

Athlete Development Matrix



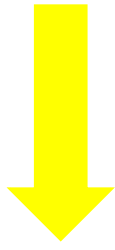
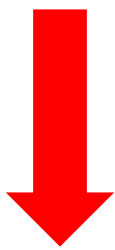
Stages of Long-Term Development	ACTIVE START	'FUN'DAMENTALS	LEARN TO TRAIN	TRAIN TO TRAIN	TRAIN TO COMPETE	TRAIN TO WIN
	Build a Solid Foundation (Physical Literacy)			Podium Pathway (High Performance)		
GymCan Stages	Active Start Female & Male: 0-6 years	Fun, Fitness, and Fundamentals Female: 6-8 years Male: 6-8/9 years	Building the Skills of Gymnastics Female: 7-9 years Male: 8-10 years	Specialization in a Gym Discipline Female: 9-11 years Male: 10-12 years	Becoming a Consistent Competitor Female: 10/11-13+ years Male: 12-15+ years	Winning at All Levels Female: 13/14-18+ years Male: 15-18+ years
Principles	<p>Through age-appropriate activities and adapted equipment, participants are introduced to the Fundamental Movement Patterns: Landings, Static Positions, Locomotions, Rotations, Swings, Springs, and Object Manipulation.</p> <p>This stage provides participants with a movement base that will support lifelong enjoyment and participation in almost any sport or physical activity.</p>	<p>Participants continue to develop and master the FMPs in a multi-discipline gymnastics environment; they also begin to learn gymnastics skills.</p> <p>This stage provides participants with fun, well-structured, and progressive programs that allow participants to develop skills beneficial for any recreational or competitive sport or physical activity.</p> <p>More advanced programs may begin in this stage for those who display a keen interest, however the focus remains on participant enjoyment without pressure to achieve.</p>	<p>Participants continue to develop and refine their agility, balance, coordination, and flexibility, and begin to master basic skills on apparatus; the focus is on the development of gymnastics skills and overall sport skills.</p> <p>By the end of this stage, participants should have sound skills which will allow for continued progression and success in gymnastics and/or an easy transition to other sports.</p> <p>Participants with demonstrated interest are streamed into more advanced programs suited to their abilities; introduction to formal competition begins in this stage though it is not the primary goal.</p>	<p>This is one of the most important periods of motor development for gymnasts and a window of accelerated adaptation to skill training.</p> <p>All key gymnastics skills should be mastered during this stage and discipline-specific skills will be developed; participants may remain in this stage past the age of 11/12.</p> <p>Participants at this stage have developed a strong love and enjoyment of the sport; fun is still important but it takes on a different meaning as training becomes more structured and skill-oriented.</p>	<p>These are years of investment in which the participant becomes solely committed to gymnastics, is focused on achieving an elite standard, and builds a close relationship with the coach.</p> <p>At this stage, gymnasts have consolidated the basic skills; they are developing and refining more advanced and complex skills/routines and are learning how to compete under a variety of conditions.</p> <p>Most female and many male gymnasts will be going through puberty in this stage; individuality and flexibility in training programs is necessary to accommodate these physical and emotional changes.</p>	<p>Gymnasts in this stage are optimizing their performance according to the goals they have set for themselves; they have well-developed abilities to perform on demand and are more results-driven than in previous stages.</p> <p>At this stage, competition becomes more important with training time divided between preparing for competition and learning important new skills.</p> <p>Some female and most male gymnasts will still be going through puberty in the early part of this stage; training programs must be flexible to accommodate varying developmental needs.</p>

