



Rhythmic Gymnastics - Espoir Performance Pathway Programme (PPP)

Selection criteria & programme information for
Espoir and Pre-Espoir level gymnasts



Programme Vision & Background

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.

The Espoir and Junior programmes will be delivered alongside each other, with some elements delivered jointly and others separately. 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 2009, 2010, 2011 or 2012
- Hold a current Scottish Gymnastics membership
- Individual gymnasts & group 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 by 4pm on Friday 11th June. The application form can be found by [here](#).

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.

A group of up to 10 gymnasts will be selected on to the programme, with two reserves named. Please note that not all places may be allocated.

It is envisaged that the programme will run over a 12-month period dependant on the 2022 competition calendar, with a review point planned within that 12-month period.

Gymnasts who are selected onto the Espoir PPP will be continually assessed throughout the year. Personal coaches of gymnasts must attend the camps to ensure learning and feedback is transitioned back to the club environment.

Virtual Profiling Day

Sunday 27 June 2021

To identify and select gymnasts to join the espoir performance pathway 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 Friday 18th June to performance@scottishgymnastics.org

Recommended Body Difficulties

Recommended body difficulties for the gymnast's relevant age group in 2021 will be assessed during the virtual profiling day. RBDs as described in the National Development Plan. Body skills should be shown on both sides.

Individuals

Grade 4 Under 9

- Split Leap (option of split jump if limited space)
- Arabesques Balance Relevé to Relevé
- Side Splits Balance with help on flat foot
- Passé pivot (knee in turnout) en d'hors

Grade 5 Under 10

- Split Leap (option of split jump if limited space)
- Attitude Balance Relevé to Relevé
- Side Splits Balance with help, flat foot to Relevé
- Double Passé pivot (knee in turnout) en d'hors or 2 x Fouetté Pivot

Grade 6 & 7 Under 11 & 12

- Split Leap (option of split jump if limited space)
- Ring Balance with help (Fish) Relevé to Relevé
- Side Splits Balance with help, Relevé to Relevé
- 3 x Fouetté Pivot (knee in turnout)

Groups

The following elements to be performed as a group simultaneously in a formation.

To be performed on both sides although gymnasts can choose which leg to show first. (*i.e. 2 gymnasts may perform the Left leg & two perform with the right leg for the first attempt and then reversed for the second attempt.*)

- Split Leap
- Arabesque balance Releve to Releve
- Passé pivot (knee in turnout) en dedan or en d'hors

For groups this may be a video submission depending on local restrictions.

Ballet

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 or espoir gymnasts.

Pre-Espoir Individual

- Demi-pliés (Right & Left)
- Battement tendus in 1st (Right & Left)
- Relevé lent and relevés (Right & Left)
- Plié-relevé & temps levés

Espoir Individual & Espoir Group

- Pliés (Right & Left)
- Battement tendu in 5th (Right & Left)
- Relevé lent (Right & Left)
- Temps levés (Espoirs individuals only)

Apparatus

Apparatus Elements will be assessed from video submission. An example can be found on GymNET from the British Gymnastics rhythmic foundation programme.

Performance of the following apparatus elements:

- 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
- 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 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 and the safety aspects of taking part at home.

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 Jamie Bowie (Performance Manager - Olympic Disciplines).

Gymnast who wish to be selected for the espoir performance pathway programme should start to show the training behaviours and mindset that are important to succeed on the pathway.

During the virtual profiling day engagement of gymnasts will be observed.

Mindset	Motivation, drive & direction Motivation: desire to be the best the best gymnast they can be Drive: strong work ethic and puts effort in the right areas Direction: gymnast works towards clear long and short-term goals
	Development Potential Self-awareness: awareness of own strengths, weaknesses, values, motivations, emotions and learning preferences Resilience: embracing challenges and overcoming setbacks Openness to learning: listening & learning from feedback

Camp Dates 2021

Dates	Camp	Venue
Sun 27 th June 2021	Virtual Profiling Day	Online £12 gymnast contribution
Sat 21 st & Sun 22 nd August 2021	PPP Camp	Venue TBC
Sat 6 th & Sun 7 th November 2021	PPP Camp	Venue TBC

camp dates for 2022 will be confirmed later in the year.

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

- Jamie Bowie, Performance Manager (Olympic Disciplines)
jamie.bowie@scottishgymnastics.org | 07500 049601
- Ugne Labaziniene, Performance Administrator
performance@scottishgymnastics.org | 0131 271 9732
- Laura Donaldson, Pathway Coordinator RHY Technical Committee
- Safeguarding Team, Eilidh McCall-Lawrie & Lorna Whyte
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: Eilidh McCall-Lawrie and Lorna Whyte at welfare@scottishgymnastics.org