



“Our vision is to provide a positive, healthy, life enhancing, sporting experience”

Stepping Stones to High Performance Trampolining at Peak

Purpose

To create the opportunity for athletes to progress safely and positively through a clear Trampoline performance pathway, from beginning athlete through to experienced high performance competitor.

Objective

- To provide a clear pathway from recreational Trampoline to High performance.
- To provide a safe and supportive environment for all athletes who wish to develop their performance and progress to a higher level of competition
- To provide equal opportunities for all competitive athletes by setting out a clear pathway which highlights the requirements for moving up the competitive ladder
- To provide the opportunity for athletes in other sports (for example, Gymnastics and Diving) to transition into competitive trampolining.

Step 1: Entry to Level 1 – 3

When a recreational athlete has shown an interest in competing in Trampoline or a recreational athlete has shown the appropriate talent, we will take the following steps to assist them in taking the step into Levels based competitions:

- Talent ID from recreation
- Trial session to check skill acquisition, TOF, attitude to training, suitability to squads.
- Pro forma on skill acquisition completed.
- Discussion between Head Coach (HC) and Senior Coach/ Club Manager. (SC/CM)
- Communication to parents by Senior Coach/ Club Manager with recommendations.
- Athlete enters on a trial basis to assess continued skill acquisitions and further assessment to be made at the end of that term.
- Training session times 4 – 5.30 Monday to Friday, Saturday 11.30am - .1.00pm, 1.00pm – 2.pm, 12.45pm – 2.00pm, 2.00pm - 3.30pm and 3.30pm – 4.45pm.

Step 2: Levels to Age

When a Levels athlete has shown an interest in reaching higher competition levels or has shown the appropriate talent, we will take the following steps to assist them in taking the step into Age based competitions:

- Meeting between the HC, SC/CM and the Director responsible for HP to discuss individual athlete’s ability to move across to the Age competition.
- Skills acquisition and attitude to training provided by the coaches as evidence for movement to Age competition.
- Recommendation’s made to either continue as is to improve areas identified through the assessment process or movement to the Age competition.
- Meeting with athlete, parents, and relevant club personnel to outline the next step and implications for training times etc



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Step 3: Age to International

When an Age competition athlete has shown an interest in reaching higher competition levels or has shown the appropriate talent, we will take the following steps to assist them in taking the step into International competitions:

- If aged 14 – 18 nominated to be part of the Developing Champions initiative with GWA/WAIS/DSR
- Athlete meets the requirements to be videoed for the VAT (Visual Assessment Tool)
- Athlete placed on VAT for consideration for Team Future and Team Future advanced camps.
- Must be competing in an International stream.
- Athlete is competing at one level above their age.

Step 4: International to High Performance

When an International competition athlete has shown an interest in reaching higher competition levels or has shown the appropriate talent, we will take the following steps to assist them in taking the step into High Performance competitions:

- Finalist in Junior/Senior at Nationals
- Meet the bench mark scores in two competitions in the build up to Nationals.
- Placed on Team Future Advanced camps.
- Minimum number of training session 6 to include strength and other none trampoline specific activities

Mitigating circumstances

There will always be occasions when athletes in the Age/International stream have difficulties attending the normal allocated timetable due to travel or work. These cases will be reviewed on an individual basis by the Head Coach/ Senior Coach Club and High Performance Board member.