Coaching	Gymnastics Foundations (GF) with Active Start Specialization	GF or Competition Introduction (Comp 1) with Discipline Specialization	GF or Competition Introduction (Comp 1 or 2) with Discipline Specialization	Comp Intro or Comp Development (Comp 1, 2, or 3) with Discipline Specialization	Comp Intro or Comp Development (Comp 2 or 3) with Discipline Specialization	Competition Development (Comp 3 or 4) with Discipline Specialization
Programming	Club-based preschool programming	<p>Recreational programs: CanGym beginner badges</p> <p>Advanced rec programs: CanGym intermediate badges; may begin preparation for entry into GymCan competitive programs</p>	<p>Recreational programs: CanGym intermediate badges</p> <p>Advanced rec and pre-competitive programs: CanGym advanced badges and introduction to GymCan competitive programs</p> <p>Competitive programs: WAG – Canadian Junior Olympic and Aspire Programs</p> <p>MAG – NB Compulsory & Canadian Provincial and Elite Pathway Programs</p> <p>TG – NB Regional and Canadian Pathway Programs</p>	<p>Advanced rec programs: CanGym advanced badges and introduction to GymCan competitive programs</p> <p>Competitive programs: WAG – CJO, Aspire, and High Performance Programs</p> <p>MAG – Canadian Provincial and Elite Pathway Programs</p> <p>TG – Canadian Pathway Program</p>	<p>Competitive programs: WAG – CJO, Aspire, and HP Programs</p> <p>MAG – Canadian Provincial and Elite Pathway Programs</p> <p>TG – Canadian Pathway and FIG Programs</p>	<p>Competitive programs: WAG – CJO, HP, and FIG Programs</p> <p>MAG – Canadian Provincial and Elite Pathway & FIG Programs</p> <p>TG – Canadian Pathway and FIG Programs</p>
Class Length	Progressing from 1x/week for 30-45 minutes to 1-2x/week for 45-60mins	<p>Recreational programs: 1x/week for 1-1.5 hours</p> <p>Advanced rec programs: 2-3x/week for 1.5-3 hours/class (max. 3-6 hours/week)</p>	<p>Recreational programs: 1-2x/week for 1-3 hours/class</p> <p>Advanced rec and pre-competitive programs: 2-3x/week for 1.5-3 hours/class (max. 6-8 hours/week)</p> <p>Competitive programs: up to 3x/week for 3 hours/session</p>	<p>Advanced rec programs: 2-3x/week for up to 3 hours/class</p> <p>Competitive WAG/MAG: 4-5x/week for up to 3.5 hours/session (max. 16 hours/week)</p>	<p>Provincial WAG/MAG: 3-4x/week for 3-4 hours/session (max. 16 hours/week)</p>	<p>WAG/MAG gymnasts: 5-6x/week for 4-5 hours/session, including dance and artistic preparation</p>

<p>Season Length</p> <p>10-36 weeks/year</p> <p>Participation in non-structured play activities is encouraged</p>	<p>Up to 36-40 weeks/year</p> <p>All children should participate in 3-4 other activities on a regular basis</p>	<p>Up to 40-48 weeks/year</p> <p>All children should participate in 1-2 other activities as well as one other gymnastics discipline</p>	<p>Up to 45-48 weeks/year</p> <p>Ongoing participation in at least 1 other complementary sport/activity (dance, aerial sports, other artistic sports) is encouraged</p>	<p>National WAG/MAG: 5-6x/week for 3-4 hours/session (max. 24 hours/week)</p> <p>Competitive TG: 9-15 hours/week</p> <p>45-48 weeks/year</p> <p>Monitor balance between sport, school, family, and social life and encourage outside interests</p>	<p>TG gymnasts: 12-18hours/week</p> <p>48 weeks/year</p>
<p>System of Competition</p> <p>There is no competition in the Active Start environment</p> <p>This stage should allow plenty of opportunity to perform and ‘show what you can do’: mini-displays, parent days, gym shows, etc.</p>	<p>This stage may include participatory events (ribbon days, skill demos, etc.), but there is no formal competition</p> <p>This stage should allow opportunity to perform for parents and other gymnasts: mini-displays, gym shows, local public demonstrations, etc.</p>	<p>This stage may include formal competition with the goals of introducing the process and format, and allowing children to enjoy performing their routines without a focus on comparative results</p> <p>This stage should allow opportunity to perform for an audience: gym shows, public demos, gymnaestrada, etc.</p>	<p>Competition at this stage will include results and rankings, however the goal is to develop strategies for success in competition with focus on ability & performance measurements</p> <p>Participants at this stage benefit from varied opportunities to perform and become more comfortable in front of a crowd</p>	<p>At this stage, gymnasts strive for consistent high quality performances in provincial, regional, national, and possibly international competition</p> <p>For gymnasts competing in international events, the focus is on gaining experience and learning to cope with and adapt to the challenges of travel</p>	<p>These gymnasts are competing to win titles at the national level; some artistic gymnasts may choose to specialize on certain events in this stage</p> <p>Gymnasts at this level begin to establish their international reputation as they become more comfortable with travelling and competing on the world stage</p>
<p>Level of Competition</p> <p>N/A</p>	<p>N/A</p>	<p>WAG JO Level 1-8 & Aspire 1</p> <p>MAG NB 1, Provincial Level 1-4 & Elite 1-3</p> <p>TG NB Regional 1-2 & Provincial Level 1-4</p>	<p>WAG JO Level 1-9, Aspire 1-2 & HP Novice</p> <p>MAG Provincial Level 1-4 & Elite 2-4</p> <p>TG Provincial Level 1-4 & National Level 5</p>	<p>WAG JO Level 7-10, Aspire 1-2 & HP Novice, Junior</p> <p>MAG Provincial Level 3-5, Elite 3-4, National Open, HP Junior</p> <p>TG Provincial Level 3-4, Ntl. Level 5-6 & HP Junior</p>	<p>WAG JO Level 9-10 & HP Novice, Junior, Senior</p> <p>MAG National Open & HP Junior, Senior</p> <p>TG National Level 5-6 & HP Junior, Senior</p>

