

Trampoline Performance Pathway Programme

Following the success of British trampoline gymnasts at the World Championships 2013 and European Championships 2014 British Gymnastics is pleased to announce the launch of the Trampoline Performance Pathway, funded in partnership with UK Sport and Sport England, to increase the quality and size of the trampoline gymnastics talent pool across England and Northern Ireland.

The Trampoline Performance Pathway will help early identification of talented trampoline gymnasts and provide opportunities for club coaches to be exposed to a modern array of methods, practices and training principals relating to the development of trampoline gymnastics talent.

The Trampoline Performance Pathway Initiative will be launched formally on **Sunday 31 August 2014** with the first of three camps for Coaches and Gymnasts.

This initiative will be delivered simultaneously across the 3 identified zones (North, Midlands & South) providing trampoline gymnasts access to additional high quality training environments in the following recognised High Performance Centres:

- North – City of Liverpool
- Midlands – NTGA Northampton
- South – OLGA Poole

Performance Pathway Camp – Series 1

- Sunday 31 August 2014
- Sunday 5 October 2014
- Sunday 30 November 2014

Performance Pathway Camp – Series 2

- January – March 2015 TBC

Cost Per Series

- Gymnasts £60
- Coaches £60

(This includes the 3 Day Camp Series and resource).

These Performance Pathway Camps are for invited Gymnasts and their Coaches and will be targeted at delivering the following key outcomes:

- The identification and development of trampoline gymnasts and their coaches to be better prepared to feed upwards into the National Squad Structure
- Improved engagement of Coaches/Gymnasts with the New Competition structure
- Improved technical provision regionally for TRA Coaches and Gymnasts

To be considered gymnasts will be operating at the following levels:-

- *Gymnasts age 7-8yrs may be identified by the Head National Coach*
- *Gymnasts age 9-10yrs at NDP 6, NDP 7, NDP 8 & Elite*
- *Gymnasts age 11-12yrs at NDP 6, NDP 7, NDP 8 & Elite*
- *Gymnasts age 13-14yrs at NDP 8, Elite*
- *Gymnasts age 15+ may be identified by the Head National Coach*

NB Gymnasts must also be accompanied by their coach or a coach from their club.

In addition to the Performance Pathway Camps there will be a 3 day Cross Zonal Camp at Lilleshall National Sports Centre (LNSC) in 2015. Gymnasts and Coaches will be selected to the LNSC Performance Camp from participants who attend Series 1 or Series 2.

Performance Pathway Coaching Clinics

There is also the intention to deliver 1 Performance Pathway Coaching Clinic for each of the 10 English Regions and Northern Ireland. The Coaching Clinics are designed specifically to help coaches gain further knowledge and confidence in how to deliver foundation skills required for quality results at Elite Grade competitions. They will also help coaches understand and improve the preparation of trampolining gymnasts for competition. The cost to attend a Coaching Clinic will be £15 per coach.

Dates, venues and further information will follow.

Expression of Interest Questionnaire for Gymnasts and Coaches

Please complete the questionnaire at the following link <http://www.british-gymnastics.org/gymnasts/performance-pathway/how-to-get-involved>

All Questionnaires need to be submitted to the Performance Pathway Coordinator (PPC see contact details below) by the 11th July. Once selection has been made all applicants will be informed. All those successful will be sent details for registration and payment. The questionnaire requesting details of both gymnast and coach must be completed as accurately as possible.

NB It may be possible subject to availability for coaches to register an interest in a Talent Pathway course without an accompanying gymnast - please complete the coaching questionnaire.

For information and support please contact your Zonal Performance Pathway Coordinator:

NORTH ZONE (Northern Ireland, North West, Yorkshire, North)

Coordinator – Jonathan Mcfadden (jonathan.mcfadden@british-gymnastics.org)
07841 917166

Lead Coach – Jay Scoular (Senior Men’s National Coach)

Assistant Coach – Dan Greaves

MIDLANDS ZONE (East Midlands, West Midlands, East, London)

Coordinator – Sally Kendrick (sally.kendrick@british-gymnastics.org)
07712 324272

Lead Coach – Paul Greaves (Junior National Coach)

Assistant Coach – Harvey Smith

SOUTH ZONE (South East, South West, South)

Coordinator – Jenni Morgan (jenni.morgan@british-gymnastics.org)
07841 917169

Lead Coach – Brian Camp (Junior National Coach)

Assistant Coach – Michael Wood

Registration Deadline – Friday 11th July