

# PITTWATER SPORTS CENTRE NORTHERN BEACHES GYMNASTICS



DEVELOPMENTAL PROGRAMS FOR THE  
COMPETITIVE PROGRAM



# DEVELOPMENT PROGRAMS

## **MEN'S GYMNASTICS**

MIGHTY WRECKERS

JUNIOR DEVELOPMENT

## **WOMEN'S GYMNASTICS**

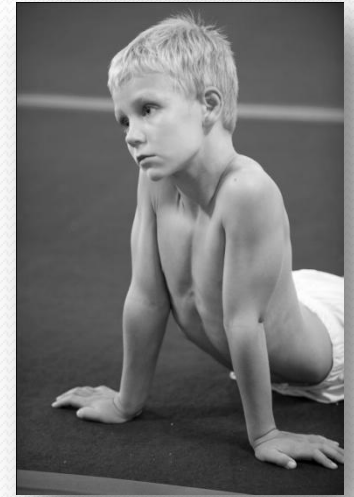
LITTLE WRECKERS

JUNIOR DEVELOPMENT

# MIGHTY WRECKERS/LITTLE WRECKERS

## TRAINING SCHEDULE

1x Day Per Week  
1 – 2 hours per session  
Term/Term Program



# JUNIOR DEVELOPMENT PROGRAM

## TRAINING SCHEDULE

2 – 4 Days per week  
4 – 8 Hours Per Week  
Month by Month program  
47 weeks a year (5 Weeks annual leave)



WHERE DOES THIS ALL LEAD TO ?



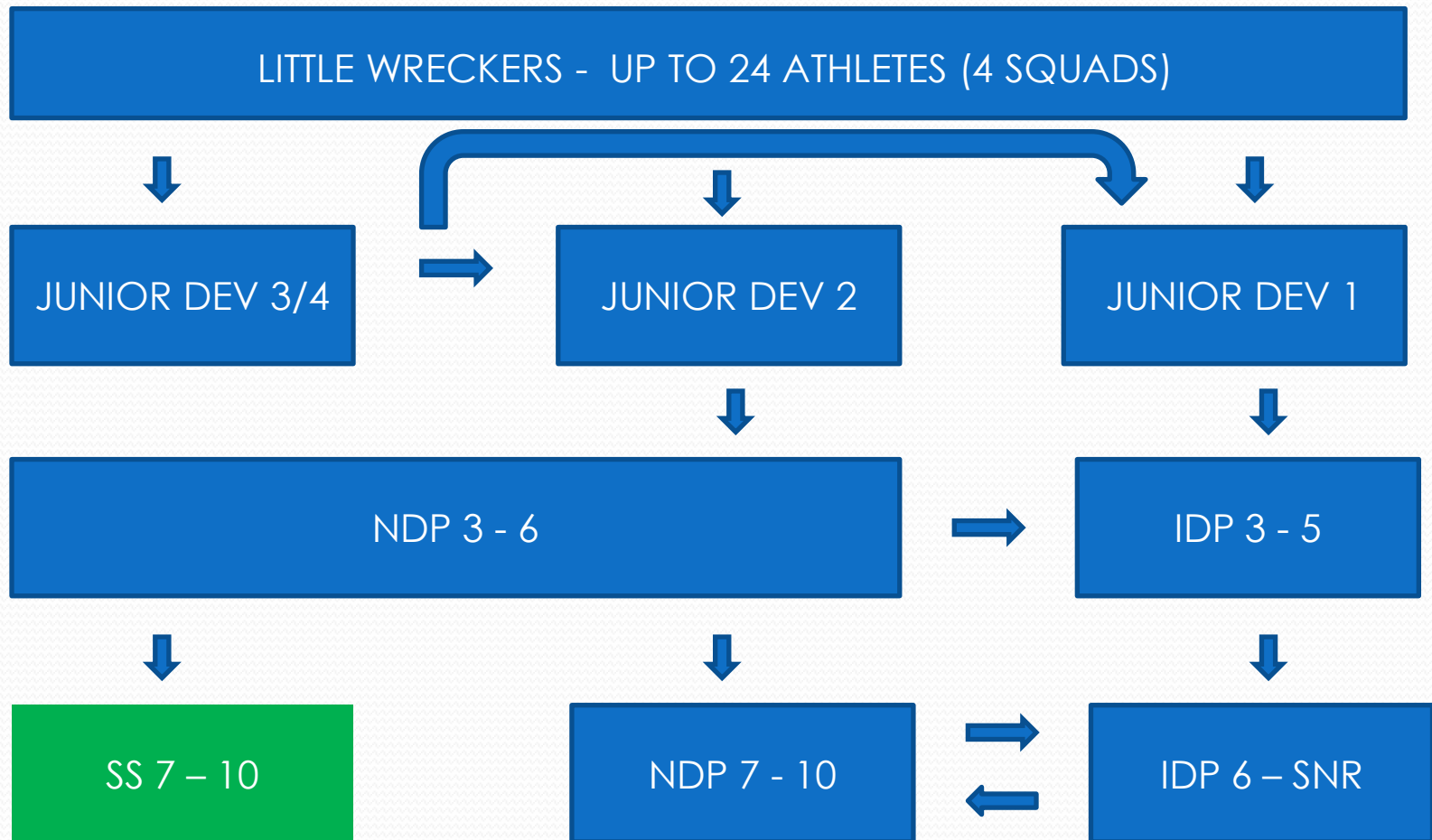
# AUSTRALIAN GYMNASTICS PROGRAM

INTERNATIONAL DEVELOPMENT PROGRAM (IDP)	NATIONAL DEVELOPMENT PROGRAM (NDP)	STATE STREAM (IND STATE PROGRAM)
1 A	1 B	1c
2 A	2 B	2c
3	3	3
-	4	4
5	5	5
6	6	6
-	7	7
8	8	8
-	9	9
10	10	10
Junior/senior international elite		

