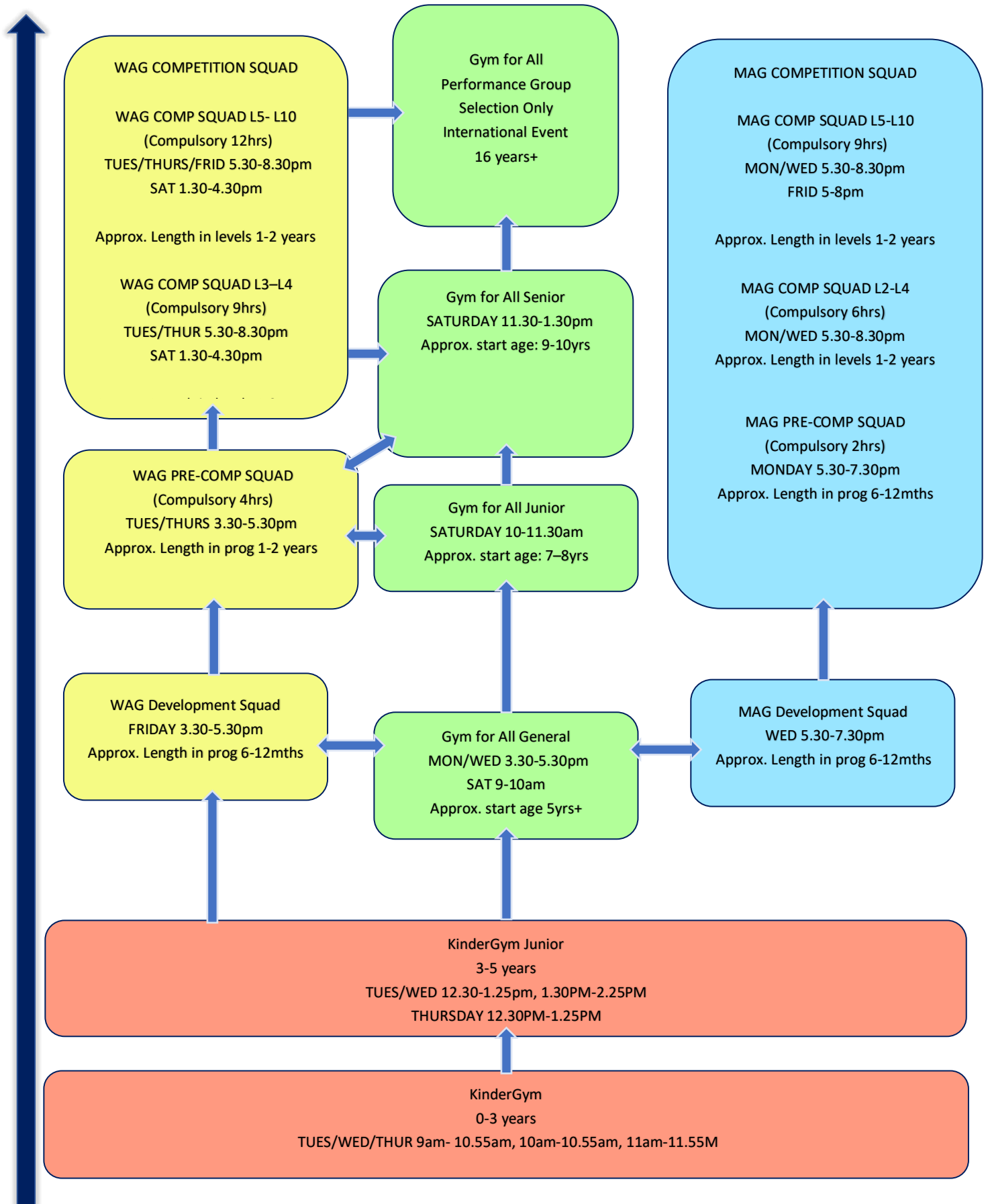


GYM WEST PROGRAM PROGRESSION PATHWAY



SUMMMARY OF PATHWAYS FOR GYM WEST GYMSPORTS

The Progression Pathway is only a guide to demonstrate how a gymnast can move between the programs offered at Gym West. **Please note:** our gymnast will be assessed on an individual basis and their progress is based on their level of skill and ability, particularly in our competition squads. Should you require further information about progression pathways, please email gymwest@internode.on.net or alternatively, you can also speak to the Head Coach of the program you are interested in.

