



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Sylfaen Trampolin Polisi Dewis 2024/25

Trampoline

Foundation Squad 2024/25

Selection Policy

<p>1. Introduction</p>	<p>The Welsh National Programme hereby outlines the selection process, key timescales and important criteria that are required to be eligible for squad selection for the Welsh Foundation Squad.</p> <p>Selections will be made by the Welsh Trampoline selection panel. Details of which can be found in this document.</p>
<p>2. Selection Timelines</p>	<p>This squad will be selected on a 6 monthly basis in March / April & October / November.</p> <ul style="list-style-type: none"> • Squad trial – 10th November 2024 • Selection panel – W/C 11th November 2024 • Selection communication – No later than 22nd November 2024 • Squad commence – December 2024
<p>3. Gymnast Eligibility Criteria</p>	<ul style="list-style-type: none"> • Only gymnasts eligible to compete for Wales will be considered for selection. Please see eligibility policy. • Gymnasts aged 8-12 years by the 31st December 2024 will be eligible for the Foundation Squad. • Gymnasts already holding a place in 2024 do not need to re-trial for the foundation squad unless they wish to move up a squad. • Gymnasts must be current members of Welsh/British Gymnastics and must be training in a Welsh/British Gymnastics registered environment.
<p>4. Selection criteria general</p>	<p>The Welsh National Programme will select gymnasts, who in the expert opinion of the Technical Lead, have the best capability of representing Wales now and / or in the future.</p> <p>Gymnasts will be considered based on the following factors:</p> <ul style="list-style-type: none"> ▪ Routines performed at trial (against the testing criteria) ▪ Performance of basic technical skills at trial ▪ Ability to further develop technical skills ▪ Work ethic attendance and behaviour ▪ Potential to represent Wales in future international competitions <p>Gymnasts demonstrating high-quality performance in competition may be invited to a training session throughout the year and where relevant given the opportunity to trial for a place on this squad.</p>
<p>5. Selection Specific</p>	<ul style="list-style-type: none"> • Entries for the trampoline squads will be made via Sport80 (See table at the end of the document for the testing criteria). • The Panel will limit the Squad for 2024 to a maximum of 20 gymnasts. <p>Wildcards – The Panel will have the capacity to select wildcard gymnasts for reasons listed below;</p> <ul style="list-style-type: none"> • The individual is injured or ill, impacting on their ability to attend or complete the testing day • The individual demonstrated some areas of poor performance within the testing day but show potential in other areas <p>Reserve list – Upon completion of selections, the selection panel may create an additional list of gymnasts where they periodically check in with these individuals or invite to a squad session to monitor development.</p>

<p>6. Selection Panel</p>	<p>The selection panel will consist of:</p> <ol style="list-style-type: none"> 1. TRA Technical Lead / Foundation Squad Coach 2. WG Performance Director/Programme Manager/Programme Officer 3. TRA TP Representative 4. Athlete Representative (if available)
<p>7. Injury/illness/ other reasons for being unable to complete testing</p>	<ul style="list-style-type: none"> • Any gymnast who is ill or injured prior to or during the trial, must provide written documentation of the injury or illness performance@welshgymnastics.org by 10th November 2024. This information can be taken into consideration in the selection process. <ol style="list-style-type: none"> I. Gymnast Name & Club II. Gymnasts Squad (if applicable) e.g., Foundation, Development or Performance III. Injury / Illness Details - Length of time injured, Diagnosis, Treatment and expected recovery timescales (If known) IV. Gymnasts who are not able to complete testing must express in writing reasons why they cannot attend the testing day. If agreed by the selection panel, the gymnast may attend the first squad session as a trial. <p>OR</p> V. If a gymnasts cannot attend or complete testing due to reasons listed above, can on the agreement with the selection panel, submit video evidence if this is prior to the first squad session.
<p>8. Complaints</p>	<ol style="list-style-type: none"> 1. If you are unhappy with the process or wish to put in a complaint, please email contactus@welshgymnastics.org.

Testing criteria:

Foundation	Requirements	Routine
Age group 8-12 years	Back s/s (t), arm set jump x 5	Routine with minimum of 5 elements with at least than 270°
	Back s/s (p), arm set jump x 5	
	. Back s/s (s), arm set jump x 5	
	Barani (t), arm set jump x 5	
	Barani (P), arm set jump x 5	
	Barani (S), arm set jump x 5	
	½ to front landing from arm set	
	¾ Back s/s (S) from arm set	
	¾ Front s/s (S) from arm set	

Gymnasts will be required to show the following requirements at the trial:

- 1 x requirements above mentioned
- 1 x routine filling the requirements above mentioned
- 3 x skills/progressions being worked (not included in routines)