

**Acrobatics Gymnastics
National / Development
Squad Performance
Pathway Structure**

Acrobatics Performance Pathway Programme 2017

INTRODUCTION

The Acrobatic Performance Pathway will help the early identification of talented Acrobatic gymnasts and provide opportunities for club coaches to be exposed to high level coaching, practices and training principals relating to the development of Acrobatic gymnastics talent.

As part of the Performance Pathway there will be the introduction of both a National Squad and a National Development Squad. The National Development Squads are aimed entirely at gymnasts to improve FIG level participation numbers and to talent spot. The National Development Squad will also act as a gateway to the National Squad.

What levels will the Performance Pathway target?

The Performance Pathway will target the following levels in order to be selected to attend National Development Squad / National Squad.

Grades 4, 5 & IDP [NDP 9]

9 - 13 Age Group Youth *New*

10 - 14 World Age Group Start *New*

11- 16 Age Group

12- 18 Age Group

13- 19 Age Group

Senior

The Following two new levels will be added to the Events Series at the end of 2017 for ATT Acro Tournament.

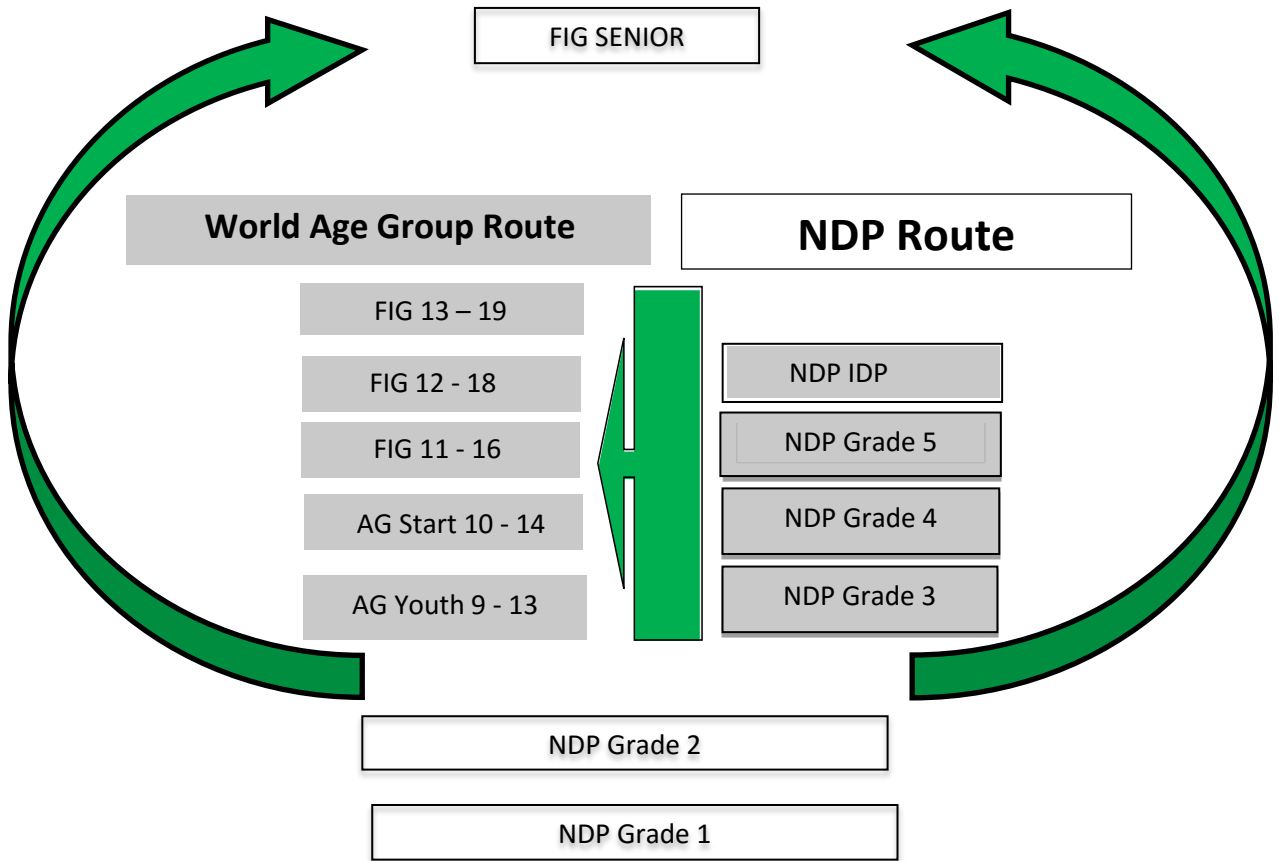
Where will the National / Development Squad be based?

All National Squad will be located / based at National Gymnastics Training Centre, National Indoor Arena at Sports Campus Ireland.

Gymnast's selections will be approved by the NPC and PTM.

