**TRA Pathway Programme – Regional Clinic 1 Information -8th March 2015-**

**Objectives/Outcomes for Clinic 1**

* Develop understanding of GBR Competition & Squad programmes
* Understand and construct an annual periodised plan in conjunction with our system
* Each coach will have a bespoke annual periodised plan with session outlines for the 3 main meso cycles & measureable goals set for 2015.
* Coaches will be made aware of ‘load management’ for elite trampoline gymnastics.

**PROGRAMME**

09:00 – 09:30 Arrival, Coaches

09:30 – 10:00 Introduction – Pathway Staff & Programme

10:00 – 10:20 Overview of GBR Domestic Competition & Squad Structure 2015

10:20 – 10:40 Question & Answer, Competition & Squad Structure

10:40 – 11:00 Annual planning – an overview

11:00 – 11:30 Coffee Break

*Task: Coaches to identify what competitions their gymnasts will do in 2015*

11:30 – 11:40 Coaches to insert competition dates in to annual plan

11:40 – 12:00 Discussion on periodization of physical preparation

12:00 – 12:15 Coaches to insert physical prep outline into annual plan

12:15 – 12:30 Discussion on periodization of psychological factors that influence the plan

12:30 – 12:40 Coaches to insert psychological factors into plan

12:40 – 13:00 Load management – traffic light on plan

13:00 – 14:00 Lunch

*Pathway coach will be on hand to give 1:1 help on construction on annual plan*

14:00 – 15:30 Technical Periodization

14:00 – 14:30 Pre-Event

🡪 Discuss & construct a template

14:30 – 15:00 Maintenance

🡪 Discuss & construct a template

15:00 – 15:30 Off-Season

🡪 Discuss & construct a template

15:30 – 16:00 Goal Setting Process / Outcome

🡪 Gymnast & Coach

16:00 – 16:30 Question & Answer on any topic from attending coaches, this could be technical / tactical / gymnast management / parent or school management…

16:30 Depart