

2020 Competition Programme

How we plan to support our athletes to success

Priorities

- Our starting point is always '**what is best for our athletes?**'
- We aim to help achieve this by ...
 - a. Creating a **training environment** centred around challenge, hard work and celebration.
 - b. Setting our athletes up for **competitive success** through matching ability with competitive opportunity.
 - c. **Safety.**

Selection Process

- Selecting athletes into competitive levels takes into consideration ...
 - a. **Competition readiness** – 2019 results
 - b. **Physical Readiness** – testing + coaches observations
 - c. **Technical Readiness** – coaches observations
 - d. **Training Readiness** - ethic, fear, injuries

Complications

- Injuries, friends, coach / athlete dynamic, whole gym timetable, training hours, training times, age, social dynamic, physical development, family schedules, cost, travel, personality clashes, bad comps, qualifying scores not always reflecting development, judging discrepancies, challenges outside the gym, other sports, personal goals, long term potential, group sizes, coach availability, giving coaches enough hours, space in the gym, ratio, what are other clubs doing with their gymnasts? (this can affect depth of field) ...
- There is a lot to consider which is why we always come back to the question

what is best for our athletes?

Next Steps

- Finalise the testing results (most completed last week)
- Continue coaches conversations about athletes and grouping
- Next week we'll call parents of athletes who are invited to stay in the same level/step/age group as 2019(so that coach and parents are on the same page re. reasons).
- Communicate to everyone else the new level, training hours/days and hopefully coaches, before the end of August.

2020 Calendar Change

- In 2019 the competition season ran from May through to October.
- In 2020 the competition season will run from March to July.

This means ...

- Only 5 months from the end of the 2019 season through to the start of the 2020 season (normally we have 6.5 months). Less skill development time.
- A shorter Christmas break? 🤔

2020 – some ideas / draft dates

- 21 December Last training 2019
- 3-4 January Senior groups return
- 8-11 January Senior Summer Camp
- 13 January Junior athletes return to training.
- 15-17 January Junior Summer Camp
- Proposing to shift Future Camp (pre-nationals groups) to October school holidays.
- 20 January Normal training resumes for all groups
- 21-22 March First qualifying comp Early Bird (proposed date)
- 17-19 April Proposed Tri Star comp programme trip to Pacific Rim Champs?
- 30-31 May Last qualifying comp Auckland Champs (proposed date)
- 14-18 July Nationals
- 20-26 July Competition Programme Break.