



Scotland DMT Performance Pathway Programme (PPP) 2021 - Profiling Skills Matrix

This is the Profiling assessment matrix for the 2021 Scotland DMT Performance Pathway. Given the recent restrictions on training for the last 14 months (due to Covid restrictions), we would like to highlight the safe and gradual return to training and that the focus for profiling will be quality and demonstration of a safe and progressive return to performance level, thus meaning that the focus is NOT to push forward complex skills too early to ensure safety and readiness of the gymnast, so we understand that previous performance levels will likely be lesser than current working levels.

This matrix should be demonstrated in order by the gymnast working with their personal coach. The matrix is designed to permit NTL's and SG Performance Team to assess gymnasts' current skills set, competencies and areas in progress.

Gymnasts must ONLY demonstrate skills or progressions they are competent with – Safety of the gymnasts is paramount and although the listing is a guide of desired competencies, the Pathway Programme is here to support the development of the gymnasts towards these skills in line with the programme goals and the gradual return to training programme as outlined by Scottish Gymnastics late 2020.

Please note:

Gymnasts can PASS or choose not to demonstrate anything listed below.

Where skills are marked with a * they can be completed in a shape of their choice.

Where skills are marked with a ~ they can demonstrate either the full skill or a progression for the skill (as appropriate to their own stage of development)

(m) = mount, (s) = spotter, (d) = dismount, # = as pass or in isolation (on own)

Time Drill	Time 1	Time 2
3 Straight Jumps		
2 Straight Jumps		

Skill/ Pass	Y	N	N/A	Comments
41o(m), 4o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41o(s), 4o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41< (m), 4<	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41< (s), 4<	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41/(m), 4/	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41/(s), 4/	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41(m)*, 42/~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41(s)*, 42/~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41(m)*, 800o~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41(s)*, 800o~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41*(m/s), 800<~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
41(m/s)*, 800/~	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Arabian Dismount ~ #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4o, 41o	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4<, 41<	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4/, 41/	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
43/ (d) #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
42/ (s) #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
800oF or 801o (d) ~ #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
800oF or 801o (s) ~ #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
800oF or 801o (m) ~ #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
800o (s) ~ #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Any other skills/ progressions they wish to show:	Comments: