

Moving forward with the
MAG in NSW to ...
Start Here ... Go anywhere!



Gymnastics
New South Wales

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Gymnastics
New South Wales

Recommendations

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Saul Cofiño OLY (Dec. 2017)

Moving forward to the ...



Accessibility
Competitiveness
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Manage the “Sports Experiences”
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GYMNAST - “Manage the Sports Experiences”.



Gymnast. Recommendation 1.

Specify the gymnasts' Sports Experiences to create and celebrate “Sport Stories” with a sense of promotion.

Argument:

- The MG's Sports Experiences from 7 to 12 years old is the same.

How:

- Define strategic groups (correlated to age and level) for the implementation of specific actions for each one of them.

Specific Recommendation 1:

Currently, families and young people require more benefits for their dedication in any activity so we could define and correlate 3 strategic groups in the life stages of the gymnasts (L1-L2 / L3-L5 / L6 & higher) to create “Sport Stories” with a sense and benefit in the promotion. Basically I propose that we should manage the Sports Experiences of our MAG Gymnast along a sporting trajectory to make the level changes more recognizable. **Gymnastics NSW can position the Sports Experiences of the MAG gymnasts introducing actions in our Squads training sessions and in our MAG Sports Events calendar to make it more accessible, competitive and simplified.**

Weaknesses and threats:

The recognition that the Sports Experiences and the scheduling of the Events directly affects the performance of the NSW MAG gymnasts and the position and commitment of the stakeholders.

The differentiation into 3 groups, will lead mainly to the Clubs a new management of groups: fundamentally of levels 1 and 2, and levels 3-5.

Mitigation of risks:

The Clubs demand a calendar of events that recognizes the dedication, more balanced and that has a more attractive sporting experience. The orientation towards a new time of planning (agenda of visits to Clubs), the possibility of spending more time at levels 3 and above, and having specific and potentially competitive events for the promotion of the clubs will undoubtedly mitigate the risks of the environment . The differentiation in the planning of the groups, will positively impact towards a more specific work with the gymnasts per the part of the Clubs.

EVENTS - Levels 1 and 2: “The Opportunity”.

Events. Recommendation 1:

Implement one specific program of events for the MAG Levels 1 and 2 on 2019, more fun and strategically conceived for the attraction of the local areas and families.

Argument:

- We must approach the requirements of the family environment at the lowest levels with a program of events that generates high interest for its specificity and accessibility.

EVENTS - Levels 3 to 5: “Towards a new Level”.

Event. Recommendation 2:

Value the opportunity to take the “Grand Prix” format to a next level on 2019, advancing to a one program of events more accessible, competitive and simplified for all participants and Clubs.

Argument:

- A high percentage of NSW members (44%) requires greater recognition and promotion for the achievements of their Clubs and gymnasts. The percentage is higher (54%) in medium and small size clubs.
- 18% (84) of MG compete in a GP, 60% in 2 (153) or 3 GP (120), while 23% (106) compete in all GPs. That 23% of participants corresponds to 4 large clubs.

How 1 and 2:

- Create the “Kids Grand Prix” for Levels 1 and 2, and the “Junior Grand Prix” for Levels 3 to 5 with a big final on the Junior State, improving the Sport Experiences and taking advantage of the quality of our events (72% net of satisfaction).

Specific Recommendation 1 and 2:

The sports organizations are sensitively dependent of the events that can offer, being that events the link for working with smaller organizations (Clubs). Many sports organizations have decided to approach with genuinely attractive events for the kids and through the clubs. These events, although controlled by a larger organization, are often very important for the clubs, who pay their membership because their promotion depends essentially on those events and because at the end of a sport evolution process there is a more relevant event to aspire to (for example: Junior State).

The “Kids Grand Prix” contemplates a high decentralization while the “Junior Grand Prix” would “coexist” between the “Kids Grand Prix” and the Calendar of events of levels 6 and above. The program and its adaptation to the scheduling of the sport training process will allow a better accessibility, promotion and equity of the participating gymnasts. Consequently, it would balance the opportunities between clubs, taking advantage of the modifications contemplated for the groups with the lowest levels.

Weaknesses and threats 1 and 2:

The program will require its formalization and the understanding of the Gymnastics NSW Staff.

We will require an agenda for familiarization and coordination with the clubs in order to have their alignment and confidence.

Mitigation of risks 1 and 2:

Gymnastics NSW is prepared to manage and take on the “Grand Prix Kids” and “Junior Grand Prix” programs, that could become in reference programs.

We have strong positions, and people prepared to collaborate with us in at least 3 of the 4 Country Areas.



Advancing towards the management of
Sport Experiences in our MAG Events.
Accessible, Competitive and Simplified.



Saul Cofiño OLY (Dec. 2017)

“Manage the Sports Experiences”

As mentioned in the initial exposure, in the sports events we can define 2 types of experiences for the people who attend our events: the experience of the event in terms of quality of the infrastructure and its coordination, and in terms of sports experience (lived by both the participants and the people who attend the event).

This approach recognizes the excellent overall quality of our events to propose a management of the Sports Experiences that allows to create "Sport Stories" and sense in the promotion of gymnasts, increasing the participation through accessibility, encouraging the motivation through competitiveness and equality of opportunities (program), and facilitating the understanding and trust of stakeholders in a correlation of events that will have a final result in the Junior State Championship.

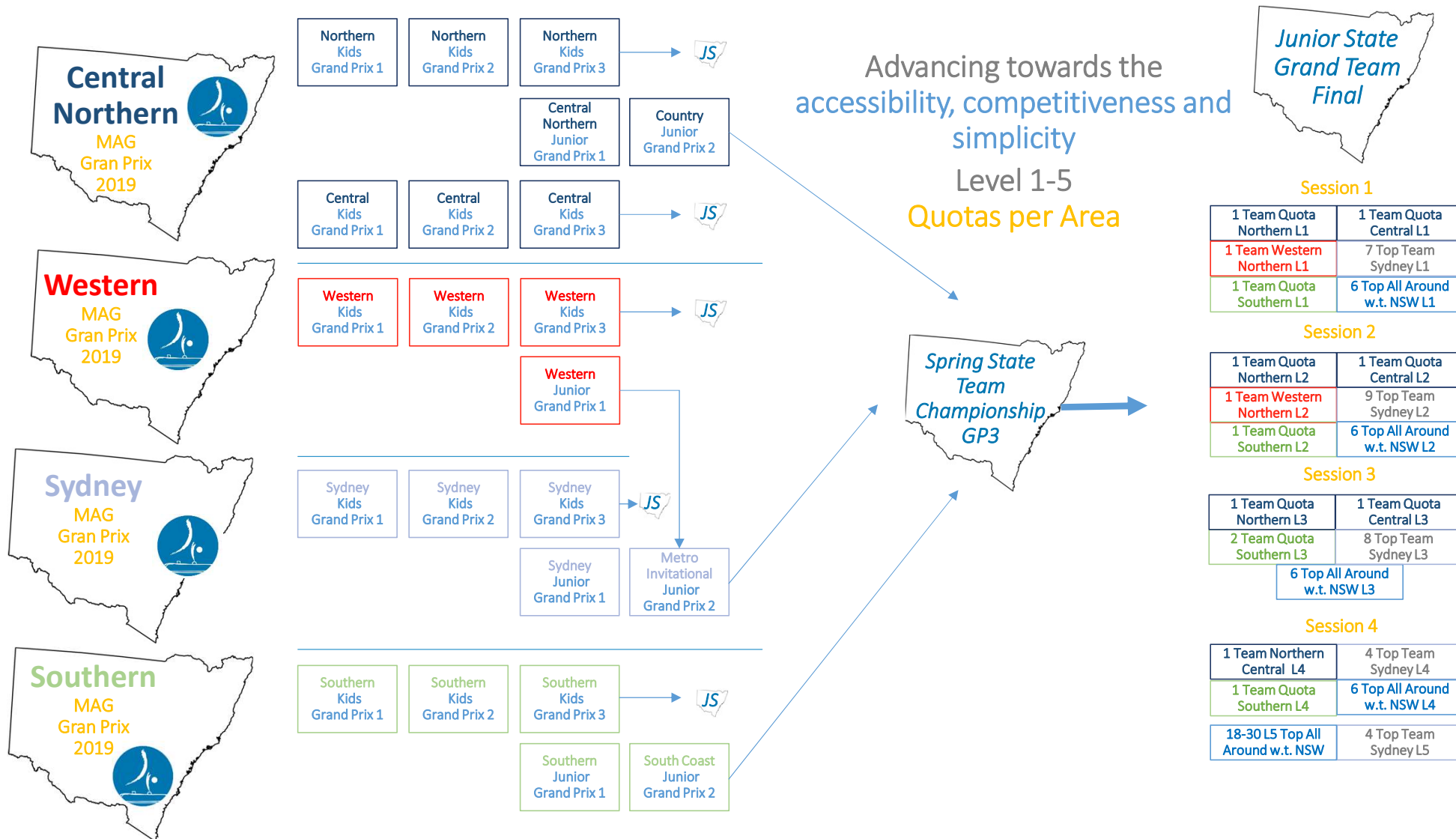
This proposal is based on several factors and some of them will be seen later. Among other data are; the National Survey 2017 (which identifies the need to adequately recognize the results and achievements of Clubs and their gymnasts, (even though all participants receive at least recognition in the form of a diploma, medal or band), and a Scale that allows us to evaluate the commitment of the Clubs and the competitiveness that we offer through our events calendar.

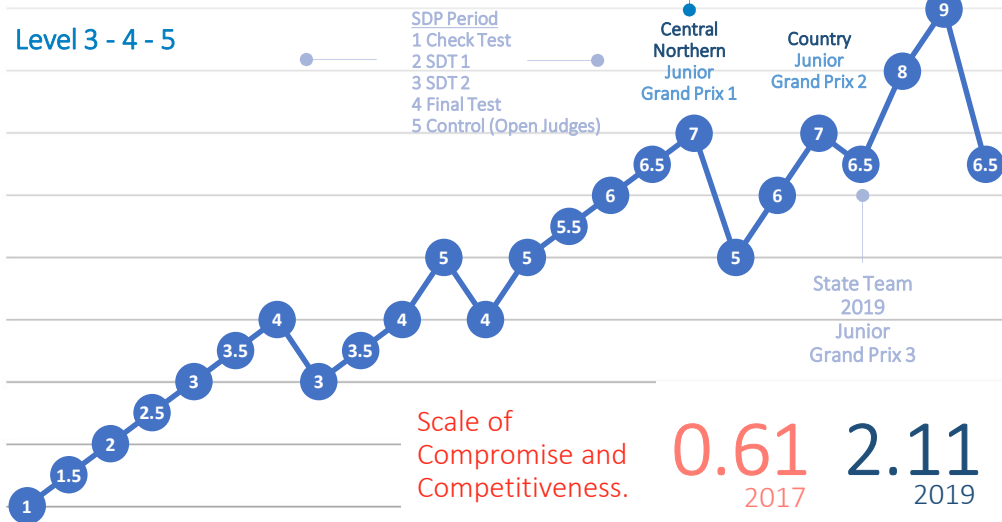
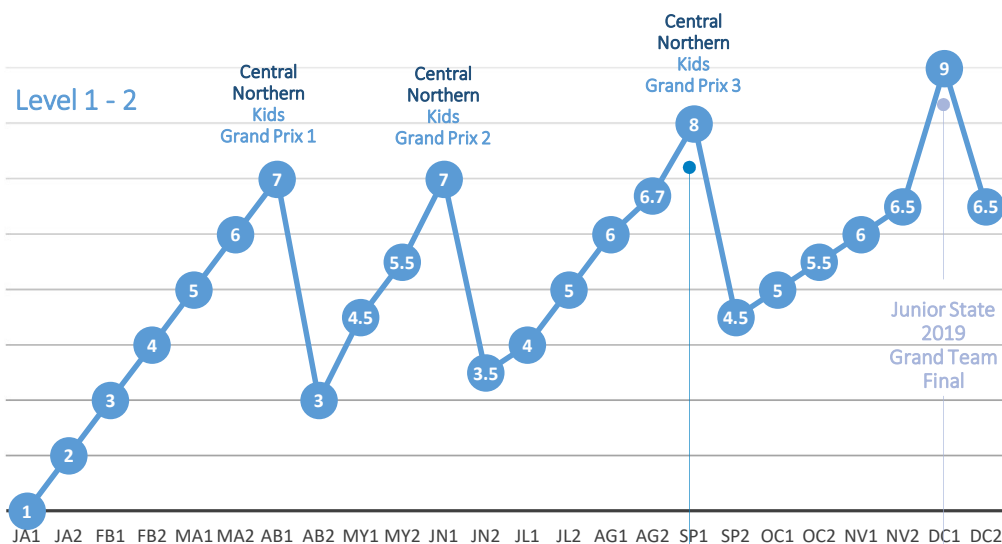
The Scale is obtained by dividing the number of participants by area between the Grand Prix events, and the result is divided by the number of gymnasts that participated in the Junior State Championship:

- If the result is less than 1: There is an absence of commitment and competitiveness.
- If the result is 1: There is compromise but there is no competitiveness as a result of the correlation of events.
- If the result is greater than 1, there is compromise and there is competitiveness.
- For example for the Northern Area:

Scale of
Compromise and
Competitiveness.

0.61 2.11
2017 2019





Scale of
Compromise and
Competitiveness.

0.61 2.11
2017 2019

Central - Northern Levels 1 - 2

- Northern Kids GP 2019 (NKG19) could have 2 subdivisions: North Beaches (4 clubs) & Central Coast (6 clubs) for levels 1 and 2.
- At the end of the 3rd NKG19 we get a ranking of teams (by points by position in 3 GP) and AA (sum of all scores of the program).
- To participate in the JS, the 6 best gymnasts of each subdivision will be selected to conform one team level 1 (mix U/O) and 2 (mix U/O).
- To obtain the ranking of Kids AA by levels of the NSW GP, will be added all the scores obtained in the 3 NKG19 plus the JS for this Area.
- The points obtained in the Junior State Great Team Final are added to the points of each team obtained in its subdivision.