GYMSPORT PROGRAM	PROGRESSION PATHWAYS
<p>KinderGym 0-3 years</p> <p>Our KinderGym program is a fun movement-based program that provides many opportunities for your child to develop their foundation skills of moving and learning. Our program is 'play based' allowing children to develop in their own time and to help foster a positive experience of movement. Each session is carefully planned to offer a variety of movement challenges via our equipment as well as musical activities, demonstrations and guided discoveries.</p> <p>From here your child can progress to KinderGym Junior.</p>	<p>Pathway - KinderGym Junior 3-5 years</p> <p>Criteria: 3 - 5 years of age</p> <p>Assessment: N/A</p> <p>Length of Time: Approx. 2-3 years</p>
<p>KinderGym Junior 3-5 years</p> <p>At KinderGym Junior the sessions are more structured. KinderGym leaders provide direction on developing specific skills including springs and landings, rotations, balance, concepts, swings, hangs and locomotion.</p> <p>The children will have the opportunity to progress through a range of skills and developments.</p> <p>Sessions include musical warm-ups, gymnastics shapes for core body strength, a circuit, free time to explore the equipment, games and songs.</p> <p>From here your child can progress to Gym for All – General or our WAG Development Squad.</p>	<p>Pathway - Gym for All – general (mixed)</p> <p>Criteria: For children aged 5yrs+. This program is a KinderGym extension and an introduction to all Gymnastics Gymsports</p> <p>Trials/Assessment: Gymnasts are assessed on a class basis by their coaches. There is no requirement for formal testing.</p> <p>Age: 5 years+</p> <hr/> <p>Pathway - WAG Development Squad</p> <p>Criteria: Gymnasts who have natural talent and/or a desire to compete in Women’s Artistic Gymnastics. Entry into the WAG Development Squad is by invitation only.</p> <p>Trials/Assessment: Aspiring gymnasts are encouraged to attend a trial session. Trial sessions are held once per term.</p> <p>Length of Time: Approx. 6-12 months</p>

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<p>Gym for All – General (mixed)</p> <p>Program is based on the 4 F’s – fun, fitness, fundamentals and friendships</p> <p>It includes the Dominant Movement Patterns.</p> <p>Statics, locomotion, spring & landings, rotations and swing.</p> <p>The program includes all aspects of the gymnastics gym sports including sports acrobatics, Hand apparatus, Team Gym, free G and Gym Challenge plus some circus arts skills.</p> <p>From here, gymnast can progress to Gym for All Junior, MAG Development Program (boys) or WAG Development Program (girls)</p>	<p>Pathway - GfA Junior</p> <p>Criteria: Minimum age is 8 years. No specific criteria required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment: Gymnasts are assessed during class by their coaches. Formal testing is not required. Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: Minimum 8 years+</p>
	<p>Pathway - MAG Development Squad</p> <p>Criteria: Show interest in the program and have the right attitude in learning gymnastics.</p> <p>Trials/Assessment: No assessment</p> <p>Length of Time: Approx. 6-12 months</p>
	<p>Pathway - WAG Development Squad</p> <p>Criteria: Gymnasts who have natural talent and/or a desire to compete in Women’s Artistic Gymnastics. Entry into the WAG Development Squad is by invitation only.</p> <p>Trials/Assessment: Aspiring gymnasts are encouraged to attend a trial session. Trial sessions are held once per term.</p> <p>Length of Time: Approx. 6-12 months</p>

