

MAG All Star Camps

The MAG All Star Camps Program is a component of the Canadian MAG system for the long term elite development of our upcoming athletes and coaches. The program first began in 2014 and will be further developed in 2016-2020.

These camps will focus on specific technical development for basics leading towards more advanced skills on all events, along with sessions related to physical development, psychology, injury prevention, nutrition, artistic development and coach technical sessions. Gymnastics Canada will identify expert coaches who will be assigned at each apparatus, and where possible will be consistent from camp to camp. Though technical development of the athletes is one of the goals of the All Star camp program, the camps are also meant to be coach centric. Developing athlete AND coach competencies will enhance the daily training environment in the gyms across Canada, which is essential to long term development.

Coaches are expected to attend all sessions outlined in the schedule. Simultaneously activities will be planned for athletes with supervision which will allow all coaches to attend any mandatory sessions that are coach only.

Who are these camps for?

The All Star camps will target young male gymnasts who are currently competing in the Elite 3 or Elite 4 categories – Aged 9-13 years old and their coach. Athletes aged 14 may be considered by the JRYNT Coach. Application to attend an All Star Camp will be via video submission as per the guidelines set out. Each camp will accommodate approximately 28 gymnasts. Some athletes may be identified through other activities and be invited to attend by the NTD or JRYNT Coach.

How often will the camps take place and how will they be scheduled?

The All Star camps will take place three times per year across Canada. They will be 3-4 days in length and will feature one-two sessions per day in the gym as well as coach and athlete sessions during the day.

A typical camp day

7:30	Breakfast
9:00	NT Warm up and physical preparation circuits
9:30	Apparatus Rotations
10:45	stretching
11:30	Lunch
12:30	Athlete and Coach IST session (1hour)
14:00	Warm up
14:15 – 16:45	Apparatus Rotations (may include trampoline, physical preparation)
16:45	Stretching
17:30	Supper
19:00	Evening activity or sessions

Content

Each camp will provide clearly stated goals for areas of focus. These goals may include:

1. Refinement of execution in sequences
2. Focus on basic required skills per event
3. Work on minimizing landing deductions and sticking

There will be mandatory session for coaches and/or athletes to attend as well as social activities to build team and create a fun and productive atmosphere.

The Team Future Camp program provides learning modules for coaches and athlete which will be delivered as part of an annual curriculum in a number of areas including:

- a. Mental skills training
- b. Athlete recovery and injury prevention strategies
- c. Individual athlete planning
- d. Nutrition for high performance gymnasts
- e. Media training and social media education
- f. Body alignment and posture development

Part of the All Star camp focus is on talent identification and athlete development. For this reason each camp will dedicate some time to assessment of skill and physical abilities and may incorporate functional testing performed by members of our IST staff.

Video Application Skill Inventory

The video content and expectations for each age level are outlined below. Please video as many or all of the skills required. This is a minimum expected for attendance.

Aged 9-10

Video of Flexibility Test A

Video of Parallel Strength Test A

Floor	Front Handspring to two feet straight jump <input type="checkbox"/> Round off Back Handspring back tuck <input type="checkbox"/> Front tuck <input type="checkbox"/> TRAMPOLINE: FRONT LAYOUT <input type="checkbox"/> TRAMPOLINE: FRONT LAYOUT 1/2 <input type="checkbox"/> TRAMPOLINE: BACK LAYOUT <input type="checkbox"/> TRAMPOLINE: BACK LAYOUT 1/1 <input type="checkbox"/> TRAMPOLINE: TIC TOC (Backspring – flyspring series) <input type="checkbox"/>		Up to 20 m run to Front Layout to 40cm mat (vault board) <input type="checkbox"/> Front Handspring to Feet onto stacked mats over 110 cm table to 60 cm mats <input type="checkbox"/>	
Pommel Horse	ALL OF THE FOLLOWING WITHOUT POMMELS <input type="checkbox"/> MUSHROOM: 10 circles <input type="checkbox"/> FLOOR HORSE: 5 circles uphill <input type="checkbox"/> FLOOR HORSE: 5 circles downhill <input type="checkbox"/> FLOOR HORSE: 5 circles middle <input type="checkbox"/> SINGLE POMMEL (Mushroom or buck): Maximum circles in series <input type="checkbox"/>		Parallel Bars	8 swings in support <input type="checkbox"/> Swing Handstand swing forward to swing <input type="checkbox"/> Handstand swing forward swing handstand (hold each min 1 sec) <input type="checkbox"/> Press HS – maximum in a row <input type="checkbox"/>
Rings	5 swings in straps (Maximum height) <input type="checkbox"/> Swing(s) to 2 dislocates in straps <input type="checkbox"/> Press to Handstand hold 5 sec <input type="checkbox"/> Swing(s) to 2 inlocates in straps <input type="checkbox"/>		Horizontal Bar	IN STRAPS: from swings to 5 Backward giants <input type="checkbox"/> IN STRAPS: In overgrip: 5 forward giants <input type="checkbox"/> IN STRAPS: Free hip circle to handstand x 2 <input type="checkbox"/> REGULAR BAR: Jam cast swing backwards swing forward ½ turn X 2 <input type="checkbox"/> REGULAR BAR: from swings flyaway back tuck (FIG Bar) any mat height <input type="checkbox"/>

