

# Competitive Programme

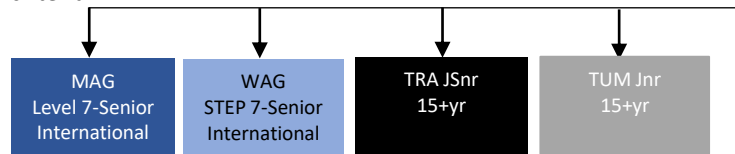
Tri Star has two competitive pathways; National Competitive and Regional Competitive (Squad). Within each pathway there are opportunities for artistic, trampoline and tumbling disciplines.

## NATIONAL PATHWAY



### Senior Groups (13 yrs +)

Senior groups are formed primarily on technical ability and athletes move up each level/STEP by meeting performance criteria.



### Junior Classes (10 yrs +)

Junior groups are formed primarily on technical ability and athletes move up each level/STEP by meeting performance criteria.



### Elementary Classes (7 yrs +)

Elementary class options are divided into **Competitive** and **Squad**. Athletes are invited into either Competitive or Squad classes through a personal invitation to trial or through testing every 6 months.

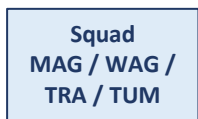


### Foundational Classes (5 yrs +)

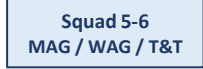
The foundation classes for all our competitive pathways are called **Squad**. Squad classes are by invitation only.



## REGIONAL PATHWAY



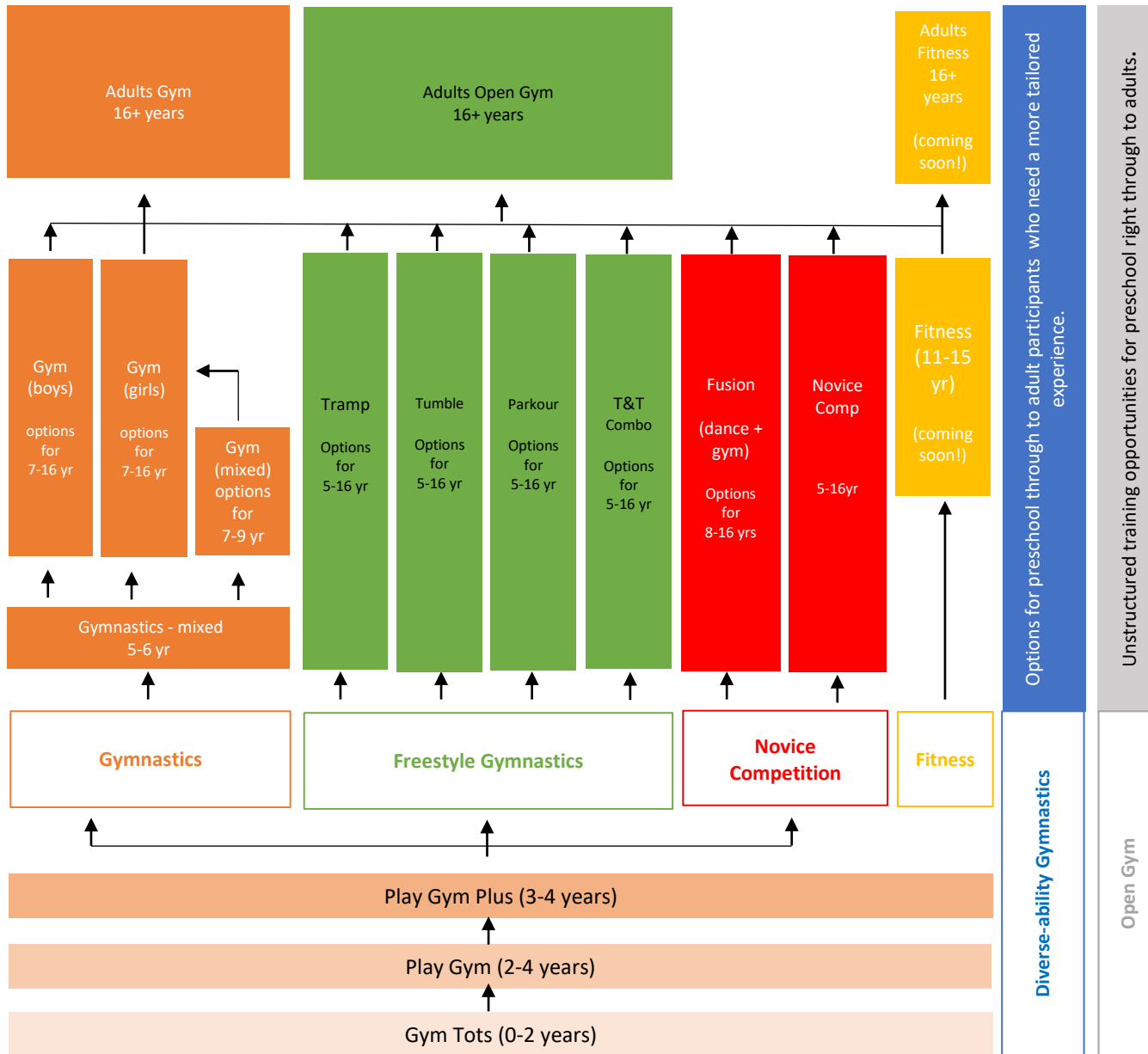
Squad 6 gymnasts may be invited to 'open' divisions of MAG, WAG or T&T if at the required level



GfA athletes may be invited into our competitive classes from 5yrs+ through a personal invitation to trial, or through testing conducted every 6 months. Competitive athletes may move across to GfA classes at anytime

# Gymnastics for All Programme

GfA Program classes are based on age and are open to all abilities. This means that you can start gymnastics at any age! GfA programme athletes are welcome to participate in multiple classes from any option offered for their age.



# Tri Star Programme Map