



TRAMPOLINE PERFORMANCE PATHWAY CLINIC

Following the success of British trampoline gymnasts at the World Championships 2013 and European Championships 2014 British Gymnastics is pleased to announce the launch of the Trampoline Performance Pathway, funded in partnership with UK Sport and Sport England, to increase the quality and size of the trampoline gymnastics talent pool across England and Northern Ireland.

The Trampoline Performance Pathway will help early identification of talented trampoline gymnasts and provide opportunities for club coaches to be exposed to a modern array of methods, practices and training principals relating to the development of trampoline gymnastics talent.

The Trampoline Performance Pathway Initiative was launched formally on Sunday 31 August 2014 with the first of three camps for Coaches and Gymnasts. This initiative was delivered simultaneously across the 3 identified zones (North, Midlands & South) providing trampoline gymnasts access to additional high quality training environments in the following recognised High Performance Centres.

- North – City of Liverpool
- Midlands – NTGA Northampton
- South – OLGA Poole

As part of the Performance Pathway Programme, British Gymnastics are looking to provide coaches with more CPD opportunities, by introducing the Talent Coaches Clinics. The Coaching clinics are specifically designed to help coaches gain further knowledge and confidence of how to deliver foundation skills required for quality results at Elite Grade competitions. The talent clinics will also help coaches understand and improve the physical development and preparation of trampoline gymnasts for competition. There will be 1 Performance Pathway Coaching Clinic for each of the 10 English Regions and Northern Ireland Clinics. st Counties Gymnastics & Trampoline Clubs

East Clinic Sunday 8th March Hitchin Boys School, Sports Centre, Hitchin SG5 1JB

9-9.30am – 4.30pm Cost £15.00

Click to book www.british-gymnastics.org/course/17371/performance-pathway-coaching-clinic

Yours Sincerely

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