

TeamGym Performance Pathway 2025-2026

1. Vision

The ultimate aim of the Performance Pathway is to nurture a pipeline of athletes capable of representing Great Britain at the highest level of international competition. Central to this objective is an emphasis on fostering teamwork and camaraderie among athletes. By instilling a sense of unity and support within the Performance Pathway, athletes will not only strengthen their individual gymnastics skills but also learn the value of collaboration and collective effort; essential qualities for success in TeamGym. The pathway prioritises the enjoyment of TeamGym and recognises that a positive and fulfilling experience is fundamental to continued motivation and commitment to the sport.

The primary aim of the GBR Development Pathway is to establish a nurturing and encouraging training environment for individuals seeking growth and advancement in their gymnastics. By prioritising support and positivity, the pathway aims to create an atmosphere where participants feel empowered to explore their potential to the fullest extent. Through specialised coaching, and targeted development programs, the pathway seeks to identify, nurture, and elevate the potential of promising athletes, equipping them with the skills, resilience, and competitive spirit necessary to excel at international level.

In addition to nurturing athletes, the Performance Pathway is committed to developing coaches who aspire to excel at the international level. Central to this endeavour is establishing a gymnastics culture that emphasises the importance of empathy and understanding, fostering an environment of trust and support. All of which are essential for optimising performance and growth. Through providing mentorship opportunities, the pathway aims to equip coaches with the confidence, skills and advanced knowledge to guide gymnasts towards their goals effectively. By empowering coaches to excel in their role, the Performance Pathway hopes to strengthen the overall coaching infrastructure and enhance the quality of athlete development. All of which will ultimately contribute to the success of Great Britain on the international stage.

In summary, the Performance Pathway is dedicated to creating an environment where everyone involved feels supported, valued, and empowered, with a steadfast focus on creating the optimal conditions for success. The pathway aspires to uphold the highest standards of excellence in gymnastics at the international level for years to come.

2. Performance Pathway Overview

The following diagram is an overview of the TeamGym Performance Pathway structure. Each programme is selected annually and aims to support the long-term development of a gymnast whilst working towards shorter term goals, as agreed with personal coaches and national coaching staff.

GBR Squad

- Target Competition: European Championships
- Age range: 14+*
- Selection Criteria: See matrix
- Funding: Self-funded

GBR Development Programme

- Target Competition: Designated GBR selection events
- Age range: 12+*
- Selection Criteria: Self-declaration. See matrix
- Funding: Self-funded

European Preparation Squad

- Target Competition: European Selection Event
- Age range: 14+*
- Selection Criteria: Selected by Performance panel
- Funding: Self-funded

* Age in year of competition. We reserve the right to adapt to the needs of each individual so there may be times when these age boundaries are adapted to accommodate specific individuals' development needs.

3. Performance Pathway Programme Explanation

GBR Development Programme

Mission

1. Talent Identification
 - a. Gymnast
 - i. Work towards GBR Squad selection
2. Personal Coach Development
 - a. Option to volunteer to lead or support a section of a GBR Development camp for the purpose of CPD and feedback from national staff.
 - b. Based on performance, coach progression towards GBR Squad viewing invite and potential to accept a paid technical expert role at successive development camps.
3. Skill Progression Pathway
 - a. Gymnasts follow a carefully planned progression pathway to work towards GBR squad selection and attendance at designated selection events.
 - b. Underpin advanced skills
 - c. Aerial awareness
4. Performance Quality
 - a. To develop the confidence and performance qualities required of a gymnast to perform on an international stage.
 - b. Improve floor performance confidence and performance through a variety of different choreography strategies.

The GBR Development Programme consists of three sessions per year in the months of. The programme will run in a continuous yearly cycle.

GBR Junior and Senior Squad Programme

Mission

1. Advanced Skill Progression Pathway
2. Personal Coach Development
 - a. Option to volunteer to lead or support a section of a GBR Squad camp for the purpose of CPD and feedback from national staff.
 - b. Based on performance, coach progression towards the potential to accept a paid technical expert role at successive GBR Squad or GBR Development camps.
3. Teamwork and Camaraderie
4. Performance Quality
 - a. To develop the confidence and performance qualities required of a gymnast to perform on an international stage.
 - b. Improve floor performance confidence and performance through a variety of different choreography strategies.

The GBR Squad Programme consists of three sessions per year. The programme will start in the January that immediately succeeds the European Championships and complete the same August.

The camp that immediately succeeds the European Championships will focus on reflection, evaluation and goal setting.

European Preparation Squad

Mission

1. Preparation for the European Championships
 - a. To partially teach the selected floor routines.
 - b. To strategise for the European Championships.
2. Advanced Skill Progression Pathway
3. Teamwork and Camaraderie
4. Performance Quality
 - c. To develop the confidence and performance qualities required of a gymnast to perform on an international stage.
 - d. Improve floor performance confidence and performance.