Squad Camp dates will be in the Gymnastics Ireland calendar located on the Gymnastics Ireland Website.

Pathway



ACROBATIC PERFORMANCE PATHWAY IN ACTION

NATIONAL DEVELOPMENT SQUAD

NATIONAL DEVELOPMENT SQUAD

The first camp will operate as a trial to identify and select potential gymnasts that will attend the NDS/ National Squad training camps.

In total 4 National Development squad will be held per year.

These National / Development Squads are for invited Gymnasts and their Coaches and will be targeted at delivering the following key outcomes:

- The identification and development of Acrobats and their coaches to be better prepared to feed upwards through the National Development Plan into the FIG system.
- Improved engagement of Coaches/Gymnasts
- Improved technical provision nationally for Acrobatic Coaches and Gymnasts
- To increase Squad participation and to talent spot for the National Squad.

National Development Squad Format

Attendance for these NDS training camps will operate through a number of factors including:

1. Current level of training (Grade 4 upwards)
2. Current level of physical fitness and technical tests.
3. Continuous improvement reviews / Camp Attendance Sheet.
4. Gymnasts yearly plans
4. Gymnasts 5 Capacity - Assessment. Monitoring Sheet
5. Gymnasts Bio Forms.

IMPORTANT

- Attendance is mandatory for full partnerships (All squad members).
- Personal coaches are expected to attend but not mandatory.

Gymnastics Ireland's National Performance Coach in agreement with the Performance and Technical Manager will coordinate and program all squads.

National Development Squad Selection

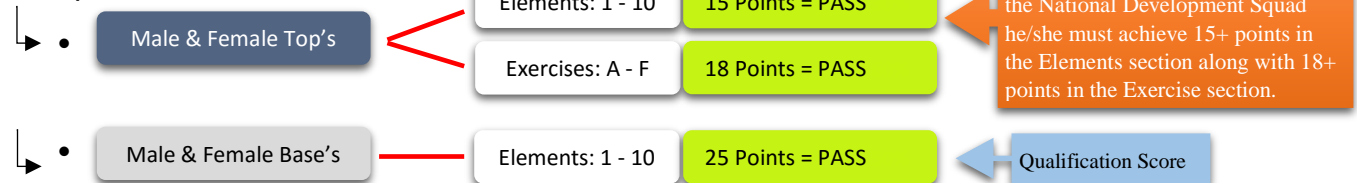
Selection onto the Acrobatic National Development Squad

There will be a 'selection process' to gain a position on the National development squad. Test sheets will be sent out to clubs. Scores cannot be part carried to other sections.

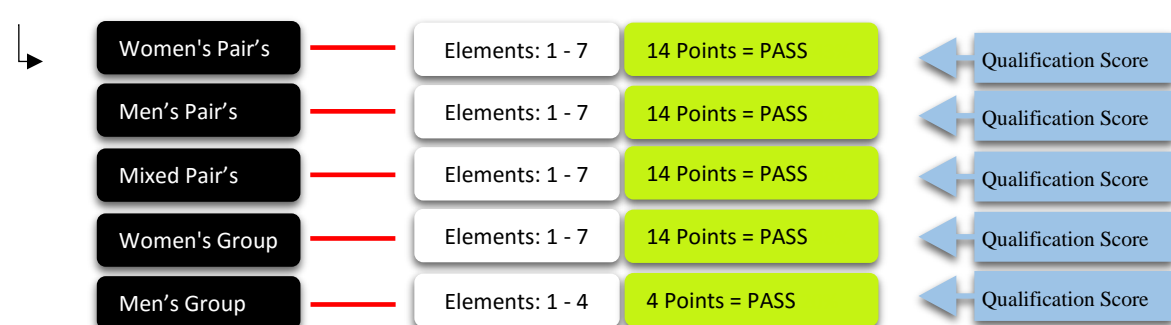
Selection requirements

A. Level (Grade 4 upwards)

B. Physical Fitness Test.



C. Technical Test.



D. Special Requirement.

- Flic
- Aerial or Free Walkover (*Male Gymnasts: Side or Front Salto*)

E. Performance Test.

Partnerships

Partnerships who fulfil the full qualification criteria **A. B. C.** and **D** will gain a selection to the National Development Squad.

Testing Process Invite

Pair / Groups that achieve scores at any national or international competition (within 2016 or 2017), in any routine (static, dynamic or combined), will attain an invite to the National Development Squad testing process.

NDP = 25.00

9-13 Age Group Youth = 25.00

10-14 Age group Start = 25.00

11-16 Age Group = 25.50

NATIONAL SQUAD

National Squad Format

In total 4 National squads will be held per year.

Squad training will include both ongoing assessment and open training at the National Gymnastics Training Centre, National Indoor Arena at Sports Campus Ireland.

Attendance

Gymnasts are to attend all National Squads. If a gymnast cannot attend a training session they must advise the **NPC** and **PTM** in writing well in advance of the training session, giving the reasons for non-attendance. If no communication is made then the **NPC**, will view it that the gymnast is giving up their place on the National Squad.

