



Rhythmic Gymnastics Junior Performance Pathway Programme (PPP)

2021 selection criteria & programme information
for junior 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 introduction of the Junior performance pathway programme for 2021 is an exciting evolution of the pathway for rhythmic gymnastics in Scotland.

The Junior and Espoir 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

Junior Gymnasts
<ul style="list-style-type: none">• Gymnasts born 2006, 2007, 2008• Hold a current Scottish Gymnastics membership• Meet Scottish eligibility requirements• 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 by 4pm on Friday 23rd April. 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 Junior 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.

Selection Criteria - Virtual Profiling Day

Sunday 9th May 2021 - Individual Gymnasts

To identify and select gymnasts to join the junior 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 30th April to performance@scottishgymnastics.org.

<p>Ballet</p>	<p>Ballet will be assessed during the virtual profiling day. The exercises are as described in the National Development Plan / BQT ballet exercises for junior gymnasts.</p> <ul style="list-style-type: none"> ○ Pliés – (Ex. 1) ○ Battement tendus & battement tendus jetés – (Ex. 2), ○ Rond de jambe par terre – (Ex. 3) ○ Grand battement jetés – (Ex. 7), ○ Adage – (Ex. 8) ○ Port de bras and Reverance – (Ex. 11)
<p>Flexibility & Physical Preparation</p>	<p>All junior BQT flexibility exercises as described in the National Development Plan will be assessed during the virtual profiling day, gymnasts will be asked to adjust their device for the best view.</p> <ul style="list-style-type: none"> ○ extended box splits (Ex. 1) ○ extended front splits (Ex. 2) ○ standing fold (Ex. 3) ○ chest stand (Ex. 4) ○ back scale start from standing (Ex. 5) ○ Side scale with leg high on flat foot, with help (Ex. 6) ○ From standing Penché flat foot. (Ex. 7) ○ Back splits with help flat foot (straight fish) (Ex. 8) <p>The physical preparation will comprise of adapted exercises from the BQT individual strength & conditioning exercises:</p> <ul style="list-style-type: none"> ○ Hop & Hold Squares (qualitative measure) ○ Single Leg Squats (up to 10 each leg qualitative measure) ○ Front Plank (max 2mins) ○ Side Plank (max 2mins) ○ Core in extension - 60° Holds (max 1min) ○ Fitness circuit: Pogo-Tuck Jumps combo, Hurdle Side Jumps, Burpee Half Turns (number of each exercise in timed circuit 45seconds) <p>Video submission of BQT conditioning leg kicks, demonstrating range of dynamic flexibility</p>
<p>Apparatus</p>	<p>Where possible video submission single routine or part routine with apparatus of choice</p>

Gymnast who wish to be selected for the junior performance pathway programme must be able to demonstrate 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

Training space considerations

As the profiling day will be a virtual session hosted on zoom these 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 these should be highlighted in the gymnast application and discussed in advance of the profiling day with Jamie Bowie (Performance Manager - Olympic Disciplines), jamie.bowie@scottishgymnastics.org

Group Gymnasts

There will be an opportunity for junior group gymnasts to be selected through a profiling day which will be set at a future point in the programme year.

Camp Dates 2021

Dates	Camp	Venue
Sun 9 th May 2021	Virtual Profiling Day	Online Gymnast Contribution £12
Sat 26 th & Sun 27 th June 2021	PPP Camp including Technical Symposium	Online Gymnast Contribution £20
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