# TRAINING HOURS

IDP	NDP	State Stream
4 – 10 Hours Per Week	4 – 6 Hours Per Week	4 – 6 Hours per week
10 – 18 Hours Per Week	Up to 10 hours per week	
	10 – 16 Hours per week	10 – 14 hours per week
20 – 30 Hours per week		
	20+	

# NBG PROGRAM SUMMARY (IDEAL)



# WHY DOES GYMNASTICS REQUIRE SO MANY HOURS FOR TRAINING?





COMPETENCY REQUIRED TO EXECUTE THE SPORT

APPARATUS

FIG

EVOLUTION OF THE SPORT

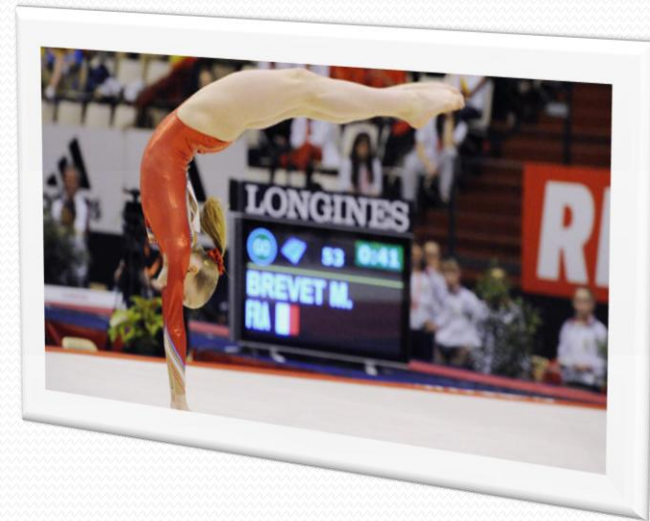
# WOMENS GYMNASTICS

FLOOR

VAULT

UNEVEN BARS

BEAM





# SPORTS EVOLUTION

FIG Requirements

Demands at the senior level

Detailed aspects of the sport



WHAT IS INVOLVED IN SQUADS ?



# FAMILY

HAVING TO REMAIN TO A SCHEDULED TRAINING PLAN

WEEKEND'S AT TRAINING'S AND COMPETITION'S

EARLY MORNING TRAININGS

BEING A SUPPORT SYSTEM FOR YOUR CHILD

KEEPING TRACK OF NUTRITIONAL NEEDS



# GYMNAST

DEDICATION TO TRAININGS

SACRIFICING SPARE TIME

GETTING THROUGH TOUGH TIMES

BEING ON TIME FOR TRAINING SESSIONS

# GYMNASTICS COMPETITIONS

## **Levels 1 – 5 – Compete within NSW**

Up to 6 competitions per year

NSW State Championships

(Normally levels 1 – 3 compete only a few times in a year )

## **Levels 6 – 10 – Compete NSW/ Domestically and Internationally**

Normally 6 – 7 competitions per year

Australian National Championships

Qualify for Australian Levels/Elite Squad

## **Junior International/Senior International**

Allocated by GA for selection for team

# WHAT IS NEEDED FOR SQUADS ?



# TRAINING

TRAINING ATTIRE – LEOTARDS/CROP TOPS/GYM SHORTS

LOOPS (NBG RECEPTION)

GLOVES (SPORTS STORES)

HANDGUARDS ( LEVELS 3 – 5)

DRINK BOTTLE

ANKLE WEIGHTS

# COMPETITION

NBG tracksuit (Jacket/ pants) – Levels 1 – 2 (Jumper instead of jacket)

Competition leotards

White socks

Squad polo Shirt

(confirming supplier for 2011)



WHAT POSSIBILITIES FOR THE  
FUTURE ?



Australian National Team (Open Levels/ Elite Senior)

Competing Internationally

NCAA

Performing arts/cross over to other sports

Personal development (forming characteristics that carry through life)



WHAT IS OUR GOAL?



CREATING COMPETITIVE GYMNASTS FOR THE FUTURE

CREATING A SUPPORTIVE, TRANSPARENT ENVIROMENT FOR  
PARENT/GYMNASTS AND COACHES

TO BE DEDICATED TO OUR GYMNASTS

TO SHARE A LOVE FOR GYMNASTICS

TO CONTINUALLY GIVE FEEDBACK TO PARENTS ABOUT PROGRESS  
AND DEVELOPMENT

# RESOURCES

Junior development – Squad membership packs

Squad code of conduct

Coaches email/ NBG website

Little rec –

Coaches email/Website