



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

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**British  
Gymnastics**

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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 in each programme selection criteria within this document. In addition, upon selection they must sign a copy of the British Gymnastics Athlete Agreement and abide by the rules and regulations applicable.

Athletes who do not hold a British passport must be released by their own National Federation and a British Passport obtained, to be considered for selection.

### Section 2. Selection Panel

The selection panels may vary depending on which programme is being discussed. As standard practice to ensure a GBR overview and consistency, the TRA Head National Coach, Performance Pathway Coach and/or Performance Pathway Manager will be present at all selection meetings. The key responsibilities of these two individuals are:

- a) Proposing and Agreeing the selection policy for all GBR programmes.
- 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, timescales differ slightly per programme so please be aware and check each programme criterion:

- **Selection**

Post the designated selection event period the GBR 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 TRA Head National Coach.

Nominated 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 the TRA Head National Coach.

Nominated athletes must also agree to observe all obligations outlined within the British Gymnastics' Performance Athlete Agreement 2021 -25 and any subsequent Codes of Behaviour adopted by British Gymnastics.

- **Induction & Confirmation**

Each programme differs on how and when they undertake an induction and confirmation phase. It is a dedicated period of time (typically 3 months) that allows an athlete and National Coaching Team to assess a variety of skills, knowledge and attributes aligned to what British Gymnastics feels it takes to win at an Olympic level, to ensure membership of that programme for the remainder of the year.

- **Full Programme Member**

If after the induction and confirmation phase for a programme, the National Coaching and Performance 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 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 TRA Head National Coach (or their appointed representative) and where possible one other independent person. Written justification must be provided for all removals by the TRA Head National Coach. 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 referred to British Gymnastics' designated Medical Officer 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 the TRA Head National Coach 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 websites) regarding their selection until after British Gymnastics have announced the Programme selection on the British Gymnastics website ([www.british-gymnastics.org](http://www.british-gymnastics.org))

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

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

## Section 6. Anti-Doping

Athletes must be compliant with the British Gymnastics anti-doping policy at all times. The selection panel reserve the right to nominate, select and / or deselect any athlete from any of the identified National Performance Pathway Programmes and 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, European Championships and Olympic Games, will have a specific selection policy and will be published on the British Gymnastics website.

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	Medal, 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 Competition	World Age Group Competition	World Age Group Competition	
European Championships	European Championships		European Championships
Minor Internationals	Minor Internationals	Minor Internationals	Minor Internationals

# TRAMPOLINE PERFORMANCE PATHWAY



This diagram provides a guide to the National Performance Pathway (TRA). The HNC & PPM reserve the right to modify and/or change the ages of gymnasts eligible for each level in the best interest of the trampolining programme.

## World Class Performance Programme

British Gymnastics are allocated places by UK Sport to fund athletes on the British Gymnastics World Class Performance Programme (WCPP) with an Athlete Performance Award (APA) to support their training and competition programme.

For the Paris Cycle (April 2021 – March 2025) there will be two types of offer made to athletes to join the Performance Programme (PP):

- I) Funded via UK Sport Athlete Performance Awards (APA)
- II) Programme Only (Non-Funded)

Both categories will receive domestic and overseas training and competition opportunities where appropriate, alongside the support of the sport science and medicine team. Funded athletes will receive an APA to financially assist the demands of training and competition. APA funded athletes will also receive medical insurance via the UK Sport Athlete Medical Scheme (AMS). Programme only athletes will not receive an APA or a medical insurance policy.

National Performance Programmes - Invitations to join the British Gymnastics National Performance Programmes will be issued on an annual basis, from January–December.

Participation in any of the Performance Programmes is optional. Athletes may decline the invitation, however once an athlete has accepted the offer, there is an expectation that the athlete will fully commit to all the requirements of the programme including the associated policies, procedures and agreed training, competition goals within the Individual Athlete Plan (IAP).

Declining the invitation will not restrict the gymnast's eligibility for selection to major championships, but all other forms of financial support and specialist sport science and medicine support will not be available.

Please note that WCPP selection consideration is based on performance outcomes outlined in the WCPP matrix.

## Performance Pathway Programme Selection 2021

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

- Current GBR Programme members will return to national squad activity as per the programme calendar and will be subject to a 3 month induction period
- Due to access restrictions at Lilleshall National Sports Centre (LNCS) there is no camp activity for non GBR Programme members January to March 2021 therefore all current BG Development and Foundation members will be invited to a profiling assessment day at LNCS on the 10<sup>th</sup> or 11<sup>th</sup> April 2021 (subject to any further restrictions)

### Section 2: Consideration to Profiling Selection Event (subject to Covid restrictions)

- All current development and foundation programme members will be invited to a profiling day for assessment
- 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 LNCS 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

- After Programme Profiling, final selections for the following programmes will be made: Development Programme, Foundation Programme.
- 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: 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

- GBR Programme selection period (length of time an athlete can expect to be on the Programme from the point of selection)
  - January-March 2021 (induction period)
  - January-December 2021
    - All athletes will undertake a 3 month induction period
- Development and Foundation Programme selection period (length of time an athlete can expect to be on the Programme from the point of selection)
  - May-July 2021 (induction period)
  - May-December 2021
  - August-December 2021 (New programme members profiled post British Championships 2021).
    - All athletes will undertake a 3 month induction period
- Programme athletes & coaches must agree a TRA Individual Athlete Plan (targets, development & competition routines, and competition calendar/events) with the TRA Head National Coach or named representative.
- Programme athletes will be required to undertake all TRA programme activities (camps, online activity, additional training at LNSC and/or HPC and competitions) as laid out by the TRA Head National Coach.
- 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 National Coaches prior to attendance.
- Programme athletes may be considered for selection to minor internationals.
- Programme athletes must also agree to observe all obligations outlined within the British Gymnastics' Performance Athlete Agreement 2021 – 2025 and any subsequent Codes of Behaviour adopted by British Gymnastics.