Balance on flat foot• Passé pivot (knee in turnout) en dedan
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Ballet	<p>Ballet will be assessed during the virtual profiling day. The exercises are as described in the National Development Plan / BQT ballet exercises for pre-espoir gymnasts.</p> <p>Pre-Esprit Individual</p> <ul style="list-style-type: none">○ Demi-pliés○ Battement tendus in 1st (Right & Left)○ Relevé lent and relevés (Right & Left)○ Plié-relevé & temps levés
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Apparatus	<p>Apparatus Elements will be assessed from video submission. An example can be found on GymNET from the British Gymnastics rhythmic foundation programme.</p> <p>Performance of the following apparatus elements:</p> <ul style="list-style-type: none">• rope: split leap through the rope• rope: series of skips (4 boxer skips, 4 cross skips (2 sets of cross/uncross), 2 turning skips, single skip with legs together, two consecutive double skips with legs together)• rope: throw and catch of the rope from a medium/large throw with one end in each hand
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- rope: release and catch of one end of the rope in wheel plane (release behind back)
- rope: table lasso
- ball: series of bounces (2 large, 3 small) (performed standing) – performed in each hand
- ball: roll of the ball across the arms held out to the side, in front of the head – performed from each hand
- ball: figure of eight of the ball – performed in each hand
- ball: throw and catch of the ball with one hand from a medium/large throw

For those gymnasts who have entered as a group, the gymnasts' scores will be analysed together to give a score for the group

Training space considerations

As some elements of the profiling day will be a virtual session hosted on zoom the exercises that gymnasts will be asked to perform have taken into account the limited space.

If there are any additional constraints that may be a factor for gymnasts, personal coaches should highlight these in the gymnast application and discussed in advance of the profiling day with the performance team.

Inductions

During the induction sessions we will share important information about the programmes and the role it plays in supporting the gymnast's journey. It will highlight our commitment to safeguarding and wellbeing as well as help you understand the programme aims and how the camps will work.

Due to the important information shared in these inductions it is compulsory for gymnasts, personal coaches and all parents and carers of gymnasts selected for a programme to attend.

Only gymnasts and their parents/carers who have attended an induction will be able to attend any of the training camps.

Only coaches who have attended an induction will be able to attend any of the training camps.

These induction sessions will take place virtually around two weeks before the first training camp and more details will be shared when the gymnasts are selected. Provision will be made for exceptional circumstances.

Key Contacts

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- Silvia Gherman, Performance Administrator
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- Laura Donaldson, Pathway Coordinator RHY Technical Committee
- Safeguarding Team, welfare@scottishgymnastics.org

Scottish Gymnastics is committed to ensuring the safeguarding and well-being of all members taking part in gymnastics.

For information and support from our safeguarding team contact: Gregor Newton or Lindsey Booth on welfare@scottishgymnastics.org