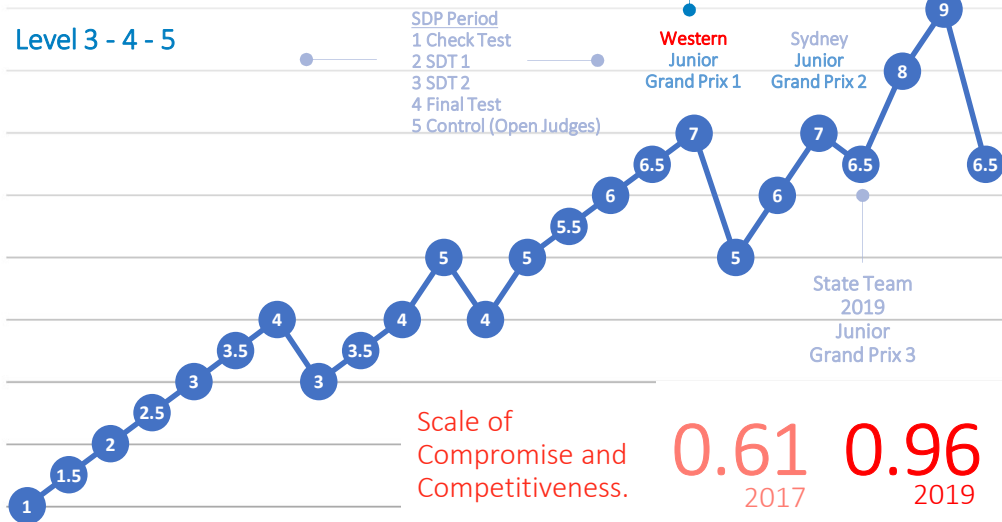
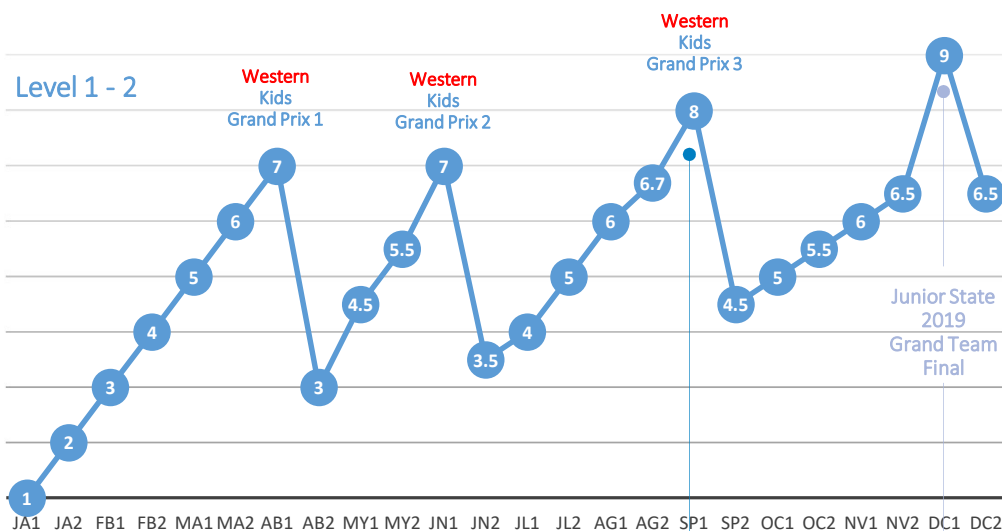
Central - Northern Levels 3 - 4 - 5

- Northern Junior GP 2019 (NJGP19) could have 2 subdivisions: North Beaches (4 clubs) & Central Coast (6 clubs) for levels 3-4 and 5.
- The first NJGP19 would coincide with the last NKG19, while in the Country Junior Grand Prix the 2 subdivisions will coincide. The Northern Country Championship will be an exclusive event for the levels 3-5.
- To participate in the JS, the 6 best gymnasts will be selected to form one team level 3 and 4 (mix U/O).
- To obtain the ranking of Junior AA by levels of the NSW GP, will be added all the scores obtained in the NJGP1, plus Country GP2, plus STGP3 and the JS for this Area.
- The points obtained in the JS Grand Team Final will be added to the points of each team obtained in their subdivision & the State Team Championship.
- The Levels 5 will access to the JS exclusively by quota AA NSW. The perspective is that since 2020 one team quota would be implemented for the 2 subdivisions.



Central - Northern Access Junior State 2019

- Quota Team **Level 1 - 2**.
- L1 AA access: Best 6 NSW without Team.
- Quota Team **Level 2 - 2**.
- L2 AA access: Best 6 NSW without Team.
- Quota Team **Level 3 - 2**.
- L3 AA access: Best 6 NSW without Team.
- Quota Team **Level 4 - 1**.
- L4 AA access: Best 6 NSW without Team.
- Quota Team **Level 5 - 2020**.
- L5 AA access: Best 18-30 NSW without Team: the quota depends of the number of gymnasts that the Top 4 Teams classified has.



Western Levels 1 - 2

- Western Kids GP 2019 (WKGP19) could start with the compromise of at least 3 clubs.
- At the end of the 3st WKGP19 we get a ranking of teams (by points by position in 3 GP) and AA (sum of all scores of the program).
- To participate in the JS, the 6 best will be selected to conform one team level 1 (mix U/O) and 2 (mix U/O).
- To obtain the ranking of Kids AA by levels of the NSW GP, will be added all the scores obtained in the 3 WKGP19 plus the JS for this Area.
- The points obtained in the Junior State Grand Team Final are added to the points of each team obtained in its Area.

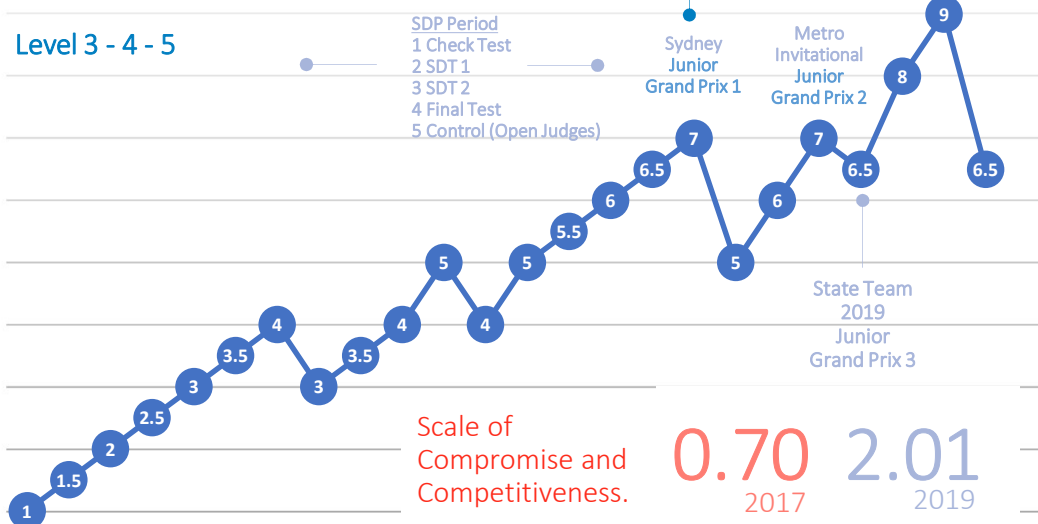
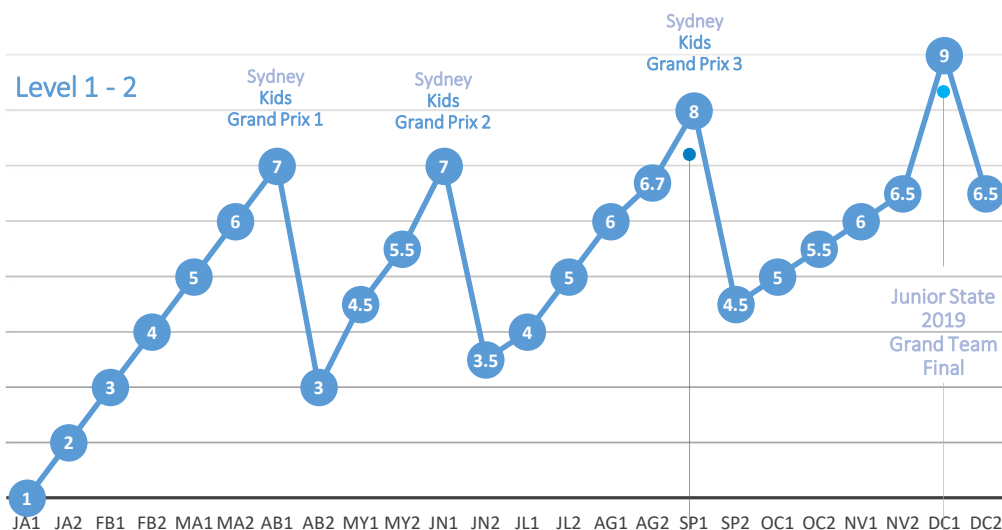
Western Levels 3 - 4 - 5

- The first Western Junior GP 2019 (WJGP19) would coincide with the last WKGP19, while the second Western Grand Prix would merge with the Sydney Junior Grand Prix (SJGP) until 2021 (revisable).
- To obtain the ranking of Junior AA by levels of the NSW GP, will be added all the scores obtained in the WJGP1, plus SJGP2, plus STGP3, plus the JS, for this Area.
- To qualify as a team for the JS at level 3 and 4, the gymnasts of the Western Area will have to introduce a team among the top 8 (L3) or top 4 (L4) in the Sydney Area. Also, the best 6 gymnast of each level without a NSW team will have a quota for the JS.
- The points obtained in the JS Grand Team Final will be added to the points of each team obtained in their events & the State Team Championship.
- The internal development will allow to this area to incorporate one Team Quota for levels 3 and 4 from 2019.
- The Levels 5 could be accessed by teams introducing a team in the Top 4 of Sydney but the perspective is that their options will be exclusively in an AA until 2021.



Western Access Junior State 2019

- Quota Team **Level 1** - 1.
- L1 AA access: Best 6 NSW without Team.
- Quota Team **Level 2** - 1.
- L2 AA access: Best 6 NSW without Team.
- Quota Team **Level 3** -Top 8.
- Quota Team perspective: 2020
- L3 AA access: Best 6 NSW without Team.
- Quota Team **Level 4** - Top 4.
- Quota Team perspective: 2020.
- L4 AA access: Best 6 NSW without Team.
- Quota Team **Level 5** - 2021.
- L5 AA access: Best 18-30 NSW without Team: the quota depends of the number of gymnasts that the Top 4 Teams classified has.



Metropolis - Sydney Levels 1 - 2

- Sydney Kids GP 2019 (SKGP19) could start with the compromise of 70% of the clubs that competed preferably in at least 2 GP in the year 2018 and decide to join to this Program.
- At the end of the 3st SKGP19 we get a ranking of teams (by points by position in 3 GP) and AA (sum of all scores of the program).
- To qualify as a team for the JS at level 1 and 2, the gymnasts will have to introduce a team among the top 7 (L1) or top 9 (L2) in the Sydney Area. Also, the best 6 gymnast of each level without a NSW team will have a quota for the JS.
- To obtain the ranking of Kids AA by levels of the NSW GP, will be added all the scores obtained in the 3 SKGP19 plus the JS for this Area.
- If a Metro Team wants to access with a second team into the JS can do it if this Team is ranked among the top 3 Team at the end of the 3 SKGP19.

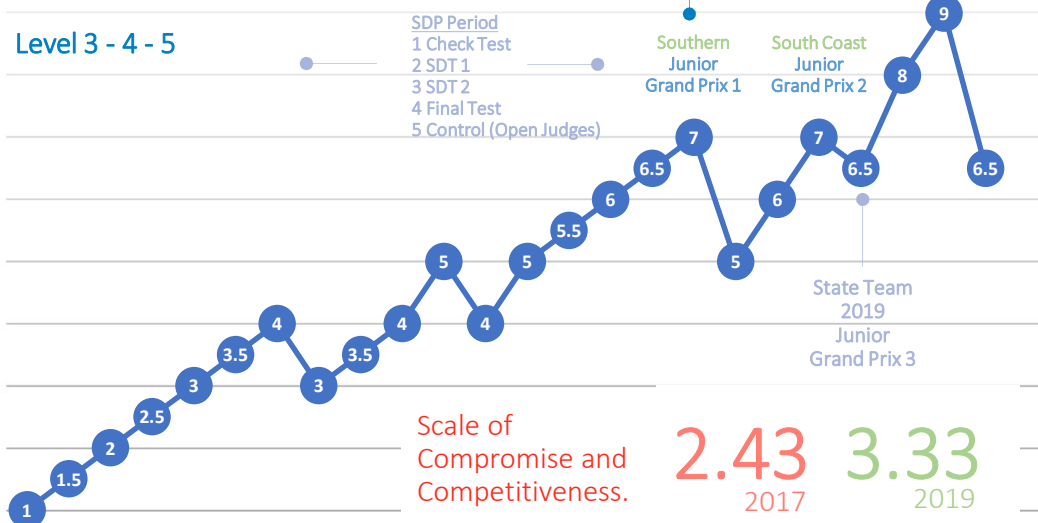
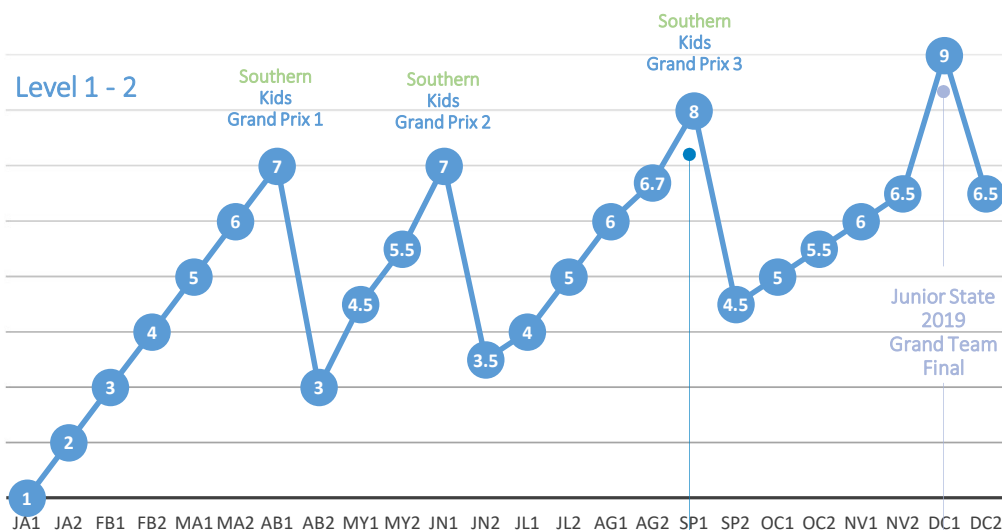
Metropolis - Sydney Levels 3 - 4 - 5

- The first Sydney Junior GP 2019 (SJGP19) would coincide with the last SKGP19. The Metro Invitational Junior GP will be an exclusive event for the levels 3-5 of this Area.
- To qualify as a team for the JS at level 3, 4 and 5, the gymnasts will have to introduce a team among the top 8 (L3), top 4 (L4 and L5) in the Sydney Area.
- Also, the best 6 gymnast of level 3 and 4 without a NSW team will have a quota for the JS. The AA of levels 5 could have up to a maximum of 30 State Quotas depending on the volume of the 4 classified Metro teams.
- To obtain the ranking of Junior AA by levels of the NSW GP, will be added all the scores obtained in the 2 SJGP, plus the State Team, plus the JS for this Area.
- If a Metro Team wants to access with a second team into the JS can do it if this Team is ranked among the Top 4 Team (L3) or Top 2 (Level 4-5) at the end of the 3 SJGP19.



