



**England National Performance  
Pathway Selection Policy  
(Trampoline)  
2021**

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# Programme Terms & Conditions

## Section 1. Eligibility for Selection

Any athlete wishing to be considered for selection must be a full member of British Gymnastics and be age eligible as outlined below. In addition, upon selection they must sign a copy of the English Gymnastics Athlete Agreement 2017 – 21 and abide by the rules and regulations applicable.

- An English Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) *and* have lived in England for a period exceeding 48 months.
- The mother, father or a grandparent of a gymnast must have been born in England
- 13-21 years old in the year of competition
- Eligible to compete for England. The gymnast must not be a member of a Programme of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by Article 25(3) of the Commonwealth Games Federation (CGF) Constitution, Regulations & Code of Conduct have been obtained.

## Section 2. Selection Panel

As standard practice to ensure GBR/EGA overview and consistency, the Head National Coach, England National Coaches, English TRA, TUM & DMT Technical Chair and Performance Pathway Manager will be present at all selection meetings. The Key responsibilities of these individuals are:

- a) Proposing and Agreeing the selection policy for all GBR/ENG programmes and competitions.
- b) Holding nomination meetings in accordance with the selection process.
- c) Communication of the selected individuals.

## Section 3. Overview of Selection Process

Each programme will go through the following process:

### • Selection

Post the designated selection event the ENG Trampoline Programme will select the Athletes, who in the expert opinion of the National Coaching Team have the best capability of contributing to British Gymnastics long-term vision of World & Olympic success aligned to the What It Takes to Win framework.

Nominated Programme athletes must agree a TRA Individual Athlete Plan (targets, development & competition routines and competition calendar/events) with the England National Coaches.

Nominated Programme athletes will be required to undertake all TRA programme activities (camps, online workshops, additional training at LNSC and/or HPC and competitions) laid out by the England National Coaches.

Nominated athletes must also agree to observe all obligations outlined within the English Gymnastics' Performance Athlete Agreement 2017 – 21 and any subsequent Codes of Behaviour adopted by English Gymnastics.

- **Induction & Confirmation**

This is a dedicated period of time (typically 3 months) that allows an athlete and the England Coaching Team to assess a variety of skills, knowledge and attributes aligned to what English Gymnastics feels it takes to progress through the Pathway to the GBR programmes, to ensure membership of that programme for the remainder of the year.

- **Full Programme Member**

If after the induction and confirmation phase, the England Coaching Team are happy with the progress being made by an athlete, they will officially remain on the programme for the remainder of the year. Those that have not made the standard will be informed accordingly.

Considerations / Athlete assessments will be made on an ongoing basis as part of an athlete's membership to the programme regarding whether an athlete moves up or down the pathway or are removed from the Programme altogether.

#### **Section 4. General Information**

In the event of injury, removal and/or the need for replacement, any eligible athlete may be called upon to join the Programme at any time.

Once Programme selections have been confirmed all selected athletes must agree not to withhold any information on training fitness, injury status or illness that could affect training or competition at any time.

An athlete may be removed from the Programme in the event of a non-compliance in training, lack of performance progression, a breach of responsibility to the Programme or a violation of the Codes of Behaviour adopted by the Programme. Prior to removal the athlete will be presented with the opportunity to attend a removal interview with the English Gymnastics TRA Technical Chair (or their appointed representative) and where possible one other independent person. Written justification must be provided for all removals by the English Gymnastics TRA Technical Chair. Decisions on these matters are not open to appeal.

At any stage following the Programme selection announcement, should there be a doubt over the ability of an athlete to train or compete to the best of his/her ability due to an injury or illness, the following procedure will be adhered to:

The athlete will be asked to undergo a medical examination to determine their fitness to participate. Initially this will be based on an assessment of whether the injury and/or illness is such that the athlete is physically unable to train or is at risk of causing medical harm to themselves or endangering other Programme members.

Any replacement(s) required will be made by English Gymnastics TRA Technical Chair and England National Coaches based on the needs of the Programme. Decisions on these matters are not open to appeal.

Selected Programme Members agree not to make any announcement to the media or public in any form (including on any personal media) regarding their selection until after English Gymnastics have announced the Programme selection on the English Gymnastics pages via the British Gymnastics website ([www.british-gymnastics.org/england/squads](http://www.british-gymnastics.org/england/squads)).

#### **Section 5. Appeals**

There is no appeals process for individual athletes not selected to attend one of the National Performance Pathway Programmes.

Should you feel that your de-selection / selection is unjust you must formally write to the English Gymnastics TRA Technical Chair with details.

## Section 6. Anti-Doping

Athletes must be compliant with the British Gymnastics anti-doping policy at all times. The selection panel reserve the right not to nominate, select and /or deselect any athlete from any of the identified National Performance Pathway Programmes and/or competitions, on the basis of failure to comply with the [British Gymnastics anti-doping policy](#).

