



TeamGym Zonal Clinic Programme

April 2017 – February 2018

TeamGym Zonal Clinics

INTRODUCTION

Through the hard work of coaches and clubs, and under the guidance of the TeamGym National Technical Committee, the numbers participating in TeamGym in Great Britain continue to grow, and the standards of performance continue to improve. The Zonal Squad programme that ran throughout 2015 and 2016 established a collaborative approach for TeamGym, along with a national identity for the discipline that British Gymnastics and the Teamgym Technical Committee are keen to see continue.

Following a review, the Zonal Squad Programme has been revamped to now provide a series of Clinics. The Clinics will focus on an agreed syllabus of skills across the three apparatus, with a long term view of improving performance standards. The Clinics will be delivered across four zones by a team of appointed Technical Experts.

Aim

To continue to raise the standard of performance of TeamGym in the UK through a series of Zonal Clinics that will underpin the development of coaches and gymnasts.

To unite Great Britain in the common goal of raising the credibility of TeamGym and facilitating a healthy talent pool for GB team selection.

Objectives

- Provide opportunities for aspiring coaches to develop their experience and expertise.
- Provide opportunities for gymnasts to improve their performance levels.
- Encourage nationwide collaboration for the benefit of TeamGym in Great Britain.

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WHAT DOES IT LOOK LIKE? / WHAT WILL IT DO?

The TeamGym Zonal Clinics will be delivered in four zones: North of England, South of England, Scotland and Northern Ireland. Gymnasts and coaches can attend clinics in any zone, assuming they meet the pre-requisite criteria.

From April 2017 through to February 2018 a total of 15 day's activity will be delivered in both the North and South of England, along with 6 days of activity in both Scotland and Northern Ireland. The topics for each clinic have been set so that the same topic is delivered in each zone, with the content of each clinic modified where necessary to suit the anticipated level of gymnasts and coaches that may attend.

Through setting and standardising content, the Zonal Clinics will provide a method of developing both coaches and gymnasts, and ensuring that they are using current methods, practices and training principles relating to an agreed set of skills that are seen as essential for improving standards of performance.

Following the completion of the Zonal Clinics in February 2018, gymnasts who have attended a minimum of 10 days of the clinic programme will be eligible to participate in an Inter Zonal competition that will form the first part of the selection process for the 2018 European Championships.

The full programme for the Zonal Clinics, along with details of dates and venues, can be found on the next page.

ZONAL CLINIC PROGRAMME

		2017										2018	
		April	May	June	July	Aug	Sept	Oct	Nov	Jan	Feb		
Content	Floor		Trampette	Vault	Vault	Floor	Tumble	Floor	Trampet / Vault	Floor	Recap All		
	Fitness		Tumble			Tumble		Trampet / Vault		Fitness			
	Psychology					Trampet / Vault		Tumble					
South	Date	13 th & 14 th	13 th & 14 th	18 th		12 th , 13 th , 14 th	10 th	23 rd & 24 th	12 th	14 th	15 th & 16 th		
	Venue	Bracknell GC	Reddam	Reddam		Bracknell GC	Hawth	Bracknell GC	Hawth	Hawth	Reddam		
	Time	9am - 4pm	1pm - 7pm 9am - 4pm	9am - 4pm		9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	
North	Date	8 th & 9 th	20 th & 21 st		2 nd	7 th , 8 th , 9 th	17 th	28 th & 29 th	19 th	20 th	17 th & 18 th		
	Venue	Scarborough	Crewe		Scarborough	Scarborough	Crewe	Scarborough	Mickleover	GLL Walker	Crewe		
	Time	10am - 5pm	9am - 4pm		9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	9am - 4pm	
Scotland	Date		27 th & 28 th	18 th			10 th		12 th	14 th			
	Venue		Meadowmill	Meadowmill			Meadowmill		Meadowmill	TBC			
	Time		12.30 - 6.30 10-4	11am - 5pm			10am - 4pm		10am - 4pm	TBC			
Ireland	Date		20 th & 21 st	25 th			17 th		19 th	21 st			
	Venue		TBC	TBC			TBC		TBC	TBC			
	Time		TBC	TBC			TBC		TBC	TBC			

WHO ARE THE ZONAL CLINICS TARGETED AT?

The Zonal Clinics are targeted at gymnasts who are able to complete a set list of pre-requisite skills, and in turn, the Personal Coaches working with those gymnasts. All gymnasts and coaches must be members of British Gymnastics and gymnasts must also meet the age criteria whereby they will be 13 in 2018.