Sydney Access Junior State 2019

- Quota Team **Level 1** - Top 7.
- L1 AA access: Best 6 NSW without Team.
- Quota Team **Level 2** - Top 8.
- L2 AA access: Best 6 NSW without Team.
- Quota Team **Level 3** - Top 8.
- L3 AA access: Best 6 NSW without Team.
- Quota Team **Level 4** - Top 4.
- L4 AA access: Best 6 NSW without Team.
- Quota Team **Level 5** - Top 4.
- L5 AA access: Best 18-30 NSW without Team: the quota depends of the number of gymnasts that the Top 4 Teams classified has.
- Point: For Levels 3-4-5 and in case that one Team of the Regions wants to access with a second team into the JE, can do it if get more Team points and Score at the end of the all GPs, plus ST than another Team that participated in the Metropolitan Area and that obtained its quota for the JS.



Coast Southern Levels 1 - 2

- Coast Southern Kids GP 2019 (CSKGP19) could start with the compromise of at least 5 clubs.
- At the end of the 3rd CSKGP19 we get a ranking of teams (by points by position in 3 GP) and AA (sum of all scores of the program).
- To participate in the JS, the 6 best will be selected to conform one team level 1 (mix U/O) and 2 (mix U/O).
- To obtain the ranking of Kids AA by levels of the NSW GP, will be added all the scores obtained in the 3 CSKGP19 plus the JS for this Area.
- The points obtained in the Junior State Grand Team Final are added to the points of each team obtained in its Area.

Coast Southern Levels 3 - 4 - 5

- The first Coast Southern Junior GP 2019 (CSJGP19) would coincide with the last NKGP19. The South Coast Junior GP will be an exclusive event for the levels 3-5 of this Area.
- To participate in the JS, the 6 best gymnasts will be selected to form one team level 3 and 4 (mix U/O).
- To obtain the ranking of Junior AA by levels of the NSW GP, will be added all the scores obtained in the 2 CSJGP, plus the State Team, plus the JS for this Area.
- The points obtained in the JS Grand Team Final will be added to the points of each team obtained in their events & the State Team Championship.
- The Levels 5 will access to the JS exclusively by quota AA NSW. The perspective is that since 2020 one team quota would be implemented.



Coast Southern Access Junior State 2019

- Quota Team **Level 1 - 2**.
- L1 AA access: Best 6 NSW without Team.
- Quota Team **Level 2 - 2**.
- L2 AA access: Best 6 NSW without Team.
- Quota Team **Level 3 - 2**.
- L3 AA access: Best 6 NSW without Team.
- Quota Team **Level 4 - 1**.
- L4 AA access: Best 6 NSW without Team.
- Quota Team **Level 5 - 2020**.
- L5 AA access: Best 18-30 NSW without Team: the quota depends of the number of gymnasts that the Top 4 Teams classified has.

GYMNAST - Squad Development Program: “Evaluation & Adequacy”.

Gymnast. Recommendation 2:

Consider the SDP training groups preferably based on the gymnastics physical abilities of the gymnasts and create new forms of training coexistence to improve the results in the development levels of the MG in NSW.

Argument:

- The difference between the boys those who get the highest score and those who get less, increases noticeably from Level 3.

How:

- Establish the form of the selection, evaluation and monitoring of the SDP athletes that allow us the specificity of the work and the detention of the gymnastics talent.

Specific Recommendation 2:

The gymnastic performance in the first ages is differentiated especially by the physical abilities and the attitudes of the gymnasts and their relationship with the environment. The assessment of attitudes is difficult to quantify and manage for large groups and in a timely manner.

However, the physical abilities are measurable and are relevant to the learning of basic movements and gymnastic skills.

The proposal is to continue working in 2 groups as before but prioritizing the results obtained in the physical abilities test above the level that has been assigned by the Club or the coach. In this way, we will stop advances of category without adequate anatomical adaptation and we will prioritize a basic preparation that the level assigned for that year. The number of participants and the percentage cut off of the 2 groups should be established by the MAG Gymsport Committee and will depend of the gymnasts' level of each year.

The SDP will be conformed with gymnasts that will compete between levels 3 and 5.

Weaknesses and threats:

It will be necessary an orientation and preparation to the change. The sessions of the SDPs should be very well defined, consensual and with specific objectives for each of the 2 groups. The idea is that every gymnast is comfortable and evolves properly in the program assigned to him, and not that he feels that he is in a group not adapted to his possibilities of progression.

Mitigation of risks:

Our reference for the Test will be our own results. 100% will be established by NSW gymnasts who will participate in the SDP.

One Handbook for the selection of SDPs will be established.





GYMNAST - State Team Program: “One Vision and One Team”.

Gymnast. Recommendation 3:

Align objectives and establish priorities to propose “One Vision” for all athletes of the State Squad.

Argument:

- Australia and NSW needs to improve their MAG results, once we have many of the resources to be able to achieve everything that we propose.

How:

- Agree on the work and leadership that we demonstrate in front of the State Team to impulse our competitiveness and excite our Team Spirit.

Specific Recommendation 3:

The State Squad coaches should agree before the beginning of each State Squad Program “One Vision” (a common goal for all) in the short term for each group of level that will have participation in the National Championship. Likewise, we will have to build a long-term Vision, with which each and every team of coaches feels identified. This Vision will be communicated to each of the Squads and work will be done so that the boys feel identified with that perspective.

The State Squad coaches will also agree on the role that each coach will perform throughout the year in State Squad training. In this way we avoid confusion and uncertainty (fundamentally sensation of intromission). The idea is to assign roles of: “participant coach”, “designated coach” (intervene when necessary in the device that was designated), “observer”, “leader”, “motivator”... The role assigned to each coach will not be necessary to communicate it to the athletes, who should perceive the important of communication, coordination and direction in the usual development of the Squad training.

Weaknesses and threats:

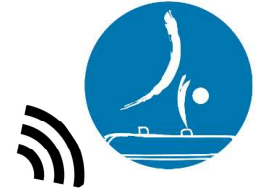
Some coaches may prefer to train individually with their gymnasts or not participate in the actions designated for the benefit of the group.

Mitigation of risks:

The assumption of roles by the coaches will be an option, not an obligation.

The experience of the last Building for Tomorrow demonstrates that we can obtain great advances when we work as a team and with motivation. Many coaches agreed that it was important to maintain and implement actions to excite and boost the work of the boys.

COACHES - “Moving forward and reach goals in spaces adequate for each one”.



Coaches. Recommendation 1.

Give importance to the loyalty of the coaches and to the facilitation in the fulfillment of their objectives as a first step to avoid the abandonment of coaches and the develop of new human resources.

Arguments:

- The reasons why coaches tend to leave Gymnastics are clearly inclined towards economic motives and the fulfillment of personal goals (2017 National Survey).

How:

- Differentiate and give value to work environments in line with the perspectives of personal development of coaches, valuing and making productive their contribution and commitment in each environment generated by Gymnastics NSW and for which has been assigned or in which feel identified.

Specific Recommendation 1:

The implementation of specific working groups (In the Squads training sessions and in our Sport Event calendar, and the encouragement of collective actions of participation and collective actions (See the next Recommendation), will give to the coaches the location in a more productive work environments for themselves. This will allow achieving goals in environments according to individual development. The revaluation of each space manage directly or indirectly by Gymnastics NSW will allow us to give new expectations to the coaches.

Weaknesses and threats:

The appointment of coaches by the Clubs in environments not according to the level or perspective of themselves.
The indifference to the changes on the part of some coaches.

Mitigation of risks:

The offer of new environments will give the opportunities for each coach to feel identified according to level and personal aspiration.
The collective actions and related to the participation by the coaches will be an option, not an obligation.



COACHES - Squad Training Programs: “Sharing ideas and knowledges”.

Coaches. Recommendation 2:

Reassess the contribution of the coaches in a continuous way, fundamentally when their contribution goes to the benefit of the collective of the MAG of NSW.

Arguments:

We should work as a team, increase communication and confidence to boost the development and dedication of coaches.

How:

Encouraging and scheduling the participation and contribution of coaches as a collective to the detriment of individual and sporadic contributions.

Specific Recommendation 2:

Schedule meetings before the Squads Training Program in which coaches can share their knowledge and concerns and prepare actions for our programs. These meetings would be remunerated as long as there is a commitment to contribute to the group that should be signed by those coaches who want to participate. In this meeting will talk about evaluation, monitoring and sports detection, forms of training, development and sports organization, strategy, proposals, perspective and vision of the MG and coordination of our teams.

Weaknesses and threats:

The prevention of intromission in aspects concerning to the Gymsport Committee.

The lack of habit in environments of teamwork in which everyone can obtain benefits (information, participation and development).

Coaches who do not want to share their ideas or/and who prefer individual contributions for personal or monetary recognition.

Mitigation of risks:

Each agenda should be defined before each meeting and will try to organize and balance the contribution of each coach as necessary.

The contribution of the coaches will be recognized as working time.

COACHES - Squad Training Programs: “Attention to the Critical Group”.

Coaches. Recommendation 3:

Support, advise and follow up the coaches that require it to consolidate the basic training for boys between the ages of 9-12 years.

Argument:

- The difference between the boys those who get the highest score and those who get less, increases noticeably from Level 3.
- There is a noticeable decrease in boys who once compete in level 3 Open, they often leave from Gymnastics.
- This tendency exists in the Under Levels but it is not as pronounced.

How:

- Introduce in all the meetings of the SDP and the STP, one point for the work and the consolidation of this group and give value to those coaches and clubs that have a commitment to develop these levels.

Specific Recommendation 3:

Analyze and study the opinion of coaches to improve the performance and prevent the abandonment of gymnasts in L3 to L6.

Guide towards the use of the sports calendar for the implementation of sport training processes that allow to the coaches realize a better work and preparation for this group that usually are age in the stage of adolescence.

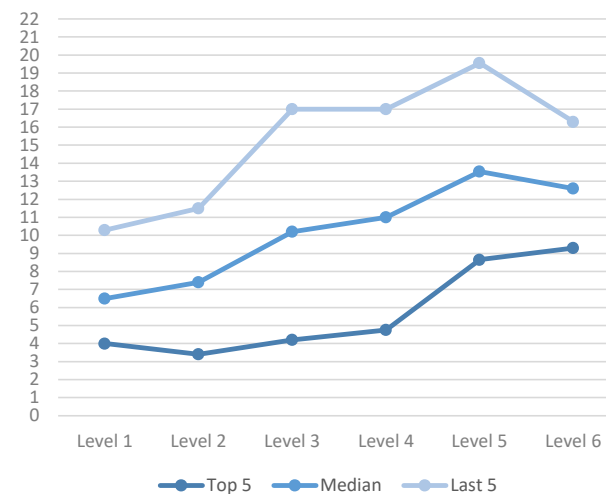
Weaknesses and threats:

The indifference of some coaches in their importance like coaches and influential persons for the decisions that gymnasts take in different stages of their lives.

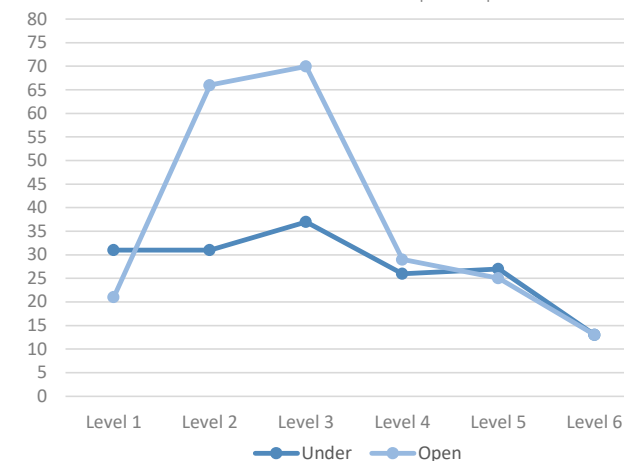
Mitigation of risks:

The inclusion of actions related to the sport training process will revalue the experience of the L3-L6 and will allow a new perspective and responsibility in the work carried out by the coaches with this age group.

Difference to the highest score possible
Ref.: Junior State Championship 2017



Volume and Level / Age range of Gymnast
Ref.: Junior State Championship 2017



INDEX

CLUBS - Level 1- Level 2: “Decentralizing for the massification”.

Clubs. Recommendation 1:

Consider the opportunity and importance of massification of MG in the Levels 1 and 2.

Arguments:

- 81% of Clubs are promoting the groups for 5-8 years because its have space available (2017 National Survey).

How:

- Promote the recruitment of kids between 5-8 years of Clubs by decentralizing our Grand Prix format for gymnasts of Levels 1 and 2 in the Country Areas.

Specific Recommendation 1:

The "Grand Prix Kids" program for levels 1 and 2 will involve the possibility of duplicating the participation mainly in the 3 Country Areas, as well as balancing the percentage of participation with respect to the metropolitan area from 73% / 26% current, to 60% / 40%, obtaining an increase in total annual participation in NSW for this group of more than 50%.

