

Acrobatic Gymnastics

National Planning and Review Meeting
28th September 2013

Agenda

- Welcome
- Acrobatic Technical Committee Roles and Responsibilities
- Communication
- Regional Online Competition Entries
- Regional Performance Pathway Development

LUNCH

- National Development Programme – Mainstream and Disabilities
- Competition Structure and Calendar 2014
- Strategic 4 Year Plan
- Regional Issues
- Patricia Wade Trophy Nomination Process

Acro Technical Committee Roles

- Chairman – Melanie Sanders
- National Competition Organiser – Sandra Sargent
- National Judging Coordinator – Andy Farley
- Coach Education Rep – Ian Said
- Disability Rep – Judy Wootton
- Communication Officer – Caroline Hodgson
- Judge Education Rep – Dawn Mitchell

Chairman

As the Chairman of the Acrobatic Technical Committee my aim is to:

- Ensure that the overall direction and focus of the discipline is consistent with British Gymnastics objectives and strategies.
- Establish a link with the other gymnastic disciplines to find common ways of working and share lessons learnt.
- Provide a leadership to the ATC and its members.
- Raise the profile of acrobatics amongst the national and international gymnastic community.
- Support the selection of the National Team.
- Ensure consistency across all aspects of education and the FIG rules and regulations within acrobatics.
- Improve and enhance the communication within the acrobatic community
- Ensure processes are transparent and communicated with the acrobatic community.
- Be available and accessible at all BG events.
- Provide advice and guidance to the acrobatic community in a timely and efficient manner.
- Deal with queries in a timely and efficient manner through the correct communication channels.

National Competition Organiser

As National Competition Organiser my aim is to:

- Continue to develop, to raise the profile and presentation of all National Competitions.
- To showcase the sport of Acrobatic Gymnastics in the way it so rightly deserves.
- The additional resources and support from British Gymnastics has further enhanced the event presentation giving a “wow factor”.
- Implement the Competition structure incorporating the rules/regulations according to the nature of the competition level.
- Follow the guidelines and directives from British Gymnastics creating a safe competition environment.
- Collate the competition entries.
- Create the running orders and Programme.
- Attend planning meetings with British Gymnastics and liaise with the Volunteer Team.
- Preparation and format of the National Competition Handbook.
- Support and work with other TC members to deliver projects and strategies.
- Available for advice and assistance in relation to entries and Competition queries at all times.

National Judging Co-ordinator

As the National Judging Co-ordinator my aim is to:

- Support the delivery of Brevet Courses as approved by FIG.
- Organisation & delivery of National Courses.
- Provide judging resources that are in line with the new NDP8 programme and the FIG Rules and Regulations.
- Develop and implement a succession strategy for our Brevet Judges at the start of the Cycle.
- Publicise the career pathway for judges.
- Ensure a continual high standard of officiating at all Home Country / Regional and National events.
- Support the selection of the National Team sent away to international competitions.
- Develop a strategy for the allocation of judges to National and International events in consultation with the Chairman.
- Develop a team of competent FIG/UEG accredited judges who will assist with the Judge Education Programme.
- Provide up-to-date information on International trends to the wider community in a timely and efficient manner.
- Deal with queries in a timely and efficient manner through the correct communication channels.

Coach Education Representative

As the Coach Education Representative my aim is to:

- Develop coaching resources that are in line with the new NDP8 programme.
- Create coaching resources that enable coaches to continuously develop their skills and knowledge.
- Provide structured coaching resources that will enable coaches to progress through their chosen competition pathway.
- Support the development and increase the current coaching talent pool.
- Provide advice and guidance in a timely and efficient manner.
- Deal with queries in a timely and efficient manner through the correct communication channels.
- Provide on-going support and up-to-date information to all coaches as the need arises.

Disability Representative

As the Disability Representative my aim is to:

- Develop an up-to-date Disability NDP8 programme aligned to the mainstream NDP8 Programme.
- Work alongside the Judge Education group and develop a disability judging resource for Regional and National level judges.
- Support Disability performers to access the mainstream programme in the course of time if desired.
- Work closely with the Disability Technical Committee and the Head of Disabilities to promote the Disability Acrobatics.
- Provide advice and guidance to support coaches to help increase the current disability talent pool.
- Deal with all queries in a timely and efficient manner through the correct communication channels.

Communication Officer

As the Communication Officer my aim is to:

- Receive correspondence on behalf of the TC.
- Present all correspondence to the Chair and other TC members as appropriate.
- Accurately record and circulate the ATC minutes to the Chairman in a timely manner.
- Give an active contribution to all TC matters.

Judge Education Representative

As the Judge Education Representative my aim is to:

- Support the NJC with the development of the judging syllabi, resource material and exam papers, ensuring they aligned to the NDP8 and FIG Code of Points.
- Attend National Judge Education panel meetings in the absence of the NJC.
- Communicate matters relating to Acrobatic gymnastics to the ATC through the correct communication channels.
- Support the NJC with the development of the judging resources that will support and increase the current judging talent pool within Regions.
- Actively support the Judge Education Programme.

