

## *EASTERN SQUAD REPORT*

*Once again a big thank you for your support for the Regional Squad, our second year under the current format.*

*The hectic annual program created some initial problems acquiring our training venue, squad coach availability and dates that provided a structure of training based around theme/goal setting and continuity.*

*We continued to select squad members based on proven results but maintained the U17 criteria keeping our focus firmly with the younger developing gymnasts of the future.*

*Again we continued with the wild card policy allowing us to invite gymnasts who had yet to achieve the selection criteria but showed potential and commitment, thus exposing them early to the squad environment along with their coaches.*

*We will post the new criteria for 2014 shortly after the AGM and the meeting re the New Structure.*

*Each of the four Regional Squad sessions was well attended at Courage Hall Brentwood with each gymnast accompanied by at least one of their club coaches. There was an open invitation for any coach to attend even if they did not have a squad gymnast. The lead coaches, Jack Kelly and Paul Kitchen believe these sessions should be more about ongoing coach education rather than gymnast improvement.*

*On each occasion the gymnasts certainly worked purposefully and with a high level of application but the true benefit will come from the work undertaken in their clubs following each squad gathering, plus the LTD associated with the mentioned emphasis based on younger selection.*

*Raising the overall standard throughout the East as a result of Regional Squad activity will continue to be the primary goal. However, as a result of squad training, Jack and Paul have identified five gymnasts with National potential who are receiving regular specialist coaching throughout the year in order to support the work being undertaken by their club coaches.*

*A massive thanks to Dave Kingaby who chases, records and processes the results of the timed jumping skills, an exercise to provide a simple commitment outside of the squad sessions but one we feel is important to the whole journey.*

*Below are dates where venue, squad coach availability etc are favourable and will be pencilled in pending any unforeseeable causes for change.*

*January 19th  
February 16th  
March 23rd  
April 20th*

*Jack/Paul.*