

Teamgym Performance Programme Overview

Selection Criteria & Programme (July 2018 – June 2019)

PERFORMANCE VISION

In line with the Scottish Gymnastics strategic plan (2015-2027), SG has a long term aim *to expand the talent pool and develop Scottish gymnasts to British and World high performance level.*

SUMMARY

The Teamgym Performance Programme works towards providing clear opportunities across all levels in order to drive the development of both athletes and coaches through the following activities:

- National Performance Programme (NPP)
- Performance Pathway Programme (PPP)
- Development

These activities have been designed in line with the strategic plan between the Teamgym Technical Panel, Scottish Gymnastics Performance and input from the Teamgym National Technical Advisor.

PERFORMANCE GUIDING PRINCIPLES (2015 – 2019)

In line with SG Performance Principles (2015-19) all performance and pathway activities for Teamgym have been designed with the following guiding principles in mind. This is to ensure that SG is working towards establishing a strong and sustainable performance system for Scotland.

- Coach Focus
- Performance Development Focus
- Transparent
- Continuous Improvement
- Consistency
- Objectivity

For further information on the SG Performance Principles please refer to the website.

PROGRAMME ACTIVITY

A series of Camps and Coach Clinics will be run through both the National Performance Programme (NPP), Performance Pathway Programme (PPP) and Development tier to provide appropriate opportunities for identified athletes and for all coaches to provide long term development. The camps will take place at suitable training venues depending on the focus of the camps on the following dates:

Saturday 25th & Sunday 26th August

Saturday 27th & Sunday 28th October

Sunday 25th November

AGE GROUP CRITERIA/LEVEL

Youth 10-14 yrs

Junior 13-17 yrs

Senior 16+ yrs

Key Contacts

- **Chris Short** (TG National Technical Advisor)
- **Tracey Brown** (TG Assistant Technical Advisor)
- **Wendy Purdie** (Scottish Gymnastics Performance Manager) – wendy.purdie@scottishgymnastics.org
- **Jamie Clifford** (Scottish Gymnastics Performance Administrator) – performance@scottishgymnastics.org

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Selection Criteria

Table.1: TG NPP Eligibility Criteria

TUMBLE Minimum skill requirements	Backwards element	Forward element	Twisting element
Youth	Double salto (including prep with high platform)	Handspring 180* or above	Round off flic delayed 360* or 540*
Junior	Double tuck salto	2 skills, option of 3 - minimum straight handspring 360* Handspring 540*	360* entry into round off flic
Senior	Double salto	Male – Straight walkout handspring double front Female – Straight walkout handspring straight 540*	360* entry into round off flic

TRAMPETTE/VAULT Minimum skill requirements	TRAMPETTE	VAULT
Youth	Double salto	Tsukahara onto block Handspring land – salto
Junior	Double salto 180*	Tsukahara pike (will accept tuck) Handspring front salto
Senior	Double straight salto 180*	Tsukahara straight or pike Handspring straight salto 180*

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Table.2: TG PPP Eligibility Criteria

TUMBLE Minimum skill requirements	Backwards element	Forward element	3 rd run
Youth	Round off flic delayed straight 360*	Handspring straight	Front walk out into a choice of skill
Junior	Round off flic 1 ¼ tuck somi to stack	Straight walk out handspring straight 180*	Round off flic delayed 360*
Senior	Round off flic 1 ¼ tuck somi to stack	Straight walk out handspring straight 360*	Optional

TRAMPETTE/VAULT Minimum skill requirements	TRAMPETTE	VAULT
Youth	Double front 1 ¼ salto to roll out onto soft landing	Tsukahara onto block Handspring land – salto
Junior	Double front salto	Tsukahara tuck
Senior	Double tuck or pike salto 180*	Optional double rotating vault (front or back)

FLOOR

Floor choreography will be shown to the gymnasts attending on the day. This choreography will incorporate at least 15 seconds slower paced music and at least 15 seconds of a faster piece of music. Gymnasts will be asked to show the choreography back to the coach leading this session and will be assessed by the National Technical Lead, Assistant Technical Lead and the judging panel.

