

Rhythmic Gymnastics GBR Performance Programme 2019 onwards

Please find below, details of the RHG restructured GBR Performance Pathway for 2019

As outlined at the RHG NPRM in October, from 2019 there will be two elements to the National Programme – One for Individuals & One for Groups.

The focus will be on a closer alignment of existing Programmes with a more co-ordinated 'Whole Pathway Approach' than previously, with closer coordination across GBR and Home Nation Programmes. This will explore new strategies over a longer timeline with a more 'joined up' focus of resources on specific, realistic yet challenging agreed targets.

The exciting new part of this 'Vision' will be to further expand the 'RHG Group Development Strategy' launched domestically in 2014. This has clearly made outstanding progress over the last 4 years with it now demonstrating a sizeable pool of gymnasts across numerous clubs.

For Individuals there will be National Programmes for Espoirs, Juniors & Seniors.

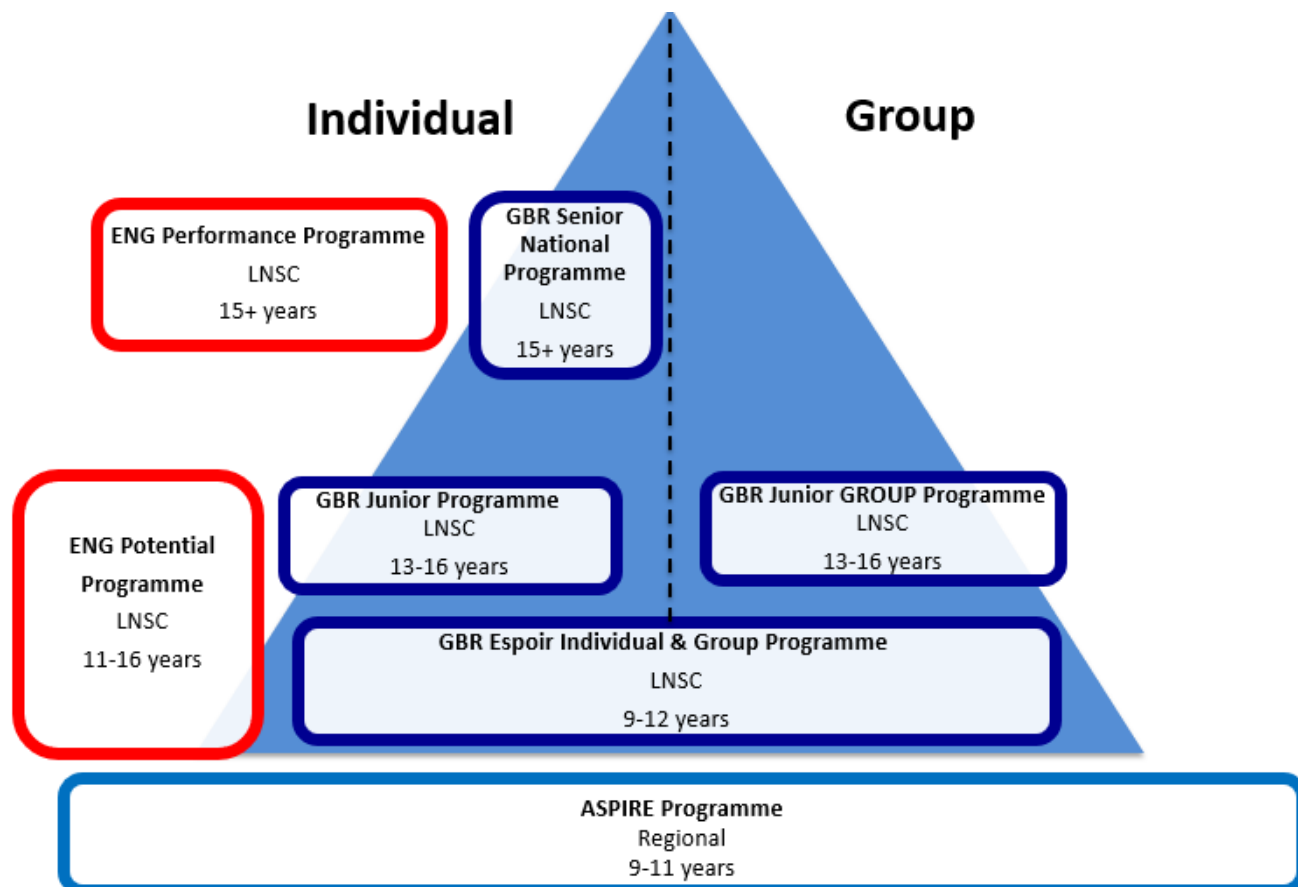
For Groups the National Programme will initially start with Espoirs & Junior groups only.

The Vision

GROUP - Develop a new RG Performance Programme for Group with a commitment to becoming internationally competitive at European & World level within 2 cycles and to seriously challenge for Olympic Group Qualification by the Olympic Games in Los Angeles 2028.

