

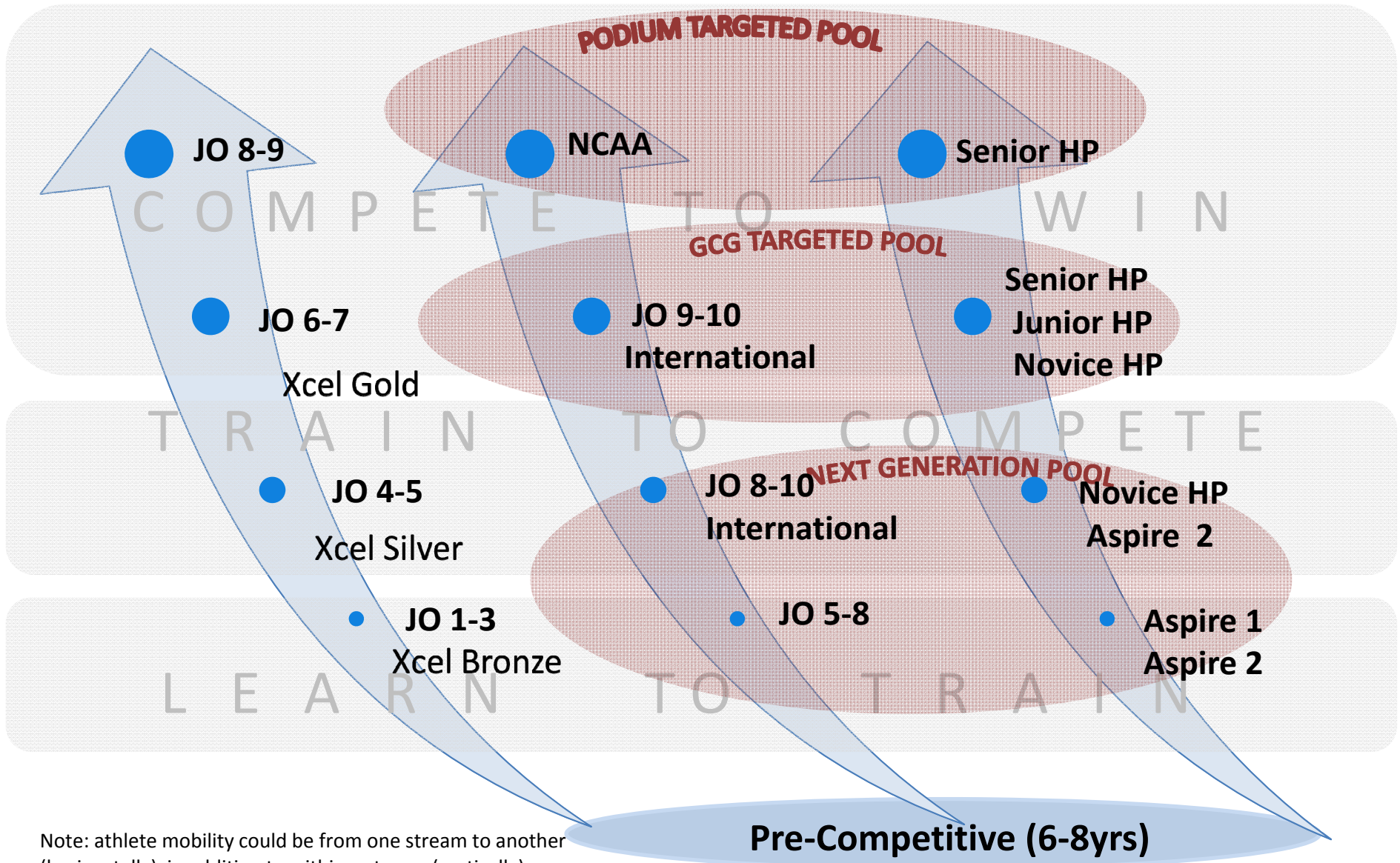
ATHLETE DEVELOPMENT PATHWAY



GOJO Stream 1

GOJO Stream 2

GCG HP
(Preferred Pathway)



Note: athlete mobility could be from one stream to another (horizontally) in addition to within a stream (vertically).

Pre-Competitive (6-8yrs)

Including ODP for Ontario

Understanding the Athlete Development Pathway Resource Chart

Gymnastics is classified as an Early Specialization Sport in accordance with the Long Term Athlete Development Model (LTAD). To compliment the LTAD, Gymnastics Canada Gymnastique (GCG) has identified two "Development Pathways" and Gymnastics Ontario has included a third that athletes may take in order to reach their full potential in the sport. These pathways are called: GOJO Stream 1, GOJO Stream 2, and GCG HP (Preferred Pathway).

Every athlete will begin their development in a pre-competitive program at their respective clubs between the ages of 6 and 8 years old. During this time, athletes are already developing the fundamental skills, strength and flexibility required in order to further facilitate progress within the sport. Once this phase is complete, athletes will continue their development along one of the outlined pathways depending on but not limited to:

- aptitude
- athlete's physical abilities (strength, power, flexibility)
- athlete's work ethic
- athlete's attitude/disposition
- financial support
- coaching/club support
- coaching and club philosophy

GOJO Stream 1

- This pathway may be for athletes who are late-comers to the sport, or athletes who have not yet grasped the fundamental basis of skills and strength in order to be successful when they begin competing. This pathway continues to help athletes develop in the sport of gymnastics at a more suitable pace for their individual abilities, while still facilitating mastery of crucial basics required for the sport.

GOJO Stream 2

- Stream 2 would generally be followed by the majority of athletes who started at the bottom and have worked their way through the pre-competitive program at their respective gyms, and have demonstrated consistent advancement over their early years. These athletes are showing increases in strength and flexibility as well as skill acquisition, while continuing to express a zest and determination, even when faced with challenge.

GCG HP (Preferred Pathway)

- This pathway applies to the "best of the best" type of athlete after completing their pre-competitive programs within their gyms. Athletes who will follow this pathway have excellent physical abilities, minimal fear, are quick learners and are extremely advanced in their developmental skill-set. These types of athletes are extremely strong-minded and have a competitive edge, meaning that they work hard and strive for perfection with a desire to constantly push themselves to learn new skills.

As indicated in the document, there is room to jump from one pathway to the next, especially from GOJO Stream 1 to GOJO Stream 2 and GOJO Stream 2 to the GCG HP Stream. This could happen at any stage of their career. Some athletes start late in the sport but catch on quickly as they mature and obtain more experience. Athletes can excel at an early age and then plateau due to growth, while others may start slow and surpass their expected abilities later in their careers. Fear can hold some athletes back, while others experience injuries. Both of which may hinder their maximum capabilities.

Regardless of which pathway an athlete is deemed best suited, it is important to recognize that each child is different, they have different strengths and weaknesses and may develop at different times. Therefore, it is important to understand where each athlete fits in, and re-evaluate on a regular basis in order to help each athlete reach their own personal full potential in the sport of gymnastics.