



“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 Levels 1 – 2a

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 Banded based competitions:

- During in the rec session the coach will check skill acquisition, TOF, attitude to training, suitability to squads.
- Athlete and coach select the level routines to compete, 1,2,2A.
- Athlete takes part in the participation competition
- If keen to continue towards squads the athlete will work towards the basic pre-requisite for entry: front and back somersaults and baranis, with tuck, pike, straight shapes. The ability to link these moves together.

Step 2: Levels 3 – 7

Having met the skill requirements and competed in Banded Trampoline Competitions, if the athlete wishes to move into the squads, we will take the following steps to assist the transition into the Squads:

- Athletes will enter a minimum of one squad session in addition to their recreational session.
- Athlete and coach select the level routines to compete, 3-7.
- Athlete takes part in Levels competitions recommended by coach
- If keen to completely transition into squads, meeting will be had with parents to see availability of sessions

Step 3: Levels to Age

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



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

- 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.
- Recommendations made by the Head coach to the athlete and parents to either continue in levels, to improve areas identified through the assessment process to move in the future, or movement to the Age competition.
- Set and Vol routines need to correspond with the age group requirements for the State Team.
- Selection of the QC events is at the discretion of the Head Coach and Senior Coach/Club Manager.

Step 4: 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:

- Nomination to be part of the Developing Champions initiative with GWA/WAIS/DSR (If aged 14 – 18)
- Addition to the Gymnastics Australia VAT (Visual Assessment Tool)
- Videos submitted to VAT for consideration for Team Future and Team Future advanced camps
- Guide athlete for nominations for GWA HP Squads
- Guide athlete for selections for 2nd Tier International Events (Indos, Other countries’ Nationals, Pac Rim)
- *Athlete must be competing in an International stream
- *Athlete must be competing a minimum of one level above their age level

Step 5: International to High Performance

When an International level 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:

- Individualized training program designed by HC based on agreed targets between HG and athlete
- Ensure athlete is meeting selection scores in WA comps/ club trials prior to entering expressions of interest for selection and prior to attending any Selection Events
- Minimum number of training sessions 6 to include strength and other non-trampoline specific activities
- Guide athlete for nominations for GWA HP Squads
- Guide athlete for selections for 1st Tier International Events (YOG, WAGC, Worlds, Olympics)
- *Athlete must be competing in Junior or Senior International Divisions at Australian National Championships

Please note our classes have strictly limited numbers in order to deliver and maintain a level of service which promotes excellence. Occasionally spaces may not be available for certain sessions and in these cases the club will work with individuals on a case by case basis to ensure the best possible outcome for both the club and athlete.