









# T&T 2020-2024 DEVELOPMENT PROGRAM

## Pathway Overview

				
<b>Goal of the Program</b>	<ul style="list-style-type: none"> <li>Bring together young athletes and coaches</li> <li>Develop a love of the sport – focus is fun and enjoyment</li> <li>Talent identification and development</li> <li>Introduce the national direction and processes</li> <li>Coach education – technical lectures</li> </ul>	<ul style="list-style-type: none"> <li>Bring together developing athletes and coaches</li> <li>Continue focus on fun and enjoyment</li> <li>Prioritize teambuilding outside of training</li> <li>Talent identification and development</li> <li>Continue instilling National Team processes</li> <li>Coach education – technical lectures and insight into Elite developments</li> <li>Develop understanding of best practice techniques, progressions, routine composition, strength &amp; conditioning</li> <li>Introduce goal setting</li> <li>Exposure to supplementary staff (e.g. athlete mentors, sports science experts)</li> </ul>	<ul style="list-style-type: none"> <li>Prepare athletes and coaches for Senior competition</li> <li>Training has a performance focus</li> <li>Continue working on team cohesiveness</li> <li>Learn to work with and trust different athletes and coaches</li> <li>Refine understanding of National Team processes including National Team warmups, team schedules and expectations</li> <li>Coach education – insight into Elite developments, peer information sharing, round tables, sports science experts</li> <li>Introduce National Team reporting and results monitoring processes</li> <li>Exposure to supplementary staff (e.g. sports science, health &amp; wellness experts)</li> </ul>	<ul style="list-style-type: none"> <li>Full camp program has a performance and results-based focus</li> <li>A more individualized program tailored to the individual athlete and their training and competition plan</li> <li>All coaches and athletes work together</li> <li>Coach education – a collaborative approach</li> <li>insight into Elite developments, peer information sharing, round tables, sports science experts</li> <li>Expectations of role modelling and leadership behaviors</li> <li>Exposure to supplementary staff (e.g. sports science, health &amp; wellness experts)</li> </ul>
<b>Ages</b>	7-12 (as at 31 December)	11-14 (as at 31 December)	15-16 (as at 31 December)	17+ (as at 31 December)
<b>Levels</b>	<ul style="list-style-type: none"> <li>Level 8 10U</li> <li>Level 9 10U</li> <li>Level 9 11-12</li> <li>Level 10 10U</li> <li>Level 10 11-12</li> </ul>	<ul style="list-style-type: none"> <li>Youth Elite 11-12</li> <li>Youth Elite 13-14</li> <li>Level 10 11-12</li> <li>Level 10 13-14</li> </ul>	Junior Elite	Senior Elite
<b>Number of camps</b>	1 camp: <ul style="list-style-type: none"> <li>Jumpstart camp (may be combined with Elite Development)</li> </ul>	2 camps: <ul style="list-style-type: none"> <li>Elite Development camp (may be combined with Jumpstart)</li> <li>WAGC prep camp (for those selected for WAGC)</li> </ul>	2 camps: <ul style="list-style-type: none"> <li>Junior National Team Training camp (may be combined with Senior National Team)</li> <li>WAGC prep camp (for those selected for WAGC)</li> </ul>	3-5 camps: <ul style="list-style-type: none"> <li>1-3 Senior National Team training camps (may be combined with Junior National Team)</li> <li>TRA: 2 Senior National Team training/prep camps</li> <li>Worlds prep camp</li> </ul>
<b>Number of athletes per camp</b>	80 32 TRA / 24 TUM / 24 DMT	80 32 TRA / 24 TUM / 24 DMT	64 24 TRA / 20 TUM / 20 DMT	52 20 TRA / 16 TUM / 16 DMT

				
<b>Selection of athletes</b>	<p><u>2020</u>: Using USA Gym Champs scores:</p> <ul style="list-style-type: none"> <li>Rank order, requiring a minimum score.</li> <li>See <a href="#">Development Team selection procedures</a></li> </ul> <p><u>From 2021</u>: Using USA Gym Champs scores and state fitness testing results:</p> <ul style="list-style-type: none"> <li>Rank order, requiring a minimum score.</li> <li>See 2021 Development Team selection procedures (available late 2020)</li> </ul>	<p>Using the higher of Elite Challenge and USA Gym Champs scores:</p> <ul style="list-style-type: none"> <li>Rank order, requiring a minimum score.</li> <li>Level 10 athletes in rank order, requiring a minimum score may be added</li> <li>See <a href="#">Development Team selection procedures</a></li> </ul>	See <a href="#">National Team selection procedures</a>	See <a href="#">National Team selection procedures</a>
<b>Team selection meets</b>	<p>2 events:</p> <ul style="list-style-type: none"> <li>USA Gym Champs</li> <li>State fitness testing (2021 onwards)</li> </ul>	<p>2 events:</p> <ul style="list-style-type: none"> <li>Elite Challenge</li> <li>USA Gym Champs</li> </ul>	<p>2 events:</p> <ul style="list-style-type: none"> <li>Elite Challenge</li> <li>USA Gym Champs</li> </ul>	<p>2 events:</p> <ul style="list-style-type: none"> <li>Elite Challenge</li> <li>USA Gym Champs</li> </ul>
<b>Additional athletes</b>	<ul style="list-style-type: none"> <li>No petitions onto team</li> <li>No additional invites to camps</li> </ul>	<ul style="list-style-type: none"> <li>No petitions onto team</li> <li>No additional invites to camps</li> </ul>	<ul style="list-style-type: none"> <li>No petitions onto team</li> <li>YE 13-14 athletes may be added to team or invited to camp (see <a href="#">National Team selection procedures</a>)</li> </ul>	<ul style="list-style-type: none"> <li>No petitions onto team</li> <li>JE athletes may be added to team or invited to camp (see <a href="#">National Team selection procedures</a>)</li> </ul>
<b>International meets (for selected athletes)</b>	N/A	<p>1 meet:</p> <ul style="list-style-type: none"> <li>WAGC</li> </ul>	<p>1-3 meets dependent on international calendar:</p> <ul style="list-style-type: none"> <li>TRA: Pacific Rim, Jr Pan Am Champs</li> <li>Accompanying competitions to World Cups (see <a href="#">annual calendar</a>)</li> <li>WAGC</li> </ul>	<p>Dependent on international calendar:</p> <ul style="list-style-type: none"> <li>TRA: Pacific Rim, Pan Am Champs, Pan Am Games</li> <li>Olympics / World Games</li> <li>World Cups</li> <li>World Championships or WAGC</li> <li>Other meets per <a href="#">annual calendar</a>)</li> </ul>
<b>Apparel</b>	Training leotard/training apparel – athletes Team polo shirt – coaches	Training leotard/training apparel – athletes Team warmup – athletes Team polo shirt – coaches	National Team warmup (quad) – athletes WAGC apparel funded for selected athletes	National Team warmup (quad) – athletes and personal coaches National team apparel for traveling athletes and coaches WAGC apparel funded for selected athletes
<b>Funding</b>	No national funding State and regional funding – see relevant state / region rules	No national funding State and regional funding – see relevant state / region rules	TRA: prize money (see <a href="#">National Team athlete support document</a> )	TRA: National Team funding Prize money (See <a href="#">National Team athlete support document</a> )
<b>Benefits</b>	Team pin – athletes Certificate – athletes and coaches Group picture on website (from camp)	Team pin – athletes Certificate – athletes and coaches Group picture on website (from camp)	Plaque – athletes Certificate – coaches Individual picture and profile on website	Plaque – athletes Certificate – coaches Individual picture and profile on website