









T&T 2021-2024 ELITE DEVELOPMENT PROGRAM

Pathway Overview

				
Goal of the Program / Goal of Camps	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Prepare athletes and coaches for Senior competition Focus on performance 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) 	<ul style="list-style-type: none"> Focus on performance and results (measured against goals) 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 insight into Elite developments, peer information sharing, round tables, sports science experts 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	<ul style="list-style-type: none"> Level 10 12U Level 9 11-12 Level 9 10U Level 8 10U 	<ul style="list-style-type: none"> Youth Elite 13-14 Youth Elite 11-12 Level 10 13-14 	Junior Elite	Senior Elite Intermediate Elite (from 2022)
Number of Camps	1 camp: <ul style="list-style-type: none"> JumpStart camp (may be combined with Elite Development) 	2 camps: <ul style="list-style-type: none"> Elite Development camp (may be combined with JumpStart) WAGC prep camp (for those selected for WAGC) 	2 camps: <ul style="list-style-type: none"> Junior National Team training camp (may be combined with Snr National Team) WAGC prep camp (for those selected for WAGC) 	3-5 camps: <ul style="list-style-type: none"> 1-3 Senior National Team training camps (may be combined with Jnr National Team) TRA: 2 Senior National Team training/prep camps Worlds prep camp
Athletes per Camp	Approx. 80 32 TRA / 24 TUM / 24 DMT	Approx. 80 32 TRA / 24 TUM / 24 DMT	Approx. 64 24 TRA / 20 TUM / 20 DMT	Approx. 52 20 TRA / 16 TUM / 16 DMT
Camp Staffing	National Coordinators to lead camp Assistant staff selected from attending coaches Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Assistant staff selected from attending coaches Supplementary staff invited to lead sessions Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Supplementary staff invited to take sessions Personal coaches work with their athletes as well as all athletes in attendance	National Coordinators to lead camp Supplementary staff invited to take sessions Personal coaches work with their athletes as well as all athletes in attendance

				
Selection of Athletes	Using USA Gym Champs scores and state fitness testing results: <ul style="list-style-type: none"> Rank order, requiring a minimum score. See Development Team selection procedures 	Using the higher of Elite Challenge and USA Gym Champs scores: <ul style="list-style-type: none"> Rank order, requiring a minimum score. Level 10 athletes in rank order, requiring a minimum score may be added See Development Team selection procedures 	See National Team selection procedures	See National Team selection procedures
Team Selection Meets	2 events: <ul style="list-style-type: none"> USA Gym Champs State fitness testing 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs 	2 events: <ul style="list-style-type: none"> Elite Challenge USA Gym Champs
Additional Athletes	<ul style="list-style-type: none"> No petitions onto team No additional invites to camps 	<ul style="list-style-type: none"> No petitions onto team No additional invites to camps 	<ul style="list-style-type: none"> No petitions onto team YE 13-14 athletes may be added to team or invited to camp (see National Team selection procedures) 	<ul style="list-style-type: none"> No petitions onto team JE athletes may be added to team or invited to camp (see National Team selection procedures)
International Meets (for selected athletes)	N/A	1 meet: <ul style="list-style-type: none"> WAGC 	1-3 meets dependent on international calendar: <ul style="list-style-type: none"> TRA: Pacific Rim Accompanying competitions to World Cups (see annual calendar) WAGC 	Dependent on international calendar: <ul style="list-style-type: none"> TRA: Pacific Rim, Pan Am Champs, Pan Am Games Olympics / World Games World Cups World Championships or WAGC Other meets per annual calendar)
Apparel	Training leotard/training apparel – athletes Team polo shirt – coaches	Training leotard/training apparel – athletes Team warmup – athletes Team polo shirt – coaches	National Team warmup (quad) – athletes WAGC apparel funded for selected athletes	National Team warmup (quad) – athletes and personal coaches National team apparel for traveling athletes and coaches WAGC apparel funded for selected athletes
Funding	No national funding State and region funding – see relevant state / region rules	No national funding State and region funding – see relevant state / region rules	TRA: prize money (see National Team athlete support document) State and region funding – see relevant state / region rules	TRA: National Team funding Prize money (See National Team athlete support document) State and region funding – see relevant state / region rules
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