## T&T 2020-2024 Development Program Pathway Overview

### Goal of the Program
- Bring together young athletes and coaches
- Develop a love of the sport – focus is fun and enjoyment
- Talent identification and development
- Introduce the national direction and processes
- Coach education – technical lectures

- Bring together developing athletes and coaches
- Continue focus on fun and enjoyment
- Prioritize teambuilding outside of training
- Talent identification and development
- Continue instilling National Team processes
- Coach education – technical lectures and insight into Elite developments
- Develop understanding of best practice techniques, progressions, routine composition, strength & conditioning
- Introduce goal setting
- Exposure to supplementary staff (e.g. athlete mentors, sports science experts)

- Prepare athletes and coaches for Senior competition
- Training has a performance focus
- Continue working on team cohesiveness
- Learn to work with and trust different athletes and coaches
- Refine understanding of National Team processes including National Team warmups, team schedules and expectations
- Coach education – insight into Elite developments, peer information sharing, round tables, sports science experts
- Introduce National Team reporting and results monitoring processes
- Exposure to supplementary staff (e.g. sports science, health & wellness experts)

- Full camp program has a performance and results-based focus
- A more individualized program tailored to the individual athlete and their training and competition plan
- All coaches and athletes work together
- Coach education – a collaborative approach
- Expectations of role modelling and leadership behaviors
- Exposure to supplementary staff (e.g. sports science, health & wellness experts)

### Ages
- 7-12 (as at 31 December)
- 11-14 (as at 31 December)
- 15-16 (as at 31 December)
- 17+ (as at 31 December)

### Levels
- Level 8 10U
- Level 9 10U
- Level 9 11-12
- Level 10 10U
- Level 10 11-12
- Youth Elite 11-12
- Youth Elite 13-14
- Level 10 11-12
- Level 10 13-14
- Junior Elite
- Senior Elite

### Number of camps
- 1 camp:
  - Jumpstart camp (may be combined with Elite Development)
- 2 camps:
  - Elite Development camp (may be combined with Jumpstart)
  - WAGC prep camp (for those selected for WAGC)
- 2 camps:
  - Junior National Team Training camp (may be combined with Senior National Team)
  - WAGC prep camp (for those selected for WAGC)
- 3-5 camps:
  - 1-3 Senior National Team training camps (may be combined with Junior National Team)
  - TRA: 2 Senior National Team training/prep camps
  - Worlds prep camp

### Number of athletes per camp
- 80
  - 32 TRA / 24 TUM / 24 DMT
- 80
  - 32 TRA / 24 TUM / 24 DMT
- 64
  - 24 TRA / 20 TUM / 20 DMT
- 52
  - 20 TRA / 16 TUM / 16 DMT
## Selection of athletes

**2020:** Using USA Gym Champs scores:
- Rank order, requiring a minimum score.
- See Development Team selection procedures

From **2021:** Using USA Gym Champs scores and state fitness testing results:
- Rank order, requiring a minimum score.
- See Development Team selection procedures (available late 2020)

Using the higher of Elite Challenge and USA Gym Champs scores:
- Rank order, requiring a minimum score.
- Level 10 athletes in rank order, requiring a minimum score may be added
- See Development Team selection procedures

## Team selection meets

<table>
<thead>
<tr>
<th>2020</th>
<th>2021 onwards</th>
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<tbody>
<tr>
<td>2 events:</td>
<td>2 events:</td>
</tr>
<tr>
<td>USA Gym Champs</td>
<td>Elite Challenge</td>
</tr>
<tr>
<td>State fitness testing</td>
<td>USA Gym Champs</td>
</tr>
</tbody>
</table>

## Additional athletes

- No petitions onto team
- No additional invites to camps

## International meets (for selected athletes)

- **N/A**
- 1 meet: WAGC
- 1-3 meets dependent on international calendar:
  - TRA: Pacific Rim, Jr Pan Am Champs
  - Accompanying competitions to World Cups (see annual calendar)
  - WAGC

## Apparel

- Training leotard/leisure attire – athletes
  - Team polo shirt – coaches
- Training leotard/leisure attire – athletes
  - Team warmup – athletes
  - Team polo shirt – coaches
- National Team warmup (quad) – athletes
  - WAGC apparel funded for selected athletes
  - Personal coaches
  - National team apparel for traveling athletes and coaches
  - WAGC apparel funded for selected athletes

## Funding

<table>
<thead>
<tr>
<th>No national funding</th>
<th>No national funding</th>
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<tbody>
<tr>
<td>State and regional funding – see relevant state / region rules</td>
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</tbody>
</table>

TR: Prize money (see National Team athlete support document)

## Benefits

- Team pin – athletes
  - Certificate – athletes and coaches
  - Group picture on website (from camp)
- Team pin – athletes
  - Certificate – athletes and coaches
  - Group picture on website (from camp)
- Plaque – athletes
  - Certificate – coaches
  - Individual picture and profile on website
- Plaque – athletes
  - Certificate – coaches
  - Individual picture and profile on website