

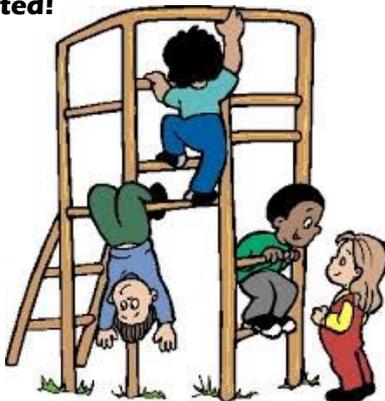
Have you seen the next generation of elite gymnasts?

They are naturally strong and co-ordinated!

...can do "chin ups", run fast, skip and jump



They love to climb!



They are small for their age

< 105 cm (5 years-old)

< 112 cm (6 years-old)

< 118 cm (7 years-old)

...and have small parents

Mother < 158 cm

Father < 172 cm

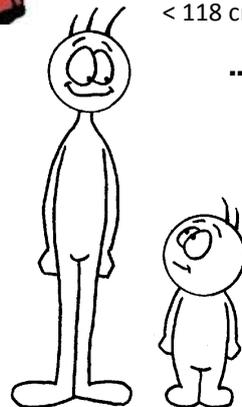
They are flexible!

...can reach past their feet with straight legs or do 'the splits'



They have a spark in their personality!

...a combination of fearlessness, competitiveness and determination



Contact Gymnastics SA for more details!

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Gymnastics SA
High Performance Program

Frequently Asked Questions:

Why are gymnasts selected at such a young age?

It is generally accepted that it takes 10 years of training before being ready to perform at an international level. Women's Artistic Gymnastics requires athletes to reach this level by around 16 years of age. Other Gymsports (such as Men's Artistic Gymnastics and Trampoline) have a later target age for international competition and can therefore start specialised training a little later.

Is my child too young to specialise in a gymnastics program?

Gymnastics develops fundamental movement skills (such as landing, static position, locomotion, rotation, swing, and spring) that are the building blocks for many movements involved in other sports. It also develops areas of fitness such as strength, flexibility, and spatial awareness that are transferable to a range of sports and physical activities - this means a start in gymnastics is a good start for all sports!

What commitment is expected in the International Development Pathway (IDP)?

Gymnastics SA follows training recommendations set by Gymnastics Australia for IDP athletes. Generally, a 5-6 year-old will start with just 2 sessions per week. This will progressively increase as the child develops. By the time a gymnast is 10 years-old they will generally be attending 5-6 days per week. Competitive gymnastics requires a year-round commitment to training which generally includes school holidays. Gymnasts usually have between 2-4 weeks holidays from training per year.

My child enjoys gymnastics but I don't want to commit to a competitive program at the moment. Are there other options?

The sport of gymnastics consists of 8 disciplines (or Gymsports). These include those you may have seen on TV at the Olympic or Commonwealth Games such as Men's and Women's Artistic Gymnastics, Rhythmic Gymnastics (the one where they throw a ball, hoop or clubs in the air), and Trampoline (where they jump as high as the ceiling). Gymnastics also includes Acrobatic and Aerobic Gymnastics, as well as Cheerleading and Gymnastics for All - an all-encompassing gymnastics discipline for people of all ages, gender and ability, so everyone can find something that suits them.

To find out more about the range of opportunities for your child in gymnastics visit www.gymsa.com.au and click "Get Involved" or call Gymnastics SA on 8294 8288.

**To find out more about
the International
Development Program
contact Gymnastics
South Australia**



**Gymnastics SA
High Performance Program**

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