

GENERAL PRINCIPLES OF THE 4 YEAR PLAN

1. All Trials for International Participation are open to all gymnasts of eligible age
2. Trials will take place over at least 2 days with both scores counting
3. A profile on each gymnast will be kept that records:
 - a. Competition results for the last 2 years
 - b. Dedication factor – attendance at training (coaches to submit attendance registers)
4. The long term plan was set with targets to achieve the ultimate goal of a medal at World Games in 2017.
5. Four Gymnasts were highlighted as they are moving into the senior category in 2009 & 2010, which will give them 7-8 years experience to achieve this result. However all gymnasts are under constant monitoring and gymnasts can be removed or replaced by others depending on all gymnasts performances and continuous assessment. This in no way means that other gymnasts are not good or can't achieve the results – it is a long term plan to achieve a result. The result is least likely going to come from Individual Women and group section, therefore gymnasts who can compete in the other sections together were identified.
6. The Calendar was laid out working towards the goal of qualifying for World Games outright, without a Wild Card.
7. Holding camps were added before Highlighted International Competitions for team building and training with the selected coach before departure.
8. Judges Checks were inserted, where a judge would travel around (preferably the judge selected to judge at the next international event) to check the routines of the gymnasts.
9. National Championships were moved to June – July and all changes in Age Groups would happen immediately thereafter.
10. The Physical Testing and Half Routines Testing were removed as a form of qualification into the trials, however it was agreed that they would be used in each training centre as a check. All training centres would conduct these testings themselves in the same week and the results would remain in the centres, merely being used as a tool for:
 - a. Goal for the gymnast to work towards
 - b. Assessment tool of where the gymnasts stand.
11. Aerobics would like to host an International Competition in South Africa every 2 years in the alternate year to World Championships. This would give ALL gymnasts an opportunity to get international experience.
12. Following SASCO's guidelines, a high standard has been set for competing overseas in international World Series events. The following principles for placings at World Championships have been applied:
 - a. Senior Gymnasts- -top 20 placings

- b. Age Group II – IW & TRIO – top 15 placings
- c. Age Group II – IM & MP – top 10 placings
- d. Age Group I – IW & TRIO – top 15 placings
- e. Age Group I – MP & IM – top 5 placings

13. The group looked at the results of these positions from the last 3 World Championships (as well as 8th and 1st place) – viewed the trend of the score increases and estimated what the score in 2010 would be.
- a. This score was set as the target to achieve at World Championships
 - b. The target was decreased by 0.5 as the target for the World Series event in France
 - c. The target was decreased by 1.0 as the target for African Champs
 - d. The target was decreased by 1.5 as the qualifying score at the trials for World Championships.

This is based on the principle that the gymnast is expected to increase their performance by 1.5 from trials to World Championships, and if the international trend follows the statistics this score will place the gymnast in that position. This needs to be constantly reviewed and updated.

The targets are busy being reviewed already, as with the new code of points there was a decrease in all scores at the World Series events. Therefore it is being worked out the average decrease in scores of gymnasts and the targets are being adjusted accordingly.

It must also be noted that for cases of injury or special cases, profiles or a further trials may be required to be taken into account to achieve the targets.

14. For African Championships the target is to win the gold medal. Therefore the following was looked at:
- a. Previous selection criteria
 - b. AFCH results from 2008

The scores of the gymnasts behind the South African gymnast were listed and this score (or a nearby score) selected as the qualifying score for AFCH. The gymnasts are expected to increase by 0.5 to African Champs. Note – if the gymnast's score below was less than the previous selection criteria, then the previous selection criteria score (or score nearby) was used.

15. Gymnasts have the following opportunities
- a. Every two years participation at the local International Competition (more emphasis needs to be put on this competition)
 - b. African Championships every two years (lower qualification level required – emphasis to be put on this competition)
 - c. World Championships and one World Series Competition (high qualification level)

16. It must be understood by gymnasts and coaches alike that there has been a shift according to SASCOC guidelines to ensure high achievement of results on the international stage. These high levels are achievable by some gymnasts, but require dedicated training and constant improvement. Gymnasts and Coaches must be realistic on goals set, and it must be realized that for some gymnasts the level of international participation overseas is maybe not possible, but then African Championships and the local international competitions must be emphasized with these gymnasts.