IMPORTANT

- Attendance is mandatory for full partnerships (All squad members).
- Personal coaches are expected to attend but not mandatory.

National Squad

In addition to the National Development Squad there will be a 1-2 day National Squad at the National Gymnastics Training Centre, National Indoor Arena at Sports Campus Ireland. Gymnasts and Coaches will be expected to attend all National Squad.

National Squad training camps will operate through a number of factors including:

1. Current level of training (F.I.G upwards)
2. Current level of physical fitness and technical tests.
2. International standard physical fitness monitoring tests.
3. Continuous improvement reviews / Camp Attendance Sheet.
4. Gymnasts yearly plans
4. Gymnasts 5 Capacity - Assessment. Monitoring Sheet
5. Gymnasts Bio Forms.

International Training Camps may also be arranged throughout the year

National Squad Objective

The National Acrobatics Squad is long term development which includes strategic planning for high performance groups at 11-16, 12-18, 13-19(Junior) and senior levels, in the aim of achieving international standards.

National Squad Selection

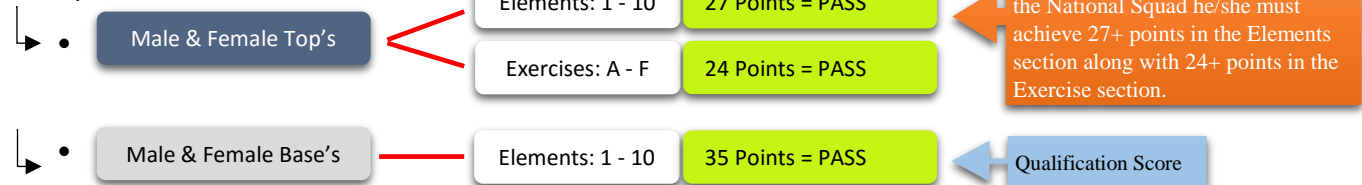
Selection onto the Acrobatic National Squad

There will be a 'selection process' to gain a position on the National squad. Test sheets will be sent out to clubs.

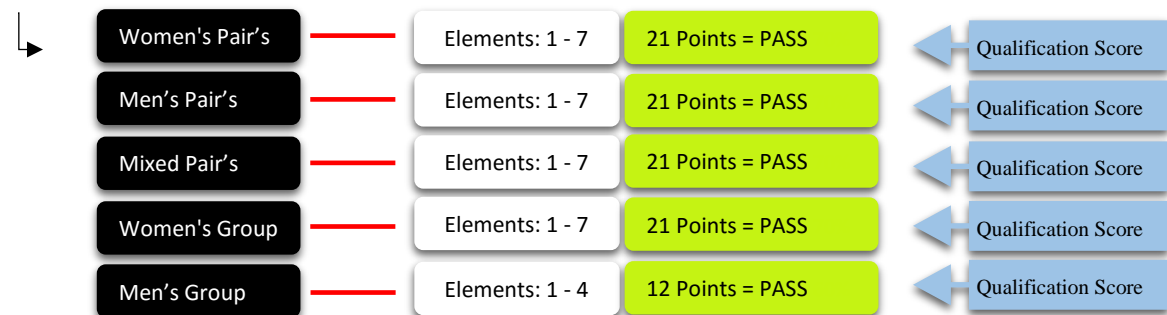
Selection requirements:

A. Level (F.I.G)

B. Physical Fitness Test.



C. Technical Test.



D. Special Requirement.

- Flic.
- Tuck - or - Pike - or - Straight salto. (0.2+ Deduction on side/front view shape, requirement not fulfilled. 0.2+ Deduction on landing/Steps, requirement not fulfilled.)

E. Performance Test.

Partnerships

Partnerships who fulfil the full qualification criteria **A. B. C.** and **D** will gain a selection to the National Squad.

Testing Process Invite

Pair / Groups that achieve scores at any national or international competition (within 2016 or 2017), in any routine (static, dynamic or combined), will attain an invite to the National Squad testing process.

11-16 Age Group = 25.50

12-18 / 13-19 Age Group = 25.00

Senior = 24.50

National Squad Gateway



Coach Development

In addition to nationally based training camps prioritising gymnast development is our number one priority. The NPC and the PTM will specifically target those coaches who are keen to learn and develop their knowledge, skills and expertise around the basic F.I.G requirements for the Acrobatic discipline.

How to get involved?

Expression of Interest form for Gymnasts and Coaches.

Coaches and Gymnasts will be invited to complete an expression of interest form, which will be sent out to relevant clubs early 2017. All information will be available on the Gymnastics Ireland website.

Once selection has been made all applicants will be informed. All those successful will be sent a National Squad Pack with details for registration. In addition a bio form requesting details of both gymnast and coach must be completed as accurately as possible.

Website: www.gymnasticsireland.com

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