



SAGF TUMBLING NATIONAL SQUAD SYSTEM 2016

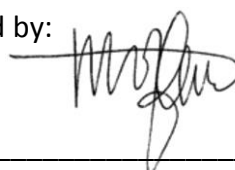
<p>OBJECTIVES OF THE TUMBLING NATIONAL SQUAD</p>	<p>A junior and senior national tumbling squad will be selected (no limits on the number in each age group) the possible candidates must attend a national squad testing where upon the nomination panel will select a junior and senior team based on certain criteria.</p> <p>The aims of a national squad system:</p> <ul style="list-style-type: none"> • Enhance early preparation of skills and abilities that will be needed for international level competition. • Enhance the flow of information and educational opportunities to talented athletes their parents and their coaches in an effort to help improve tumblers training • Focus on increasing the numbers and standard of our juniors • Coaches to work together and share knowledge • To motivate gymnasts when training together and also increase their performance targets • Planning of each tumblers routines and workload • To maintain discipline as well as consistency of routines • To produce tumblers who will make the SAGF qualifying targets • To maintain a high level of participation in all age groups annually • To select a national team from the national squad • To involve coaches to present nominations of candidates for squad testing, the selection of the nomination panel and the proposal of possible criteria to the nomination panel
<p>NATIONAL SQUAD QUALIFYING TARGETS</p>	<p>Guidelines for the first squad testing: Candidates to obtain a minimum target range for the following criteria:</p> <ul style="list-style-type: none"> • Flexibility • Strength • Speed • Routines • Difficulty requirements <p>Derick Scholtz has designing the conditioning testing program and will monitoring the gymnast's progression</p>
<p>NATIONAL SQUAD TESTING</p>	<p><u>19 March – National TU Squad Testing (conditioning and flexibility)</u> Venue: Randburg Sports Centre , Corner of Hans Schoeman and Malibongwe, Malanshof, Randburg Time: 16:00-19:00 (those not doing trials may schedule testing from 14:00) Categories to be selected: 10/under , 11-12 yrs , 13-14 yrs 15-16yrs and 17+ and Open category Closing date for entries: 14 March 2016 Dress code: club leotard and tracksuit <u>Sunday, 20 March- National squad Testing/training (skills/routines)</u> Venue: Eldoraigue National Training centre , Corner of Edwards and Ireland road , Eldoraigue Pretoria Time: 10:00-12:00 Categories: 10/under , 11-12 yrs , 13-14 yrs 15-16yrs and 17+ and Open category Dress code: club leotard and tracksuit (no shoes in the hall please) no spectators sorry!</p>

NATIONAL SQUAD TRAINING CAMPS	<p><i>National squad training /camp:</i></p> <ul style="list-style-type: none"> • 24-26 June 2016 - Training camp Mmabana Cultural Centre • 19 August 2016 – Randburg /Eldoraigne (Depending on availability) • 19 November 2016 – Randburg /Eldoraigne <p>At these training sessions & camps we will have the opportunity to focus on re-evaluating conditioning / big skills / watch videos/ have motivational talks /and most importantly monitor the progression of each tumbler /share knowledge /team building /trampoline expert will work on big skills and execution and technique.</p> <p>Cost for the squad camps: self-funded</p>
CATEGORIES	<p><i>Junior's – 10/u Yrs. / 11-12 Yrs. / 13-14 Yrs.</i></p> <p><i>Senior's - 15-16 Yrs. / 17 and over / Senior Open Women and Men</i></p>
ELIGIBILITY	<ul style="list-style-type: none"> • Active tumbling athlete • Current SAGF member
GENERAL REQUIREMENTS	<ul style="list-style-type: none"> • Tumblers must attend the scheduled national squad testing • Tumblers must attend a minimum of 80% if the scheduled squad training sessions • Tumblers must attend the national squad training camp • Tumblers must commit to train regularly (minimum of 4 times a week- minimum 2 hours per session) at their personal clubs • Tumblers must maintain a high level of physical conditioning and flexibility • Tumblers must attend 80% of all possible competitions as per SAGF calendar • Tumblers performance, execution and difficulty at each competition will be monitored
PERFORMANCE TARGETS- GYMNASTS	<ul style="list-style-type: none"> • Coaches to decide the gymnasts performance targets for the next 8 years at the first national training session of the year
PERFORMANCE TARGETS – COACHES	<ul style="list-style-type: none"> • Coaches to decide their performance targets for the next 8 years at the first national training session of the year
ILLNESS, INJURY OR REMOVAL	<p>Should any gymnast fail to reach performance expectations /requirements in training or competition, the Nomination Panel may recommend de-selection and replacements. Decisions on these matters are not open to appeal. Should a tumbler not be able to attend training sessions or camps due to injury or illness, a doctor's certificate must be presented.</p>
NATIONAL TEAM	<p>From the national squad a national team will be selected as per national selection policy.</p>

2016 Tumbling National squad selection policy is approved by:



Trampoline Programme Manager
Helen v.d. Walt



CEO
Tseko Mogotsi