

## Regional/zonal squads moving towards Euros 2016

For the first time ever, British Gymnastics are moving towards National teams for TeamGym; this has been discussed for a few years now but following the amazing results at the 2014 European Championships in Iceland of the club based Great British teams, this has now become a reality. By introducing this new initiative British Gymnastics are hopeful to have our National teams in medal positions at the next European Championships in 2016.

We in Saltire are keen to support this exciting opportunity and will certainly be looking to identify some potential squad gymnasts from all our Senior and Junior competitive teams. This would be a huge commitment by both the Club Coaches and the gymnasts.

The proposed structure, skill matrix and time scales are set out below. There would be 6 categories, Junior Mixed, Women and Men and Senior Mixed, Women and Men. Age range of possible squad members would be gymnasts born 2003 or earlier. Structure would be:

- Zonal Trials (north and south)
- Squad Training (Phase 1)
- Team Training (Zonal teams) – (Phase 2)
- Interzonal competition & phase 3 selection
- Multi zonal training (Phase 3)

### Floor matrix

- Straight elbow planche into straddle elbow planche
- Double spin forwards and double spin backwards
- Straddle jump >90° and horizontal
- Jump 540
- Split jump / split change
- Cartwheel flic

Also looking at: Dance ability, Russian Levers, Back Saltos, Split change

Fitness would be included in Trials/Squad selection

- Knee to wall test (ankle flexibility) aiming for equal on both
- Bleep test
- Wrist extension test (similar to knee to wall test – fingers towards block and push shoulder towards 0 measured from middle finger tip)
- Dish hold
- Sergeant jump
- 25 m sprint
- Press ups in 1 min
- Sit up in 1 min

### Tumble matrix

- Round off flic straight 360
- Another optional backward tumble (3 linked skills)
- Salto step out
- Handspring salto
- 3 linked forward skills

### Trampoline Matrix

- Double tuck 180 out
- Salto vault – fwd or bwd
- Another trampoline skill

There is also a financial commitment which I know will be daunting but money well invested for your gymnast, the Club and Great Britain. Hopefully there might be funding which can be sourced should your gymnast be selected.

### Cost per gymnast

- Trial - £15
- Phase 1 - £150
- Phase 2 - £250
- Phase 3 – Funded (TBC)
- Board and travel expenses are not included for gymnasts
- Board and travel expenses for staff are included
- All payments will go to and from BG directly

### Provisional Dates:

Trials:	19 <sup>th</sup> April 2015
Phase 1:	16-17th May 2015 (N)
	10-14th Aug 2015
Phase 2:	26th – 30th Oct 2015
	6-7 Feb 2016
	30th April & 1st May 2016
Interzonal Comp	7-8th May 16
Phase 3	11-12 June 2016
(National Squad)	8-12 August 2016
	10-11th Sept 2016

17-18th Sept 2016

1-2nd Oct 2016

Selection of staff by declaration of interest form, such staff will be appointed by British Gymnastics Selection Panel.

- Squad coach
- Floor trainer – nominated by Squad coaches, approved by TGTC
- Zonal leader – Interview by BG TG Selection Panel
- Unit leader – Interviewed by BGTG Selection Panel
- Pathway Co-ordinators – BG Staff
- Phase 3 coaches, selected by BGTG Selection panel in consultation with Unit Leaders and may be subject to interview.