RANGE & CONDITIONING

Scottish Gymnastics TeamGym Range & Conditioning – **Please note the PPP skills in points 8 and 11.**

Maximum Value of Exercise: 15.00

To be performed on mats: 6m x 2m – Start from standing at the edge of the mat, arms stretched up

No.	Skill	Value	Description	Fault	Deduction
1	Forward roll to long sit	0.5	Roll in control to the sitting position, showing a straight back, straight legs and stretched arms. Gymnast to demonstrate heel rise in the sitting position.	Back not straight No heel rise	0.1 - 0.3 0.1
2	Pike fold	1.0	Legs remain stretched Straight back Arms remain stretched Fold no greater than 45 degrees, measured from the floor	Bent legs Back not straight Arms not stretched Fold more than 45	0.1 – 0.5 0.1 – 0.3 0.2 0.5
3	Japana fold	1.0	Narrow straddle position (no wider than 45 degrees) Straight legs Knees should not roll inwards Arms remain stretched Fold no greater than 45 degrees, measured from the floor	More than 45 separation Bent legs Knees rolled inwards Arms not stretched Fold more than 45	0.5 0.1 – 0.5 0.1 – 0.3 0.2 0.5
4	Side or Box Splits	1.0	180 degree leg separation Straight legs Knees facing upwards	Less than 180 split Bent legs Knees rolled inwards	0.1 – 0.5 0.1 – 0.4 0.1 – 0.3
5	Press Up	0.5	Body should be straight from heel to shoulder No arch to be shown in the back	Bent legs Arch in back	0.1 – 0.4 0.1 – 0.2
6	Right Leg Forward Splits	1.0	Straight legs Hips in line	Bent legs Hip alignment	0.1 – 0.4 0.1 – 0.4
7	Left Leg Forward Splits	1.0	Straight legs Hips in line	Bent legs Hip alignment	0.1 – 0.4 0.1 – 0.4
8	Russian Lever – NPP L Hold - PPP	2.0	Hips clear of hands Hold final position for 2 seconds Straight legs	Hips resting on hands Not held Bent legs	1.0 1.0 0.1 – 0.4
9	Elephant lift to Handstand	2.0	Press to Handstand required Must reach Handstand Straight legs	Jump to achieve Handstand Not reaching Handstand Bent legs	1.0 1.0 0.1 – 0.4
10	Handstand	2.0	Hold final position for 2 seconds	Not held	1.0

11	Handstand or Headstand to Planche – NPP	1.0 or 2.0	Hold final position for 2 seconds	Not held	1.0
	Headstand to frog stand - PPP		Hold final position for 2 seconds	Not held	2.0
12	Rhythmic Sequence	1.0	Minimum of 3 different movements	Not required movements	1.0

Narrative description of exercise:

- 1) Forward roll to long sit (legs together), straight back and arms stretched up, legs extended (show heel rise?)
- 2) Pike fold, legs should remain stretched, arms remain stretched (by the head), stomach/chest to legs, fold should be no greater than 45 degrees measured from the floor, back to remain straight – return to long sit position
- 3) Japana fold, legs no wider than 45 degrees apart (narrow straddle), arms remain stretched (by the head), stomach/chest to the floor, fold should be no greater than 45 degrees measured from the floor, back to remain straight, hands must not touch the floor – return to straddle sit position
- 4) Side or Box Splits – hands may only be used to adjust into final position, once position shown (arms optional), swim through to lie in a face down position
- 5) Press up – straight or slightly dished body position should be shown, deductions for arched body and bent legs, gymnast to use slight hip dip in order to move into splits
- 6) Right leg forward splits – hands may only be used to adjust into final position (chest upright), once position shown (arms optional), pivot to left leg forwards splits
- 7) Left leg forward splits – hand may be only used to adjust into final position (chest upright), once position shown (arms optional), bring back leg round to meet front leg – long sit position
- 8) Perform Russian Lever hold for **2 seconds** - return to long sit, tuck feet in and rock to squat position (hands may be used)
- 9) Elephant lift press to Handstand position
- 10) Handstand hold for **2 seconds**
- 11) Lower from Handstand to optional – headstand or floor planche – final position to be held for **2 seconds**
- 12) Rhythmic Sequence – gymnast to prepare a sequence of (at least 3) different movements to be performed across the floor mat

Where penalties are not stated for specified faults, general deductions will be applied where appropriate as listed in the current Code of Points.