National Coach

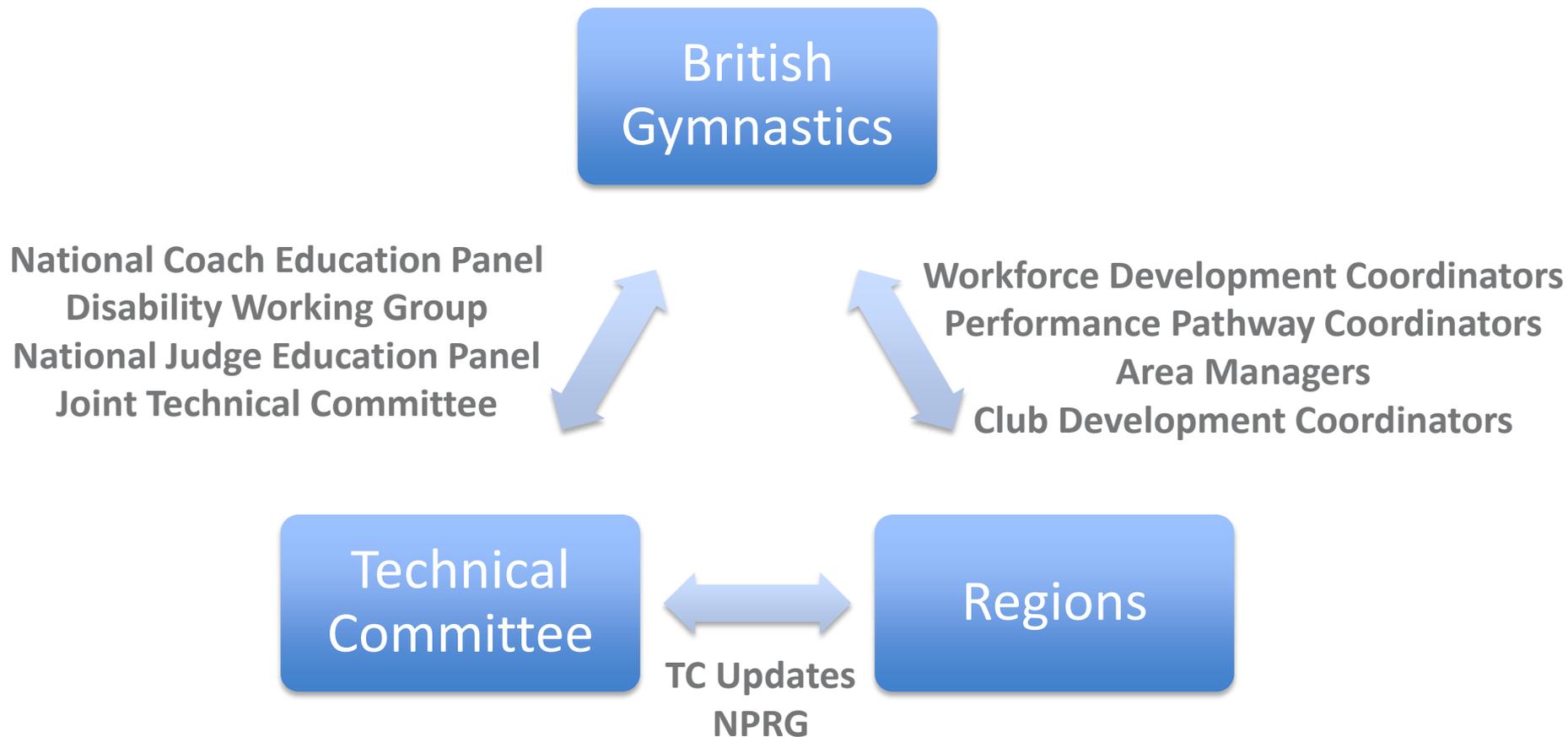
- As a National Coach my main objective is to:
- Increase the level of Professionalism in the work of everybody involved in acrobatics at any level. Professionalism meaning Purposefulness, Efficiency and Productivity in methods and actions resulting in realizing gymnasts' potential considering the cost – time and effort, money, injury, disappointment, sports life longevity etc.
- To liaise, lead and assist clubs, coaches and gymnasts in achieving quality performance at any level!
- To work together with Performance Manager on the preparation and selection of the National Team; organising and running National and Development Squads; advising and assisting in any issues connected with Acrobatic Gymnastics.
- To provide expert opinion and advice in the work of the Technical Committee for shaping direction of Acrobatics Development.
- To assist coaches' education by direct contact in various activities and developing or assisting development of learning resources.
- My Dream – what is considered Sport Science nowadays to become Common Sense in the future for all involved in our sport!

Performance Manager

Some of my key objectives include the following:

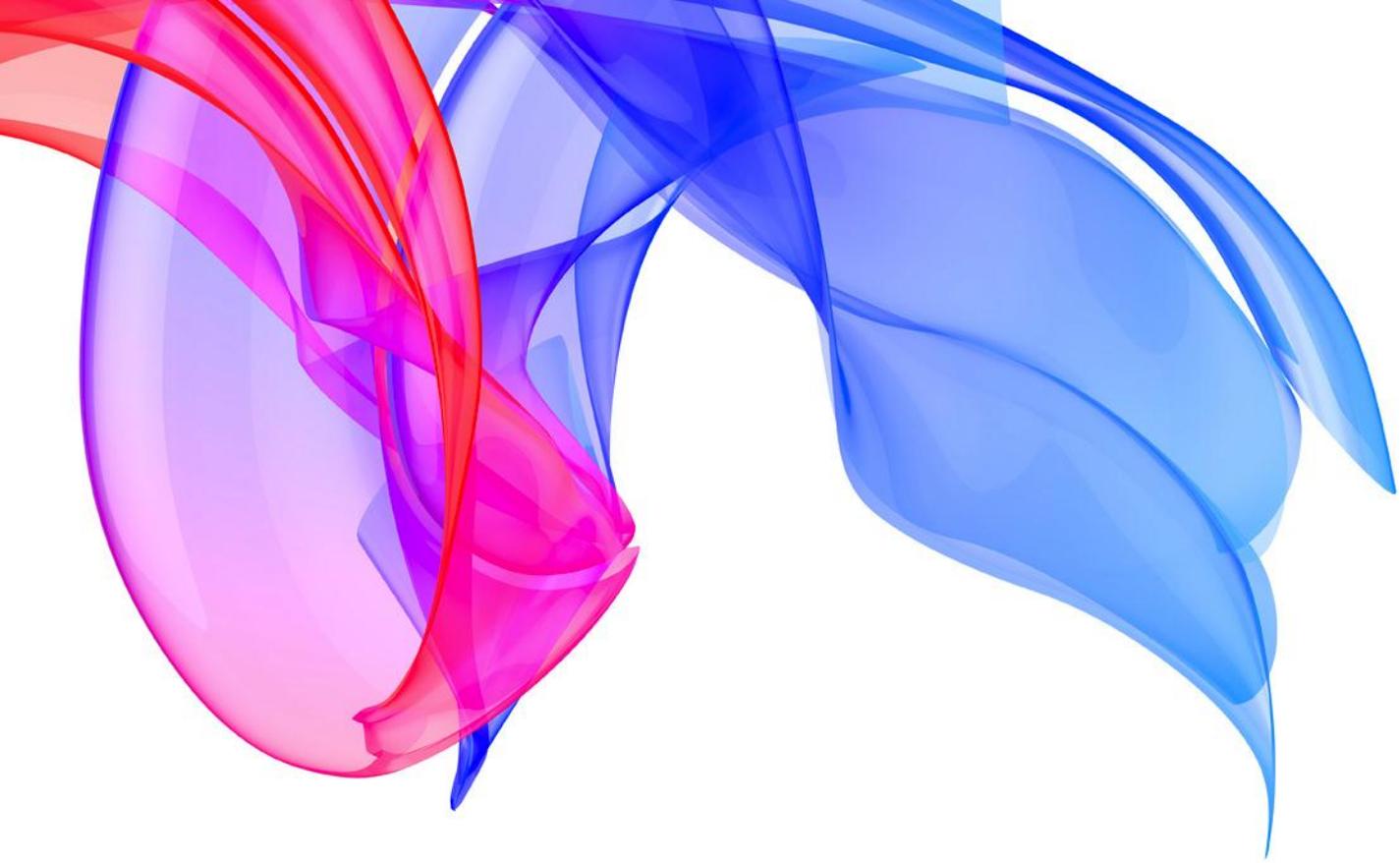
- To understand the discipline and its' needs, and to ensure it is supported in all aspects to the best of my ability.
- To share work practices across the performance disciplines and apply appropriate knowledge and systems.
- To maintain the disciplines 'performance profile and to enhance its reputation as a credible and respected performance sport.
- To be consistent and transparent in selection matters.
- To budget, plan and deliver all aspects of the performance programme.
- To ensure a good working relationship between the Technical Committee and the Performance team.
- To support the Chairman and the Committee and the National Coach in their objectives.
- Build mutual respect across all areas that we operate.
- To be effective and visible.
- Review and refine ways to support a programme of excellence.
- Remain passionate about performance and the work I undertake.

