



# **Double Mini Trampoline (DMT)**

National Performance Programme (NPP)  
& Performance Pathway Programme (PPP)

Programme Information Selection Criteria 2021-22



## Programme Vision & Background

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 wellbeing and coach development at the centre.

The DMT Performance Pathway Programme (PPP) and National Performance Pathway (NPP) have been designed to provide strong alignment to the British Gymnastics Performance Pathway and to support the development of current and future FIG level gymnasts.

Lauren Jeffrey, GB National Junior Coach, will provide the technical leadership as National Technical Lead (NTL) along with key assistance from Melanie Stewart-Wills, the Assistant National Technical Lead (ANTL), and will be supported by Physical Preparation, delivered by Scottish Gymnastics Physical Preparation Consultant, Paul Coyle.

## Eligibility for Programme

The DMT PPP & NPP will have an emphasis on developing current and future FIG level gymnasts. A total group of 24 gymnasts in the PPP and 24 gymnasts in the NPP will be selected.

Gymnasts must hold a Scottish Gymnastics membership and meet Scottish Eligibility in order to be considered for selection.

## Selection Process

All the gymnasts that were invited to our 2020 PPP & NPP profiling days will again be invited to attend the first dates of our 2021 programme. There will also be an opportunity for coaches to put a note of interest in for gymnasts that were not included in these invites for the NTA & ANTL to assess. There is a different focus to start the DMT performance programme year in 2021 due to the recent restrictions and club closures due to Covid-19.

The gymnasts and their personal coaches will be invited to a workshop day being held at Bells Sports Centre, Perth, led by the NTL, ANTL and Paul Coyle. At these sessions the programme leads will focus on Scottish Gymnastics Return to Training protocols and Brilliant Basics for DMT to ensure the gymnasts are starting off building a robust, resilient core and body to start the year on to then be able to move onto higher skills when the gymnast is ready to. The gymnasts will not be encouraged to rush into more difficult skills and should be able to show strong, confident and safe skills in the profiling days.

## Notes of Interest

Notes of interest for gymnasts that were not invited to the 2020 profiling days can be submitted to the performance inbox from their personal coach. The email note of interest should include the gymnast's name, the level they are competing at and their plan for 2021 and 2022 with regards to competitions and skills. Notes of interest should be received by the Performance team by **midday on Friday 9<sup>th</sup> July 2021**.

Gymnasts that are invited to attend the workshop day will be informed directly to their personal coach, from the Performance team, by **Friday 16<sup>th</sup> July 2021**.

## Workshop & Profiling Days

The workshop day will take place at Bells Sport Centre, Perth on the following date:

- **Saturday 24th July PPP & NPP**

The profiling days will take place on the following dates:

- **Saturday PPP – 16<sup>th</sup> October 2021**
- **Sunday NPP – 17<sup>th</sup> October 2021**



Gymnasts will be assessed at the profiling days by the NTL & ANTL against the skills matrixes for the relevant programme applied for. There is no expectation on any gymnasts to be working on the difficult skills in the matrixes and should be showing skills on the day that are strong, confident and safe.

Gymnasts will also be assessed by the Physical Preparation Consultant on physical testing and on Range & Conditioning.

Following assessment at the profiling day gymnasts' selections to the PPP and NPP will be communicated to personal coaches of gymnasts by **Friday 24<sup>th</sup> September 2021**. Gymnasts who are selected onto the PPP or NPP will be continually assessed throughout the year.

### **Programme Delivery**

The DMT PPP & NPP is a non-residential camp-based programme about continuous improvement, embracing challenges, overcoming setbacks, listening and learning from feedback and taking ownership of development. Gymnasts who are selected onto the programme will be continually assessed throughout the programme year with feedback given after each camp. It is the responsibility of the gymnast and personal coach to ensure targets are progressed with the club training environment and progress is reported back on.

Updates on targets can be requested by the NTL or ANTL by means of providing training videos, between pathway camps to monitor and demonstrate progress based on feedback given.

Based on the continued assessment of gymnasts, both at camps and on the progress of feedback received from camps, there may be movement between and/or out of the PPP & NPP.

Camps will be a one-day full training camp on Saturday for the PPP gymnasts and Sunday for the NPP gymnasts. The training camps will include a Physical Preparation session led by Paul Coyle, results of these sessions will be sent to the personal coach after each camp to take back the exercises into the club environment to assist the gymnast's technical training.

Training camps will take place on the following dates:

- Camp 1 - Saturday 11<sup>th</sup> December (PPP) 2021 & Sunday 12<sup>th</sup> December 2021 (NPP)
- Camp 2 - Saturday 22<sup>nd</sup> January 2022 (PPP) & Sunday 23<sup>rd</sup> January 2022 (NPP)
- Camp 3 - Saturday 5<sup>th</sup> March 2022 (PPP) & Sunday 6<sup>th</sup> March 2022 (NPP)

*\*Camp training dates are subject to change.*

All formal communication, including selections or de-selections, relating to the programme will be via the Scottish Gymnastics Performance department and the personal coach; this includes camp logistics and targets linked to the programme(s).

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.

**Coaches that do not currently have gymnasts on the performance pathway programmes can attend any of the camps of the relevant level as part of their coaching CPD. Coaches should contact the Performance Manager (Non-Olympic) for details of the camp and to arrange their attendance.**



## 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.

### Other key information

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 cost of the workshop and profiling day will be £45 each and the cost for each one-day non-residential camp will be £45, which includes the extra support services, including education on sports psychology, nutrition, and athlete health.

### Expectations from selected gymnasts & coaches

- Read, understand and familiarise yourself with the code of conduct before signing and returning to Scottish Gymnastics Performance team. Gymnasts and coaches must abide by the Scottish Gymnastics code of conduct at all times.
- Read and understand the process of Scottish Gymnastics Cancellation Guidelines process (including Covid Guidance)

### Expectations from selected gymnast's parents/carers

- Read, understand and familiarise yourself with the Code of Conduct before signing and returning to Scottish Gymnastics Performance team. (For gymnasts aged under 18 only)
- Read and understand the process of Scottish Gymnastics Cancellation Guidelines process (including Covid Guidance)

### Key Contacts

- Wendy Purdie (Scottish Gymnastics Performance Manager) – [wendy.purdie@scottishgymnastics.org](mailto:wendy.purdie@scottishgymnastics.org)
- Lauren Jeffrey (DMT National Technical Lead)
- Melanie Stewart-Wills (DMT Assistant Technical Lead)
- Paul Coyle (Physical Preparation Consultant)
- Ugne Labaziniene (Scottish Gymnastics Performance Administrator) – [performance@scottishgymnastics.org](mailto:performance@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](mailto:welfare@scottishgymnastics.org)**