The maximum amount of penalties for each element cannot exceed the value of the element itself. Where performance of the element is poor, the Difficulty Value of the element will be deducted.

The above skill requirements that have been selected are only able to be coached by a qualified Level 3 coach and above. We would encourage that coaches/clubs link up with mentor coaches/clubs that don't have this Level of coach within their own club before an application is sent in or prior to selection of gymnasts onto the programme.

The TG Performance Programme will be a three tier programme supporting gymnasts in the Youth/Junior/Senior age groups, from Development stage up to NPP level, which includes gymnasts moving between age groups throughout the programme year. Gymnasts will be selected using the criteria highlighted in Table.1 and 2 along with their ability to demonstrate any additional skills which will be submitted on the programme application. It is a priority that for the next 12 months, Scottish Gymnastics supports gymnasts through this programme who can deliver results for Scotland on the international stage at representative events.

Gymnasts who wish to be considered for the programme need to submit a completed application which includes the personal coach's comments and which tier of the programme you are applying for. The application form also asks for competitions scores, Please note the scores are part of the overall data we are looking at to give further information on where the gymnast is performing presently with their team. Only gymnasts who have returned full applications stated above will be considered for the programme and trial entry. **Applications must be submitted by 9am on 4th June 2018 to performance@scottishgymnastics.org, with invitations being communicated to personal coaches of gymnasts by 15th June 2018.**

Following a review of the applications, the National Technical Advisor, Performance Manager and the Technical Panel's Performance Development Co-ordinator will identify the gymnasts to be invited for trial; gymnasts will be notified via their personal coaches.

After the selection day on **Sunday 1st July 2018** and the assessment of skill requirements, gymnasts will be advised of the outcome of their trial. If successfully selected to the Performance Programme gymnasts will be categorised into three tiers:

- **National Performance Programme**
- **Performance Pathway Programme**
- **Development Programme**

Programme Delivery

The TG Performance Programme is a non-residential camp-based system which will have split delivery between suitable venues across Scotland.

The camps will be led by National Technical Advisor, Chris Short, and the Assistant National Technical Advisor, Tracey Brown, supported by other experts as required and agreed between the National Technical Advisor and Performance Manager.

All formal communication relating to the Programme will be via the Scottish Gymnastics Performance department and the personal coach; this includes camp logistics, targets and selection for representative events linked to the Programme.

Gymnasts who are selected onto any of the three tiers of the Programme will be continually assessed throughout the year against set targets and will take part in a re-testing day on **Sunday 25th November 2018**; it is also encouraged that clubs attend quality events in the UK and abroad where suitable, which are appropriate to the age and stage of the gymnast. Scottish Gymnastics performance department will track the results from these key events for gymnasts on the programme, but ask that personal coaches update the team with significant results out with these named events.

Camps will be a one day training camp for the PPP gymnasts and a two day training camp for the NPP gymnasts. Camp training dates are subject to change, and will be confirmed after selection of gymnasts onto the programme.

Personal coaches of gymnasts selected onto this programme will be invited to and encouraged to attend the camps to ensure learning and feedback is transitioned back to the club environment. If there are Scottish Coaches who would like to attend these camps on a coach development opportunity please contact the Performance department to discuss (performance@scottishgymnastics.org).

After each training camp gymnasts will be provided with individualised targets which are provided by the National Technical Advisor and will be sent directly to the personal coach. It is the responsibility of the gymnast and personal coach to ensure these targets are progressed with the club training environment and progress is reported back to the National Technical Advisor either before or at the next training camp.

Other key information

Gymnasts selected to the programme will be signing up to the full programme from July 2018 – June 2019. There will be a cost per camp per gymnast which must be settled prior to the camp; Scottish clubs will be invoiced directly for gymnasts' costs and gymnast based outside of Scotland will be invoiced directly. The costs of the camp are £35 for a one day non-residential camp and £50 for a two day non-residential training camp.

We hope to be able to send a team(s) of gymnasts to a representative event in 2019, appropriate to their age and stage of development, following successful control competitions / nomination. Selection policies will be made available for all events under the discipline specific pages on the website.