The European Preparation Squad will consist of two weekend camps. The programme will start in the November of the year preceding the European Championships.

Gymnasts will be selected to the European Preparation Squad via a Performance panel considering:

- Eligibility to partake in the European Championships
- Ability to meet skill level criteria
- Performance at a GBR Development Programme session
- Performance at a GBR Junior/Senior Squad session

Gymnasts that are not selected may apply for a Wild Card position. This will be through online application and video evidence with exact details to be released nearer the time.

4. Eligibility Criteria

Any gymnast wishing to be considered for selection must be a full member of British Gymnastics and be age eligible as outlined in each programme selection criteria within this document. In addition, upon selection they must sign a copy of the British Gymnastics Gymnast Agreement and abide by the rules and regulations applicable.

GBR Junior and Senior Squad	14+
GBR Development Programme	15+*
GBR Development Programme	12-14*

* Age in year of competition. We reserve the right to adapt to the needs of each individual so there may be times when these age boundaries are adapted to accommodate specific individuals' development needs.

GBR Development Programme

Gymnasts wishing to participate in the GBR Development Programme may opt to complete a self-declaration that they are able to meet the skill matrix criteria and book onto an age appropriate weekend camp via the British Gymnastics website.

Skill Matrix

GBR Development Programme 12-14* Criteria

Gymnasts are required to demonstrate, with competency, four out of the five apparatus criteria.

1	Forward Tumble	Handspring, straight 540
2	Backward Tumble	Round off, flic, straight 360
3	Trampet	Straight 540
4	Trampet	Preparation for double rotations. See Appendix 1
5	Vault	Preparation for double rotations. See Appendix 2

GBR Development Programme 15+* Criteria

Gymnasts are required to demonstrate, with competency, four out of the five apparatus criteria.

1	Forward Tumble	Either: 1. Walkout, handspring, straight 540 2. 360 walkout, handspring, straight 180
2	Backward Tumble	Either: 1. Round off, flic, straight 720 with preparation for a double rotation. See Appendix 3 2. Round off, flic, double salto
3	Trampet	Double tuck 180
4	Trampet	Preparation for twisting double rotations. See Appendix 4
5	Vault	Double rotation vault

GBR Squad Programme

Gymnasts who competed at the European Championships during the previous cycle will earn automatic selection to the GBR Squad. Gymnasts will be required to maintain two out of four apparatus requirements as outlined in the skill matrix.

GBR Junior Squad Skill Matrix

1	Forward Tumble	Either: 1. Walkout, handspring, straight 540+ twist 2. A three skill forward tumble with a tariff of 1.1 and above
2	Backward Tumble	Either: 1. A double rotation (in any shape with or without twist) 2. 720+ twist
3	Trampet	Either: 1. A double pike 180 2. A trampet skill with a tariff of 0.8 and above
4	Vault	Either: 1. A pike rotation vault 2. A vault with a tariff of 0.9 and above

GBR Senior Squad Skill Matrix

		Male Gymnasts	Female Gymnasts
1	Forward Tumble	Walkout, handspring, double rotation with 180+ twist (in any shape)	Either: 1. 360 walkout, handspring, straight 540+ 2. A three skill forward tumble with a tariff of 1.1 and above
2	Backward Tumble	Either: 1. A backward double rotation in a straight shape (with or without twist) 2. A three+ skill backward tumble with a tariff of 1.5 and above	A backward double rotation (in any shape, with or without twist)
3	Trampet	Either: 1. A double straight with 540+	Either: 1. A double straight 180

		twist (twist may be completed at any time) 2. A triple somersault with 180+ twist (in any shape)	2. A double rotation in any shape with 540+ twist
4	Vault	Either: 1. A straight vault 2. A vault with a tariff of 0.9 and above	Either: 1. A double rotation vault in a straight 2. A vault with a tariff of 0.9 and above

All gymnasts on the Performance Pathway will be required to complete a flexibility and maximal handstand hold assessment at each camp. There is an expectation that gymnasts make consistent improvements in these areas. Lack of progression may factor into de-selection from the Performance Pathway.

3. Key Contacts

Lead Performance Coach

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Appendix 1 - Trampet Preparation for Double Rotations

The following table is a tool to help coaches determine a gymnast's level of preparation for double rotating somersaults.

