**Skills Program Athlete Form**

**Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gym Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Level: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Video Link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructions:**

* Please fill out skills in appropriate boxes and total points for each apparatus where designated. You may write over the light grey skills in each box. If credit has been received in competition then you may highlight or circle those skills as well.
* Send this completed form to the NTD and PM by May 1, 2018 to begin preliminary points list. Points will be updated through Canadian Championships.
* Make sure to keep a copy of this for yourselves in case of discrepancies.

**2020 Quadrennial plan - Floor Strategy**

1. **Maximize use of diagonals, don’t squeeze a line into a side pass**
2. **Maximize your 2 in connections**
3. **Use a D dismount that can be stuck**
4. **Start values for 2017 are between 5.3 and 5.8, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.0.**

**Seniors must perform elements on a 40x40 and may use a 20cm-landing mat.**

**Seniors may perform on a Tumbling strip to a landing that is level with the Tumbling strip only on skills highlighted in yellow**

**Juniors may perform all elements on a Tumbling strip or 40x40 and adhere to the same landing instructions as the senior athletes.**

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| **FLOOR SKILLS** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. Backwards | **Double back salto with Full twist** | **Back Double, Double tucked** | **Double back with 2 ½ twist** | **Triple twisting double tuck** |
| 2. | **Double Back Layout** | **Double back Layout with full twist** | **Double back Layout with double twist** | **Double back Layout with triple twist** |
| 3. | **Triple Twist backwards** | **3 ½ twist backwards** | **Quadruple twist backwards** | **Back layout with 4 ½ twist** |
| 4. Forwards | **Forward Double twisting Layout** | **Forward 2 ½ twisting layout** | **Forward Triple twisting Layout** | **Forward 3 ½ twisting Layout** |
| 5. | **Double Front tucked with ½ twist** | **Double front full twist** | **Double front with 1 ½ twist** | **Double front with double twist** |
| 6. 1st Connection | **0.1 bonus line** |  | **0.2 Bonus line** |  |
| 7. 2nd Connection | **0.1 bonus line** |  | **0.2 Bonus line** |  |
| 8. Non Acro | **C value** | **D value** |  |  |
| 9. | **Additional D element** | **Additional E element** | **Additional F element** | **Additional G element** |
| 10. | **Additional D element** | **Additional E element** | **Additional F element** | **Additional G element or**  **H element 5pts.** |
| **TOTAL SCORE: /74** |  |  |  |  |

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| **POMMEL HORSE SKILLS** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. | D Flop with circles and Stockli’s | E Flop with circles and Stockli’s |  |  |
| 2. | D Flop with use of Russian’s | E Flop with use of Russian’s |  |  |
| 3. | D - Full spindle | E – Full Spindle | Full Spindle in flare with pommels between the hands |  |
| 4. |  | Magyar or Sivado in Flare |  | Magyar to Sivado in Flare |
| 5. | C scissor with no deduction | D scissor with no deduction |  |  |
| 6. |  | Roth | Wu Guonian |  |
| 7. | D Russian |  | E Russian |  |
| 8. | D dismount (0.1 max ded.) | E Dismount (0.1 max ded.) |  |  |
| 9. | Additional D element | Additional E or higher element | Additional F element | Additional G element |
| 10. | Additional D element | Additional E or higher element | Additional F element | Additional G element |
| **TOTAL SCORE: /58** |  |  |  |  |

**2020 Quadrennial Plan - Rings Strategy**

1. **Master your Dismount, it’s the last thing the judges see and needs to be stuck at least 60% of the time. (In Training and Competition)**
2. **40-50% of your skills on Rings should be Strength elements in 2017, and 60% of your skills on Rings should be Strength elements by 2018.**
3. **Giants to handstand need to be flawless**
4. **If you are not physically prepared for the strength elements you need to utilize both D swing elements, Johansson and Pike Guczoghy, and/or the O’Neil for an E part.**
5. **Start values for 2017 are between 5.2 to 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.4 to 5.9**