INDIVIDUAL – Re-Focus individual performance on smaller more elite Performance Squads running parallel to the Group Programme to target Commonwealth Games and European Junior medals by 2022.

RETAIN – the successful Aspire Squads as foundation/entry level and consolidate the Club Group domestic initiative.



Key Themes of the new RHG Structure

- GBR and ENG Programmes to be closer aligned.
- Use of Lilleshall to be optimised across the GBR and ENG Programmes.
- Closer coach collaboration and development across all Programmes.
- Introduction of a GBR Group Programme. Initial focus being on GBR Juniors & Espoirs.
- Encouragement of Club and Regional use of the Jubilee Hall facility with an intention to acquire a second carpet to cater for the increased numbers and to develop more of an RHG 'Presence' at LNSC.
- The existing National Coaching Team to be retained supported by 2 x Assistant National Coaches recruited*- one with GBR and one with ENG - as part of a new planned coaching succession strategy for RHG. ** Roles to be advertised late Nov/early Dec 2018*
- A further pool of GBR Volunteer Coaches to be recruited within a new RHG Coach Development pool.
- GBR and ENG* to agree mutual targets and operating practices individual and group so that resources are maximised. ** This programme content/targets/criteria will be made available across other Home Nations*
- GBR & ENG Programme Calendars harmonised so that use of the Jubilee Hall at LNSC can be optimised.
- Facilitate a '1 message philosophy' with all Programmes having closer contact with National Coaching Team.

Programme Selection dates/venues for 2019

Senior and Junior Programmes (including Junior Group) - 16th December 2018. Lilleshall National Sports Centre

Espoir Programmes – 24/25 November - Espoir Open Apparatus / Round 3 Group League, Fenton Manor and BQT
2019 performance results

Aspire Programmes – Existing Squads continue to the end of March 2019. (2019 selection 6th April)

Programme and Selection Details

Espoir Programme

The focus of this squad will be to ensure that all gymnasts have the correct basics in place. The foundation of the two Espoir programmes will be joint. The age range of the squad will remain the same 9-12 years. The make-up of the squad will alter: for Individual gymnasts there will be 10 places, for group gymnasts there will be 10 places. (5 groups will be selected attending alternately). Each squad will be for a duration of 3 days 5 times per annum. Qualification process:

- For Individuals the selection will be made from an assessment day (for 2019 membership, this is the Espoir Open 2018) and BQT for individuals 2019
- For groups the selection will be made from an assessment day (for 2019 membership, this is Round 3 of Group League 2018), competition results & BQT for groups 2019.

Junior European Programme (Individuals)

The focus of this squad will be the development of a GBR Junior European team, this will be for 1 cycle i.e. 2 Junior Europeans competitions.

- Objectives for performance will be set by the performance team for the National Coach.

- Regular quarterly meetings will be held to measure progress. Gymnasts may be younger than the Junior age group (13-15) if deemed able to cope with the work load and in age to compete within the two competitions during this cycle; once gymnasts become too old to compete as a Junior European, they may progress on to their Home Country or the GBR Senior Squad. There will be up to 8 places for Individual gymnasts, this will be made via a selection day in November each year. Each squad will be for a duration of 4 days 5 times per annum. Qualification process:

- For Individual's will be indicated within a selection policy of Competition results & 3 wild card places free choice of the National Coaching Panel.

Senior World & European Championships Programme (Individuals)

The focus of this squad will be for high performance Senior gymnasts with a view to representing GBR at either World or European Championships. Objectives for performance will be set by the performance team for the National coach.

- Regular quarterly meetings will be held to measure progress. Gymnasts may be of last year of Junior age group & gymnasts of Senior age. There will be up to 5 places, this will be made via a selection day in November each year. Each squad will be for a duration of 3 days 5 times per annum. Qualification process:

- For Individual's will be indicated within a selection policy of Competition results & 1 wild card place free choice of the National Coaching Panel

Junior Group Programme

The focus of this squad will be the development of a GBR Junior Group, this will be for 1 cycle i.e. 2 Junior Europeans competitions.

- Objectives for performance will be set by the performance team for the National coach.

- Regular quarterly meetings will be held to measure progress Gymnasts may be younger than the Junior age group (13-15) if deemed able to cope with the work load and in age to compete within the two competitions during this cycle, once gymnasts become too old to compete as a Junior European. There will be up to 2 groups selected, this will be made via a selection day in November each year. Each squad will be for a duration of 3 days 5 times per annum & will be at the same time as the GBR Senior Squad sessions.

Applications to Trial for 2019

Applications for the 16th December trial for Senior & Junior Individuals and Junior Group will open on Friday 23rd November and will close on Sunday 2nd December. Please follow the link below to register your gymnasts to trial and make payment of £25 per gymnast. Coaches of Group gymnasts please email Marie Johnson to confirm your group and individual gymnast names.

<https://www.british-gymnastics.org>

PLEASE NOTE: The 2019 Trial enrolment is titled **Pathway Development Open Day – Rhythmic Gymnastics**

Alan Edge - Performance Manager – Rhythmic Gymnastics - November 2018