Trampet		Trampoline/Rebound	
Competition landing area	High stack	On the bed	Off the bed
Tuck 180	Tuck salto	Connected bounce rolls	Tuck salto + roll
Pike 180	Pike salto	Connected tuck saltos	Pike salto + roll
Straight 180	Tuck salto + forward roll	Connected pike saltos	Tuck salto late 180 to back
Tuck 360	Pike salto + forward roll	Connected tuck + tuck 180	Pike salto late 180 to back
Pike 360	Tuck salto late 180 to back	Connected pike + pike 180	Tuck 1 and 3
Straight 360	Pike salto late 180 to back	Ball out tuck	Pike 1 and 3
Tuck 540	Tuck 1 and 3	Ball out pike	
Pike 540	Pike 1 and 3	Ball out tuck 180	
Straight 540		Ball out pike 180	

Tumble	Flexibility
Connected tuck + tuck salto	Pike fold sitting
Connected tuck + pike salto	Pike fold standing
Connected tuck + tuck 180 salto	

Appendix 2 - Preparation for Rotation Vaults

The following table is a tool to help coaches determine a gymnast's level of preparation for rotating somersault vaults.

- Forward rotating vault

Vault	Trampoline		Tumble
	On the bed	Off the bed	
High stack	On the bed	Off the bed	
Handspring to stand	Connected bounce rolls	Tuck salto + roll	Handspring + tuck salto
Handspring + forward roll	Connected tuck saltos	Pike salto + roll	Handspring + pike salto
	Connected pike saltos	Tuck salto late 180 to back	Handspring + tuck 180 salto
	Connected tuck + tuck 180	Pike salto late 180 to back	Handspring + pike 180 salto
	Connected pike + pike 180	Tuck 1 and 3	
	Ball out tuck	Pike 1 and 3	
	Ball out pike	Double tuck	
	Ball out tuck 180	Double tuck 180	
	Ball out pike 180		

- Backward rotating vault

Vault	Trampoline		Tumble
	On the bed	Off the bed	
High stack			
Half on to stand	Standing tuck salto	Straight back	Cartwheel + tuck salto
Half on the scoop through to back	Standing pike salto	Tuck back to back	Round off + tuck salto
	Connect tuck saltos	Straight back to back	
	Tuck back to back	Double tuck	
	Pike back to back	Double pike	

Appendix 3 - Backward Tumble - Preparation for Double Rotations

Tumble	Trampoline	
High stack	On the bed	Off the bed
Round off, flic, tuck salto	Standing tuck salto	Straight back
Round off, flic, straight salto	Standing pike salto	Tuck back to back
Round off, flic, tuck back to back	Connect tuck saltos	Straight back to back
Round off, flic, pike back to back	Tuck back to back	
	Pike back to back	

Appendix 4 - Trampet Preparation for Twisting Double Rotations

Trampet		Trampoline	
Competition landing area	High stack	On the bed	Off the bed
Double tuck 180	Straight 180 to stand	Ball out tuck salto	Tuck 1 and 3
Double pike 180	Straight 180 to scoop through to back	Ball out pike salto	Pike 1 and 3
Double puck 180	Straight 360 to stand	Ball out straight salto	Puck 1 and 3
	Straight 360 to forward roll	Ball out tuck salto 180	Straight 1 and 3
	Tuck 1 and 3	Ball out pike salto 180	
	Pike 1 and 3	Ball out straight salto 180	
	Mid stack	Ball out tuck salto 360	
	Double tuck 180	Ball out pike salto 360	
	Double pike 180	Ball out straight salto 360	
	Double puck 180	Ball out tuck salto 540	
		Ball out pike salto 540	
		Ball out straight salto 540	

Appendix 5 - Cycle Dates

GBR Squad

- Bookings online via British Gymnastics website
- Gymnasts must be able to achieve the minimum skill requirements consistently.
- Gymnasts should attend all sessions.

Date	Time	Location
6 th April 2025	9:30-16:30	Hawth
25 th May 2025	10:30-17:30	LS
31 st August 2025	10:30-17:30	Bracknell

GBR Development Programme

- Bookings online via British Gymnastics website.
- Gymnasts must be able to achieve the minimum skill requirements consistently.

Ages 12-14*

Date	Time	Location
30 th March 2025	9:30-16:30	LS
7 th September 2025	9:30-16:30	Bracknell
30 th November 2025	9:30-16:30	Hawth

Ages 15*+

Date	Time	Location
29 th March 2025	15:00-21:00	LS
6 th September 2025	15:00-21:00	Bracknell
29 th November 2025	15:00-21:00	Hawth

European Preparation Squad

- Selected gymnasts only
- All gymnasts who may wish to attend the European Championships should endeavour to be available for the outlined dates.

Date	Time	Location
6th December 2025	15:00-20:00	Newcastle?
7th December 2025	9:30-16:30	Bracknell?
TBC January 2026 TBC January 2026	TBC	TBC

* Age in year of competition. We reserve the right to adapt to the needs of each individual so there may be times when these age boundaries are adapted to accom