



28.01.2009

**To: Regions  
Board of Directors**

**Re: High Performance Development Programme 2009**

The HPDP has been updated as of 2009, the full programme will be released early February with manual and DVD. Below is some information of what the programme will include.

**1. Set routines**

The first three years in the HPDP, gymnasts will perform set routines based on the National Levels Programme. The HPDP routines are very similar to the National Levels routines (Level 2, Level 5, Level 7) however, difficulties and apparatus handling have been upgraded. These gymnasts will compete in the high performance section, they will compete at the High Performance Nationals with set routines and not at the National Levels competition. The HPDP manual and DVD with full details will be available early February.

**2. Voluntary sections**

HP 4 gymnasts will perform four voluntary routines based on the rules in the National Levels Programme for Level 8 U11.

Pre-Junior gymnasts will perform four voluntary routines based on the rules in the National Levels Programme for Pre-Junior.

Junior and Senior gymnasts will compete according to the FIG Code of Points 2009-2012.

These gymnasts will compete in the high performance section, they will compete at the High Performance Nationals with set routines and not at the National Levels competition.

The various sections in the HPDP are as follows:

<b>Summary of HPDP System</b>			
<b>Section</b>	<b>Year of birth (for 2009)</b>	<b>Based on</b>	<b>Requirements</b>
<b>HP 1</b>	2001	SAGF Level 2	Biannual testing High Performance Nationals
<b>HP 2</b>	2000	SAGF Level 5	Biannual testing High Performance Nationals
<b>HP 3</b>	1999	SAGF Level 7	Biannual testing High Performance Nationals
<b>HP 4</b>	1998	SAGF Level 8	Biannual testing High Performance Nationals
<b>Pre-Junior</b>	1997	SAGF Pre-Junior	Biannual testing High Performance Nationals
<b>Junior</b>	1996 1995 1994	FIG Junior Olympic	Biannual testing High Performance Nationals
<b>Senior</b>	1993 and older	FIG Senior Olympic	High Performance Nationals

### **3. Testing**

A new test has also been included in the HPDP, these tests will take place twice a year. Gymnasts wishing to form part of the HPDP must attend the testing as well as participate in the required sections at the High Performance National Competition. The requirements for the testing will be available on the HPDP DVD and manual.

### **4. Test dates 2009**

17-18 April: Gauteng

24 April: Western Cape

25-26 April: KwaZulu-Natal

24-25 October: Gauteng

30 October: Western Cape

31 October - 1 November: KwaZulu-Natal

### **5. HPDP Camp**

The HPDP gymnasts who took part in the testing in 2008 will be invited to attend a high-performance camp based on their test results. The camp will take place in early April. Invitations will be sent out once camp details are confirmed.

The new manual will be available at a cost of R200 from the SAGF office.

If you have any queries regarding the HPDP please contact Heather on 082 439 2105 or [hlmalek@gmail.com](mailto:hlmalek@gmail.com)

Regards

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