



**ENGLISH
GYMNASTICS**



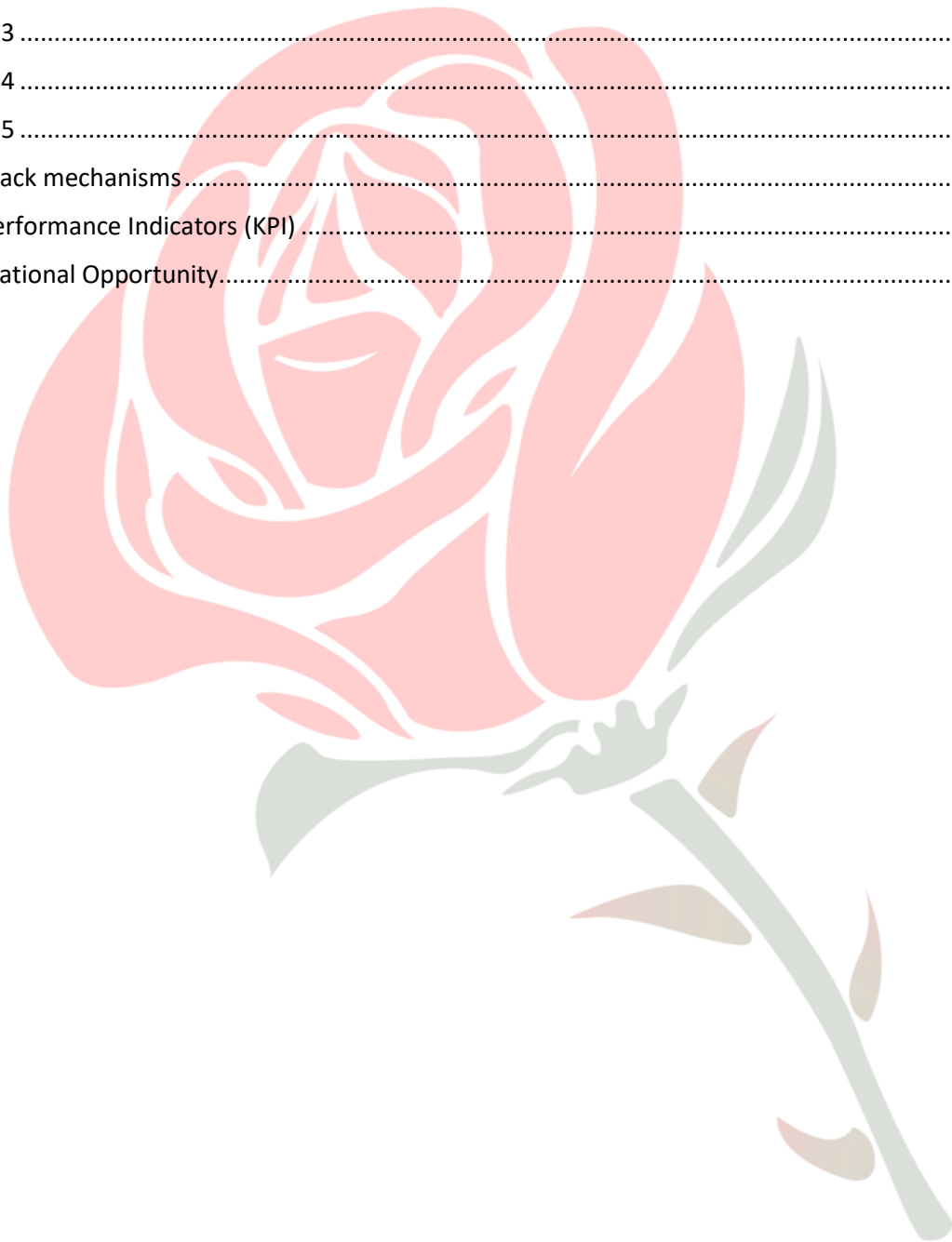
**England National Performance
Pathway Foundation
Programme (DMT)
2023**

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Version 1 06/01/2023



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Foundation Programme Outline Programme

Selection for the programme will be from the following events:

- Spring Series 1 and 2 2022
- English Qualifier 1 and 2 2022
- Age Group Championships 2022
- English Championships 2022
- British Championships 2022
- (Secondary Consideration) Inter Regional Championships 2022

Age groups for this programme:

- 10 -12 years
 - 9-10 will only be 2nd year
 - 13-14 first year as a development opportunity only.

