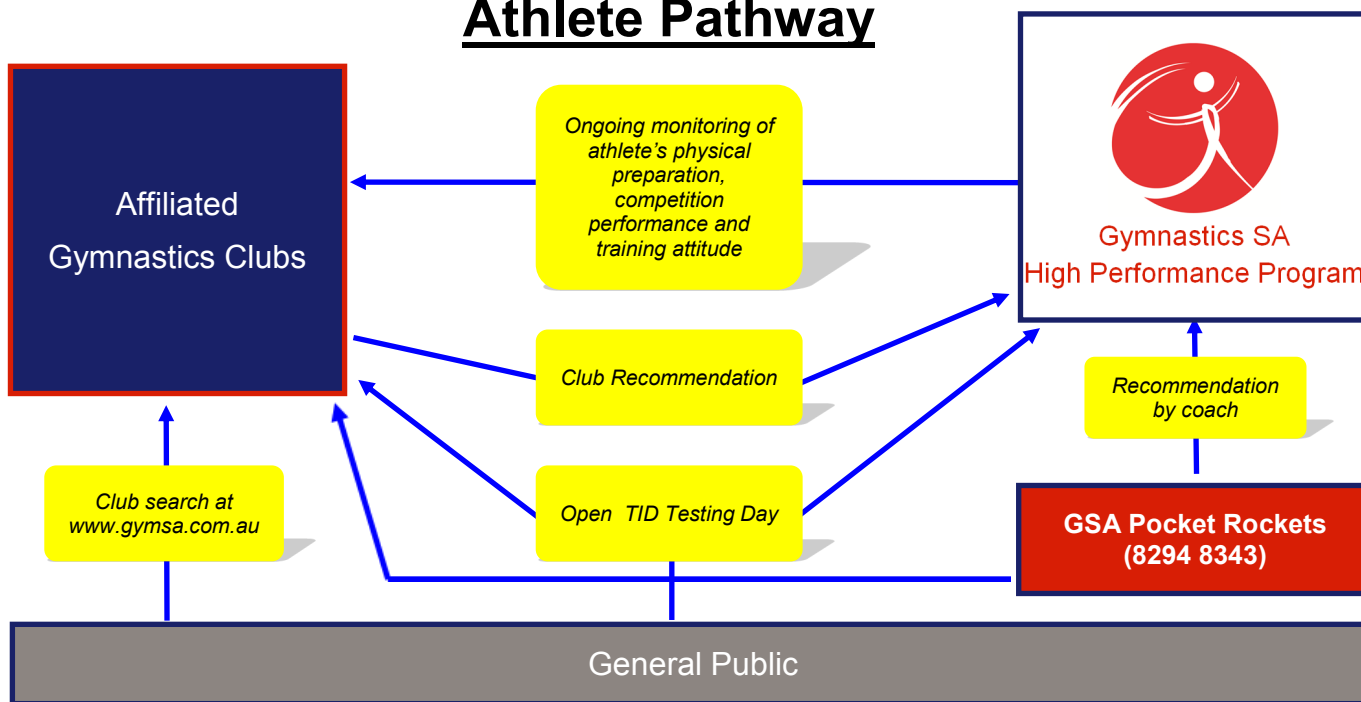


Athlete Pathway



We have had a number of Australian Champions and international representatives including:

Blake Gaudry (TRP)

– Olympic Games 2012; World Championships 2009, 2010, 2011, 2013, 2014; National Champion 2009, 2010, 2012, 2013, 2014

Sam Offord (MAG)

– World Championships 2005, 2006, 2007, 2009, 2010, 2011; Commonwealth Games 2006, 2010; National Champion 2007, 2009, 2010

Jacqui Dunn (WAG)

– World Championships 1999, 2001, 2003; Commonwealth Games 2002; National Champion 2001

Talent Identification

Inclusion in the GSA HP program is by invite only through a Talent Identification process.

Talent Identification may include:

- Recommendations from club coaches
- Open TID Testing days
- Identifying current athletes in club-based competitive or recreational programs (including KinderGym)

Enquires should be directed to the High Performance Manager (highperformance@gymsa.com.au).

Athlete/Club/Program Relationship

Athletes and clubs are encouraged to maintain a relationship while the athlete is involved in the HP Program. Each athlete who joins the GSA HPP from a Club will hold a Multi-Club registration with Gymnastics SA HPP and the athlete's club of origin.

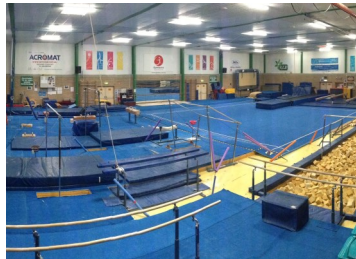
AGE (YEARS) 1 st January	MEN'S ARTISTIC	WOMEN'S ARTISTIC	TRAMPOLINE
18+	Senior International Level 10	Senior International	Senior International
17			Junior International U19
16	Level 9 U17 (Junior International)	Junior International	Junior International U17
15			Youth International U15
14	Level 9 U15		International Level 10
13	Level 8 U14	International Level 9	Youth International U13
12	Level 7 U12	International Level 8	
11		International Level 7	Under 11 / Level 4
10	Level 5	International Level 6	
9	Level 4	International Level 4	Under 9 / Level 3
8	Level 3	International Level 2	Level 2
7	Level 2		Level 1
6	Level 1		
5			

Training Venues

Men's Artistic and Women's Artistic

Marion Leisure and Fitness Centre

Cnr Oaklands Rd and Rosedale Ave
Morphettville, SA 5043



Trampoline

SA Aquatic & Leisure Centre

443 Morphett Road, Oaklands Park SA 5046



Hours of training

The amount of training required by each athlete depends on their age and development. Athletes at the beginning of the international pathway will typically be expected to train around 6 hours per week. To be able to perform on the world stage, senior athletes may be required to train up to 30 hours per week.

GSA HPP athletes have the option to attend a special class at **Ascot Park R-7 Gymnastics Focus School**. This class offers a modified delivery of the school curriculum that allows students to meet the requirements of a high performance training environment with minimal disruption to their academic commitments.

Coaching Standards

All JETS coaches are required to be accredited members of both Gymnastics South Australia (GSA) and Gymnastics Australia (GA).

This requires annual updating of their coaching qualifications through theoretical and practical sessions.

The program is committed to having the best possible coaching team to enable the realisation of their athletes' full potential. Coaches are encouraged, and assisted wherever possible, to attend the GSA and GA coaching clinics to ensure that they are familiar with the latest developments in gymnastics.

State Development Clinics

For most athletes, their journey will begin in a club program. Gymnastics SA recognises the importance of developing a strong network of clubs that are able to identify and cater for talented athletes within their programs. The State Development Clinics aim to develop athletes within the club network and foster sharing of best coaching practices between coaches.

The Gymnastics SA High Performance Program is proudly supported by:



Gymnastics SA High Performance Program



www.gymsa.com.au

highperformance@gymsa.com.au

08 8294 8343

www.facebook.com/GSAHPP

General Information

Purpose

...to identify and develop talented gymnasts to the level where they are able to achieve success at international events.