Video Application Skill Inventory

Aged 11-12

Video of Flexibility Test A

Video of Parallel Strength Test A

Floor	2-3 front Handspring step out in series	<input type="checkbox"/>
	Front Handspring flyspring rebound to straight jump	<input type="checkbox"/>
	Front tuck punch front tuck	<input type="checkbox"/>
	Front layout rebound from run or front handspring	<input type="checkbox"/>
	Power hurdle to Round off 3 -5 backhandsprings in series	<input type="checkbox"/>
	Round off backhandspring high back layout	<input type="checkbox"/>

Vault	Front layout over 110 cm vault table to stack mats 60 cm	<input type="checkbox"/>
	Front Handspring over 120 cm table	<input type="checkbox"/>
		<input type="checkbox"/>

Pommel Horse		<input type="checkbox"/>
	MUSHROOM: 6 stocklis (180°)	<input type="checkbox"/>
	MUSHROOM: 2 full spindle (360°)	<input type="checkbox"/>
	MUSHROOM: 8 Flairs	<input type="checkbox"/>
	FLOOR HORSE: Sivado	<input type="checkbox"/>
	FLOOR HORSE: Magyar	<input type="checkbox"/>
	SINGLE POMMEL (Mushroom or buck): Maximum circles in series	<input type="checkbox"/>

Parallel Bars	5 x Swing Handstand swing forward to swing Handstand in series (hold each min 1 sec, last HS hold 10 sec)	<input type="checkbox"/>
	Press HS – maximum in a row	<input type="checkbox"/>
	5 upper arm swings to maximum height	<input type="checkbox"/>
	Straight leg Moy to support	<input type="checkbox"/>
	Giant preparation with or without spot (demonstrate what you are working at this time either final skill or drills)	<input type="checkbox"/>

Rings	5 swings (fwd bwd) in straps (Maximum height)	<input type="checkbox"/>
	Swing(s) to 2 dislocates in straps	<input type="checkbox"/>
	Press to Handstand hold 10 sec	<input type="checkbox"/>
	Swing(s) to 2 inlocates in straps	<input type="checkbox"/>

Horizontal Bar	STRAPS: stalder/endo swings to HS forward and backward 3 x in series	<input type="checkbox"/>
	Swing to layout flyaway	<input type="checkbox"/>
	Back giant ½ (blind change) to front giant ½ (pirouette) x 2	<input type="checkbox"/>

Video Application Skill Inventory

Aged 13

Video of Flexibility Test B

Video of Parallel Strength Test A

Floor	Front handspring to 2 x flyspring to rebound <input type="checkbox"/>
	Front layout punch front tuck stuck landing <input type="checkbox"/>
	RO whipback back handspring to rebound <input type="checkbox"/>
	RO BHS Back layout (high) with 1/1 twist <input type="checkbox"/>

Vault	Front Handspring block to ½ turn to back onto stacked mats over 120 cm table with 120 cm mats <input type="checkbox"/>
	Tsukahara block to back onto stacked mats over 120 cm table with 120 cm mats <input type="checkbox"/>
	Round off onto vault board with collar to back layout to land on back onto 60 cm mats <input type="checkbox"/>

Pommel Horse	FLOOR HORSE: 10 circle in middle (no pommels) <input type="checkbox"/>
	FLOOR HORSE: two full stockli (360°) (no pommels) <input type="checkbox"/>
	FLOOR HORSE: Magyar to Sivado (no pommel) <input type="checkbox"/>
	FLOOR HORSE: maximum single pommel circles <input type="checkbox"/>
	POMMEL: Any sequence of pendular swing (leg cuts, scissors, etc) <input type="checkbox"/>

Parallel Bars	Giant <input type="checkbox"/>
	Front uprise to swing HS <input type="checkbox"/>
	Swing HS ½ turn swing forward to swing HS ½ turn and hold <input type="checkbox"/>
	Peach basket to support <input type="checkbox"/>
	<input type="checkbox"/>

Rings	2 dislocates (close to handstand) to layout flyaway <input type="checkbox"/>
	2 inlocates (close to handstand) to front pike flyaway <input type="checkbox"/>
	Press HS hold 10 sec <input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Horizontal Bar	Front giant to early pirouette to front giant <input type="checkbox"/>
	Giant – stalder – blindchange – front giant – endo – front giant - pirouette <input type="checkbox"/>
	Back giant x 2 to high layout <input type="checkbox"/>
	<input type="checkbox"/>