Communication Channels



ATC Communication Protocol

- Any acrobatic questions or queries must be submitted in written format to the ATC Communication Officer and Chairman.
 - NDP8 questions or queries should be submitted via the Regional Chair and/or Regional Competition Organiser to the ATC.
 - Judging questions or queries should be submitted via the Regional Judging Coordinator and/or Regional Competition Organiser to the ATC.
 - Coach Education questions or queries can be submitted by a coach, tutor, assessor, etc to the ATC.
- All questions and queries will be passed to the relevant member of the TC for discussion.
- The ATC meets face to face 4 times a year and once a month via Skype.
- All responses to questions and queries submitted will be formally published in the TC update following the TC meeting.



Regional Online Competition Entry

Ben Willcox

Where Are We Now?

- Online entry system for National Event
- Launched 2006/2007
- Initial teething troubles
- Worked with interested parties to optimise the system
- Now used across all disciplines for 62 events in 2012 with nearly 13,000 individual entries
- Advantages
 - Validation (CRB, coaching level, safeguarding etc)
 - Additional personnel requirements (judges, volunteers)
 - On-line payments
 - Data export to National Competition Organiser
 - Email reminders
 - Online music upload facility
 - Future “automation” of planning & delivery

Where Do We Want To Get To?

- Upgrade to current national system underway as part of the new Gymnet re-development
- Extend the system to regional level events:
 - All regions ??
 - All disciplines ??
 - All levels ??

Why?

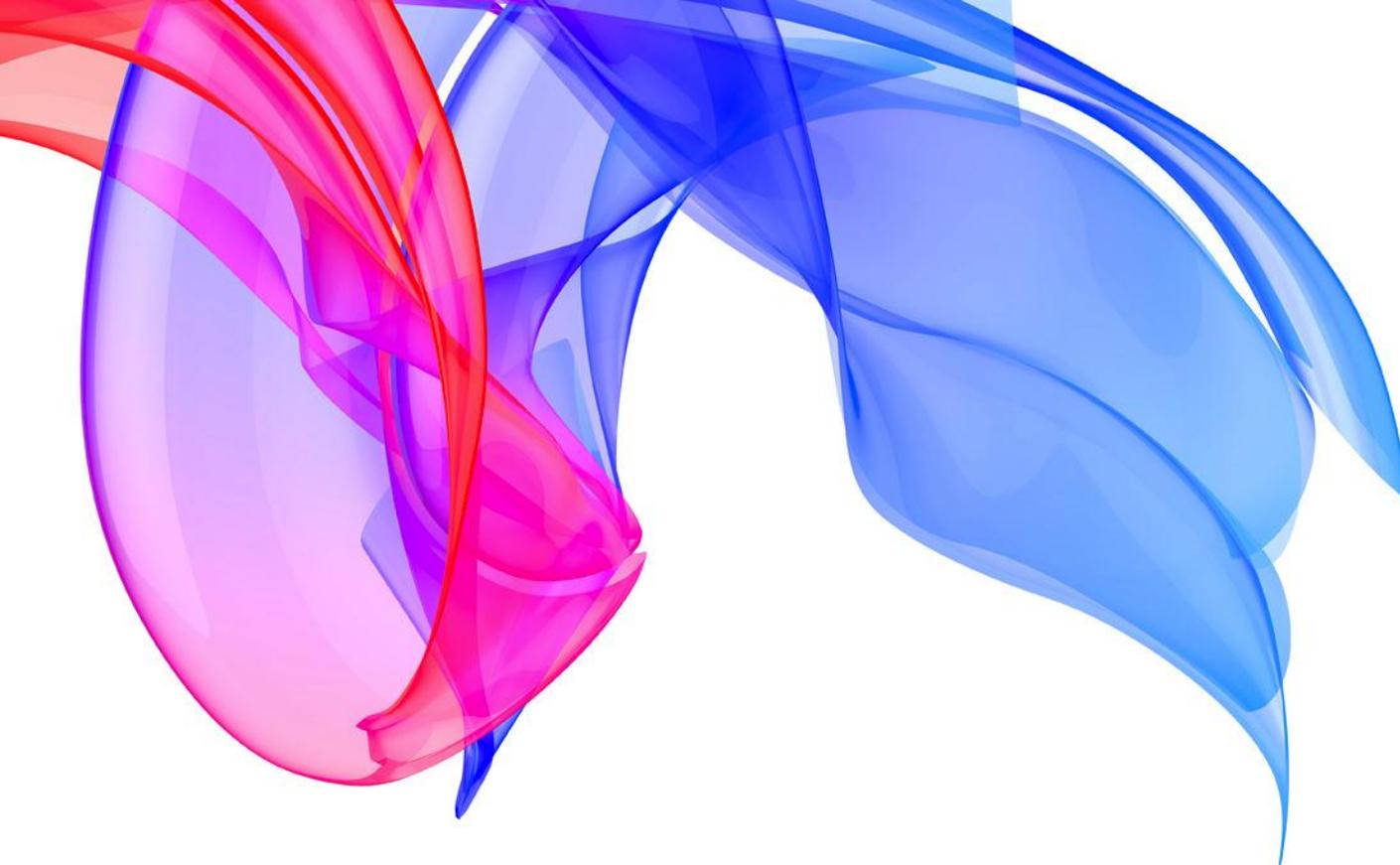
- Request for such system from regions
- Cascading good practice – reassurance to regions:
 - Are all the participants members and therefore insured ??
 - Do the coaches have the correct level of qualification ??
 - Do personnel have a clear CRB ??
 - Have the necessary people attended the necessary safeguarding course ??
- Increased income generation (for the regions, not BG)
 - Are all the participants member of the region ??
 - Are the clubs appropriately affiliated to the region ??
- Income collection
 - Cheques will eventually be phased out
 - Economy of scale setting up “e-pay” systems
 - Protects volunteers from having to worry about physically collecting cheques and cash
- Creating improved and easier communication channels

How?

- Request for two partner regions
- Scoping exercise:
 - Understand the range and difference between regions, disciplines, levels of competition
 - Getting under the bonnet
- Establish specification
- Implementation programme
 - Phase 1 – regional events leading to a national final
 - Phase 2 – dependent upon scope
- Day to day resourcing from customer services administrator (regional) – 3 to be recruited in stages in line regional website and regional entry system roll out
- Support from Events team staff
- System control to region to set-up and administer events

When?