Benchmark score for selection is:

- 40 + minimum

Camp Details

Camps for the foundation programme will be run zonally with four in the South of the country for Southern based Regions and four in the North for Northern Regions. There will be one joint camp that will take place at Lilleshall with all DMT programmes attending. The dates for these camps are:

- Camp 1, Date: Sunday 12th February 2023
 - Northern Camp will take place at:
The Drill Birkenhead
Drill Sports Hall
Grange Road West
Prenton
CH43 4XE
 - Southern Camp will take place at:
Liberty Gymnastics Club
Unit D, Vallis Trading Estate,
Robins Lane,
Frome,
Somerset,
BA11 3DT
- Camp 2, Date: Sunday 9th April 2023
 - Northern Camp will take place at:
The Drill Birkenhead
Drill Sports Hall
Grange Road West
Prenton
CH43 4XE



- Southern Camp will take place at:
OLGA Poole
Rossmore Leisure Centre
Herbert Avenue
Poole
Dorset
BH12 4HR

- Camp 3, Date: 13th/14th May Joint Camp at Lilleshall National Sports Centre, (Second year 9-10 programme members will only do the Saturday, 11-12 will be required to stay over and complete the full weekend).

- Camp 4, Date: Sunday 25th June 2023
 - Northern Camp will take place at:
Birkenhead Youth Club
8 Watson Street
Birkenhead
CH41 3PY

 - Southern Camp will take place at:
OLGA Poole
Rossmore Leisure Centre
Herbert Avenue
Poole
Dorset
BH12 4HR

- Camp 5, Date: Sunday 1st October
 - Northern Camp will take place at:
The Drill Birkenhead
Drill Sports Hall
Grange Road West
Prenton
CH43 4XE

 - Southern Camp will take place at:
OLGA Poole
Rossmore Leisure Centre
Herbert Avenue
Poole
Dorset
BH12 4HR



Camp 1

Camps will be held within the Zones stated above. The programme will be used to collect data on the gymnasts to help provide understanding how where the youth age group is developing. The data will be collected in the following areas:

- Speed of run up
- Distance from the mount for run up
- Time across the mount:
 - Straight jump 2 touch
 - Straight jump 3 touch
 - 41/, 4-/ (Mount Skill)
 - 4-/ , 41/
- Landing deduction linked to volume training (12 pass challenge)
 - 41/, 4-/ (Mount Skill)
 - 4-/ , 41/
- Physical testing programme
- Flexibility testing programme
- KPI Assessments of those retained on 11/12 from Year 1 (Out of age also)
- 15-minute clinic on various topics to be discussed with Jason before the camps. Topics will be agreed for the foundation coaches to create the presentation and deliver it.

Camp 2

Camps will be held within the Zones as stated above. The programme will be used to collect data on the gymnasts, to help provide understanding how the youth age group is developing. The data will be collected in the following areas:

- Review of data captured at camp 1
- Review of any regional competitions/League
- Preparation for EQ1 and the national English and British Season
- Volume training focused on Execution
- Volume training focused on landing deductions
- 15-minute clinic on various topics to be discussed with Jason before the camps. Topics will be agreed for the foundation coaches to create the presentation and deliver it.

Camp 3

This will be the joint camp at Lilleshall National Sport Centre. The camp will be split in to a one-day camp for those in the 9-10 age group and a two-day camp for the 11-12 age group. This camp is compulsory.

The camp will be a skill-based camp and to help the foundation programme understand how camps will work if they are given the opportunity to move forward in the programme to the full England squad (13-16).

The camp will consist of the following:

- Session 1, Brilliant basics
- Session 2, Pass construction (Frivolten Preparation)



- Session 3, Skill development
- Session 4, Open session

During day two there will be two clinics which will be given by lead coach Jason Richardson and one other coach to be decided by the lead coach. These clinics will be based on the 7 key stages of a DMT pass.

To help with the acclimatisation of the 11-12 gymnasts there will be a treasure hunt setup by the coaching team to give the gymnasts the opportunity to see the grounds and where things are onsite. This will help them in future to understand the layout of the site if they are lucky enough to progress onto the full programme.