The pre-requisite skills required to attend the Clinics in the North of England, South of England and Scotland are:

<p><u>Floor:</u></p> <ul style="list-style-type: none"> ➤ Pike lever ➤ Planche combination ➤ Double spin forwards ➤ Double spin backwards ➤ Straddle sushunova ➤ 1.5 twist jump ➤ Round-off into tuck back 	<p><u>Tumble</u> (at least one of the following):</p> <ul style="list-style-type: none"> ➤ R/O flick double twist ➤ R/O flick double tuck ➤ Straight handspring straight half 	<p><u>Trampet / Vault:</u></p> <ul style="list-style-type: none"> ➤ Double tuck half out ➤ Double rotating vault <p><i>NB. Double Tuck or Salto vault will be accepted as pre-requisite skills for Scotland Clinics</i></p>
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The pre-requisite skills required to attend the Clinics in Northern Ireland are:

<p><u>Floor:</u></p> <ul style="list-style-type: none"> ➤ Pike lever ➤ Planche combination ➤ Double spin forwards ➤ Double spin backwards ➤ Straddle sushunova ➤ 1.5 twist jump ➤ Round-off into tuck back 	<p><u>Tumble</u> (at least one of the following):</p> <ul style="list-style-type: none"> ➤ Handspring 180 ➤ R/O flick 360 	<p><u>Trampet / Vault:</u></p> <ul style="list-style-type: none"> ➤ Straight 540 ➤ 180 on 180 off
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Please note that gymnasts must meet the pre-requisites for the zone that they are attending.

NB. Where a gymnast is close to meeting the pre-requisites and may wish to attend the Clinics these requests will be considered. Please contact the relevant Talent Development Coordinator to discuss this (details found on page 5).

WHO WILL ORGANISE AND DELIVER THE ZONAL CLINICS?

ORGANISATION

The TeamGym Selection Panel (British Gymnastics Performance Manager, TeamGym Technical Committee Chair, TeamGym Technical Committee Judging Convenor) has appointed the following volunteers to organise and administer the Zonal Clinics:

Chris Bennett – Talent Development Coordinator (Tumble & Trampet)

Stuart Woods – Talent Development Coordinator (Floor)

Amanda Boucher – Zonal Coordinator Scotland

Clare Clarke – Zonal Coordinator South of England

Alison McMullan – Zonal Coordinator Northern Ireland

Abbie Rutter – Zonal Coordinator North of England

In their roles as Talent Development Coordinator Chris and Stuart will set the syllabus for the Zonal Clinics and monitor and evaluate the coaches and gymnasts involved. As Zonal Coordinators Amanda, Clare, Alison and Abbie have secured the venues for the Clinics and will work with Chris and Stuart to identify and book the Technical Experts that will deliver on the Clinics.

Both the Zonal Coordinators and the Talent Development Coordinators report to the TeamGym Selection Panel.

To contact any of the Zonal volunteers please use the Zonal Clinic Facebook page – search for BG TeamGym Zonal Clinics on Facebook. Alternatively, please contact either Chris and Stuart as follows:

- Chris Bennett – chris@bracknellgymnasticsclub.co.uk
- Stuart Woods – reddamgymnastics@gmail.com

BOOKING ONTO ZONAL CLINICS & COSTS

The Clinics are available to British Gymnastics members only and can be booked via the [British Gymnastics website](#). Each clinic will be opened for registration at least 3 months in advance and registration will close 2 weeks prior to the clinic date. You will require a British Gymnastics login to register; if you have any problems with this please contact the Customer Service department – 0345 129 7129, extension 2395.

Zonal Clinics will cost £20.00 per day for gymnasts to attend. Gymnasts **MUST** be accompanied by a coach holding the relevant coaching qualification in order to attend; there is no charge for accompanying coaches to attend.

Gymnasts please ensure that you register on the clinics entitled 'Zonal Clinic – Gymnast'.

Coaches may also attend the Zonal Clinics without gymnasts for CPD purposes at a cost of £20.00 per day. In this instance please ensure that you register for the clinics entitled 'Zonal Clinic – Coach'.

The maximum capacity for the Clinics is 60 gymnasts and places are on a first come first served basis.

GREAT BRITAIN TEAM

Following the success of the British team at the 2016 European Championships it is the intention to continue to select a British team for future European Championships. The Zonal Clinic programme will therefore form part of the selection process for the 2018 European Championships.

Following the completion of the Zonal Clinics in February 2018 gymnasts that have attended a minimum of 10 days of the clinic programme will be eligible to compete in an Inter-Zonal Competition; this competition will be the first stage of the selection process for the 2018 European Championships.

Further details regarding selection for the 2018 European Championships will be confirmed in the Selection Policy, due to be published in early 2018.