

National Performance Pathway Selection Policy & General Information (Trampoline) 2023

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Version 2.0

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Programme Terms & Conditions

Section 1. Eligibility for Selection

Any gymnast 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 Gymnast Agreement and abide by the rules and regulations applicable.

Gymnasts 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, National Coach, National Performance Pathway Coach and/or Head of Performance Pathway 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 Gymnasts, 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 gymnasts must agree a TRA Individual Gymnast Plan (aspirational targets, development & competition routines, and competition calendar/events) with the TRA Head National Coach.

Nominated Programme gymnasts will be required to undertake all TRA programme activities (online sessions, camps, additional training at LNSC and/or HPC and competitions) laid out by the TRA Head National Coach/National Coach/National Performance Pathway Coach.

Nominated gymnasts must also agree to observe all obligations outlined within the British Gymnastics' Performance Gymnast 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 a gymnast 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, the gymnast has demonstrated compliance in training, performance progression, a responsibility to the Programme and Codes of Behaviour the National Coaching team will confirm programme selection. Those that have not made the standard will be informed accordingly.

Considerations / Gymnast assessments will be made on an ongoing basis as part of a gymnast's membership to the programme regarding whether a gymnast 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 gymnast may be called upon to join the Programme at any time.

Once Programme selections have been confirmed all selected gymnasts must agree not to withhold any information on training fitness, injury status or illness that could affect training or competition at any time.

A gymnast 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 gymnast 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 a gymnast 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 gymnast 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 gymnast 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)

Section 5. Appeals

There is no appeal process for individual gymnasts not selected to attend one of the National Performance Pathway Programmes unless the selection policy has not been adhered to.

Section 6. Anti-Doping

Gymnasts 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 gymnast 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
World Cup Series	Medal	Selection Policy
European Championships	Medal	Selection Policy
European Games	Medal, multi-games exposure	Selection Policy
Minor Internationals	Appropriate to age, stage & development	No Selection Policy

2023	2024	2025	2026
World Championships	Olympic Games	World Championships	World Championships
World Cup Series	World Cup Series	World Cup Series	World Cup Series
European Games TBC	European Championships		European Championships
Minor Internationals	Minor Internationals	Minor Internationals	Minor Internationals

Junior/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

2023	2024	2025	2026
	European Championships		European Championships
World Age Group Competition		World Age Group Competition	World Age Group Competition
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 development of the Trampoline Programme.

World Class Performance Programme

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

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

- I) Funded via UK Sport Gymnast 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 gymnasts will receive an APA to financially assist the demands of training and competition. APA funded gymnasts will also receive medical insurance via the UK Sport Gymnast Medical Scheme (AMS). Programme only gymnasts 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. Gymnasts may decline the invitation, however once a gymnast has accepted the offer, there is an expectation that the gymnast will fully commit to all the requirements of the programme including the associated policies, procedures and agreed training, competition goals within the Individual Gymnast Plan (IAP).

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

Performance Pathway Programme Selection 2023

Selection Consideration 1:

- Individual medallists/finalists from the European Championships and World Age Group Competition 2022 will be automatically considered for inclusion on to the GBR TRA Programme 2023.

Selection Consideration 2:

- Members of the 2022 programme will be assessed against individual and group performance standard profile trajectories and individual engagement in the TRA programme and may be considered for inclusion on to the 2023 programme without the need to attend the profiling assessment day.

Selection Consideration 3:

- The Head National Coach & National Coaching Team will identify and invite gymnasts, from the ranking at the 2022 National Age Group and British Championships to attend the profiling assessment day at LNSC on the 29th October 2022 (subject to number of programme places available).
- The Head National Coach & National Coaching Team may identify and invite gymnasts through any form of Talented Identification process and/or set and vol performance standards demonstrated at competitions in the period of 26th March – 16th October 2022 to attend the profiling assessment day at LNSC on the 29th October 2022 (subject to number of programme places available).

Profiling Assessment Day

- Programme Profiling will involve collection of information/data in each of the following areas and will form the bases to be considered for inclusion on to the 2023 programme:
 - Technical Norms Assessment – Level 1 (selected from the below table)
 - Physical Norms Assessment – Level 1
 - Individual Gymnast Plan submission – including short, mid, and long terms goals and performance plan.
 - Discussion on access to quality environment and coaching, and with gymnast & coach buy-in to the TRA Programme with potential to be signposted to High Performance Centre for additional training as deemed appropriate for gymnast/coach development.

Technical Norms Assessment – Level 1		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 – Level 1	
Growth & Maturation Stage	Height & weight measure
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

Selection Process

- After the Programme Profiling Assessment Day, the selection panel will nominate gymnasts for the following programmes will be made:
 - a. GBR Senior Development Programme
 - b. GBR Junior Programme
 - c. ENG Senior Development Programme
 - d. ENG Junior Programme
 - e. Development Programme.
- Programme invitations will be emailed on or before 30th November 2022.
- All other parties will be notified on or before 30th November 2022.

Section 4: The Programme

- Programme selection period (length of time a gymnast can expect to be on the Programme from the point of selection)
 - January-March 2023 (induction period)
 - January-December 2023
 - All gymnasts will undertake a 3-month induction period
- Programme gymnasts & coaches must agree a TRA Individual Gymnast Plan (aspirational targets, development & competition routines, and competition calendar/events) with the TRA Head National Coach or named representative.
- Programme gymnasts & coaches will be required to undertake all TRA programme activities (online sessions, camps, additional training at LNSC and/or HPC and competitions) as laid out by the TRA Head National Coach.
- Programme gymnasts will be required to provide the TRA Head National Coach or named representative an updated performance profile demonstrating progression.
- Programme gymnasts will be required to provide the TRA Head National Coach or named representative information on planned training load and ongoing monitoring of actual training load.
- As part of selection on to Development programmes it is expected that personal coaches of programme gymnasts will attend all squad sessions and engage in educational content.

- Additional coaches may be invited to camps/clinics to partake in observation of technical/physical sessions, education workshops and other continued professional development opportunities.
- Programme gymnasts will only be eligible for a single programme and cannot move between programmes. Should a gymnast be invited to attend another programme in the same or different discipline this should be discussed with National Coaches prior to attendance.
- Programme gymnasts may be considered for selection to minor internationals.
- Programme gymnasts must also agree to observe all obligations outlined within the British Gymnastics' Performance Gymnast Agreement 2021 – 2025 and any subsequent Codes of Behaviour adopted by British Gymnastics.