Camp 4

Camps will be held within the regions as stated above. Being mid-season camp 4 will focus on the following:

- Brilliant basics
- Pass construction and development
- Skill development
- Preparation for English Championships
- Physical testing programme
- Flexibility testing program
- KPI reviews

Camp 5

Camp 5 will follow the same format as Camp 1, with the long distance between, Camp 4 and 5 it will be necessary to recollect data on the gymnasts to see how the gymnasts have improved over the course of the programme.

Camps will be held within the Zones as stated above. The programme will be used to collect data on the gymnasts to help provide understanding how the groups are developing. The data will be collected in the following areas:

- Speed of runup
- Distance from the mount for runup
- Time across the mount:
 - Straight jump 2 touch
 - Straight jump 3 touch
 - 41/, 4-/ (Mount Skill)
 - 4-/ , 41/
- Landing deduction linked to volume training (12 pass challenge)
 - 41/, 4-/ (Mount Skill)
 - 4-/ , 41/
- Physical testing programme
- Flexibility testing programme
- 15-minute clinic on various topics to be selected by Jason before the camps. 4 topics will be provided for the foundation coaches to create the presentation and deliver it.



Feedback mechanisms

All camps will require feedback to the gymnast's personal coach. This feedback will be delivered through feedback forms. Foundation coaches will be required to have this form completed and distributed no later than 3 days after the camp. They will also be required to complete a programme feedback form which will be sent to the Senior coaching team, (This form will need to be created and agreed by the senior coaching team).

* (PC) Personal Coach of Gymnasts

* (FC) Foundation Coaching Team

* (SC) Senior Coaching Team

Bullet point communication requirements to be implemented for the Foundation Coaches:

- Main feedback form to be completed by (FC), sent to (PC)
- Camp feedback form to be completed by (FC), sent to (SC)
- Phone call feedback from (FC) to (PC) no less than once every two months
- Zonal feedback forms and Camp feedback forms should be shared between Zones to avoid a North, South divide, (we are one team aiming for the same thing).

Phone consultation for the (FC) was seen as an essential tool to help keep track of the gymnast's progression during camps.

Key Performance Indicators (KPI)

The key performance indicators have been put together to help transparency and understanding on what we are looking for within the camps and what we are basing reselection on for our 1st year 11-12's. Tracking the progression of gymnasts helps keep the programme relevant for their development and provides insight if specific gymnasts may need to spend more time at their clubs and not the programme. (These (KPI) should be reviewed every 3 months for each gymnast on the programme)

Key Performance Indicators:

- Score based
- Skill development
- Physical improvement
- Flexibility improvement
- Target based (Gymnast driven KPI)
- Open and frank communication

All (KPI) will be assessed by the (SC), along with feedback from (FC) to determine if a gymnast is hitting the requirements (KPI), which will help with selection and continuation on the programme.

First year 11-12 requirements for remaining on the programme will be based on the (KPI) from the gymnasts first year on the programme. They must have met 50 % of the required KPI's from their first year, along with recommendations from the (FC) to (SC). This is put to a selection panel (consisting of (SC) and the technical chair of the disciplines).



International Opportunity

Frivolten Cup 17-21st May 2023

This competition will be offered to the 11-12 age group only (out of age will be offered a space if all spaces are not taken by 11-12 age group). We have an opportunity to take up to 23 gymnasts (TBC).

Officials attending will be

- England Head Coach
- Foundation Coaches x 2
- England Judges x 2
- Head of Delegation x 1

Algarve camp August 9-16th 2023

This camp will be offered to the 11-12 age group only (out of age will be offered a space if all spaces are not taken by 11-12 age group). We have an opportunity to take up to 20 gymnasts (TBC).

- Foundation coaches x 2
- Head of Delegation x 1

English Gymnastics reserve the right to change dates, events, and venues. All reasonable efforts will be made to prevent any change, however, should circumstances lead to adjustments to the program we will endeavour to notify the personal coaches as soon as possible.

Document and any further updates can be found here:

[England Info – City of Salford Trampoline and Gymnastic Club \(cityofsalfordtc.com\)](http://cityofsalfordtc.com)

Documents will also be available on the England website:

[English Gymnastics \(british-gymnastics.org\)](http://british-gymnastics.org)