Competitive Events	N/A	N/A	<p>WAG Qualifiers & Provincials, starting at age 7</p> <p>MAG Qualifiers & Provincials, starting at age 7</p> <p>TG Cups & Provincials, starting at age 8</p>	<p>WAG Qualifiers & Provincials Atlantics (L5+, Aspire) & Easterns (L7+, Aspire), starting at age 10 Canadians (L9+, HP) & Elite Canada (HP) starting at age 11</p> <p>MAG Qualifiers & Provincials Atlantics (L1+, Elite) & Easterns (L3+, Elite 3+), starting at age 10 Elite Canada (Elite 4), starting at age 12</p> <p>TG Cups & Provincials Easterns (L1-4), starting at age 10 Canadians & Elite Canada (L5), starting at age 11</p>	<p>WAG Qualifiers & Provincials Atlantics & Easterns Canadians & Elite Canada International Meets (HP)</p> <p>MAG Qualifiers & Provincials Atlantics & Easterns Canadians (Open, HP), starting at age 14 Elite Canada (E4, HP) International Meets (HP)</p> <p>TG Cups & Provincials Easterns Canadians & Elite Canada (L5+, HP) International Meets (L5+, HP)</p>	<p>WAG Qualifiers & Provincials Canadians & Elite Canada International Meets</p> <p>MAG Qualifiers & Provincials Canadians & Elite Canada International Meets</p> <p>TG Cups & Provincials Canadians & Elite Canada International Meets</p>
	Performance Measures	Development of FMPs, gross motor skills, motor and physical qualities (agility, balance, coordination, strength and flexibility), cognitive abilities, emotional and behavioural stability, and social skills	Refinement of FMPs and further development of motor/physical qualities (including speed, power, endurance), cognitive abilities, emotional and behavioural stability, and social skills Basic skill development measured through CanGym badge progression	Refinement in quality of movement and continued development of physical capacities, athleticism, cognitive abilities, emotional and behavioural stability, and social skills Continued skill development measured by CanGym badge progression, performance improvement, and advancement through first levels of GymCan competitive programs	Progressive development of complex skills and physical abilities, with particular focus on flexibility and injury prevention Continued skill development measured by CanGym badge progression, performance improvement, and advancement through higher levels of GymCan competitive programs	Development of more advanced skills along with increases in artistry and creative expression; and continued focus on flexibility during this stage of physical growth, as well as strength and aerobic capacity Skill regression and reduced training capacity is possible during puberty – a focus on basic skills may be necessary during growth spurts; gymnasts can focus on achieving consistency and quality of performance

Life Skills	Participants develop group social skills (interaction, sharing, cooperation, helping, and taking turns), self-esteem, confidence, independence, and self-expression	Participants develop social skills (relationship-building, cooperation, communication, and leadership), confidence and self-esteem, task-focus and a desire to learn, and an acceptance and appreciation of gym rules and sportsmanship	Participants develop social skills (relational and communication skills), confidence, concentration, and more advanced cognitive abilities (problem-solving and decision-making skills)	Gymnasts learn strategies for stress management, life balance, and performance anxiety; they demonstrate dedication and commitment to training and increased cognitive and psychosocial development	Gymnasts consolidate and refine stress management techniques, learn to manage distractions, and gain independence in decision-making; the proper environment will foster positive body image, self-esteem, and confidence	Gymnasts fully develop a range of mental skills (imagery, relaxation, concentration, positive self-talk, and emotional regulation) as well as self-reflexivity, emotional debriefing, and self-regulation; they are also introduced to media relations
Support Services Financial	Recreational Athletes: KidSport, JumpStart, and PRO Kids for low income families	Recreational Athletes: KidSport, JumpStart, and PRO Kids for low income families	Recreational Athletes: KidSport, JumpStart, and PRO Kids for low income families	Recreational Athletes: KidSport, JumpStart, and PRO Kids for low income families National & HP Athletes: Saint John Canada Games Foundation, NBGA High Performance Fund	National & HP Athletes: Saint John Canada Games Foundation, NBGA High Performance Fund, NB Athlete Assistance Program	National & HP Athletes: Saint John Canada Games Foundation, NBGA High Performance Fund, NB Athlete Assistance Program, GymCan/Sport Canada funding
Support Services Sport Science	N/A	N/A	N/A	Physiotherapist for injury management	Physiotherapist, sport psychologist, nutritionist	Physiotherapist, sport psychologist, nutritionist



International Excellence & Podium Performances
Female: 16+ years
Male: 18+ years

Gymnasts in this stage are at the highest level of international competition, competing at World Championships and Olympic Games.

ACTIVE FOR LIFE
Competitive for Life
Fit for Life
Sport Leaders

Gymnastics for Life
All Ages

This stage is for anyone who has ever participated in gymnastics and welcomes new participants, even at advanced ages. It allows anyone and everyone to have FUN, gain FITNESS, and learn the FUNDAMENTALS of gymnastics at a level that suits their age, interest, and ability. This stage also includes those who are coaching, judging, volunteering, and working in the sport.