



Team Future Camps

Having a healthy 'talent pipeline' is imperative for Gymnastics Australia's (GA's) long term international success. The GA Pathways team are responsible for guiding our developing talent and their coaches towards being competitive on the international stage. A key tool of the pathways team is the 'Team Future Program' in which training camps are a vital component.

These camps provide an avenue for athletes and coaches, who come from all areas of Australia, to work together in a camp setting to 'upskill' in their gymnsport. Usually these camps are delivered out of the AIS campus in Canberra. A key component of these camps is the development of the athlete's coaches, who attend with the gymnast. These personal coaches are working with their athletes on a 'day to day' basis so it is vital that they are upskilled and current in their methodology to produce high level performances. As well as this, observing coaches are most welcome.

Camps are conducted regularly for the 4 AWE gymnsports – MAG, WAG, RG and TRP. The planned dates are located on the pathways [activity schedule](#). A comprehensive program is covered during the camps for **both gymnasts and coaches**, which includes three equally important areas:

1. Technical curriculum:
 - Key aspects of technical skill learning are covered with experienced coaches available to lead the personal coaches in the skill selection as dictated by the National coaches/international trends using contemporary teaching methodology.
 - The aim is to ensure the gymnasts are learning the 'right skills at the right time' and are following the IDEAL skills curriculum for their gymnsport.
2. Physical curriculum:
 - Gymnasts are physically monitored for their development and the coaches are assisted with ideas/education regarding strategies to enhance gymnast physical development.
3. Holistic coach and athlete development:
 - The Team Future Camp program provides learning modules for coaches and athlete over a 4 year rolling program in a number of areas:
 - a. Mental skills training
 - b. Athlete recovery strategies
 - c. Individual athlete planning
 - d. Nutrition for high performance gymnasts
 - e. Ensuring gymnasts are 'students of the sport' by constant review of international competitions on video
 - f. Athlete mentoring by the involvement of current/past champions
 - g. ASADA – drug education
 - h. Media training and social media education

The outcome we are working towards is that coaches and athletes work side by side to develop the skills required to produce graduating gymnasts to the senior ranks who are 'fit for purpose' to perform for Australia.