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| **RINGS SKILLS** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. | C cross | D Cross | E Cross |  |
| 2. | C Planche | D Planche | E Planche |  |
| 3. | C Invert cross | D Invert cross | E Invert |  |
| 4. |  | D Maltese | E Maltese | F Maltese |
| 5. |  | C or D strength, pull upwards to C part | D or E strength, pull upwards to D or E part |  |
| 6. | Swinging D element |  | Swinging E element |  |
| 7. | D dismount | E dismount | F Dismount | G Dismount |
| 8. | Additional D element | Additional E or higher element | Additional F element | Additional G element |
| 9. | Additional D element | Additional E or higher element | Additional F element | Additional G element |
| 10. | Additional D element | Additional E or higher element | Additional F element | Additional G element |
| **TOTAL SCORE: /70** |  |  |  |  |

**2020 Quadrennial Plan - Vault Strategy**

1. **Create more rotation off the springboard so more high difficulty Vaults become achievable.**
2. **Vault training needs to be done a minimum of four times per week, two days on basics and two days on the Technical training of your Vaults.**
3. **Vault onto a table at least once per week so you may develop both rotation and height.**
4. **Expected Start value for 2017 is 5.2, while Start values needed for the Team at the 2018 World Championships will be 5.2 to 5.6.**

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| **VAULT SKILLS** | **2 pts.** | **7 pts.** | **13 pts.** | **18 pts.** |
| 1. | 4.8 **Juniors Only** | 5.2 | 5.6 | 5.8 + |
| 2. | 4.8 **Juniors Only** | 5.2 | 5.6 | 5.8 + |
| **Additional 5 pts.** | **Double Tsukahara or Yurchenko Piked, or tucked with full twist timer that rotates to your back on mats 1.75m High.** |  |  |  |
| **TOTAL SCORE: /77** |  |  |  |  |

**All Vaults may be performed onto a landing mat in the pit that is floor level.**

**2020 Quadrennial Plan - Parallel Bars Strategy**

1. **This apparatus has more options for the variety of elements in which a high level of difficulty can be achieved.**
2. **Take the time to learn a double front dismount and learn to stick it.**
3. **Senior Routines should include only C parts and higher**
4. **Learn an upper arm D element**
5. **Start value for 2017 are between 5.2 and 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.1.**

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| **PARALLEL BAR SKILLS** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. | Upper arm C element | Upper arm D element | Upper arm E element | Upper arm F element |
| 2. | D Peach (no bent arm deduction) | E Peach | F Peach | G Peach |
| 3. | D Healy to support | E Healy to support from one rail |  |  |
| 4. | C or D element to one rail  (For Healy connection) | C or D element to Healy from One rail |  |  |
| 5. |  | Double salto from support to upper arm  (Examples – Morisue) | Double salto from Support to long hang  (Examples – Suarez, Morisue, Sasaki | Double salto pike to long hang or support |
| 6. |  | Double salto from Long hang to upper arm  (Example - Belle) | Double salto from long hang to long hang  (Example -Belle to long hang) | Double salto pike from long hang to support or long hang |
| 7. | Tippelt | Bhavsar |  |  |
| 8. | D dismount | E dismount | F Dismount | G Dismount |
| 9. | Additional D element | Makuts (E) | Giant to Makuts | Yamamura  (Peach to Makuts) G |
| 10. | Additional D element | Additional E element | Additional F element | Additional G element |
| **TOTAL SCORE: /68** |  |  |  |  |

**2020 Quadrennial Plan - High Bar Strategy**

1. **Use fewer turning elements to eliminate angle deductions, if you can’t do it to handstand, don’t use it!**
2. **Master 5 release elements, use a minimum of 3 in 2017 and have 5 ready for 2018**
3. **Utilize the Alder ½ turn and Full turn to mix grip (2 D elements that can finish in handstand)**
4. **The only Group I element of ‘D’ value that carries no angle deduction is the Czech Giant, if this is not possible to learn, then master the Quast or Zu Li Min, everything to elgrip will result in a 0.3 deduction.**
5. **Start value for 2017 are between 5.2 and 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.1.**