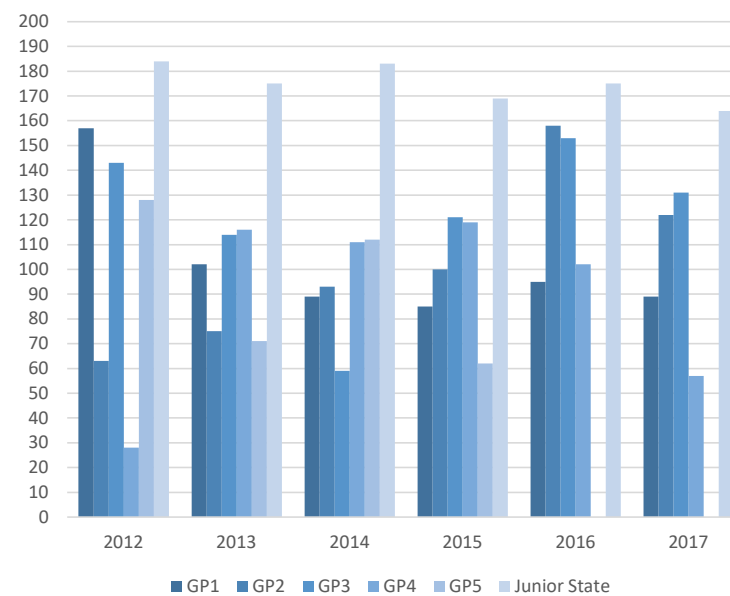
Weaknesses and threats:

The distrust of some clubs that in the last years have not participated in our events. he program will require its formalization and the understanding of Gymnastics NSW staff. It could require a commitment to participate in the program mainly in the Country Areas, by the clubs.

Mitigation of risks:

There is a great common benefit in the implementation of these program in the local areas. Probably the coaches will feel motivated and fully identified with this opportunity. The expectations of participation by each Club are concrete, real and sustainable since the first year.

Evolution of the volume of participants in levels 1 and 2 in the last 5 years



Analysis of the Graph:

The historical participation indicates a certain stability in the total volume of gymnasts in Level 1-2. It also refers to the need to study actions to specify the format of the sporting events program: "Grand Prix" type; and to increase and consolidate the participation.



Consolidating the Plan and establishing real and sustainable achievements

CLUBS - Country Areas: Agenda & Consolidate the Plan.

Clubs. Recommendation 2:

Create a schedule of visits to the Central Northern, Western and Southern Areas to familiarize the Plan and have the confidence and alignment of Clubs and coaches.

Arguments:

- We must recover the confidence of some clubs that had traditionally competed in the MAG.
- Over 40% of MG Clubs are in the Country Region (17 of 41 Clubs) and the 57% of small Clubs are out of the metropolitan area.
- It is convenient to consolidate the Plan and agree on commitments that aim at the common good of the MAG.

How:

- We need to espouse the Plan, explain it, and establish confidence towards the expectations that we will have for the Clubs. These expectations have been established from a conservative and real position, and for this reason should not negative reactions.



Zones involved

- North Coast.
- New England.
- Central Coast.
- Hunter.

Clubs involved:

- Armidale City Gymnastics Club.
- Ballina RSL Youth Club Gymnastics.
- North Coast Gymnastics.
- So Fun.

- Central Coast.
- Hunter Sports Centre.
- Gosford Gymnastics.
- Kimnastix.
- Maitland PCYC.
- PCYC Taree.

Expectations of growth of participation in the GP in the Area.

x 2.2

% Influence with respect to the increase of total participation in GP in NSW.

21%

Total participation in the 3 Northern GP 2019.

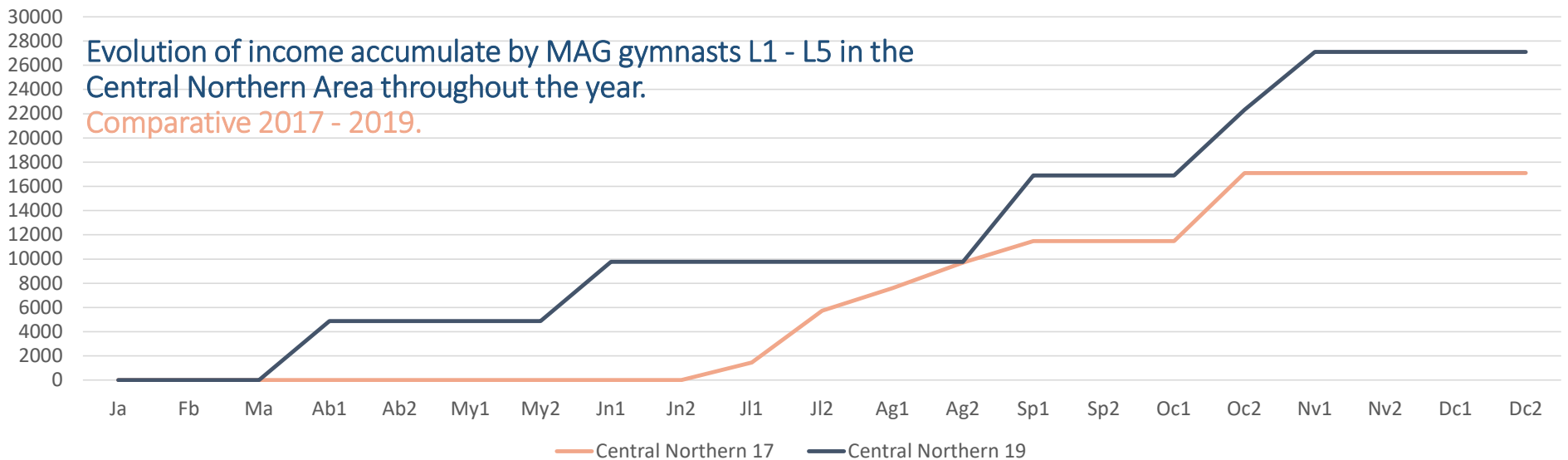
Level 1-2: 222

Level 3-5: 102

Scale of Compromise and Competitiveness.

0.61
2017

2.11
2019



Central - Northern Levels 1 - 2 - 3 - 4 - 5

	Central Northern Kids Grand Prix 1			Central Northern Kids Grand Prix 2													Central Northern Kids Grand Prix 3					Central Northern Junior Grand Prix 1					Country Junior Grand Prix 2					State Team 2019 Junior Grand Prix 3			Junior State 2019
Clubs	L1	L2	L1 17	L1	L2 17	L2	L3 17	L4 17	L5 17	L1 17	L2 17	L3 17	L4 17	L5 17	L1 17	L2 17	L3 17	L4 17	L5 17	L1 17	L1 17	L2 17	L2 17	L3 17	L3 17	L4 17	L4 17	L5 17	L5	L3	L4	L5	L3	L4	L5
Armidale	5	3	3	5	3	3			2	0	0				0	1				1	5	0	3	2											
Ballina RSL	5	2	0	5	0	2	5			0	0				0	0				0	5	0	2		3		1				3	1			
North Coast	5	0	0	5	0	0	3		2	0	0				0	0				0	5	0	0		2		1				2	1			
So Fun	5	2	0	5	0	2	6	1		0	0				0	0				0	5	0	2		5		1				5	1			
Central Coast	5	2	0	5	1	2		1		0	0				0	0				0	5	0	2		1		1				1	1			
Hunter Sports	12	7	5	12	6	7	9	4	4	1	5	7	5	4	3	3	8	3	2	4	12	5	7	9	5	5	5	4	6	5	5	6	5	5	6
Gosford	5	3	0	5	5	3	1	1	1	0	0				0	5		2	1	0	5	0	3		1					1			1		
Kimnastix	5	2	0	5	2	2				0	0				0	0				0	5	2	2		1					1			1		
Maitland PCYC	3	0	0	3	0	0				0	0				0	0				0	3	0	0		1					1			1		
PCYC Taree	3	0	0	3	0	0				0	0				0	0				0	3	0	0												
	SD1		Grand Prix 1							Grand Prix 2					Grand Prix 3					Grand Prix 4										SD4					SD5



Zones involved

- Central Western
 - Dubbo
 - Parkes
 - Orange

Expectations of growth of participation in the GP in the Area.

x 2.4

Total participation in the 3 Western GP 2019.

Level 1-2: **63**

Level 3-5: **12**

Clubs involved:

- Central West
- Dubbo PCYC
- Parkes PCYC

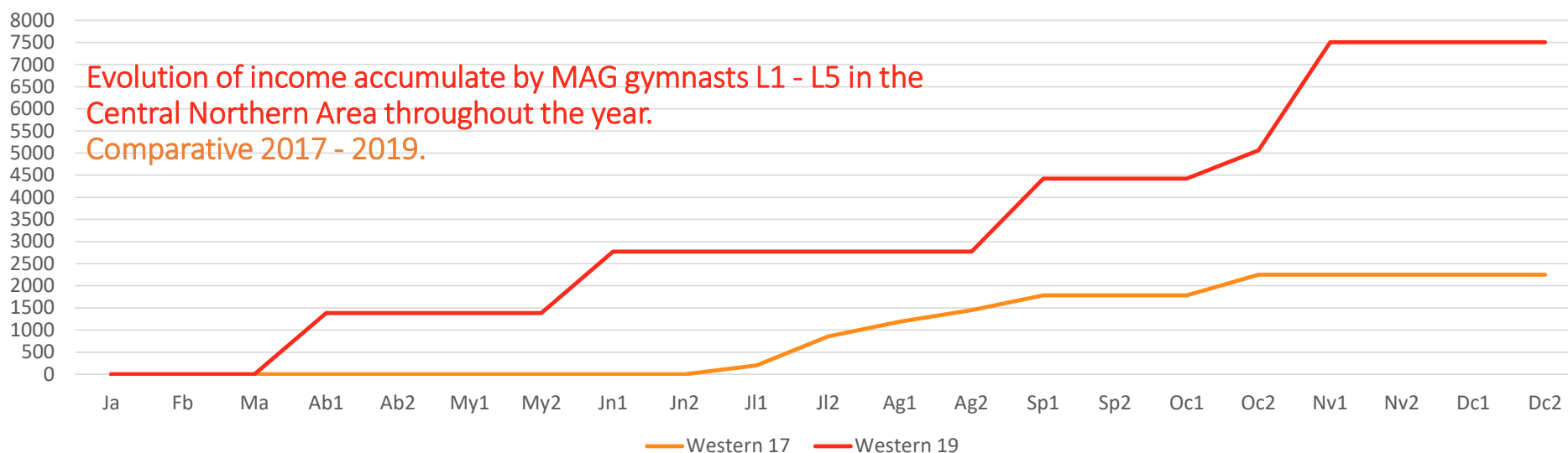
% Influence with respect to the increase of total participation in GP in NSW.

6%

Scale of Compromise and Competitiveness.

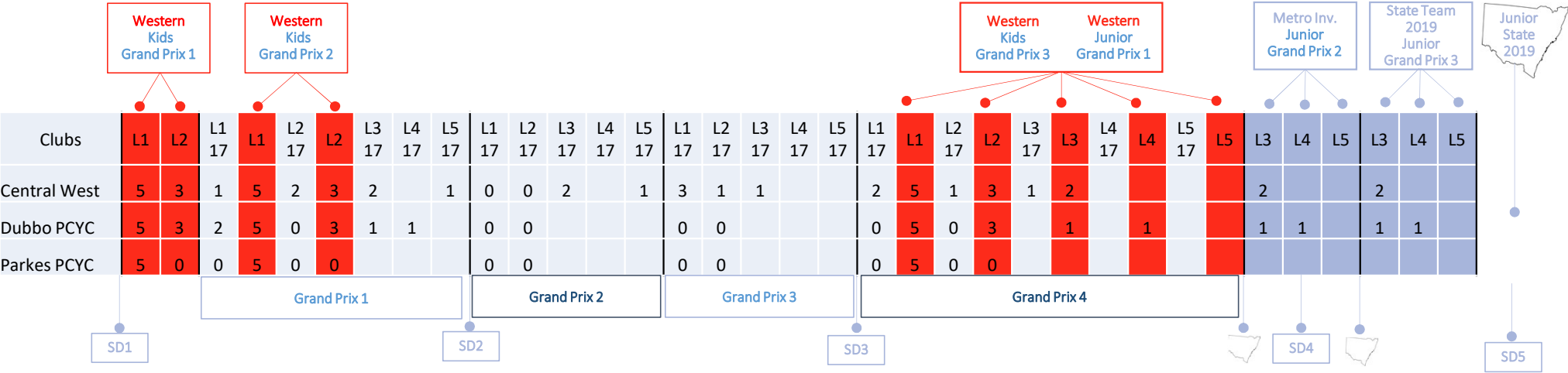
0.61
2017

0.96
2019



Expectations per Club of Western for 2019

Western Levels 1 - 2 - 3 - 4 - 5





Zones involved

- Sydney & metropolis.

Clubs involved:

- AAI.
- Australian Academy.
- Bankstown YMCA.
- Bunnerong Gymnastics.
- Castle Hill.
- Epping YMCA.

- Engadine Gymnastics.
- Five Dock.
- Gladesville RSL.
- Icon.
- Macarthur Gymnastics.
- Macquarie Uni.
- Manly Warringah.
- North Narrabeen.
- North Ryde RSL.

- North Sydney Gymnastics.
- NSW Academy.
- Seven Hills
- Shire.
- SGAC.
- Phoenix Academy.
- Sydney Hills.
- Sydney Olympic Park

Expectations of growth of participation in the GP in the Area.

x 0.4

Total participation in the 3 Sydney GP 2019.

