

Procedure for accessing the WAG Centralised Programme

Purpose:

Some clubs and coaches may require additional support to help individuals maintain their progression along the performance pathway. The purpose of this document is to outline the procedure for gymnasts to access the Women's Artistic Centralised Programme (CP), through providing guidance and resource to support both clubs and individuals in achieving their performance goals. This includes outlining a transition period to ensure a smooth journey into the CP, helping gymnasts, parents and clubs/coaches adjust and maintain progress effectively within the sport.

Procedure for requesting CP access for gymnasts:

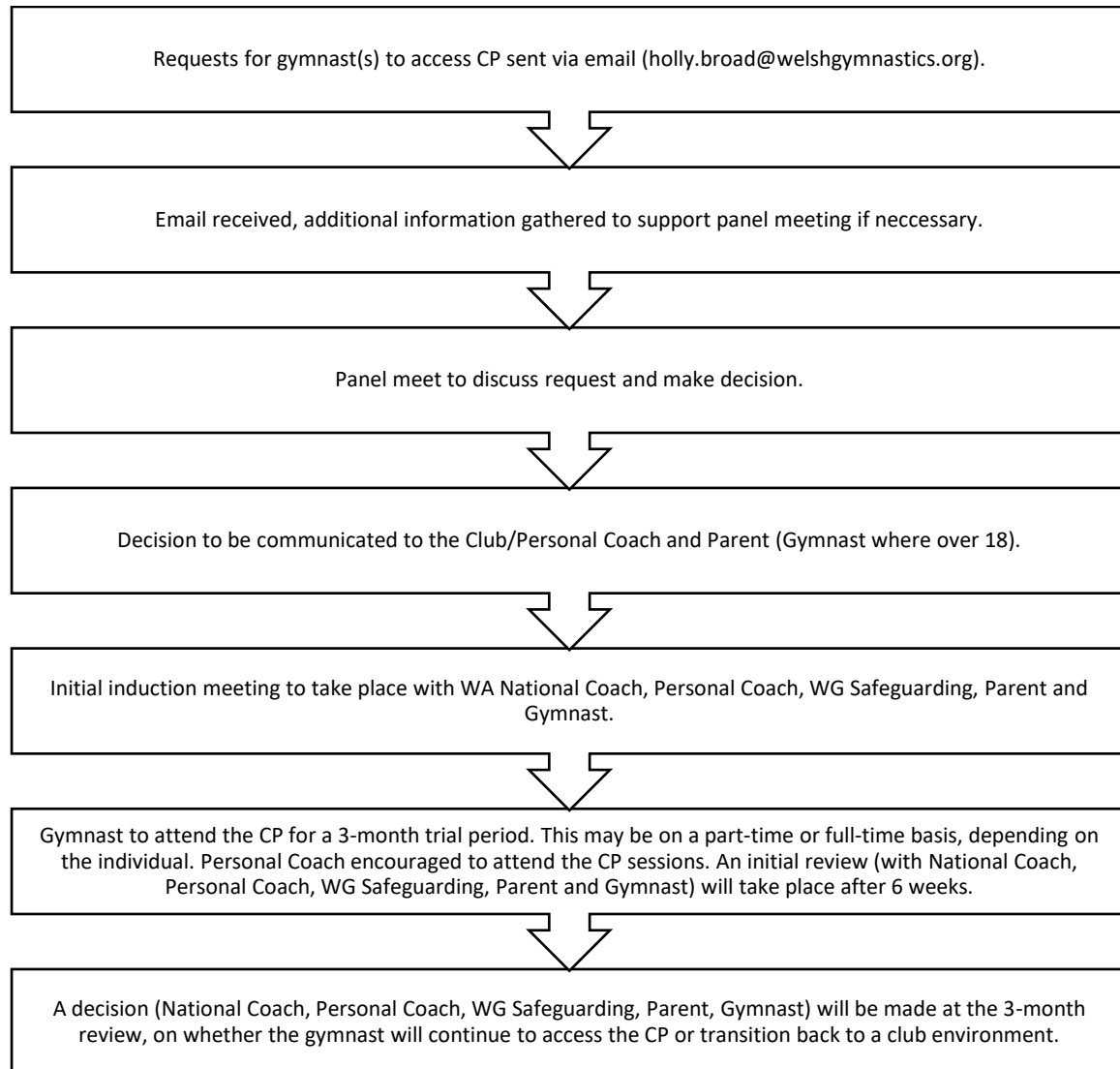
1. To be considered for access to the CP, gymnasts must be a current member of Welsh Gymnastics, hold a place in a Welsh Squad (Foundation, Development or Performance) and be attached to a Welsh Gymnastics affiliated club.
2. Requests for gymnasts to access the CP may be made by clubs/coaches/parents/gymnasts (over 18).
3. An email outlining why the gymnast should be considered for access to the CP must be sent to the Director of Performance (holly.broad@welshgymnastics.org). A follow-up phone call with the individual requesting access may be necessary to ensure sufficient information is available to make an informed decision.
4. The initial decision regarding access to the CP will be made by a panel, comprising of representatives from;
 - Performance Team
 - WA National Coaching Team
 - Safeguarding and Wellbeing Team
5. A decision will be based on the following areas;
 - Current skill level
 - Potential of gymnast to compete for Wales in the future
 - Attitude/effort towards training
 - Ability to cope with the demands of the CP (Physically, mentally, socially)
 - WA National Coaching Team recommendation
6. If a decision is made to grant a gymnast access to the CP, the transition process illustrated in Appendix A will be implemented to ensure the gymnast's wellbeing is properly supported.
7. The level of access to the CP will be determined based on individual needs and this will be reviewed during review points (6 weeks and 3-months).
8. Personal Coaches will be encouraged to attend the CP sessions.
9. Gymnast may choose to leave the CP at any point.

Procedure for Welsh Gymnastics identifying gymnasts who may benefit from access to the WAG CP:

1. To be considered for access to the CP, gymnasts must be a current member of Welsh Gymnastics, hold a place in a Welsh Squad (Foundation, Development or Performance) and be attached to a Welsh Gymnastics affiliated club.
2. A member of the WAG National Coaching Team will inform the Director of Performance, via email, if they believe a gymnast would benefit from accessing the CP.
3. A member of the WA National Coaching Team will engage the Club/Personal Coach in an initial discussion to make them aware of the situation.
4. The Club/Personal Coach will be asked to discuss the possibility of accessing the CP with the Gymnast/Parent. Parents/Gymnasts are encouraged to contact the Director of Performance, Holly Broad (holly.broad@welshgymnastics.org), with any questions they may have.
5. A further conversation will take place with a panel of representatives comprising of;
 - Performance Team
 - WA National Coaching Team
 - Safeguarding and Wellbeing Team
6. A decision will be based on the following areas;
 - Current skill level
 - Potential of gymnast to compete for Wales in the future
 - Attitude/effort towards training
 - Ability to cope with the demands of the CP (Physically, mentally, socially)
 - WA National Coaching Team recommendation
7. An outcome of the panel meeting will be sent to the Club/Personal Coach and Parent (gymnast where over 18).
8. Where gymnasts are offered access to the CP, the transition process illustrated in Appendix B will be implemented to ensure the gymnast's wellbeing is properly supported.
9. The level of access to the CP will be determined based on individual needs and this will be reviewed during review points (6 weeks and 3-months).
10. Personal Coaches will be encouraged to attend the CP sessions.
11. Gymnast may choose to leave the CP at any point.



Appendix A





Appendix B