- Identify pilot regions – Mid June
- Initial scoping meeting - End
- Phase 1 – January 2014



Performance Pathway Update

Martin Reddin

Performance Pathway



Our Outcomes:



Programme Delivery

Phased Introduction

- Year 1 2013-14 – Men and Women
- Year 2 2014-15 – Trampolining & Acrobatics
- Year 3 2015-16 – Tumbling and Rhythmic
- Year 4 2016-17 – Aerobics and Disabilities

Programme Funding

Year 1. Sport England

Year 2. British Gymnastics

Year 3. Regional / HN – Sustainable Models

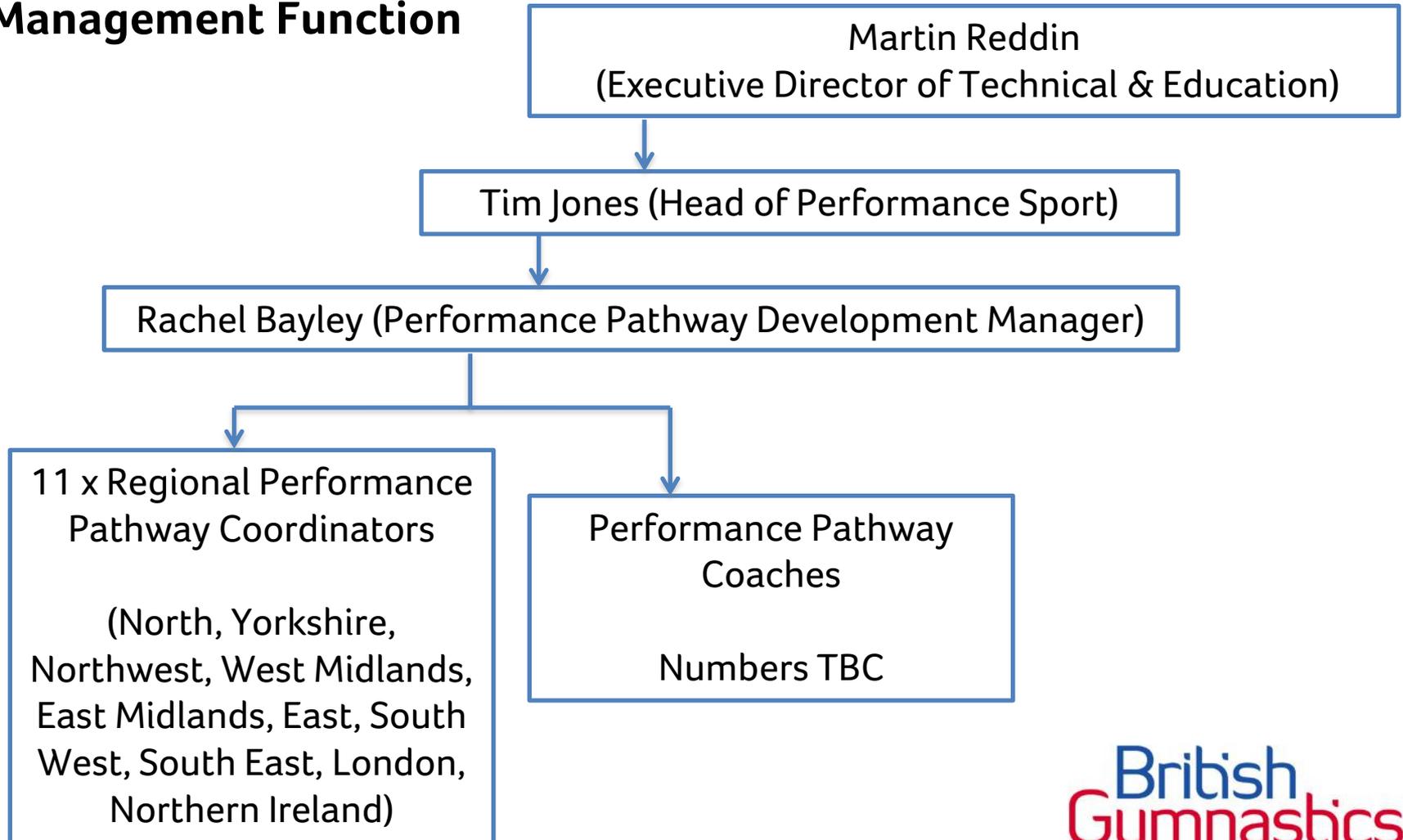
- Staffing costing covered for 4 years 2013 – 17
- Project costs covered for 2 years 2013-15

Programme Funding: Why this way?

- Accountability & Responsibility
- Reduction in long term financial dependence
- Demonstrate self-sufficiency
- Improve chances of funding In the future

Performance Pathway Delivery Team

Management Function



Performance Pathway Delivery Team (Continued)

Performance Pathway Development Manager

- Define and confirm Performance Pathway for each discipline
- Recruitment, deployment and line management of 11 x Performance Pathway Coordinators
- Recruitment and deployment of Performance Pathway Coaches
- Development of a programme of contemporary clinics/ squad training
- Development of a systematic data collection tool
- Development of resources and training aids
- Marketing & Communication of the Performance Pathway

Staffing: (Continued)

Performance Pathway Coordinators

- 10 English Regions & 1 x Northern Ireland
- Initially 18.5hrs per week – Employed by BG
- Posts line-managed by Performance Pathway Development Manager

Key areas of responsibility:

- First point of contact for regions
- Plan, organise and deliver regional clinics and squad training
- Support both administratively and operationally at regional Elite Grade competitions
- Support the development of support resources where appropriate
- Data collection