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<p>WAG Development Squad</p> <p>The Development Squad is where your child will be learning basic skills and discipline for gymnastics. Classes will focus on the four WAG apparatus: Vault, Uneven Bars, Beam and Floor. It is a fun program for children 5+ and who are eager to learn more!</p> <p>From here you can progress to WAG Pre-Comp Squad or Gym for All Junior.</p>	<p>Pathway - WAG Pre-Comp Squad</p> <p>Criteria: Gymnasts are assessed during class by their coaches. Entry into the WAG Pre-Comp Squad is by invitation only.</p> <p>Assessment: Gymnasts will be assessed regularly, throughout the year. Assessments will include gymnastics skills, strength, flexibility and fitness.</p> <p>Length of Time: Approx. 1–2 years (The time spent in this squad will depend on individual ability)</p> <hr/> <p>Pathway - GfA Junior</p> <p>Criteria: Minimum age is 8 years. No specific criteria required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment Gymnasts are assessed during class by their coaches. Formal testing is not required.</p> <p>Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: Minimum 8 years+</p>
<p>MAG Development Squad</p> <p>The Development Squad is where your child will be learning basic skills and discipline for gymnastics. Classes will focus on the six MAG apparatus: Floor, Pommel Horse, Rings, Vault, Parallel Bars and Horizontal Bars.</p> <p>It is a fun program for children 5+ and who are eager to learn more!</p> <p>From here you can progress to MAG Pre-Comp Squad</p>	<p>Pathway - MAG Pre-Comp Squad</p> <p>Criteria: Achieve all skills on checklist to a reasonable standard. Gymnasts are also tested on flexibility and strength.</p> <p>Assessment: Complete a checklist 3 x times a year</p> <p>Length of Time: Approx. 6 -12 months (The time spent in this squad will depend on individual ability)</p>

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<p>WAG Pre-Comp Squad</p> <p>The WAG Pre-comp squad is where gymnasts will learn the foundation skills required in Women’s Artistic Gymnastics. Classes will also include strength, flexibility, artistry and fitness.</p> <p>From here you can progress to WAG Competition Squad, Gym for All Junior or Gym for All Senior.</p>	<p>Pathway - WAG Competition Squad (L3-L10)</p> <p>Criteria: Gymnasts are assessed during class by their coaches. Entry into the WAG Pre-Comp Squad is by invitation only.</p> <p>Assessment: Assessments will include gymnastics skills, artistry, strength, flexibility and fitness.</p> <p>Length of Time: Approx. 1-2 years (The time spent in this squad will depend on individual ability)</p>
	<p>Pathway - GfA Junior</p> <p>Criteria: Minimum age is 8 years. No specific criteria required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment Gymnasts are assessed during class by their coaches. Formal testing is not required.</p> <p>Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: Minimum 8 years+</p>
	<p>Pathway – GfA Senior</p> <p>Criteria: No specific criteria required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment: Gymnasts are assessed during class by their coaches. Formal testing is not required. Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: 9-10 years+</p>

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<p>MAG Pre-Comp Squad</p> <p>The MAG Pre-comp program helps the gymnasts develop their physical and mental ability to a level that they can be well prepared for competition squad.</p> <p>The aim is to build up their gymnastics ability progressively, always adding more and more challenges in for the gymnasts to learn to overcome and be competition ready.</p> <p>From here you can progress to MAG Competition Squad.</p>	<p>Pathway - MAG Competition Squad</p> <p>Criteria: Complete the Checklist and perform the skills to a reasonable standard.</p> <p>Assessment: Skills Checklist. Completed 3 x times p/year</p> <p>Length of Time: Approx. 1-2 years for each level (The time spent in this squad will depend on individual ability)</p>
<p>Gym for All – Junior</p> <p>This program is an extension of the GfA General program.</p> <p>Gymnasts compete in Gym Challenge and Team Gym events plus performing in the Festival of Performance Gymnastics and the Adelaide Fringe</p> <p>Skills are determined by the Gym Challenge and Team Gym requirements.</p> <p>From here you can progress to Gym for All Senior or WAG Pre-Comp Squad.</p>	<p>Pathway – GfA Senior</p> <p>Criteria: No specific criteria are required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment: Gymnasts are assessed during class by their coaches. Formal testing is not required. Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: 9-10 years+</p> <hr/> <p>Pathway - WAG Pre-Comp Squad</p> <p>Criteria: Gymnasts will be asked to attend a trial class. Entry into the WAG Pre-Comp Squad is by invitation only.</p> <p>Assessment: Gymnasts will be tested at their trial class. Assessments will include gymnastics skills, strength, flexibility and fitness.</p> <p>Length of Time: Approx. 1-2 years (The time spent in this squad will depend on individual ability)</p>

