



Women's Artistic Squad Handbook

2010 –2011

Sponsored by

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CONTENTS

Aim & Objectives

Squad Structure

Selection Criteria

Rules & Regulations

Proposed Calendar of Events & Squad Dates

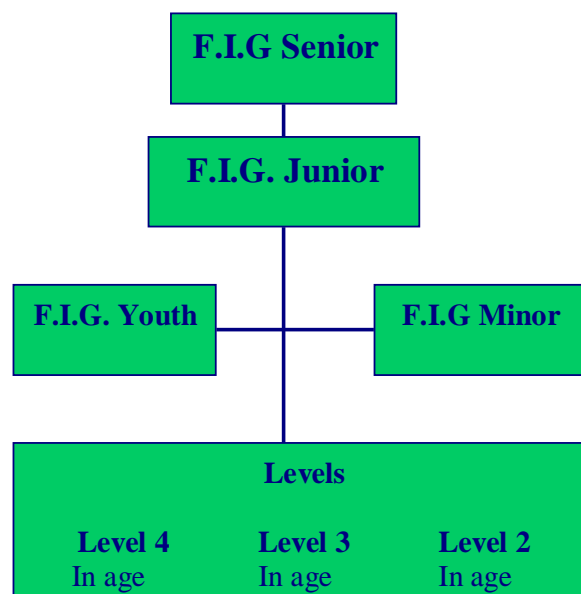
Aim

The overall aim of the Women's Artistic Elite 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

W.A.G. Elite Squad Structure Northern Ireland



F.I.G Seniors 16+ years clarify age:- Members of squad will train at Salto Gymnastic Centre over the summer July/Aug in preparation for the Commonwealth Games. Following the Commonwealth Games members will train 1 weekend Friday – Sunday every 2-3 months.

F.I.G Juniors 15-16 :- Members of squad will train at Salto Gymnastic Centre 1 weekend Friday – Sunday every 2-3 Months.

F.I.G Youth 13 –14 years:- Members of squad will train at Salto Gymnastic Centre during August in preparation for the U.K School Games. Following the U.K School Games members will train 1 weekend Friday – Sunday every 2-3 months.

F.I.G Minors 10 – 12 years:- Members of squad will train at Salto Gymnastic Centre during August in preparation for the U.K School Games. Following the U.K School Games members will train Friday – Sunday every 2-3 months plus one Saturday per month in Salto Gymnastic Centre.

Levels 4 -2 clarify ages:- Members of squad will train at Salto Gymnastic Centre Saturday every 2-3 months.

Squad Selection

Gymnasts will be selected by the, WTC Chair, JTC Director, Squad Conveyor and National Coach. Results of levels competition **November Winter Challenge and Tony Byrne Cup** will be taken into account. A selected few will be identified to train one Saturday per month in Salto Gymnastic Centre.

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 WTC wish for the children 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 Conveyor will be present on selected dates for the purposes of team selections and for the benefit of coaches to discuss potential routines and elements.

N.B: In addition to selection via competition gymnasts in level 4, 3 and 2 must be able to perform the following:

1. A minimum of 5 chin-ups
2. A minimum of 8 leg lifts – with straight legs
3. Held handstand against wall for 1 minute (good posture, stomach against wall)
4. All three splits
5. 10 metre handstand walk
6. At least 1 straddle lever to handstand on floor.

In addition to the above level 3 and 2 must be able to perform:

- Single Upstart
- Single Cast to Handstand (Over grasp)

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

Nominated Competitions for 2010/11 will be:

Levels 4, 3, 2:- November Winter Challenge, Tony Byrne Cup and Northern Ireland Championships.

Minor F.I.G:- U.K School Games, Celtic Cup, Tony Byrne Cup and Northern Ireland Championships.

Youth F.I.G:- U.K School Games, Northern Europeans, Celtic Cup, Tony Byrne Cup and Northern Ireland Championships.

Junior F.I.G:- Northern Europeans, Celtic Cup, Tony Byrne Cup and Northern Ireland Championships.

Senior:- Commonwealth Games, Northern Europeans, Tony Byrne Cup and Northern Ireland Championships

Every gymnast must compete in a minimum of two of the nominated competitions within their category.

If a gymnast wishes to compete in the N. Ireland Championships, they must compete in at least 1 GNI WAG competition throughout the competition year, which starts on 1st September. However, current squad gymnasts having not competed previously due to injury or extenuating circumstances may still be permitted to enter the NI Championships at the committee's discretion, but would compete as a GUEST to gain a score to retain a place on squad but would not be entitled to any titles or medals.

Non-squad members who have not competed in at least 1 GNI WAG competition throughout the competition year may still be permitted to enter the N.I Championships to be selected for squad at the committees discretion. This will be determined on receipt of a written request submitted to the WTC prior to the closing date of entries. The gymnast must also be able to perform the required skills as identified and the number of entries received for the competition. If agreed by WTC, the gymnast would compete as a GUEST as stated above. However as there are a limited number of places available there is no guarantee.

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 or grandparents who were born in NI and have British or Irish passport, and produce a copy of parents/grandparents 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 recommended that any adult assisting in any capacity at squads have attended a Child Protection workshop.
- * All gymnasts must attend all selected squad sessions.

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.

Extenuating Circumstances

Gymnasts who have pre-arranged engagements such as long term family commitments such as long standing holiday arrangements which conflict with training or competition should notify GNI WTC in writing no later than one month prior to event.

Invitation to non-squad gymnasts

In exceptional circumstances non-squad gymnasts may be invited to come along and train with the squads. These invitations will be made by

the WA Squad Conveyor and Chairperson. If WTC identify, a squad coach this person will take on the role of inviting non-squad gymnasts.

Calendar of Events



WAG Calendar 2010 -2011 Venue

September 3rd	U.K School Games	Newcastle	
September 11th	Selection for Northern Europeans	Excel	
September - Oct	Commonwealth Games	India	
October 16th – 24 th	World Championships	Rotterdam	N.I not competing
October 23rd	Bill Slater	England	
October 30th	Northern Europeans	Turku, Finland	N.I not competing
November 13th	N.I Squad Training	Salto	
November 28th	Winter Challenge N.I -Introductory and levels only	Shooting Starz	
February 25th- 27th	Tony Byrne Cup (27th) & N.I Celtic Cup	Salto	Organised by SS
March 4/5/6th	Judging Course WTC Club & Regional	Salto	
March 11/12	Celtic Cup	Salto	
April 4th - 10th	European Championships Senior only	Berlin	
April 27th - 28th	N.I Squad Training	Salto	
May 21st & 22nd	British Team Championships	England	
June 5th	N.Ireland Championships	Salto	