## Section 7. Competition Eligibility Matrix

All major competitions, World Championships and European Championships, will have a specific selection policy. This will be published on the British Gymnastics website on the link. [Selection Documents](#)

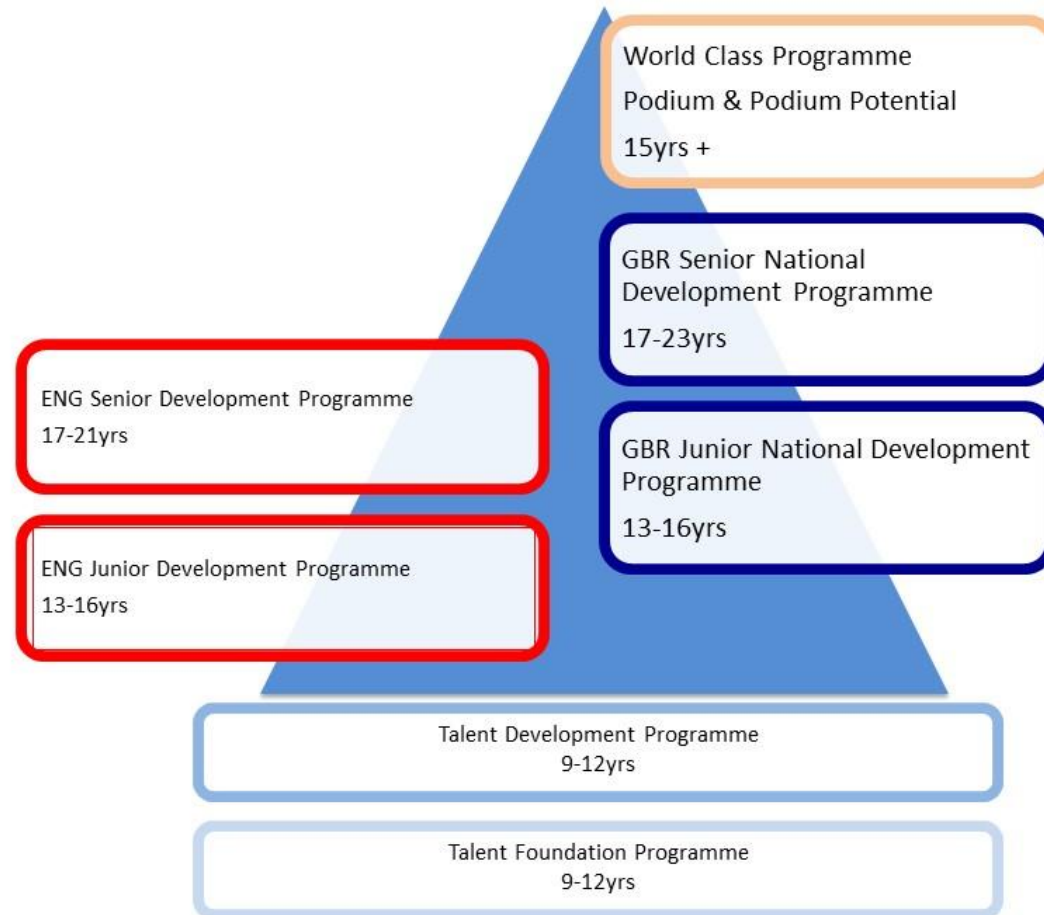
Senior Events	Performance Standard	Selection Process
Olympic Games	Medal	Selection Policy
World Championships	Medal	Selection Policy
European Championships	Medal	Selection Policy
World Cup Series	Medal	Selection Policy
European Games	Senior development & Multi Games exposure	Selection Policy
Minor Internationals	Appropriate to age, stage & development	No Selection Policy

2021	2022	2023	2024
World Championships	World Championships	World Championships	Olympic Games
World Cup Series	World Cup Series	World Cup Series	World Cup Series
European Championships	European Championships	European Games	European Championships
Minor Internationals	Minor Internationals	Minor Internationals	Minor Internationals

Age Group Events	Performance Standard	Selection Process
European Championships	Final - Medal	Selection Policy
World Age Group Competition	Final - Medal	Selection Policy
Minor Internationals	Appropriate to age, stage & development	No Selection Policy

2021	2022	2023	2024
World Age Group	World Age Group	World Age Group	
European Championships	European Championships		European Championships
Minor Internationals	Minor Internationals	Minor Internationals	Minor Internationals

# GBR and England Performance Pathway Trampoline



\* Ages are in the year of competition for 2021 (*athletes aged 22yrs+ able to demonstrate long-term development potential may be considered for selection for senior programmes*)

\* British Athletes outside of England will not be eligible for the England Programmes but will be able to access their Home Nation Programmes. See Scotland Gymnastics, Welsh Gymnastics and Northern Ireland Gymnastics for programme detail.