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| **HIGH BAR SKILLS** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. | Straddle Tkatchev | Straddle Tkatchev with ½ turn |  |  |
| 2. |  | Layout Tkatchev | Layout Tkatchev with ½ turn | Liukin |
| 3. | Flying Giant with significant flight phase | Kovacs | Pike or Layout Kovacs | Cassina |
| 4. | Gienger | Tucked Gaylord | Kolman (3) and/or Pike Gaylord (3) | Bretschneider **(5 pts.)** |
| 5. | Additional C flight element | Piatti (straddle or pike)  OR  Yamawaki | Piatti layout, and /or Straddle with ½ turn  OR  Munoz-Pozzo  (Yamawaki ½ turn) | Suarez  (Piatti Layout with full twist)  OR  Walstrom  (Yamawaki 1 ½ turn) |
| 6. | Alder to handstand (C) | Alder ½ turn (D) |  |  |
| 7. | Additional C in bar element | Alder with full turn **to** **handstand** in mix grip (D) | Alder with full turn **to handstand** in under grip (E) |  |
| 8. |  | C Long hang element (no ded.) | D Long hang element (0.1 ded) |  |
| 9. | D dismount | E dismount | F Dismount | G Dismount |
| 10. | Additional D element | Additional E element | Additional F element | Additional G element |
| **TOTAL SCORE: /70** |  |  |  |  |

**All elements may be done over a pit with mats under the bar. Dismount must be performed onto a firm surface.**

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| **TRAMPOLINE** | **1 pt.** | **2 pts.** | **3 pts.** | **4pts.** |
| 1. |  | Triple back tuck | Triple back Pike | Quadruple back Tuck |
| 2. |  | Triple back tuck ½ out | Triple back with full twist | Triple back with double twist |
| 3. | Back layout with Triple twist | Back layout with 3 ½ twists | Back layout with 4 twists | Back layout with 4 ½ twists |
| 4. | Double layout backwards | Double layout with full twist | Double layout with double twist | Double Layout with triple twist |
| 5. | Double back tuck with full twist | Double back tuck with double twist | Double back tuck with triple twist | Double back tuck with quadruple twist |
| 6. These elements need to be performed with very low amplitude | Cody open tuck (for Kovacs) | Cody tuck with full twist (for Kolman) | Cody tucked with double twist (for Bretschneider) | Cody Layout with double twist (for Bretschneider 2) |
| **For Line #6, all Cody elements must be shown, not only your highest difficulty skill** | | | | |
| 7. | Double Front tuck with full twist | Double front tuck with double twist | Double front tuck with 2 ½ twist | Double front tuck with triple twist |
| 8. | Double front Layout with late ½ twist | Double front Layout with Full twist on second layout | Double front Layout with Double twist | Double front Layout with Triple twist |
| 9. | Triple front tuck | Triple front pike | Triple front with full twist | Triple front with double twist |
| 10. | Front layout with Triple twist | Front layout with 3 ½ twists | Front layout with 4 twists | Front layout with 4 ½ twists |
| **TOTAL SCORE: /40** |  |  |  |  |

**Elements may be performed either on the trampoline (a mat may be slid in for landing), off the trampoline onto a mat in the pit the same height as the bed of the trampoline, or on to the floor with a landing mat.**

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| **FINAL SCORE: /457** |  |

**Video Submission Guidelines**

**Since we do not have a central training center for our team and we are not able to get together very frequently, we must be able to track skill development through video submission. The guidelines for video submission are as follows:**

1. **Coaches are instructed to create their own Dropbox or Youtube account and provide access to the NTD and PM-MAG. Coaches will upload skill videos for their athletes.**
2. **Each video must be clearly labeled with the athlete’s name and skill being performed.**
   1. **Please only provide successful attempts**
3. **Videos must show the entire body of the gymnast from head to toe preferably from a position where a judging panel would be located.**
4. **When attempting a new skill from the skills program in competition, coaches will be required to submit in writing the skills that will be attempted by their athlete. These must be received by the NTD 24 hours prior to Elite Canada, Canadian Championships, UCIC, and any other FIG sanctioned events. This will notify the NTD of the new skills being attempted. Video evidence and/or judge verification will be used for skill points attained in competitions.**
   1. **Once an athlete has received competition points for a skill, they do not need to submit that skill again**