



Welsh Gymnastics
Gymnasteg Cymru

Sgwad Perfformiad Rhythmig Polisi Dewis 2024

Rhythmic

Performance Squad 2024

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 Performance Squad.</p> <p>Selections will be made by the Welsh Rhythmic selection panel. Details of which can be found in this document.</p>
<p>2. Selection Timelines</p>	<p>Selection for this squad takes place in October / November. An additional trial will occur in March / April for the remaining 6 months.</p> <ul style="list-style-type: none"> • Squad trial – 16th November 2024 • Selection panel – No later than the 30th November 2024 • Selection communication – No later than the 8th December 2024 • Squad commence – November / 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 16 years by the 31st December 2025 will be eligible for the Performance Squad. Final year Junior gymnasts (2009) may be considered for this 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 National Coaches, 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"> ○ Achieving a Level 5 ○ Trial results above 70% <ul style="list-style-type: none"> ▪ BQT elements – based on year in 2025 ▪ Conditioning ○ Work ethic ○ Attitude towards training and competition <p>An individual's place may be reviewed throughout the year subject to performance targets. Gymnasts may be invited throughout the year at the discretion of the National Coaches to attend sessions as guests before trialling at the next opportunity.</p>
<p>5. Selection Specific</p>	<ul style="list-style-type: none"> • Entries for the Rhythmic squads will be made via Sport80 (See table at the end of the document for the testing criteria). <p>Wildcards – The selection 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 complete the testing day. • Potential for further technical and skill development.
<p>6. Selection Panel</p>	<p>The selection panel will consist of:</p> <ol style="list-style-type: none"> 1. RHY (Head) National Coach 2. RHY National Coach

	<p>3. WG Performance Director/Programme Manager/Programme Officer</p> <p>4. Independent WG Staff Member</p> <p>5. Athlete Representative (if available)</p>
<p>7. Injury/illness/ other reasons for being unable to complete testing</p>	<p>Gymnasts who are unable to trial due to extenuating circumstances e.g., illness / injury, or a pre-booked holiday will be able to trial at an appropriate time after the event as identified by the National Coaches. They will still have to been entered on Sport80 and written documentation of the reason, injury or illness to performance@welshgymnastics.org by 16th November 2024.</p>
<p>8. Complaints</p>	<p>If you are unhappy with the process or wish to put in a complaint, please email contactus@welshgymnastics.org.</p>