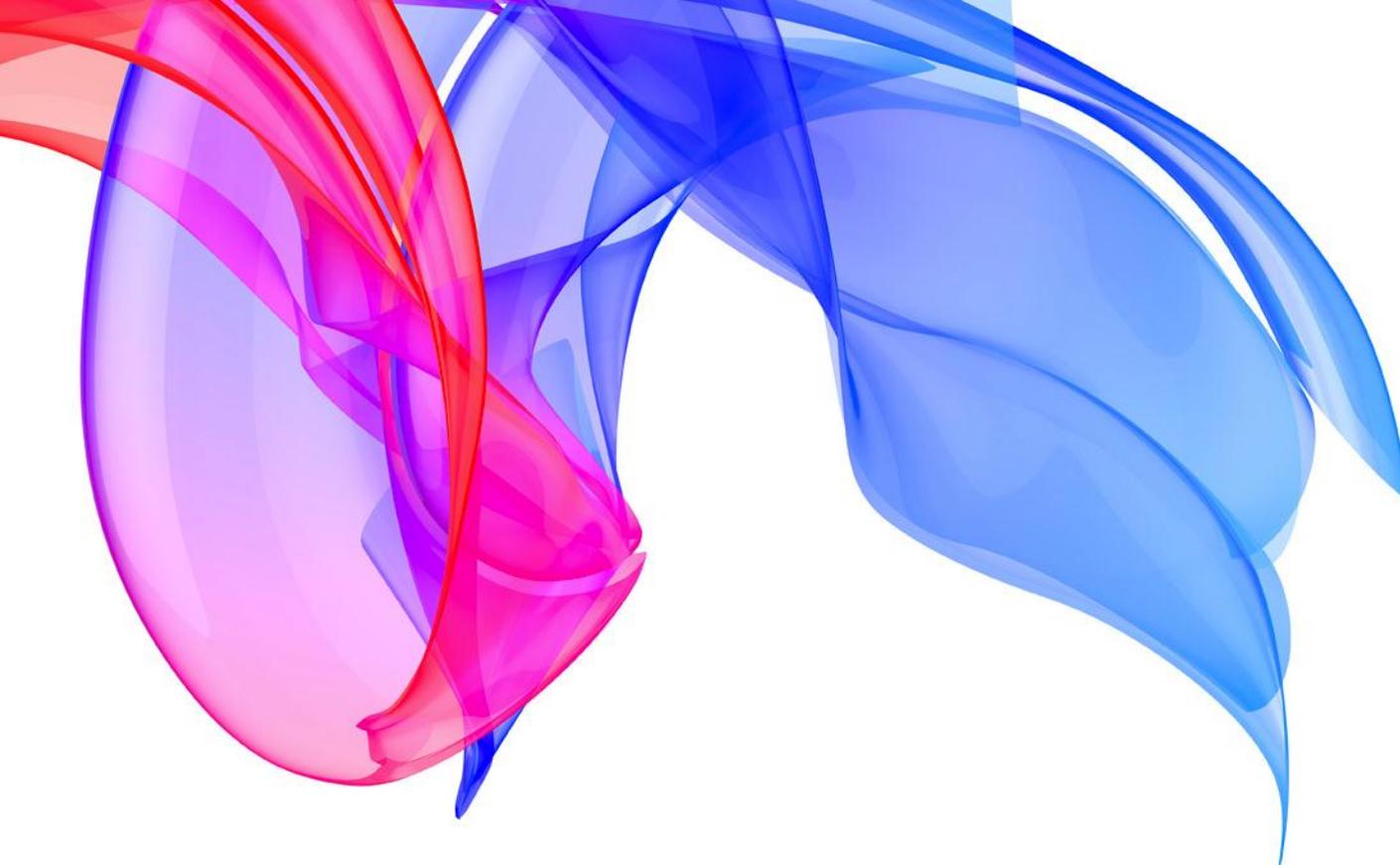
Staffing: (Continued)

Performance Pathway Coaches

- English Regions & Northern Ireland Covered
- Contracted for services to deliver clinics and support Regional Training Squads.
- Technical direction from National Coaches
- Work in close partnership with Performance Pathway Coordinators
- Excel Programme Legacy
- National Development Coaches appointments

Progress so far

- All 11 PPC's appointed
- Clinic format for MAG & WAG confirmed
- Camp format for MAG & WAG confirmed
- In the process of appointing PP Coaches
- Provisional dates and plans
- Data Capture System working group established
- New brand and marketing being developed



National Development Plan 8

Overview

Reasons for changing NDP7

There were several unintended consequences of the NDP7:

- It rewarded gymnasts who attempted but failed to accurately execute difficult moves above those who performed perfectly executed less difficult moves.
- It provided gymnasts with the temptation to remain at lower grades to the detriment of their, and others, long term acrobatic development.
- Competitions could be won and lost on artistry.

In addition, we wanted to:

- Reflect where appropriate changes that were happening with FIG.
- Incorporate Prep A and B into National Finals.

NDP review process

The process that has been undertaken to produce the NDP8 has involved:

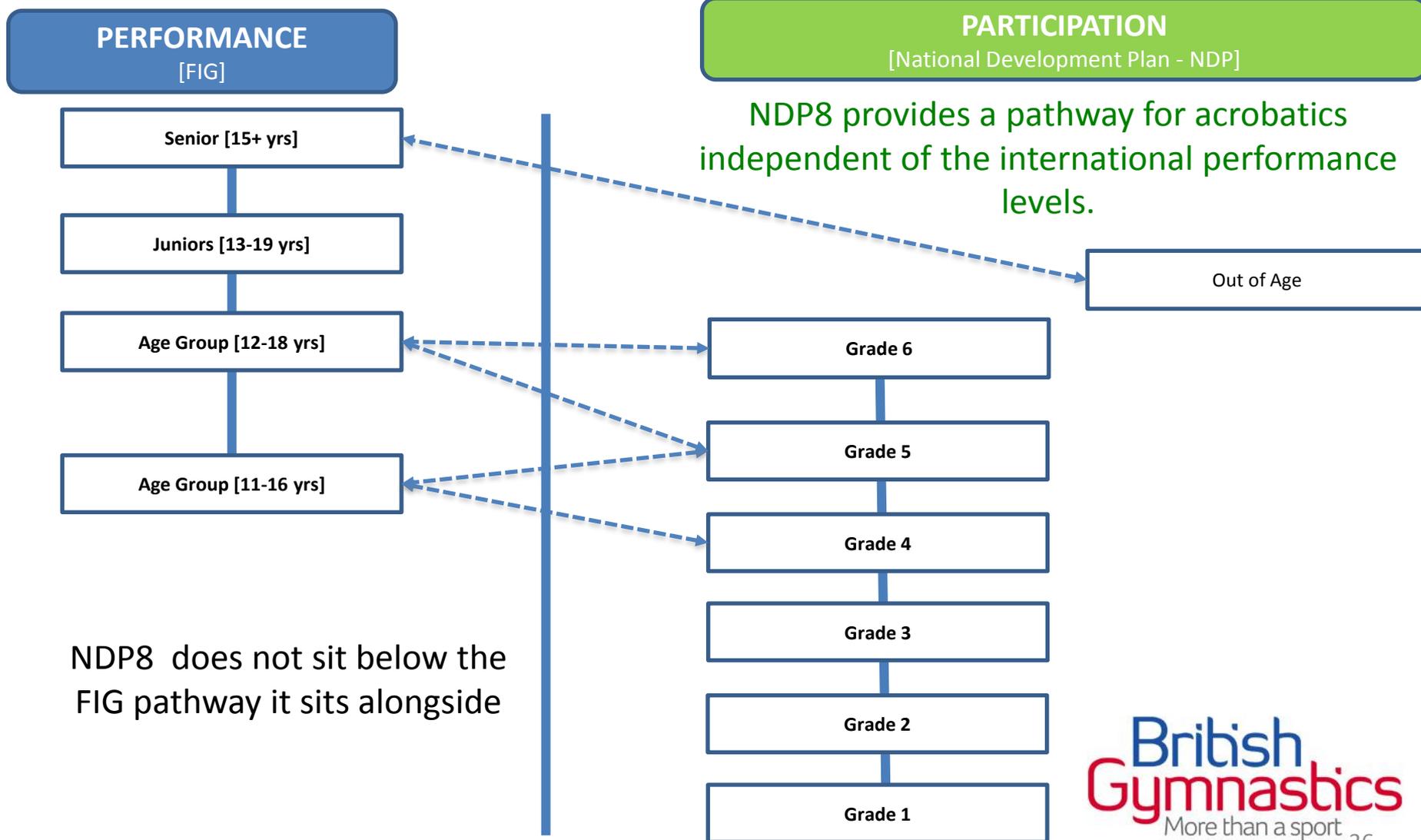
- Consultation with the regions on the NDP7 – 31st March 2013.
- Evaluation of all feedback from the consultation process against the NDP principles.
- Guidance from the National Coach on the pathways, structure and element progressions.
- Validation of the NDP8 with the regional representatives.
- Review of draft NDP8 by all with comments collated by the Regional Chairs.