Level 1-2: 720

Level 3-5: 477

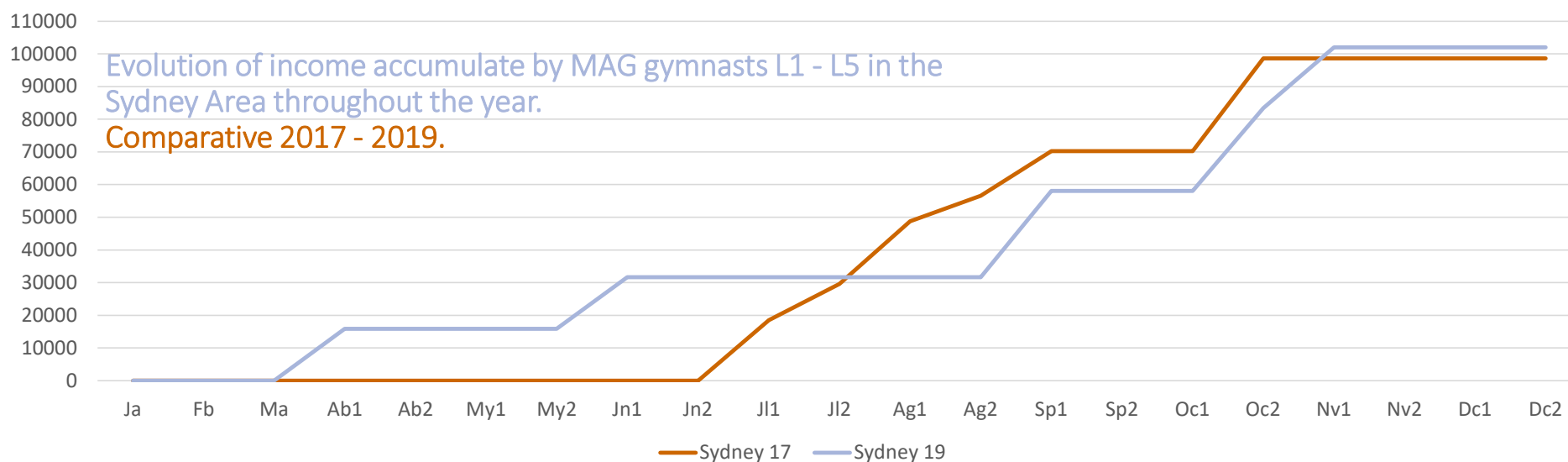
% Influence with respect to the increase of total participation in GP in NSW.

41%

Scale of Compromise and Competitiveness.

0.70
2017

2.01
2019



Expectations per Club of Sydney for 2019

Sydney Kids Grand Prix 1			Sydney Kids Grand Prix 2			SDP Period 1 Check Test / 2 SDT 1 / 3 SDT 2 4 Final Test / 5 Control (Open Judges)										Sydney Kids Grand Prix 3					Sydney Junior Grand Prix 1					Metro Inv. Junior Grand Prix 2					State Team 2019 Junior Grand Prix 3					Junior State 2019													
Clubs	L1	L2	L1 17	L1	L2	L2 17	L3 17	L4 17	L5 17	L1 17	L2 17	L3 17	L4 17	L5 17	L1 17	L2 17	L3 17	L4 17	L5 17	L1 17	L1	L2	L2 17	L3 17	L3	L4	L4 17	L5 17	L5	L3	L4	L5	L3	L4	L5														
AAGI	3	0	0	3	0	0	3	2		0	0	3	3		0	0				0	3	0	0		2		2			2	2		2	2															
Australian Acad.	10	5	0	10	5	5	5	5	2	0	5	4	5	2	3	5	5	5	2	3	10	5	5	5	5	4	5	6	2	1	4	6	1	4	6	1													
Bankstown	5	5	0	5	0	5	5			0	3	1	3		0	3	2	3		0	5	0	5		3		3			3	3		3	3															
Bunnerong	10	5	0	10	0	5				0	0				0	7	6	1		0	10	7	5	4	2					2			2																
Castle Hill	10	5	0	10	5	5	12		3	4	5	13	1	2	5	6	13	1	2	0	10	0	5		6		10			6	10		6	10															
Epping YMCA	6	6	0	6	0	6				2	7	3			2	7	2		1	0	6	0	6		1		1	1		1	1		1	1															
Engadine	3	0	0	3	0	0				0	0				0	0				0	3	0	0																										
Five Dock	5	5	0	5	0	5				3	7	4	2	5	3	8	5	2	4	0	5	0	5		3		3			3	3		3	3															
Gladesville RSL	3	0	0	3	1	0	5	1		0	1	6	1		0	1	5	1		0	3	0	0		3		2			3	2		3	2															
HPC	0	0	0	0	0	0				0	0	3	3	3	0	0				0	0	0	0	3	2	3	4	4	2	2	4	2	2	4	2														
Icon Gymnsports	5	3	0	5	0	3				0	0				0	3	4			0	5	0	3		3		1			3	1		3	1															
Macarthur	3	0	0	3	0	0				0	0				0	0				0	3	0	0																										
Macquarie Uni	6	6	1	6	6	6	1			4	7	1			3	7	1			0	6	0	6		2					2			2																
Manly Warringah	12	10	1	12	5	10	8	5	9	2	8	9		10	4	8	9	6	10	3	12	8	10	6	6	5	7	9	6	6	7	6	6	7	6														
North Narrabeen	10	5	0	10	0	5				0	0		5		0	0	3	8		0	10	0	5	3		8	5		5		5	5		5	5														
North Ryde RSL	3	0	0	3	0	0				0	0				0	0				0	3	0	0																										
North Sydney	3	0	0	3	0	0				0	0				0	0				0	3	0	0																										
NSW Academy	3	0	0	3	0	0				0	0		3	4	0	0				0	3	0	0		2		4		2	2	4	2	2	4	2														
Seven Hills	10	5	0	10	0	5				1	4	4	2	1	1	3	3	3	1	0	10	0	5		2		2		2	2	2	2	2	2	2														
Shire	5	5	0	5	6	5	2	4	10	0	6	3	4	10	0	4	4	4	11	0	5	0	5		5		5		5	5	5	5	5	5	5														
SGAC	12	10	1	12	2	10	6	6	5	11	9	8	6	8	6	7	7	6	7	5	12	6	10	6	5	2	5	4	5	5	5	5	5	5	5														
Phoenix Academy	5	5	0	5	0	5				1	3				2	4				0	5	0	5		1					1			1																
Sydney Hills	12	6	16	12	5	6	9	4	2	14	6	9	5	2	14	6	10	5	2	0	12	0	6		5		5		5	5	5	5	5	5	5														
SOP	5	5	0	5	0	5				0	0				0	5				0	5	5	5	6	4					4			4																
			Grand Prix 1							Grand Prix 2					Grand Prix 3					Grand Prix 4																													
SD1										SD2										SD3															SD4										SD5				



Zones involved

- Illawarra.
- Greater Murray.
- Southern.
- South Eastern.

Clubs involved:

- Carmel & Co.
- Soalhaven CYCL.
- Wollongong.

- South Coast.
- Canberra City.
- Southern Canberra.
- Woden Valley.

Expectations of growth of participation in the GPs in the Area.

x 2.8

Total participation in the 3 Southern GP 2019.

Level 1-2: 122

Level 3-5: 37

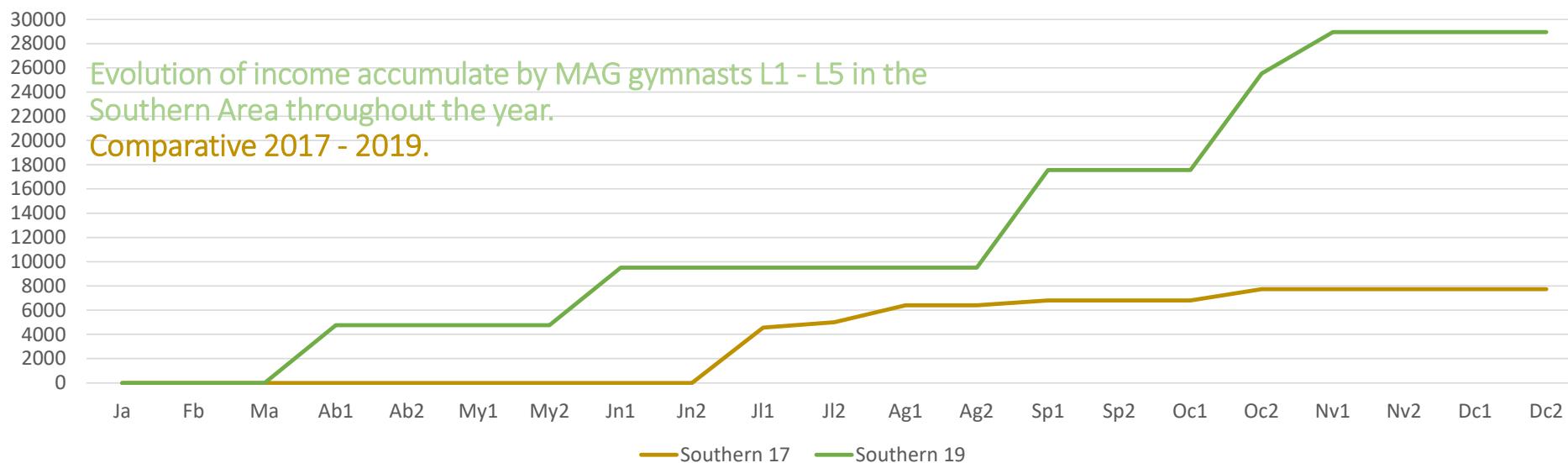
% Influence with respect to the increase of total participation in GP in NSW.

32%

Scale of Compromise and Competitiveness.