# Performance Pathway Programme Selection 2021

## Section 1: Current Programme Members (subject to Covid restrictions)

- Current ENG Programme members will be retained and return to national squad activity from April 2021 (subject to Covid restrictions). Members will be subject to a 3 month induction period.
- All current ENG Programme members will attend a profiling day at LNSC on the 10<sup>th</sup> or 11<sup>th</sup> April 2021 (subject to any further restrictions) to establish baseline performance levels.

## Section 2: Consideration to Profiling Selection Event for Non-Current Members (subject to Covid restrictions)

- The Selection Panel will take into consideration the recommendations from programme staff who have identified athletes to be invited to attend the profiling assessment day at LNSC on the 10<sup>th</sup> or 11<sup>th</sup> April 2021 (subject to any further restrictions)
- An additional profiling assessment day may be considered at the mid-year point and post the British Championships 2021

## Section 3: Selection

- Programme invitations will be emailed week commencing 12<sup>th</sup> April 2021
- All other parties will be notified week commencing 12<sup>th</sup> April 2021

## Section 4: Profiling/Assessment

- Programme Profiling will involve collection of information/data in each of the following areas:
  - a. Technical Norms Assessment
  - b. Physical Norms Assessment
  - c. Winning Habits, Psychological Characteristics of Elite Athletes
  - d. Individual Athlete Plan – including short, mid, and long terms goals and performance plan
  - e. Access to quality environment and coaching, and with athlete & coach buy-in to the TRA Programme

Technical Norms Assessment		T	HD	E
1.	30 Jumps	Yes	Yes	Yes
2.	Back s/s (t), arm set jump x 5 including the final arm set	Yes	Yes	Yes
3.	Back s/s (p), arm set jump x 5 including the final arm set	Yes	Yes	Yes
4.	Back s/s (s), arm set jump x 5 including the final arm set	Yes	Yes	Yes
5.	Barani (t), arm set jump x 5 including the final arm set	Yes	Yes	Yes
6.	Barani (p), arm set jump x 5 including the final arm set	Yes	Yes	Yes
7.	Barani (s), arm set jump x 5 including the final arm set	Yes	Yes	Yes
8.	Back s/s (t), Barani (t,) Back s/s (p), Barani (p), Back s/s (s), Barani (s), Back s/s (t), Barani (t), Back s/s (p), Barani (p)	Yes	Yes	Yes
9.	$\frac{3}{4}$ Back s/s (t) from arm set	Yes	Yes	Yes
10.	$1\frac{3}{4}$ Front s/s (t) from arm set	Yes	Yes	Yes

Physical Norms Assessment	
Power	Single Leg Hop - distance– normalised for bodyweight
Flexibility	Shoulder Flexion
	Stand & Reach
	Knee to Wall
Muscular Endurance / Specific	Single Leg Hop
	Pull Ups
	Single Leg Calf Raises (L&R)
	Hamstring Bridge
	Trunk Holds (prone, supine, lateral)
	Press Ups
	Single Leg Bridge Hold
	Wall Bar Leg Lift
Fitness & Determination	5 minutes interval run

TRAMPOLINE PROGRAMME – Winning Habits: Psychological Characteristics of Elite Athletes	
Motivation, Drive & Direction	Athlete is clear on what they want to do, how to do it, and is prepared to do what it takes
Mental skills to enhance performance in the moment	Athlete is able to demonstrate a range of mental qualities and techniques consistent with elite performance at the required moment
Development potential	Athlete is able to demonstrate good self-awareness, realistically reflect on own performance, engage in purposeful practice, and access appropriate support from others
Ability to work with others	Athlete is able to communicate effectively, relate to others, and demonstrate appropriate leadership

\* It is important to understand that the Winning Habits will be developed over time and with education & support from the TRA Curriculum

## Section 5: The Programme

- ENG Programme selection period (Length of time an athlete can expect to be on the Programme from the point of selection)
  - April – July 2021 (Induction period for current & new programme members)
  - April – December 2021
  - August – December 2021 (New programme members profiled post British Championships 2021). Athletes will undertake a 3-month induction period.
- Programme athletes must agree a TRA Individual Athlete Plan (targets, development & competition routines and competition calendar/events) with the England National Coaches.
- Programme athletes will be required to undertake all TRA programme activities (camps, online activity, additional training at LNSC and/or HPC and competitions) laid out by England National Coaches.
- Programme athletes will only be eligible for a single programme and cannot move between programmes. Should an athlete be invited to attend another programme in the same or different discipline this should be discussed with the appropriate National Coaches prior to attendance.
- Programme athletes will be considered for selection to GBR minor internationals in consultation between English and British Gymnastics.
- Selection to England designated International competitions is restricted to England Programme gymnasts.
- Programme athletes must also agree to observe all obligations outlined within the English Gymnastics' Performance Athlete Agreement 2017 – 21 and any subsequent Codes of Behaviour adopted by English Gymnastics.