NDP8 is not a radical change from the NDP7

The main considerations and principles of the NDP8 are to :

- Change the emphasis in favour of technical excellence rather than difficulty or artistry.
- Encourage progression through the grades by reducing the importance of difficulty, providing a smaller step change in element progressions and restricting the ages.
- Reflect where appropriate the FIG rules and regulations.
- Bring all competitive disciplines to National Finals.

Acrobatic pathways – NDP8 and FIG



Eligibility

Participation

- Gymnasts can only compete in 1 discipline and 1 partnership per competition with the exception of non-disabled gymnasts who can also compete in disabled partnerships.
- Gymnasts must choose whether to enter the NDP Prelims or the British Championships, they can't enter both competitions in the same year.

Membership

- Gymnasts must hold, as a minimum, current Silver BG membership at the time of their regional preliminary.

Nationality

- NDP Events are open to non-British Citizens providing that they are members of BG and a BG registered club.

Coaching Qualification

- Coaches must have as a minimum an Acrobatic Gymnastics Level 2 or equivalent qualification to enter gymnasts into Regional and/or National Competitions.
- The exception is for NDP8 Grades 1 and 2 where coaches can have a Level 2 or equivalent coaching qualification in any discipline (excluding pre-school) with an Acrobatic Gymnastics Level 1 qualification.
- As with all BG activities it is the responsibility of the coach to ensure that they work within the coaching syllabus of their own qualification.

Competition structure

The NDP8 consist of 5 disciplines covering 6 developmental levels plus one out of age category:

Level	Discipline		Exercises
Grade 1	MP WP Mxd		Combined
Grade 2	MP WP Mxd	Group	Combined
Grade 3	MP WP Mxd	WG MG	Combined
Grade 4	MP WP Mxd	WG MG	Combined
Grade 5	MP WP Mxd	WG MG	Balance/Dynamic
Grade 6	MP WP Mxd	WG MG	Balance/Dynamic
Out of Age	MP WP Mxd	WG MG	Balance/Dynamic

All exercises have a maximum duration of 2 minutes.

Tie breaks

Finals

- In finals a tie cannot be broken.

Qualification

- Only one regional representative in each discipline from each level can proceed to National Finals.
- The tie-break rules are:
 - The highest E-score
 - The highest A-score
 - The highest performed difficulty

Age and height restrictions

Age Restrictions

- The minimum age is 9 in the year of competition.
- Grades 1-6 have a restriction of 7 years age difference.
- The following age restrictions also apply:
 - Grade 1 – Maximum age in year of competition 11 years.
 - Grade 2 – Maximum age in year of competition 12 years.
 - Grade 3 – Maximum age in year of competition 16 years.

Height Deductions

- 0.1 - at or <1cm above the suprasternal notch.
- 0.3 - below the suprasternal notch.

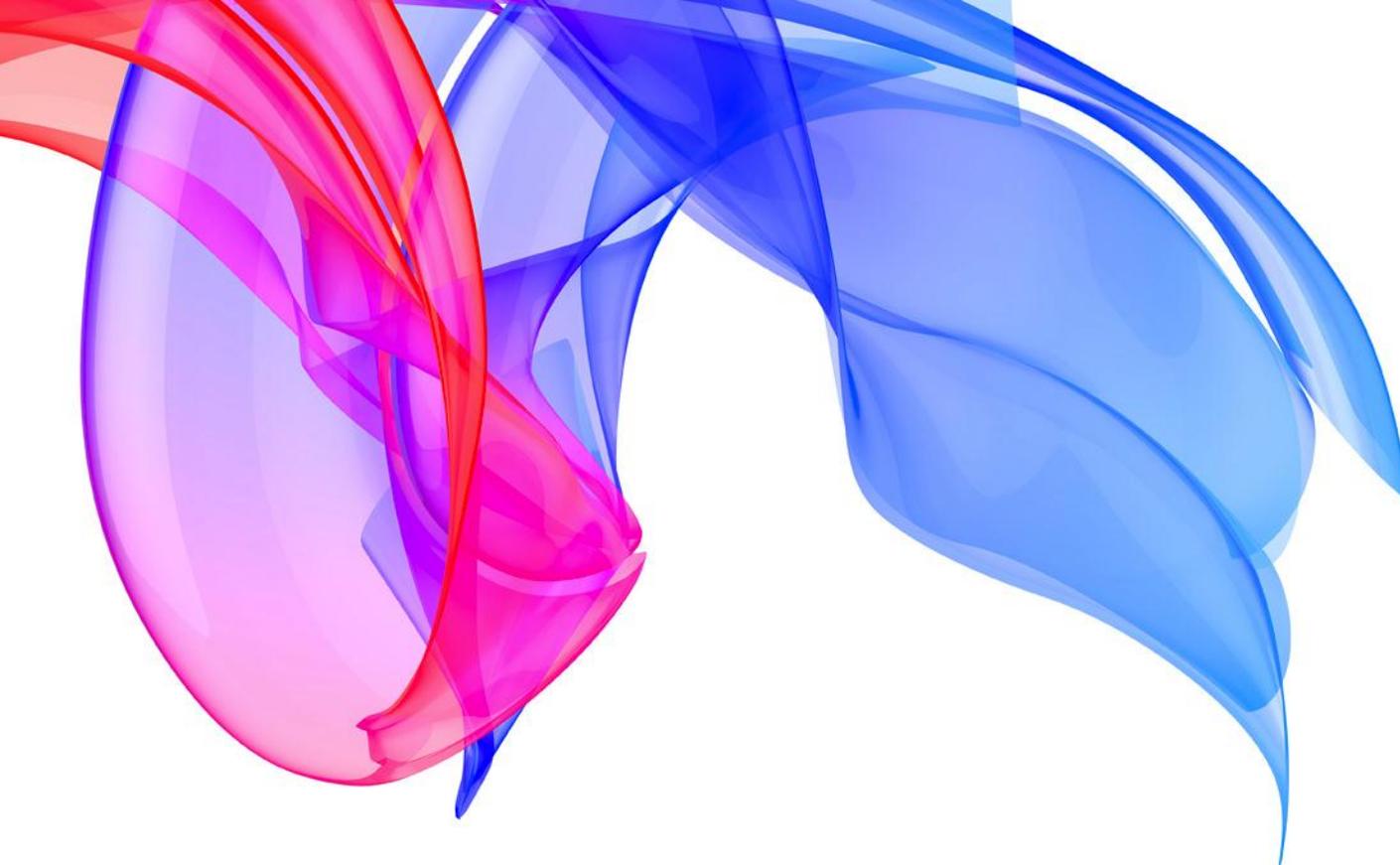
Both of these rules have been put in place to aid progression and competition in National finals.

