

# Athlete development matrix



# Active start

## Stage



Gym Tots  
& Pre-school



Female & Male  
2-5 years



Yellow

## Principles

Through age-appropriate activities and adapted equipment, athletes are introduced to the fundamental movement patterns: landings, static positions, locomotion's, rotations, swings, springs, and object manipulation.

This stage provides athletes with a movement base that will support lifelong enjoyment and participation in almost any sport or physical activity.

## Programming



Gym tots & Pre-school programs follow the Winstrada curriculum

## Class length



Gym Tots  
45 mins  
1 time per week

Pre-school  
60 mins  
1 or 2 times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

There is no competition in the Gym Tots & Pre-school environment

## Performance measures

Development of gross motor skills agility, balance, coordination, strength and flexibility, cognitive abilities, emotional and behavioural stability, and social skills

## Life skills

Participants develop group social skills (interaction, sharing, cooperation, helping, and taking turns), self-esteem, confidence, independence, and self-expression

# FUN'Damentals

## Stage



Fun & fitness  
Recreational



Female & Male  
5 years



Red

## Principles

Athletes continue to develop and master the FMPs in a multi-discipline gymnastics environment and begin to learn gymnastic skills.

This stage provides athletes with fun, well-structured, and progressive programs that allow them to develop skills that are beneficial for any recreational or competitive sport or physical activity

## Programming



Recreational programs follow the CanGym curriculum

## Class length



60 mins  
1,2 or 3 times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

Mini-displays and performances for parents and other gymnasts

## Performance measures

Further development of motor/physical qualities (including speed, power, endurance), cognitive abilities, emotional and behavioural stability, and social skills

## Life skills

Athletes develop social skills (relationship-building, cooperation, communication, and leadership), confidence and self-esteem, task-focus and a desire to learn, and an acceptance and appreciation of gym rules and sportsmanship

# Learn to train

## Stage



Building the skills of gymnastics  
Advanced recreational  
& Mini squad



Female & Male  
5+ years



Red

## Principles

Athletes continue to develop and refine their agility, balance, coordination, and flexibility, and begin to master basic skills on apparatus; the focus is on the development of gymnastics skills and overall sport skills.

By the end of this stage, athletes should have sound skills which will allow for continued progression and success in gymnastics and/or an easy transition to other sports

## Programming



Advanced recreational programs and Mini squads follow the CanGym intermediate curriculum

## Class length



Advanced recreational  
120 mins  
1 or 2 times per week

Mini squads  
90 mins  
2 times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

Internal competitions with the goals of introducing the process and format, and allowing athletes to enjoy performing their routines without a focus on comparative results

## Performance measures

Refinement in quality of movement and continued development of physical capacities, athleticism, cognitive abilities, emotional and behavioural stability, and social skill

## Life skills

Athletes develop social skills (relational and communication skills), confidence, concentration, and more advanced cognitive abilities (problem-solving and decisionmaking skills)

# Train to train

## Stage



Specialization in gymnastics  
Foundation & Development



Female & Male  
6+ years



Purple

## Principles

This is one of the most important periods of motor development for gymnasts and a window of accelerated adaptation to skill training.

All key gymnastics skills should be mastered during this stage and discipline-specific skills will be developed

## Programming



Foundation and Development programs follow the compulsory USAG Gymnastics programs and F.I.G Age group development program

## Class length



Foundation  
120 mins  
2 or 3 times per week

Development  
150 mins  
2 or 3 times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

Competition at this stage will include results and rankings, however the goal is to develop strategies for success in competition with focus on ability & performance measurements

## Performance measures

Progressive development of complex skills and physical abilities, with particular focus on flexibility and injury prevention

## Life skills

Gymnasts learn time management, life balance, and performance anxiety; they demonstrate dedication and commitment to training and increased cognitive and psychosocial development

# Train to compete



## Stage

Becoming a consistent competitor  
Pre-Elite



Female & Male  
9 years



Gray

## Principles

These are years of investment in which the athletes become solely committed to gymnastics, is focused on achieving an elite standard, and builds a close relationship with the coach.

At this stage, gymnasts have consolidated the basic skills; they are developing and refining more advanced and complex skills/routines and are learning how to compete under a variety of conditions

## Programming



Pre-elite follows the compulsory & optional USAG & F.I.G programs

## Class length



Pre-elite  
180 mins  
2+ times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

At this stage, gymnasts strive for consistent high-quality performances in regional, national, and possibly International competition.

The focus is on gaining experience and learning to cope with and adapt to the challenges of travel

## Performance measures

Development of more advanced skills along with increases in artistry and creative expression; and continued focus on flexibility during this stage of physical growth, as well as strength and aerobic capacity

## Life skills

Gymnasts learn to manage distractions, and gain independence in decision-making; the proper environment will foster positive body image, self-esteem, and confidence

# Train to win



## Stage

Elite



Female 11 years  
Male 13 years



Black

## Principles

Gymnasts in this stage are optimizing their performance according to the goals they have set for themselves; they have well-developed abilities to perform on demand and are more results-driven than in previous stages.

At this stage, competition becomes more important with training time divided between preparing for competition and learning important new skills

## Programming



Elite programs follow the optional USAG 9&10 programs and F.I.G FIG- HP program for International competition standards

## Class length



Elite  
240 mins  
6 times per week



## Term times

Founders term  
April 10th to  
July 4th 2023

Term 1  
August 28th to  
December 17th 2023

Term 2  
January 2nd to  
March 24th 2024

Term 3  
April 15th to  
July 7th 2024



## System of competition

These gymnasts are competing to win titles at the national level; some artistic gymnasts may choose to specialize on certain events in this stage.

Gymnasts at this level begin to establish their national & international reputation

## Performance measures

Refinement and consolidation of most advanced skills, aiming for the highest standards of difficulty, composition and performance

## Life skills

Gymnasts fully develop a range of mental skills including relaxation, concentration, positive self-talk, and emotional regulation; skills that not only positively impact competition performance but also contribute to moulding well-rounded individuals