GYMSPORT PROGRAM	PROGRESSION PATHWAYS
<p>WAG Competition Squad</p> <p>The Competition Squad is for gymnasts wanting to take their training to the highest level. This Squad caters for Level 3 – 10 and all gymnasts are required to participate in external competitions.</p> <p>Gymnasts who excel in the higher levels will have opportunities to try out for the State Team and compete at national events.</p> <p>From here you can continue your gymnastics journey through the WAG Australia Levels Program, or you can choose to take a different pathway and move into Gym for All Senior or the Performance Group.</p>	<p>Pathway – Progress through Levels 3 – 10</p> <p>Criteria: Gymnasts are assessed during class by their coaches.</p> <p>Assessment: Internal levels testing will be completed by WAG Coaches. Gymnast will also be assessed on strength, flexibility, fitness and competition results/performance.</p> <p>Length of Time: Approx. 1 -2 years per level (The time spent in this squad will depend on individual ability)</p>
	<p>Pathway – GfA Senior</p> <p>Criteria: No specific criteria are required. Consideration is given to skill level, age and cohesion of the groups. Gymnasts work within the Gym Challenge levels 1 – 10 and Team Gym Divisions Beginner, Intermediate and Advanced.</p> <p>Trials/Assessment: Gymnasts are assessed during class by their coaches. Formal testing is not required. Transition between Junior and Senior may also be dependent on other commitments by the gymnasts.</p> <p>Age: 9-10 years+</p>
	<p>Pathway – Performance Group (TBA)</p> <p>Criteria: Age criteria only. This will be a state performance group to perform at the World Gymnaestrada in Amsterdam 2023. An audition and interview will be part of the selection into this group. At present min. age 16yrs.</p> <p>Trials/Assessment: TBA</p> <p>Length of Time: 3 years prior to the event. Applicants will have to apply for each event. Held every 4 years.</p>

GYMSPORT PROGRAM	PROGRESSION PATHWAYS
<p>MAG Competition Squad</p> <p>The Competition Squad is for gymnasts wanting to take their training to the highest level. This Squad caters for Level 1 – 10 and all gymnasts will have the opportunity to participate in external competitions.</p> <p>Gymnasts who excel in the higher levels will have opportunities to try out for the State Team and compete at national events.</p> <p>From here you can continue through the levels within the MAG competition Squad.</p>	<p>Pathway - Progress levels in MAG Comp Squad</p> <p>Criteria: Adequate level of strength, flexibility, and fitness. Skills as per checklist. Gymnasts are assessed during class by their coaches.</p> <p>Assessment: Gymnast only move through levels based on scores from competitions.</p> <p>Length of Time: Approximately 1-2 years at most levels (The time spent in this squad will depend on individual ability)</p>
<p>Gym for All – Senior</p> <p>This program is an extension of the GfA Junior program.</p> <p>In this program you will have the opportunity to participate in performances at the Adelaide Fringe, GfA Challenge, Team Gym State Championships, Festival of Performance Gymnastics and National Team Gym Championships & Gym 4 Life Performance Event.</p> <p>From here you can progress to Performance Group or WAG Pre-Comp.</p>	<p>Pathway - Performance Group (To Be Advised)</p> <p>Criteria: Age criteria only. This will be a state performance group to perform at the World Gymnaestrada in Amsterdam 2023. An audition and interview will be part of the selection into this group. At present min. age 16yrs.</p> <p>Trials/Assessment: TBA</p> <p>Length of Time: 3 years prior to the event. Applicants will have to apply for each event. Held every 4 years</p> <hr/> <p>Pathway - WAG Pre-Comp Squad</p> <p>Criteria: Gymnasts will be asked to attend a trial class. Entry into the WAG Pre-Comp Squad is by invitation only.</p> <p>Assessment: Gymnasts will be tested at their trial class. Assessments will include gymnastics skills, strength, flexibility and fitness.</p> <p>Length of Time: Approx. 1-2 years (The time spent in this squad will depend on individual ability)</p>

GYMSPORT PROGRAM	PROGRESSION PATHWAYS
<p>Gym for All – Performance (TBA)</p> <p>This will be a “state performance group” to perform at the World Gymnaestrada in Amsterdam 2023. An audition and interview will be part of the selection into this group. At present min. age 16yrs. More information will be available soon.</p>	<p>Pathway – TBA</p> <p>Criteria: 16 years – open age</p> <p>Trials/Assessment: TBA – more details to come</p> <p>Length of time: The program will be for 3 years and a new squad will be established every 4 years</p>