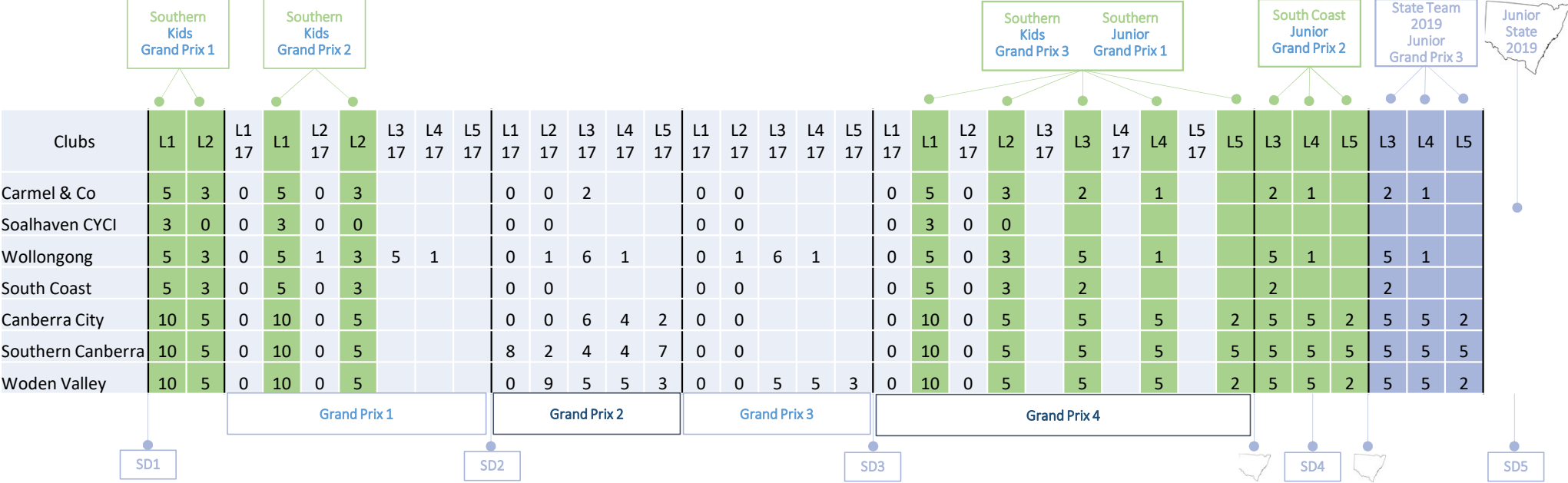
2.43
2017

3.33
2019

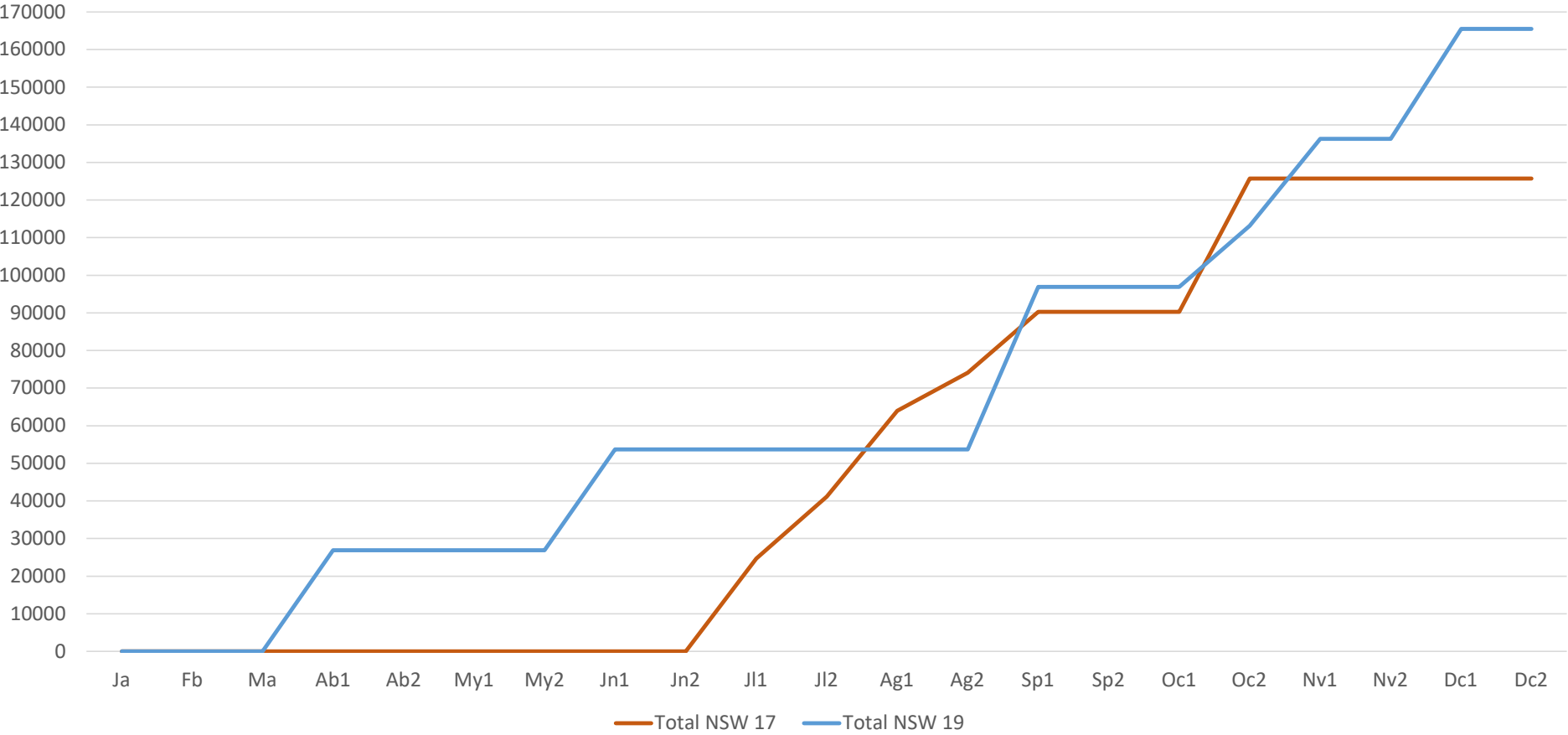


Expectations per Club of Southern for 2019

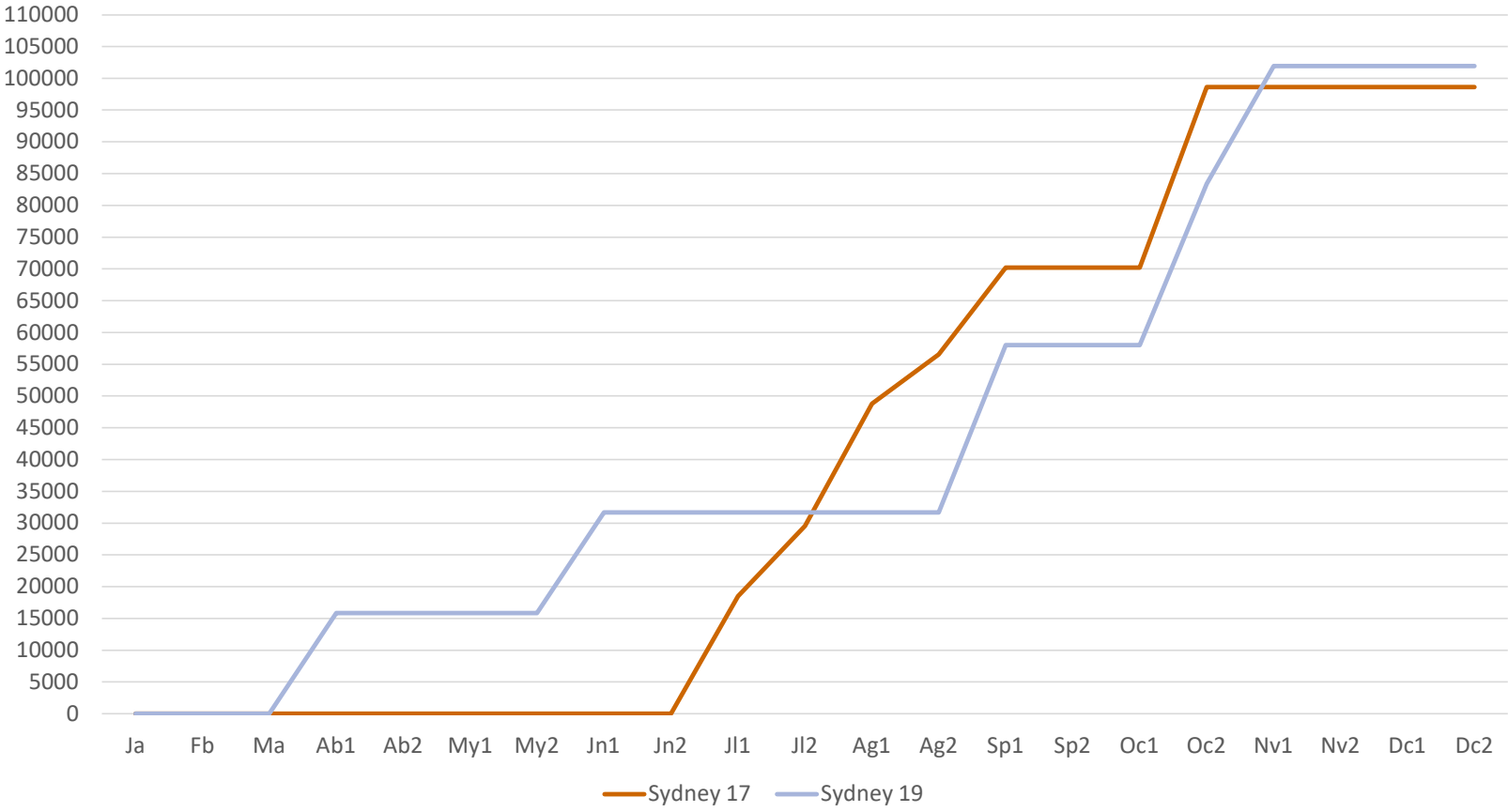
Coast - Southern Levels 1 - 2 - 3 - 4 - 5



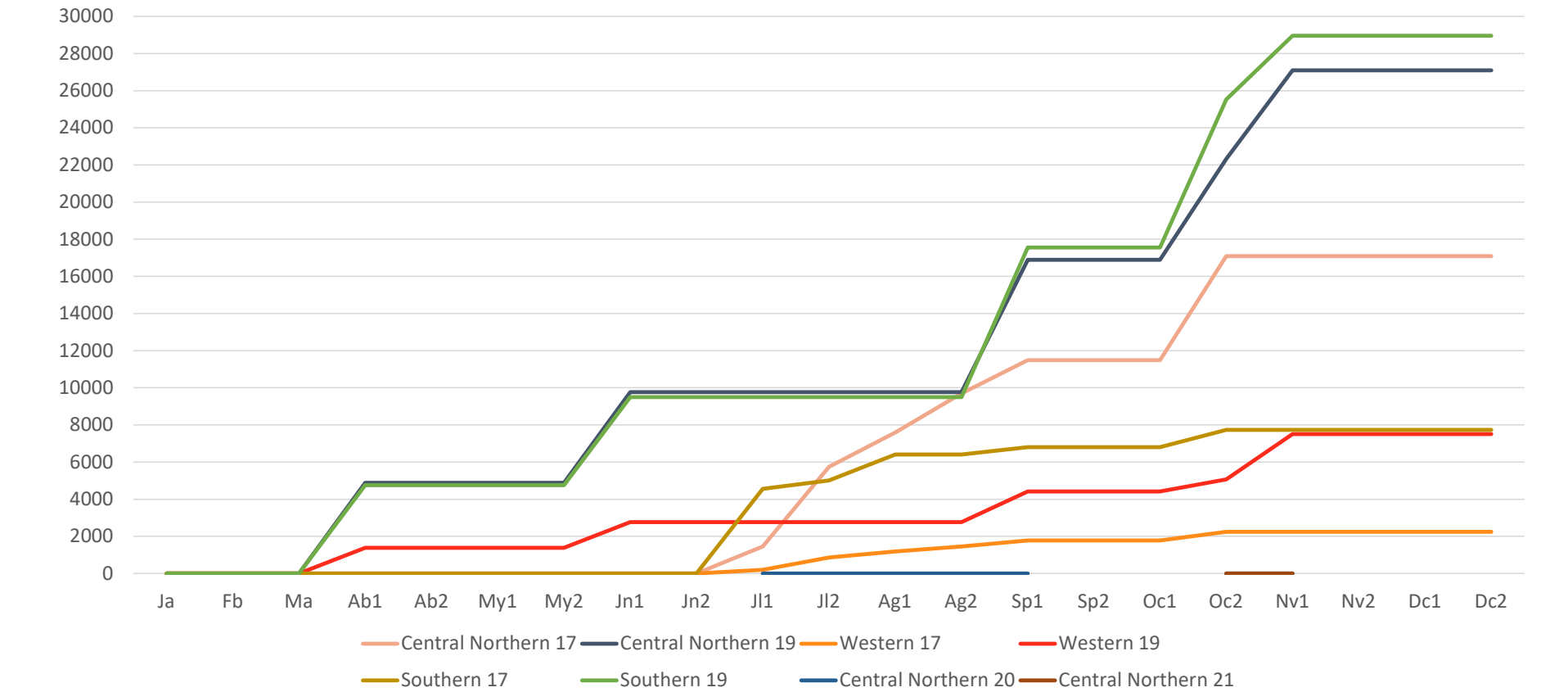
Evolution of income accumulate by MAG gymnasts L1 - L5 in all events of NSW throughout the year.
Comparative 2017 - 2019.



Evolution of income accumulate by Gymnasts and per Area in competitions throughout the year.
Metropolitan Area. Comparative 17-19.



Evolution of income accumulate by Gymnasts and per Area in competitions throughout the year.
Non-metropolitan Area. Comparative 17-19.



INDEX

Why introduce the Sport Training Process in the Calendar of Events



CLUBS - The importance of introducing the “Time for the Club”.

Clubs. Recommendation 3:

Consider the importance of recognizing the "Club Time" for the general development of its structure, organization and promotion.

Arguments:

- 40% of the Clubs are dissatisfied or insecure with the support received for their individual needs (2017 National Survey).
- The period that Clubs currently have for their development and promotion is limited to November, December and January.

EVENTS - For the Sport Excellence it is necessary the “Sport Training Process”.

Events. Recommendation 3:

Recognize the need to consider the sports training process in the calendar of events to ostensibly improve the level of all MAG categories.

Argument:

- Specifically all recommendations indicate that we must move towards excellent sports and world sporting results.
- We must take advantage of our starting point and improve the level of our MAG thanks to our knowledge in management and sports performance.

How:

- Introducing and advising on a calendar of events that recognizes the need to incorporate the Sports Training Process to increase the performance of MAG.

Introduction to the Tables Reference



Type of Competitions: 7 Preparative / 8 Important / 9 Top

In the following graphs you will find an annual sports calendar with the points of reference that currently have the MAG clubs of Gymnastics NSW as well as a proposal for the implementation of the training process. This proposal tries to adapt to the maximum an optimal preparation of the athlete for the different ages and levels. In addition this proposal has been approximated to the maximum existing calendar.

Please for a more detailed consultation and location of events a small explanatory meeting is convenient.



Specific Period: 4 Introductory / 5 Specific 2 (Routines) / 6 Specific 3 (Polish)

The value of the points refers to the intensity of the training period that the MAG Clubs must carry out during each fortnight of the year based on the Calendar of established events. In this way we have a value 1-2-3 for periods of general preparation, values 4-5-6 according to the intensity of the specific and pre-competitive training, and values 7-8-9 according to the relevance of the competition for each level .



General Period: 1 Start / 2 Anatomical Adaption / 3 General

NV1 NV2 DC1 DC2 JA1 JA2 FB1 FB2 MA1 MA2 AB1 AB2 MY1 MY2 JN1 JN2 JL1 JL2 AG1 AG2 SP1 SP2 OC1 OC2

—●— General Period —●— Especific Period —●— Type of Competition

Current Calendar

Levels 1-6

Current All Development Levels 2018

- The sports planning don't have relation to the majority school period.
- Same sports experience from 7 to 12 years.
- Half a year of events and half a year for trainings with holidays in between.
- Concentration of events in the "family free times" area and between 2 school holidays (end of terms).
- November and December are periods without sport perspective.
- Difficulty to teach the sports base (no volume in the general and specific preparation).
- Difficulty for internal and external promotion.



