



Men's Artistic Squad Handbook

2010 –2011

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Aim

The overall aim of the Men's Artistic Squad is to improve performance standards within Northern Ireland.

Objectives

- **Increase the number of participants at F.I.G level**
- **Improve rankings in all major competitions including the Northern Europeans and Commonwealth Games**
- **Increase participation in the British System**

M.A.G. Squad Structure Northern Ireland

NI Squad

This is the “senior” team, who are at the appropriate age to begin competing internationally, eg Celtic Cup, UK School Games (approx 10/11 +)

The Selection Criteria are as follows:

Gymnast must have competed in the NI Championships. Results from Irish National Championships (Level 5-8) may also be considered.

An all around score of 60 in the NI Championships is required.

An all around score of 60 (Level 6), 65 (Level 7) or 70 (Level 8) must be achieved in the Irish National Championships in order to be selected.

A gymnast may, at the discretion of the MTC, be selected for squad based on general performance during the competitive year (the MTC will monitor results from Salto Open, and any other competitions deemed as of a suitable standard)

NI Development Squad

This squad will be mainly made up of younger gymnasts who are demonstrating a natural talent for the sport. However, older boys who are showing a flare but who have not made the selection criteria for the NI Squad may be offered a place on the development Squad

The Selection Criteria are as follows

Gymnast must have competed in the Northern Ireland Championships.

An all around score of 35 (Under 8) or 46 (Over 8) in the Northern Ireland Championships is also required.

Results from the Irish National Championships (Level 2-5) may also be considered.

An all around score of 14 (Level 2), 24 (Level 3), 33 (Level 4) or 40 (Level 5) must be achieved in the Irish National Championships in order to be selected.

A gymnast may, at the discretion of the MTC, be selected for squad based on general performance during the competitive year (the MTC will monitor results from Salto Open, and any other competitions deemed as of a suitable standard)

Squad Selection

Gymnasts will be selected by the MTC.

Results of Northern Ireland Championships will be taken into account.

Results from Irish National Championships may also be considered.

Selected gymnasts may also be invited to attend at the discretion of the MTC.

All gymnasts will be expected to show improvement over the year looking at results and start values. Squad Training will also be observed with regards to attitude, hard work and the willingness to try. The MTC wish gymnasts to compete moves that are ready for competition rather than trying to do moves which are unsafe or will cause falls due to lack of preparation just to increase start values. We hope for clean and consistent routines. New moves will be observed during training sessions and will be taken into account. The Judging Convenor will be present on selected dates for the purposes of team selections and for the benefit of coaches to discuss potential routines and elements.

A gymnast may be de-selected at any time if they fail to meet the required standards.

Eligibility

Gymnasts must be competitive members of Northern Ireland Gymnastics and must have satisfied Northern Ireland Nationality criteria through birth, parents or residency as outlined below:

- 1) Live in the UK or Ireland and have parents who were born in NI and have British or Irish passport, and produce a copy of parents birth certificate or
- 2) Be a club member of and train in a NI facility, or
- 3) Live in NI and have a British or Irish passport.

Rules & Regulations

- * All gymnasts, coaches and judges attending squad must be affiliated at the appropriate level for insurance purposes to British Gymnastics (BG). The onus is on the clubs and the coaches to ensure all members are insured appropriately.

- * All NI clubs must be registered with GNI to attend GNI squads. Gymnasts from other nations who have satisfied Northern Ireland Nationality criteria must register with GNI as an individual member.

- * To ensure that the safety of the gymnasts is paramount at all times, coaches attending the squad with their gymnasts must be headed by a level 2 coach or higher. Level 1 coaches are only permitted at squad sessions under the supervision and direction of a level 2 coach or higher. Each club must have at least 1 coach depending on numbers, and should adhere to BG guidelines on ratios.

- * It is essential that any adult assisting in any capacity at squads have attended a Child Protection workshop.

- * All gymnasts must attend all selected squad sessions. Absence must be explained to the MTC via a letter/email in advance

Illness and Injury

Gymnasts must provide medical evidence should they be unable to attend squad sessions or failed to compete in any of the competitions forming part of the selection procedure. Absence due to illness and injury may be taken into consideration when selection decisions are being made, however as there are a limited number of places available there is no guarantee of selection.

Travelling as a team

When competing for NI gymnasts and coaches will be expected to meet at an arranged location and time. From here the coach will accept the role of loco parentis. Contact details for coaches will be given out prior to travel and these should be used in the event of an emergency only. From this time gymnasts are expected to behave as a team following instruction from the coach/team manager. All gymnasts will stay in the allocated accommodation by GNI. Gymnasts are reminded that they are representing NI and to present themselves accordingly.

Training Timetables

Squad Sessions will be held four times during the year to monitor progress. These will be:

9th April

3rd July (TBC)

21st August (TBC)

26th November (TBC)

Competition Dates

| | |
|--------------|---|
| Celtic Cup: | 12 th March |
| NI Champs: | 12 th June |
| UKSG: | 1 st -4 th September |
| Youth CWG: | 9 th -11 th September |
| North Euros: | Oct-Nov |
| Salto Open: | 11 th Dec |

Forms and Resources

Contact Details

Chair: Aidan O'Reilly aidan1617@hotmail.com
Secretary: Vacant
Coaching Convenor: Matthew Irvine matt_irvine1987@hotmail.co.uk
Judging Convenor: Aidan O'Reilly aidan1617@hotmail.com
Competition Convenor: Vacant
Squad Convenors: Kirsty Frazer kirt07@hotmail.com
Anthony Monaghan anto_mo2000@hotmail.com

Competition Entry Form

Competition:

Date:

Club:

Entries:

| Name | D.O.B./Age Group | Level Entered |
|------|------------------|---------------|
| | | |
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Coach:

Judge:

Volunteers:

Payment Amount Included:

N.B. All clubs **MUST** provide a minimum of 1 judge and 2 volunteers.
There will be a fine of £30 imposed for each of these positions not filled.