Out of Age

- Minimum age in the year of competition for the Top is 11 years.
- Minimum age of the Base (or one of the Bases) is 19 years in the year of competition.
- Two Routines – Balance and Dynamic.
- Routine length 2 minutes.
- Maximum difficulty value 50.
- Up to 20 additional values are allowed but no additional difficulty is received.
- Individuals not counted towards difficulty.
- Height restrictions 0.1 and 0.3.

Team Event – New for 2014

- There will be a Team Event at the National Finals in 2014.
- At the time of entry into the National Finals the region will nominate 5 partnerships whose scores will count towards the Regional Team.
- The winning Team will be based on the sum of the 3 highest scores from the 5 nominated.
- For Grade 5, Grade 6 and Out of Age only, the scores used in the Team Event will be the average score of the Balance and Dynamic exercise.
- The Team must consist of at least 1 x pair and 1 x group at any level.



Disability National Development Plan 8

Overview

Reasons for changing the Disability NDP

- The Disability NDP had not been reviewed for several years and no longer aligned to the mainstream NDP.
- Advice has been taken from “Wheelpower” regarding the safety of elements in the NDP for wheelchair users.
- To encourage greater participation in Disability Acrobatic Gymnastics.

NDP review process

The process that has been undertaken to produce the Disability NDP8 has involved:

- Consultation with the members of the Disability Gymnastics Technical Committee.
- Formation of a group to work on the programme.
- Consultation with British Gymnastics Disability & Inclusion Manager.

Changes to the Disability NDP programme

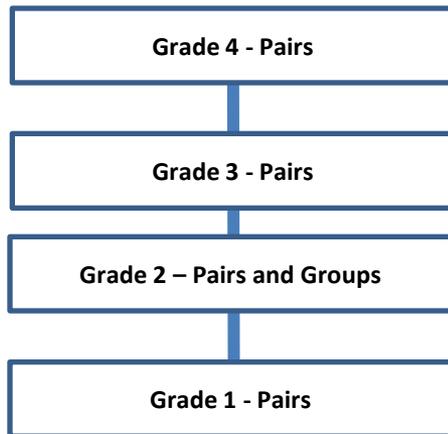
The main considerations and principles are to :

- Ensure the programme reflects the current NDP8 rules.
- Encourage participation by including all Disability categories within one competitive structure.
- Review the progression through the grades by considering the nature of the elements performed.
- Bring all competitive disciplines to National Finals.

Acrobatic pathways – Mainstream and Disability

DISABILITY

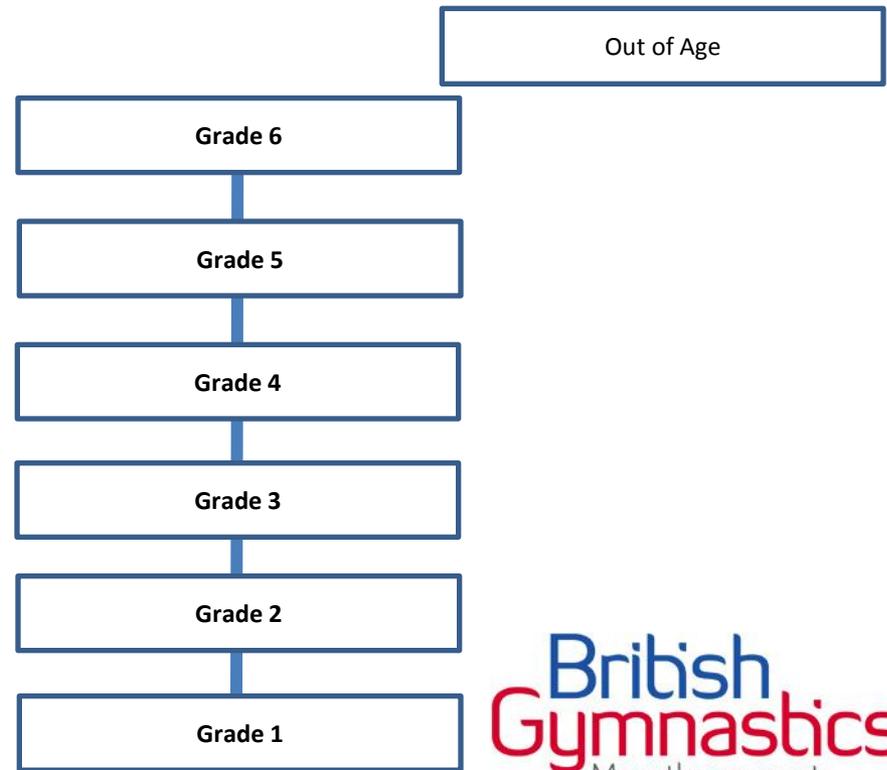
The Disability NDP8 provides a parallel pathway for disabled gymnasts that cannot fully access the Mainstream NDP8.



PARTICIPATION

[National Development Plan - NDP]

NDP8 provides a pathway for acrobatics independent of the international performance levels.



Eligibility

Participation

- Disability Gymnasts can only compete in 1 pair partnership and 1 group partnership per competition.
- Disabled gymnasts cannot compete in the mainstream NDP and the Disability NDP in the same competition year.

Membership

- Gymnasts must hold, as a minimum, current Silver BG membership at the time of their regional preliminary.

Nationality

- NDP Events are open to non-British Citizens providing that they are members of BG and a BG registered club.

Competition structure for Disability NDP

The Disability NDP programme consist of 2 disciplines covering 4 developmental levels:

Level	Discipline	Exercises
Grade 1	Pair (M, W, Mx)	Combined
Grade 2	Pair (M, W, Mx), Group (3or 4)	Combined
Grade 3	Pair (M, W, Mx)	Combined
Grade 4	Pair (M, W, Mx)	Combined

All exercises have a maximum duration of 2 minutes and 30 seconds.

Coach Qualification

Disability Add on module is desirable but not required.

