

WOMEN'S ARTISTIC GYMNASTICS - BC PROVINCIAL STRUCTURE

BC Program Structure

For all categories of the women's program, birth years are used. BC has extended ages for the CPP Argo category (different than in the CPP Main Charts).

	PROVINCIAL - ADAPTED FOR BC Canadian Provincial Program					NATIONAL		
COMPETITIVE CATEGORIES	Provincial 1 Required Elements	Provincial 2 6 elements A allowed	Provincial 3 6 elements A-B allowed	Provincial 4 6 elements A-B-C allowed	Provincial 5 8 elements A-B-C-D allowed	National FIG and Can Model	High Performance FIG and Can Model	
	Open 1996↓	Open 1996↓	Open 1996↓	Open 1996↓	Open 1996↓	Open 1998 ↓	Senior 1997↓	
	Novice 1997-1998	Novice 1997-1998	Novice 1997-1998	Novice 1997-1998	Novice 1997-1998		Junior 1996-1999	
	Tyro 1999-2000	Tyro 1999-2000	Tyro 1999-2000	Tyro 1999-2000	Tyro 1999-2000	Nat Novice 1998-2000	HP Novice 1998-2000	
	Argo 2001-2003	Argo 2001-2002	Argo 2001-2002	Canadian Pre-Novice Aspire and Elite 2000-2002				
				GYMSTART 5 (Pre-novice Endeavour) 2000-2003				
DEVELOPMENTAL	Pre-Argo 2003-2004 G/S/B*	Pre-Argo 2003-2004 G/S/B*	Pre-Argo 2003-2004 G/S/B*	GYMSTART 4 2005+ G/S/B*				
	GYMSTART 1 2005+ G/S/B*	GYMSTART 2 2005+ G/S/B*	GYMSTART 3 2005+ G/S/B*					
GFA	GYMNASTICS FOR ALL - Recreational Programs (All ages) Interclub (6 yrs +)							

* Developmental G/S/B – Gold / Silver / Bronze - Results are flashed as Gold, Silver or Bronze, depending on the quality of performance. No numerical score (12.5) given.

Developmental Programs: All programs that offer results with Gold / Silver / Bronze are called developmental. They include GYMSTART 1, 2, 3 and 4, CPP Pre-Argo (athletes born in 2003 and 2004) and KIP 1.

Competitive Programs: All programs where “scores” are given are called Competitive. They include GYMSTART 5, KIP 2, all CPP levels age group Argo and up, Canadian Pre-Novice and National Stream programs.

CANADIAN SPORT FOR LIFE – LONG TERM ATHLETE DEVELOPMENT

Canadian Sport for Life documents the Long-term Athlete Development model adopted by Sport Canada and the Canadian Sport System. Gymnastics Canada completed the gymnastics model in 2008. The 7-stage model of LTAD is athlete centred, coach driven, and administration, sport science, and sponsor supported. Athletes who progress through LTAD experience training and competition in programs that consider their biological (rather than chronological) and training ages in creating periodized plans specific to their development needs.

The LTAD recommends the following for younger athletes (please review the Gymnastics Canada Long Term Athlete Development document for full content).

Stage 1 – Active Start (0-6 years old)

The developmental programs focus on the end of this stage, when the children are 4-6 years old.

- Development of physical literacy (fundamental movement pattern and gross motor skills)
- Development of agility, balance and coordination
- Development of physical qualities (strength and flexibility)

Stage 2 – Fun, Fitness and Fundamental Movement Patterns (6-8 years old)

- Well structured skill development programs
- No formal competition
- Avoid testing programs that encourage comparison with others

Stage 3 – Building the skills of Gymnastics (7-9 years old)

- Focus on activities that continue to develop physical capacities (basic strength and flexibility) and refine the ABCs of athleticism (agility, balance, coordination, speed).
- Beginning of specialization in a gymnastics discipline
- Performance in front of an audience
- Formal competition to introduce the process and format and to allow children to enjoy performing their skills and routines. There is no focus on competitive results.

Stage 4 – Specialization in a gymnastics discipline (9-11 years old)

- One of the most important periods of motor development and a window of accelerated adaption to skill training.
- Physical preparation essential to prepare the body for more advanced skills and to prevent injury.
- Focus on spatial orientation
- Development of strategies for stress management, coping with commitment and life balance and strategies for competition/performance (e.g. planning, goal setting, concentration, imagery and relaxation skills).

Stage 5 – Becoming a consistent competitor (10/11 – 13+ years old)

- Basic skills are consolidated, development and refining of advanced skills and performing routines of increased complexity and difficulty.
- Physical preparation essential to prepare the body for more advanced skills and to prevent injury.
- Consolidate and refine stress management and competition preparation strategies
- Monitoring of growth is essential and training plan must be adjusted.

Stage 6 – Winning at all levels (13/14 – 18+ years old)

- Optimizing performance according to the athlete's goals.
- Consolidate and increase variety of elements and artistry
- Routines performed at high quality and intensity.
- Continue to develop strength and maintain active flexibility.
- Develop and foster self discipline and independence
- Introduction to doping control and media relations

Stage 7 – International Excellence (16+ years old)

- Gymnasts are at highest level of international competitions, representing Canada at World Championships, Olympic Games and World Cup events.
- Consolidate and increase variety of elements and artistry
- Maintain physical attributes: strength, power, flexibility and endurance
- Focus on recovery and regeneration strategies
- Fully developed mental preparation skills
- Maintain life balance

BC DEVELOPMENTAL PROGRAMS

GYMSTART (LTAD Stages 1-2)

- For younger athletes (5-8 years old) wishing to learn basics skills and drills
- Content is skill based, no routine (GYMSTART 1-3). Routines only start in GYMSTART 4.
- The development of the physical abilities of the athletes is part of the program
- Athletes are evaluated according to technical criteria (rather than using the Code of points used for International level athletes)
- Evaluations of skills and physical abilities with results communicated on Gold, Silver, Bronze

Pre-Argo (LTAD Stages 2-3)

- For younger athletes (6-7 years old)
- Content is the same as in the CPP Argo category (either P1, P2 or P3)
- Formal competition format, with modified evaluation adapted for younger athletes
- Athletes are evaluated with the same criteria as Argos, but results are communicated based on Gold / Silver / Bronze format
 - o Scores above 12.00 = Gold
 - o Scores between 10.5 and 11.95 = Silver
 - o Scores below 10.5 = Bronze
- The physical ability component of the GYMSTART program is strongly recommended to ensure that basic physical abilities (strength and flexibility) are developed properly.

KIP

- Still used by a few clubs in BC
- KIP 1 is considered a developmental program; KIP 2 is considered a competitive program.