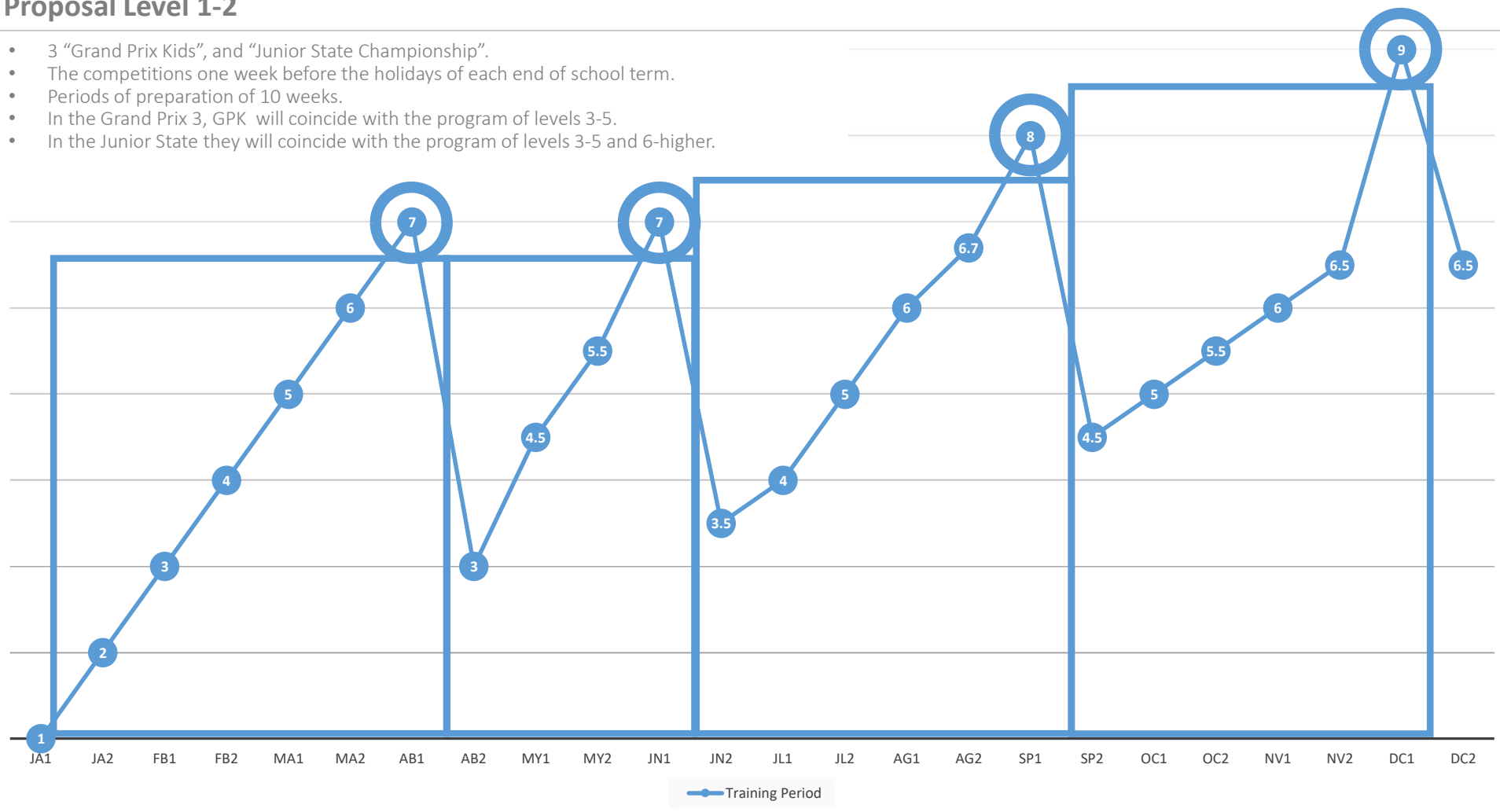
Levels 1-2

Massification, Specificity, Spontaneity

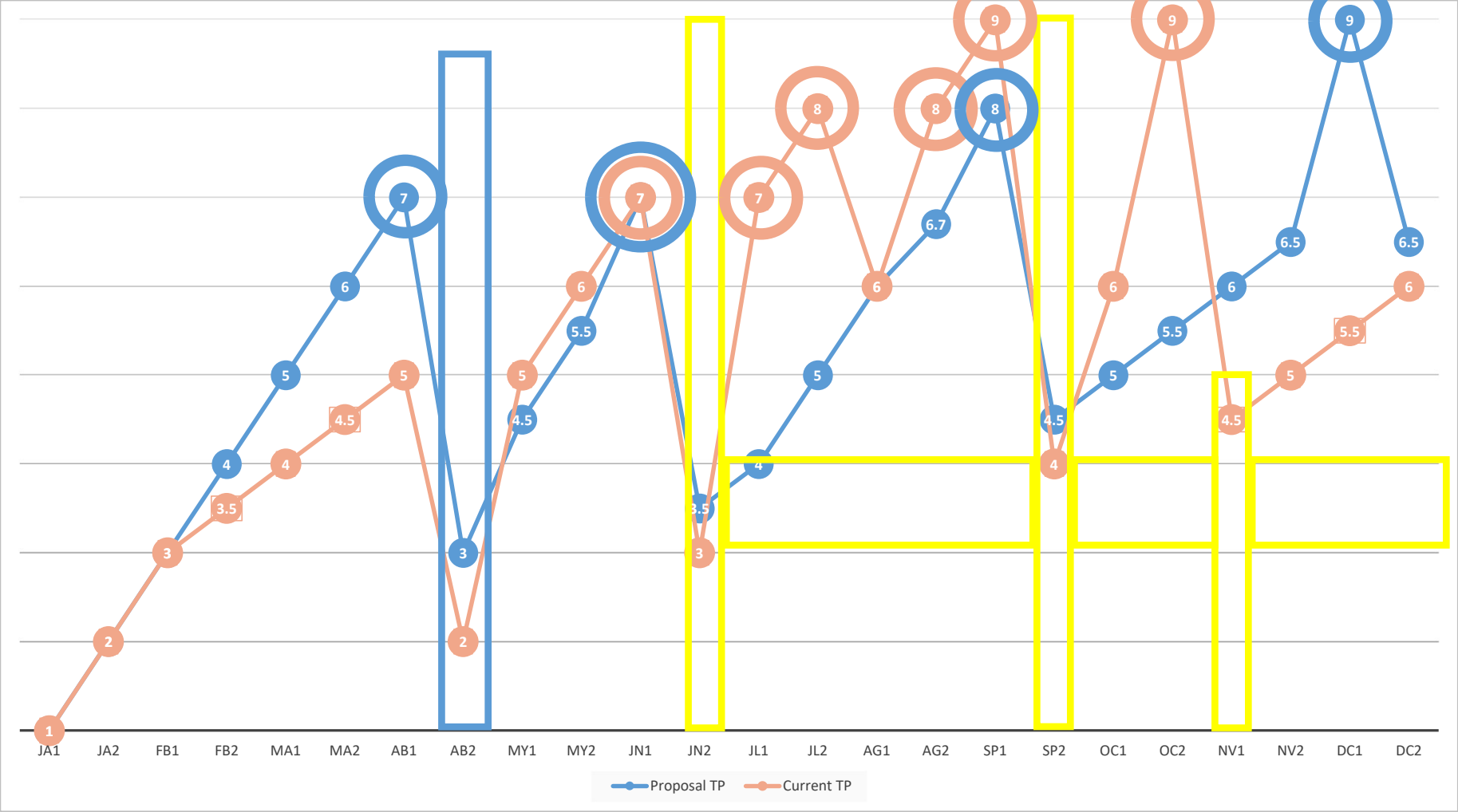
Proposed 2019

Proposal Level 1-2

- 3 “Grand Prix Kids”, and “Junior State Championship”.
- The competitions one week before the holidays of each end of school term.
- Periods of preparation of 10 weeks.
- In the Grand Prix 3, GPK will coincide with the program of levels 3-5.
- In the Junior State they will coincide with the program of levels 3-5 and 6-higher.



Comparative Level 1-2



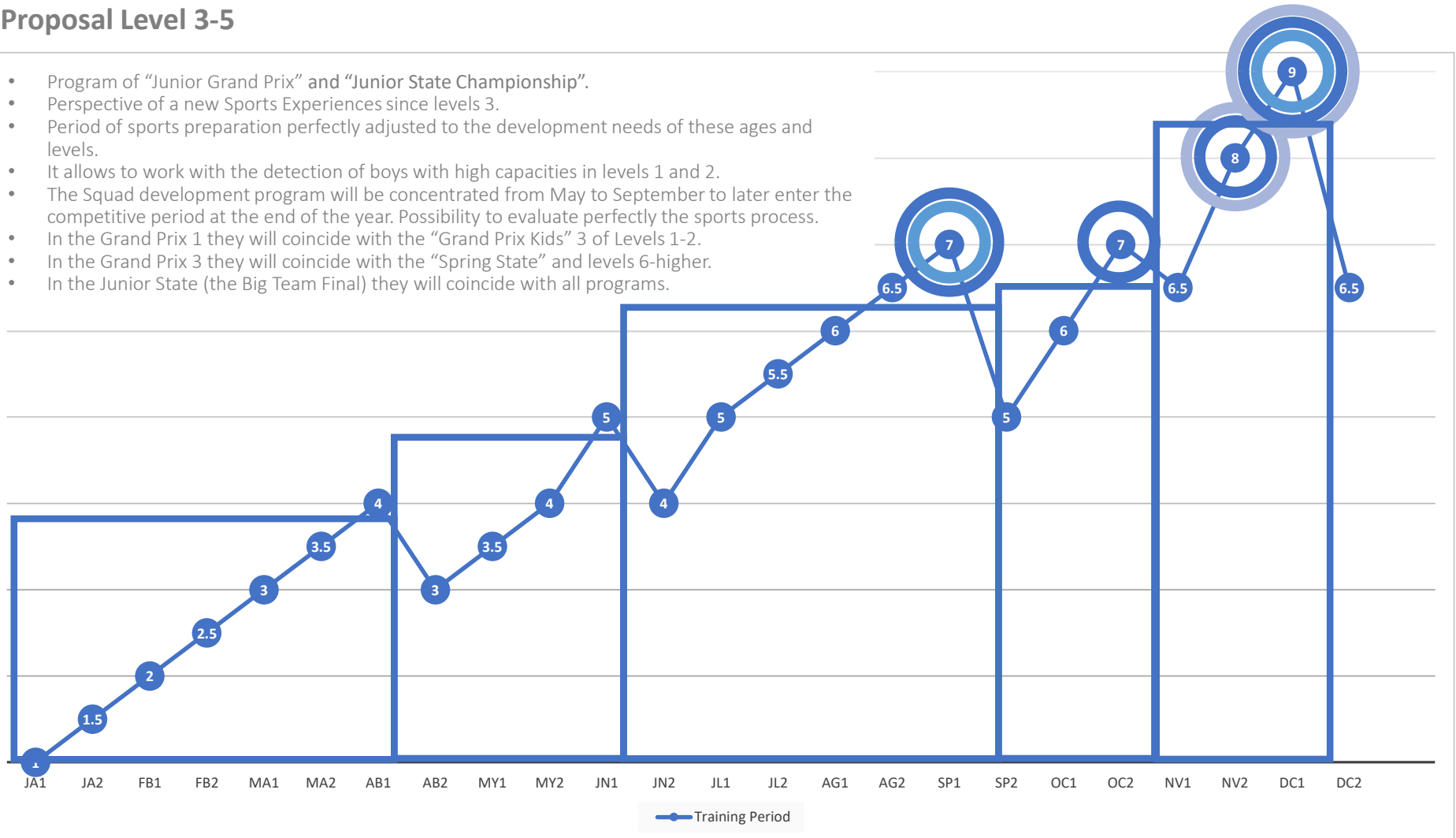
Levels 3-5

Revalue, Position, Illusion

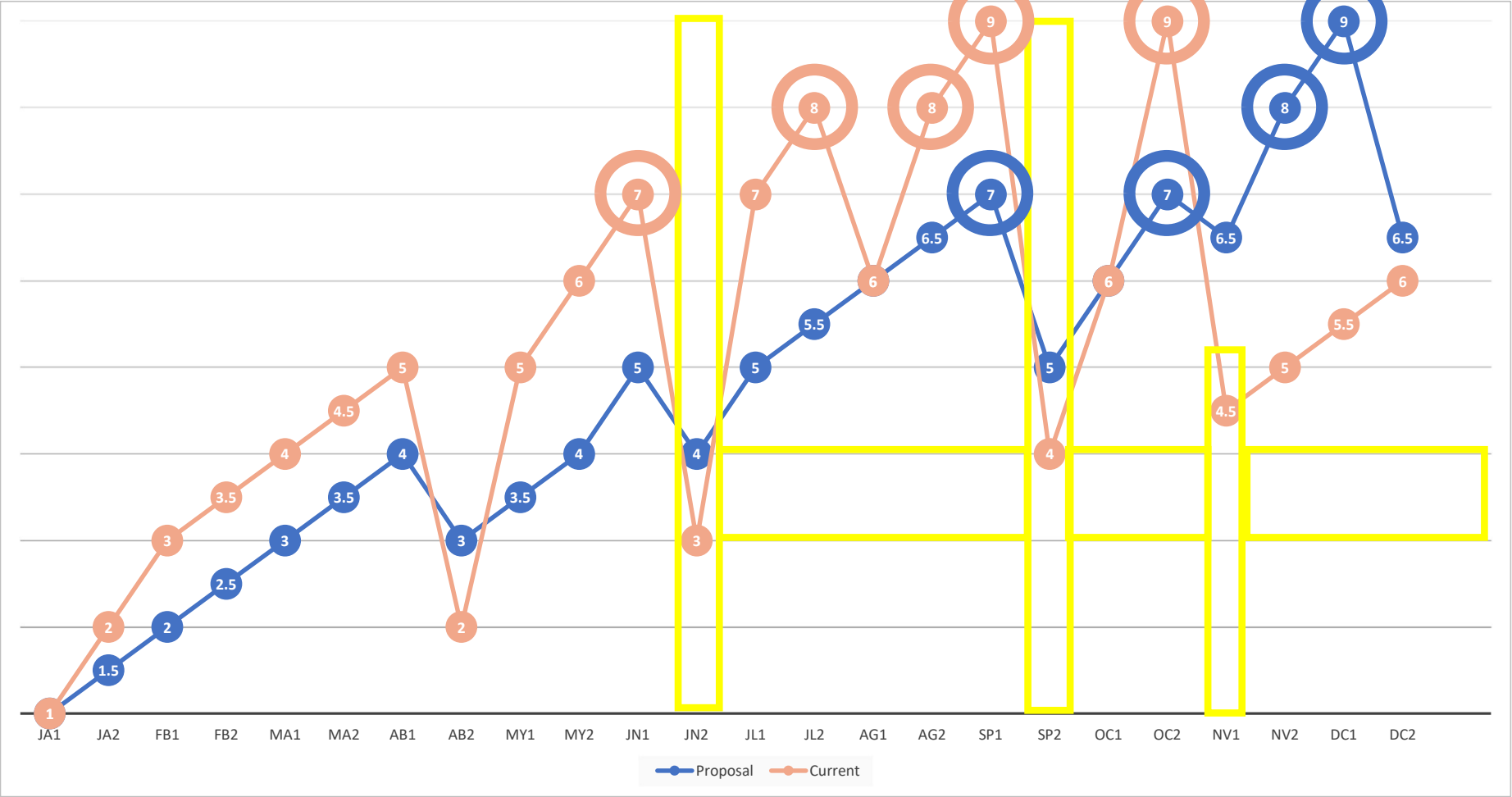
Proposed 2019

Proposal Level 3-5

- Program of “Junior Grand Prix” and “Junior State Championship”.
- Perspective of a new Sports Experiences since levels 3.
- Period of sports preparation perfectly adjusted to the development needs of these ages and levels.
- It allows to work with the detection of boys with high capacities in levels 1 and 2.
- The Squad development program will be concentrated from May to September to later enter the competitive period at the end of the year. Possibility to evaluate perfectly the sports process.
- In the Grand Prix 1 they will coincide with the “Grand Prix Kids” 3 of Levels 1-2.
- In the Grand Prix 3 they will coincide with the “Spring State” and levels 6-higher.
- In the Junior State (the Big Team Final) they will coincide with all programs.



