



National Performance Pathway Selection Policy (Trampoline) 2019-2020

TRACY WHITTAKER-SMITH (HNC), RACHEL BAYLEY (OPM) & ALEX MCGREGOR (PPM)

Table of Contents

Section 1. Eligibility for Selection

Section 2. Nomination Panel

Section 3. Overview of Selection Process

Section 4. General Information

Section 5. Appeals

Section 6. Anti-Doping

Section 7. Competition Eligibility Matrix

Section 8. Performance Pathway

- Overview of GBR & England Pathway
- World Class Programme
- Performance Pathway Programmes
- England Development Programmes

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 Head National Coach, Olympic Performance Manager 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 and competitions.
- 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 programmes criterion:

- **Selection**

Post the designated selection event 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, 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 2017 – 21 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 a athlete's membership to the programme regarding whether a 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 Olympic Performance Manager (or their appointed representative) and where possible one other independent person. Written justification must be provided for all removals by the Olympic Performance Manager. 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)

Section 5. Appeals

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

Should you feel that your de-selection / selection is unjust you must formally write to the Olympic Performance Manager with details.

Section 6. Anti-Doping

Athletes must be compliant with the British Gymnastics anti-doping policy at all times. The selection panel reserve the not 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. This will be published on the British Gymnastics website on the link. [Selection Documents](#)

Senior Events	Gymnasts Selection Eligibility	Performance Standard	Selection Process
Olympic Games	Open	Medal	Selection Policy
World Championships	Open	Medal	Selection Policy
European Championships	Open	Medal	Selection Policy
World Cup Series	World Class Programme Gymnasts A-D	Medal	TBC
European Games	World Class Programme Gymnasts A-D	Senior development & Multi Games exposure	No Selection Policy
Minor Internationals	National Performance Pathway Programme Gymnasts	Appropriate to age, stage & development	No Selection Policy

Age Group Events	Selection Eligibility	Performance Standard	Selection Process
Youth Olympic Games	Open	Final - Medal	Selection Policy
European Championships	Open	Final - Medal	Selection Policy
World Age Group	Open	Final - Medal	Selection Policy
Minor Internationals	National Performance Pathway Programme Gymnasts	Appropriate to age, stage & development	No Selection Policy

GBR and England Performance Pathway Trampoline



* Ages are in the year of competition for 2019 (athletes aged 22yrs+ able to demonstrate long-term development potential may be considered for selection for senior programmes)

* British Athletes outside of England will not be eligible for the England Programmes but will be able to access their Home Nation Programmes. See Scotland Gymnastics, Welsh Gymnastics and Northern Ireland Gymnastics for programme detail.

World Class Performance Programme

British Gymnastics have been allocated 52 places by UK Sport during the Tokyo Cycle (2017 – 2021) 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 Tokyo cycle (April 2017 – March 2021) 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 a domestic and overseas training and competition opportunities, 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.

Performance Pathway Programmes

Section 1: Consideration Events

The Selection Panel will take into consideration performances at the following events when inviting athletes to the Programme Profiling weekend;

1. European Championships 2018
2. British Championships 2018
3. British Gymnastics Spring Event Series 2018, FIG Level only
4. British Gymnastics NDP Regional Team Finals 2018, Level 5+ only *
5. British Gymnastics NDP Finals 2018, Level 5+ only *
6. Domestic and international competitions (including controlled/trial event results) taken place between (January 2018 – October 2018)

* Pathway Development and Pathway Foundation Programmes only

Section 2: Selection Event

- Athletes to be considered for selection will be invited to a Programme Profiling Weekend on 8/9th December 2018.
- After Programme Profiling, final selections for the following programmes will be made: GBR Senior Programme, GBR Junior Programme, ENG Senior Programme, ENG Junior Programme, Development Programme, Foundation Programme.
- Programme Profiling will involve collection of data in each of the following areas:
 - a. Technical (see below)
 - b. Physical (see below)
 - c. Winning Habits (see below)
 - d. Interview and review of;
 - i. Individual Athlete Plan
 - ii. Athlete lifestyle
 - iii. Training environment
 - iv. Personal club coach 'buy-in' to the Programme

Technical – Brilliant Basics	Physical	Winning Habits
30 Jumps (ToF & HD)	Mobility	Motivation, drive & direction
(Arm Set) $\frac{3}{4}$ Back s/s (t & p)	Conditioning	Development potential
(Arm Set) Barani (t, p & s)	Vertical Jump	Ability to work with others
(Arm Set) Back s/s (t, p, s)	Physical Fitness	Mental skills to enhance performance in the moment
(Arm Set) Full, Rudi		
(Arm Set) 1 & $\frac{3}{4}$ Front s/s (t & p)		

Section 3: The Programme

- Programme selection period (Length of time an athlete can expect to be on the Programme from the point of selection)
 - January – March 2019 (Induction period)
 - April – December 2019
 - January – March 2020 (Induction period for new Programme members)
 - April - December 2020
 - Athletes will undertake a 3-month induction period from January – March.
- Programme athletes must agree a TRA Individual Athlete Plan (targets, development & competition routines and competition calendar/events) with the TRA Head National Coach.
- Programme athletes will be required to undertake all TRA programme activities (camps, additional training at LNSC and/or HPC and competitions) 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 will be considered for selection to GBR minor internationals.
- Programme athletes must also agree to observe all obligations outlined within the British Gymnastics' Performance Athlete Agreement 2017 – 21 and any subsequent Codes of Behaviour adopted by British Gymnastics.

England Senior and Junior Programmes



The England Senior and Junior Programmes are an integral part of the GBR Performance Pathway and therefore selection will take place at the same time as the GBR squads (December the preceding year).

For a full Selection Policy: www.british-gymnastics.org/england/squads