Tie breaks

Qualification

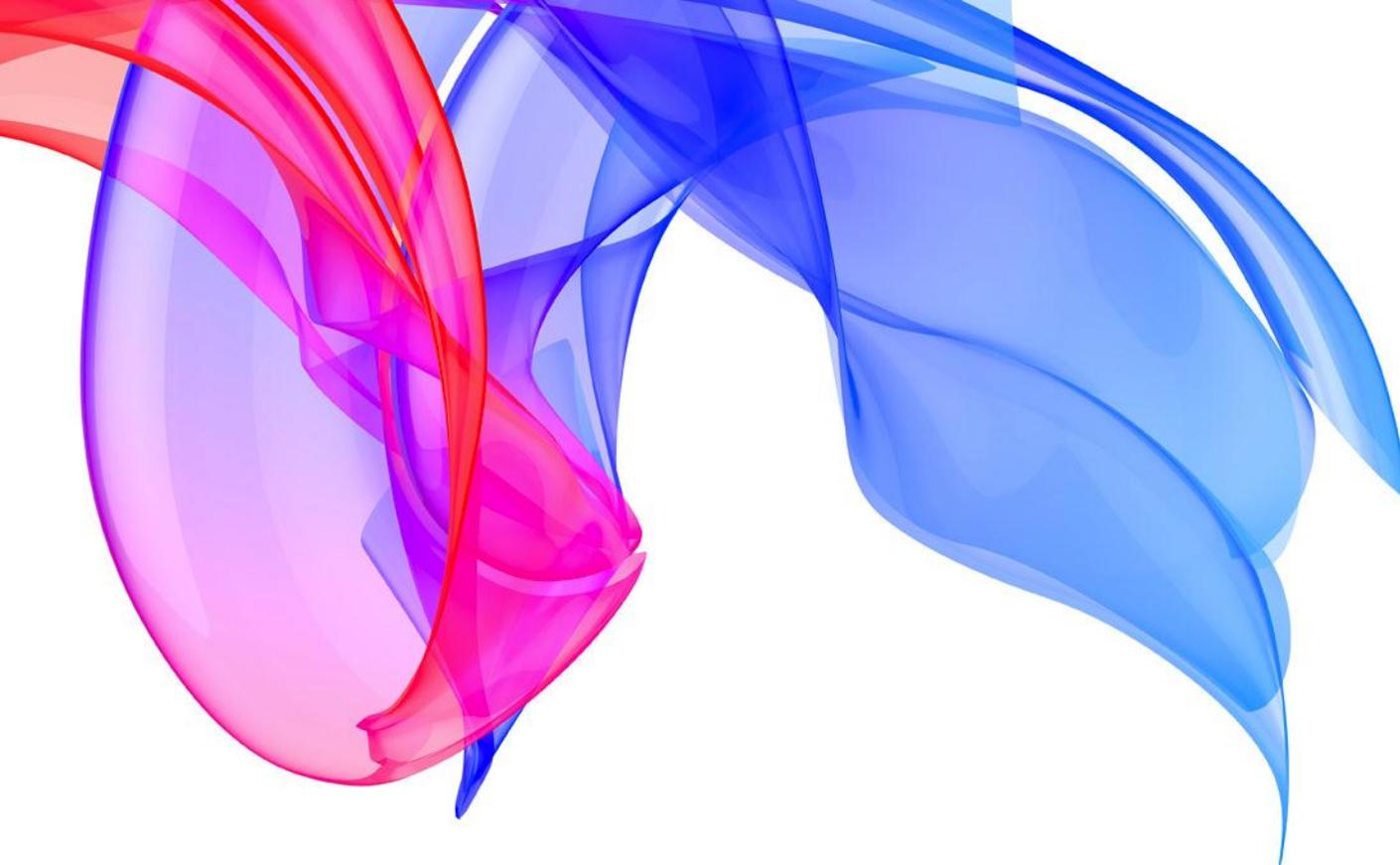
- Two regional representative in each discipline from each level can proceed to National Finals.
- The tie-break rules are:
 - The highest E-score
 - The highest A-score
 - The highest performed difficulty

Finals

- In finals a tie cannot be broken.

Age and height restrictions

- Age and height restrictions do not apply to Disability Acrobatic Gymnastics.
- The coach is expected to use good judgement when selecting partnerships to ensure that a reasonable range of maturity is observed.



Veterans Rules for Acrobatic Gymnastics

Overview

Veterans Rules

Eligibility

- Gymnasts can only compete in 1 partnership per competition.
- Gymnasts must be 18 years in year of competition.
- Gymnast over 20 years will be given a bonus of 0.1 per five years over 20 years of age.
- Gymnasts must not have competed in the last 2 years.

Competition Structure

- There is one Competitive level for each of the 5 disciplines – WP, MP, MxP, WG and MG.
- The Veterans' Tables of Difficulty has been aligned to the NDP8.
- All competitors are required to perform one combined routine that must contain:
 - 3 Balance elements (held for 3 seconds)
 - 2 Dynamic elements
 - 4 Individual elements (performed by each competitor)
- All exercises have a maximum duration of 2 minutes and 30 seconds.

Competition Calendar 2014

- British Championships - March 21st - 23rd
- National Finals - May 31-1st June
- Pat Wade Classic – November 13th – 16th

The Pat Wade Classic will be a World Cup 2014

Competition Handbook – 28th Sept 2013

Changes to Handbook in 2014

- Uploading of music
- NDP grades 1, 2, 3 & 4 and Disability NDP only require two copies of their TS to be handed in at registration.

Judge Education

- All Club, Regional and Update courses must be tutored by a TC approved Brevet Judge.
- All Club and Regional judges must have attended an Update course to Judge this Cycle.
- Provide material for regional workshops on Tariff Sheets.

National Update – Available March 2013.

Club and Regional Update – Available Sept 2013.

NDP8 Club and Regional Judge courses – Available Sept 2013.

- The ATC has been working with the NJEP to document a standard set of procedures for becoming/progressing as a Judge. This is captured in the Judging Handbook.

Judging Handbook – Available Sept 2013.

- For current Brevet Judges the ATC has developed a Brevet Charter, which aims to capture the judges' aspirations for the next 4 years in order to ensure, where possible, they are able to develop themselves.

Brevet Charter –Sept 2013.

Coach Education

- Update L1, L2 and L3 Coaching Resources to align with current Cycle Code of Points and Tables of Difficulty.
- Ensure that all documentation associated with L1, L2 and L3 Coaching Resources are aligned.
- Work with active tutors and assessors to capture ongoing constructive feedback on resource mis-alignment.
- Work with the other disciplines to create a Performance Coach and High Performance coach qualification.

Vision for next 4 years

1. Pathway Development

- Implement a competition pathway at all levels/ages including disability and veterans that is accessible and progressive.
- Increase the number of senior partnerships in competition.

2. Management

- Ensure that there is a succession plan for all roles on the ATC.
- Ensure that the ATC provides consistent messages to the Acrobatic community on all matters.
- Ensure that the ATC presents a proactive approach.

3. Events

- Host a FIG sanctioned event or World Cup on a regular basis.
- Ensure timely publication of selection policies.

Vision for next 4 years

4. Coach Education

- Support the development of coaches at all levels.
- Ensure all Acrobatic resources are up to date and aligned.
- Develop progression plans for tutors/assessors at levels 3,4 and 5.
- Provide clarity on access to High Performance qualifications.

5. Judging

- Develop a succession plan for Brevet judges at the end of Cycle 13.
- Ensure all Acrobatic judges' educational resources are up to date.
- Enable easily accessible judging courses at the Club and Regional levels.

6. Communication

- Provide timely and accurate information to the wider Acrobatic community.
- Deal with questions and queries in a consistent and structured fashion.
- Enhance understanding and utilisation of NPRG Meeting.

Next NPRG Meeting

- The next NPRG meeting is likely to be on either 13th / 20th September 2014.

Thank you