



GYMnastics
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CANADA

**Men's Artistic Gymnastics
Aspire Camp Selection Process**

October 2017 - Draft

This document will outline the selection process for the MAG Aspire Camps for Elite 3 and Elite 4 athletes.

I. Invited Athletes

A maximum of 25 athletes total from the Elite 3 and Elite 4 categories will be invited to the MAG Aspire Camps each year. The invited athletes will come from the Elite 3 and 4 ranking lists, which are created by:

- For Elite 3: All Around results from Eastern and Western Canadian Championships including physical testing. Results from the East and West are combined to form the Elite 3 ranking list.
- For Elite 4: Results from athletes' Compulsory routines, as well as All Around results from the Eastern and Western Canadian Championships including physical testing. Results from the East and West are combined to form the Elite 4 ranking list.

Athletes may be invited to Aspire Camps by the NTD if they rank in the top 10 of their respective ranking list in any of the following areas:

- For Elite 3:
 - Compulsory Routines
 - Physical Testing
 - Total Score
- For Elite 4:
 - Compulsory Routines
 - Optional Routines
 - Physical Testing
 - Total Score

The NTD will invite up to 25 athletes total from the ranking lists, which could be any combination of Elite 3's and Elite 4's. For younger athletes, preference may be given to athletes who show greater physical testing results (strength and flexibility). The invited athletes are intended to stay the same for each camp throughout the year, however the NTD does reserve the right to make changes.

Should any of the invited athletes be unable to attend a camp, then other athletes may be accepted via their video submission application. Video submission application does not guarantee acceptance to the camp. There may be instances where less than 25 athletes are accepted, but we will try to never have more than 25 athletes at a camp.

Below is the video application skill inventory for video submissions.

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"/> <input type="checkbox"/> <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"/>	Vault	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"/>

Aged 11-12

Video of Flexibility Test A

Video of Parallel Strength Test A

Floor	<p>2-3 front Handspring step out in series <input type="checkbox"/></p> <p>Front Handspring flyspring rebound to straight jump <input type="checkbox"/></p> <p>Front tuck punch front tuck <input type="checkbox"/></p> <p>Front layout rebound from run or front handspring <input type="checkbox"/></p> <p>Power hurdle to Round off 3 -5 <input type="checkbox"/></p> <p>backhandsprings in series <input type="checkbox"/></p> <p>Round off backhandspring high back layout <input type="checkbox"/></p>
Vault	<p>Front layout over 110 cm vault table to stack mats 60 cm <input type="checkbox"/></p> <p>Front Handspring over 120 cm table <input type="checkbox"/></p>
Pommel Horse	<p>MUSHROOM: 6 stocklis (180°) <input type="checkbox"/></p> <p>MUSHROOM: 2 full spindle (360°) <input type="checkbox"/></p> <p>MUSHROOM: 8 Flairs <input type="checkbox"/></p> <p>FLOOR HORSE: Sivado <input type="checkbox"/></p> <p>FLOOR HORSE: Magyar <input type="checkbox"/></p> <p>SINGLE POMMEL (Mushroom or buck): Maximum circles in series <input type="checkbox"/></p>
Parallel Bars	<p>5 x Swing Handstand swing forward to swing Handstand in series (hold each min 1 sec, last HS hold 10 sec) <input type="checkbox"/></p> <p>Press HS – maximum in a row <input type="checkbox"/></p> <p>5 upper arm swings to maximum height <input type="checkbox"/></p> <p>Straight leg Moy to support <input type="checkbox"/></p> <p>Giant preparation with or without spot (demonstrate what you are working at this time either final skill or drills) <input type="checkbox"/></p>
Rings	<p>5 swings (fwd bwd) in straps (Maximum height) <input type="checkbox"/></p> <p>Swing(s) to 2 dislocates in straps <input type="checkbox"/></p> <p>Press to Handstand hold 10 sec <input type="checkbox"/></p> <p>Swing(s) to 2 inlocates in straps <input type="checkbox"/></p>
Horizontal Bar	<p>STRAPS: stalder/endo swings to HS forward and backward 3 x in series <input type="checkbox"/></p> <p>Swing to layout flyaway <input type="checkbox"/></p> <p>Back giant ½ (blind change) to front giant ½ (pirouette) x 2 <input type="checkbox"/></p>

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"/>

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"/>