Comparative Level 3-6 / Level 3-5

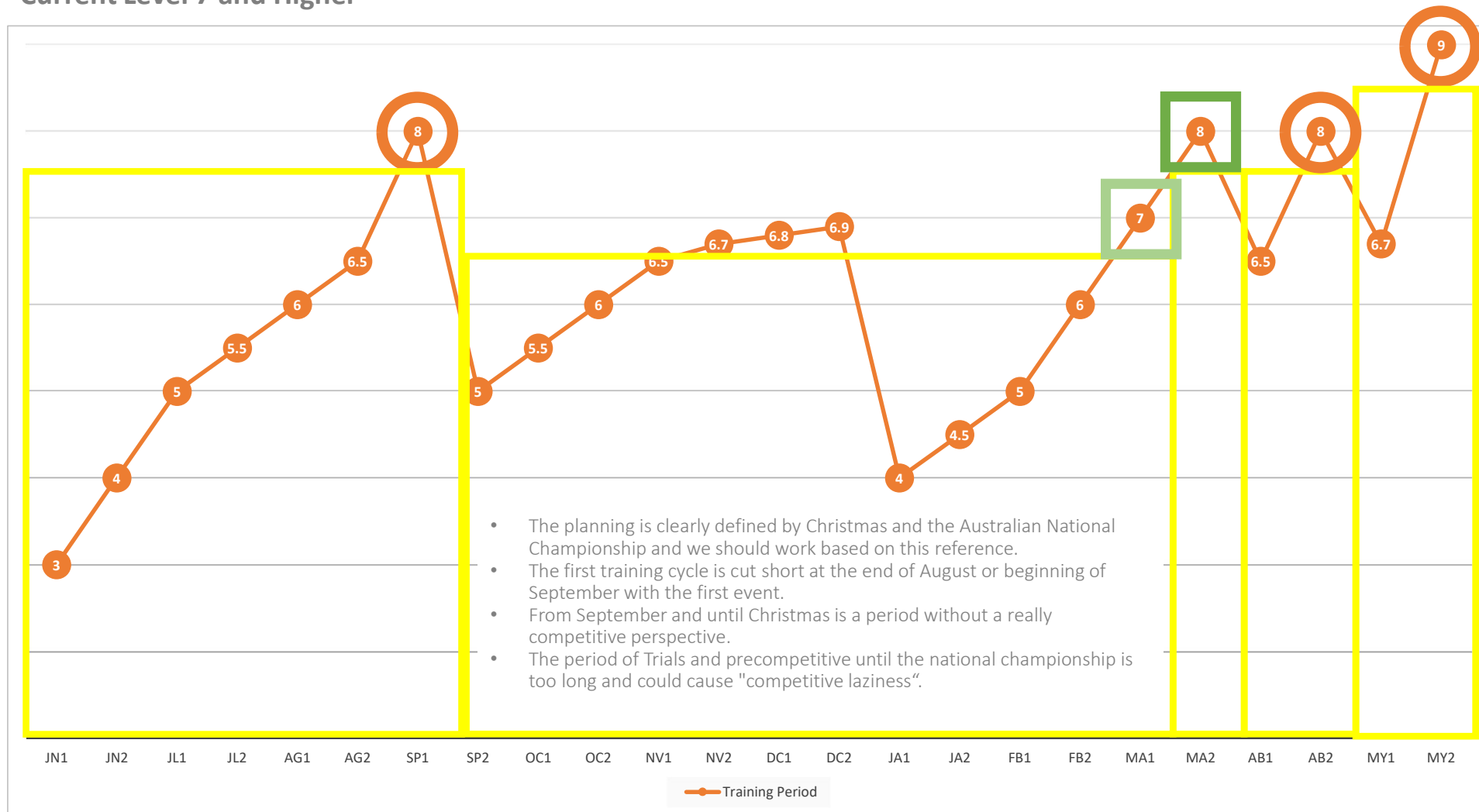


Levels 6-Higher

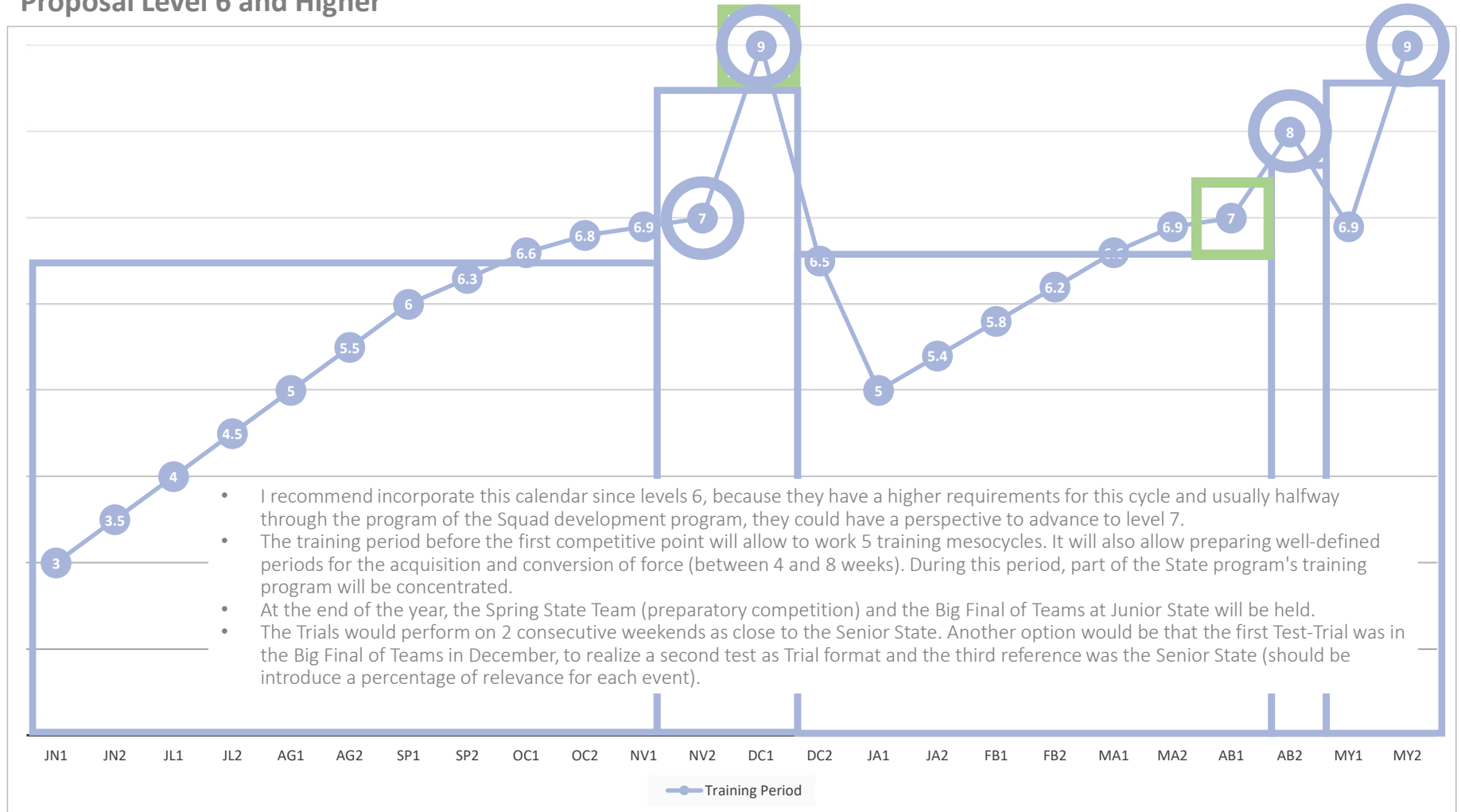
Vision, Pasion, Pride

Proposed 2019

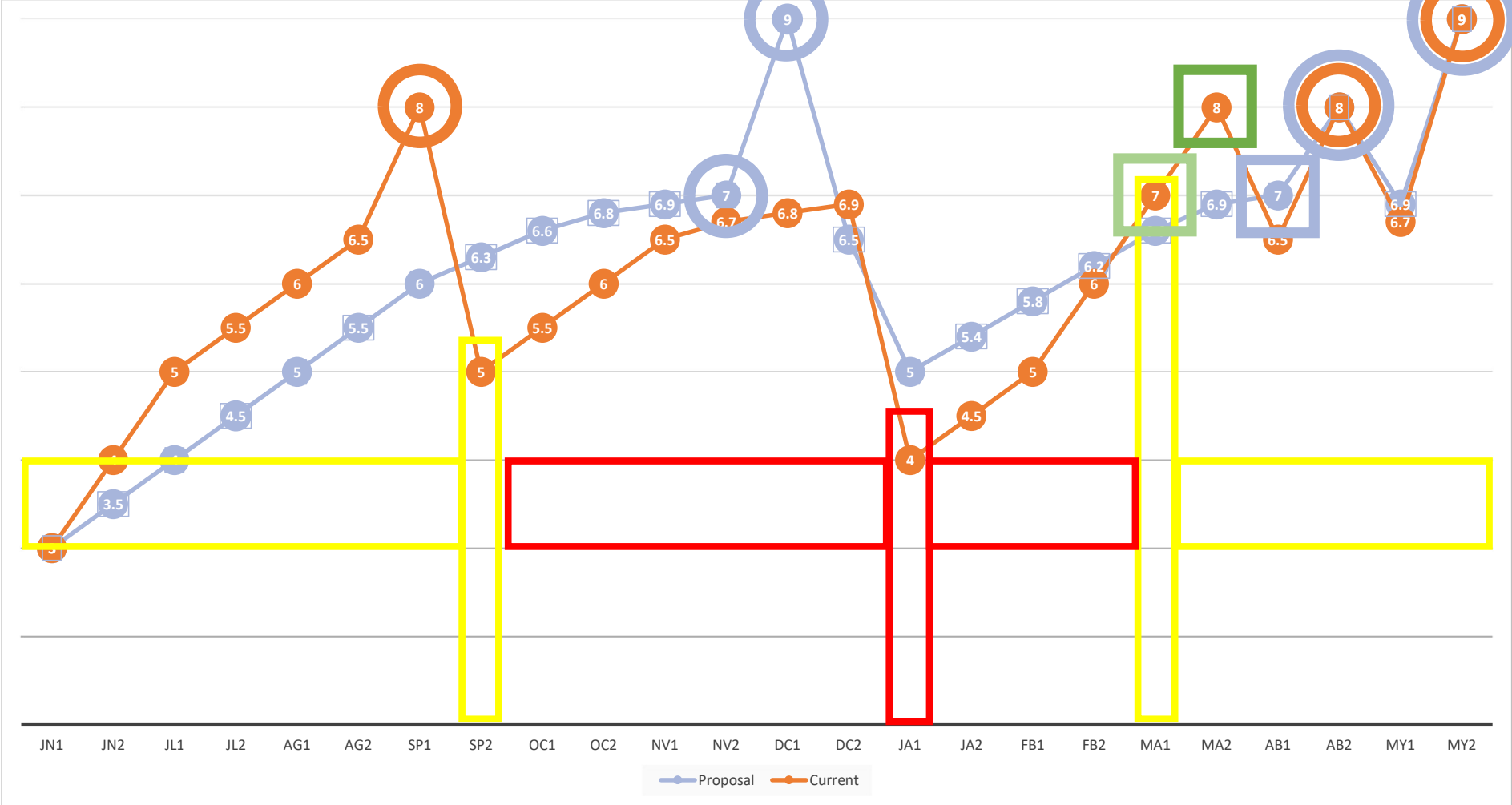
Current Level 7 and Higher



Proposal Level 6 and Higher



Comparative Level 7 & Higher



Current relationship

All Levels

Levels 1-6 / 7-higher

Current relation All Levels 2018

“Time for the Club”

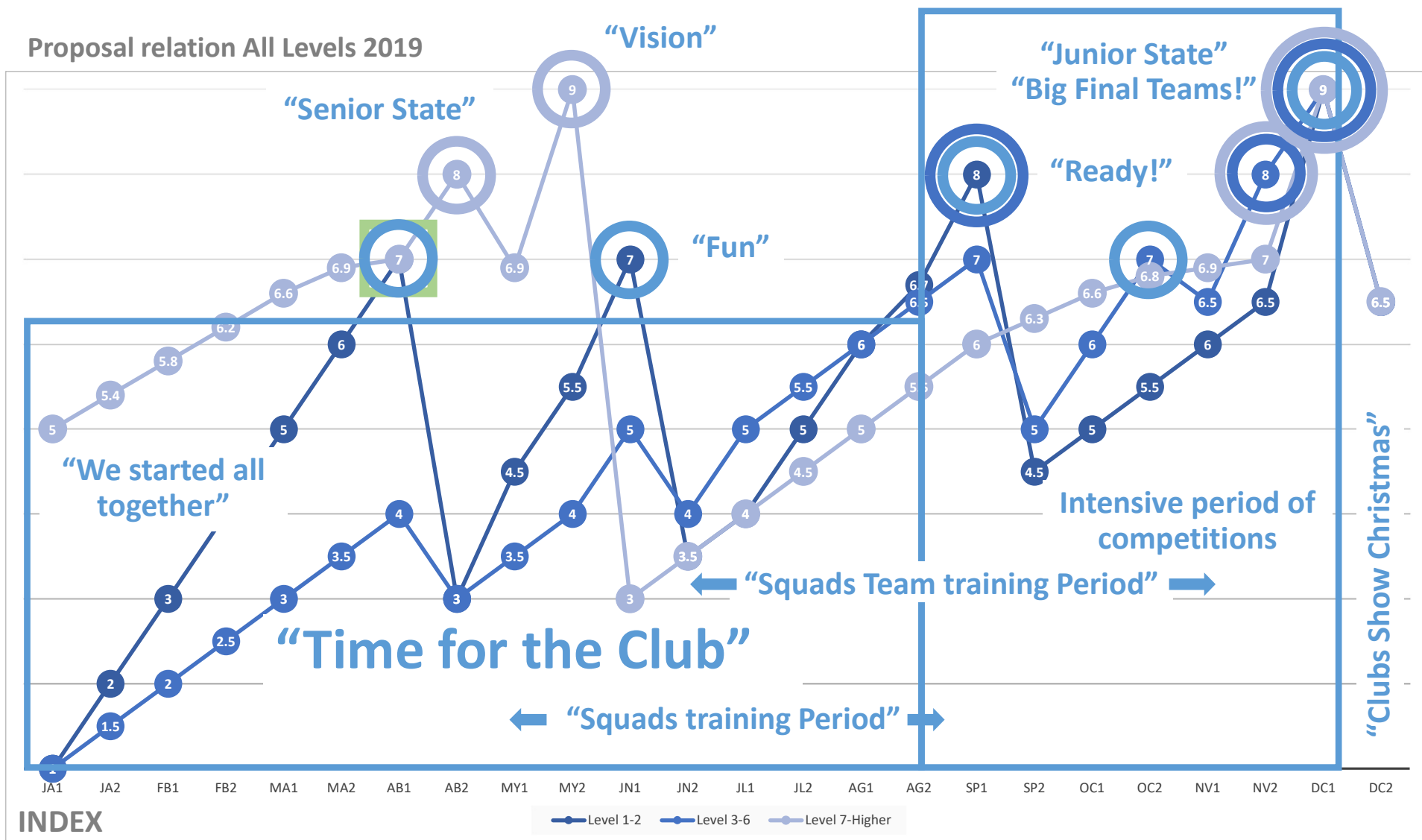


Relationship Proposal

All Levels

1-2 / 3-5 / 6-higher

Proposal relation All Levels 2019



Thanks!
for your attention.
Start Here ... Go anywhere!

