

Trampoline Team Future Camp

August 4th to 6th 2014

Hobart, TAS

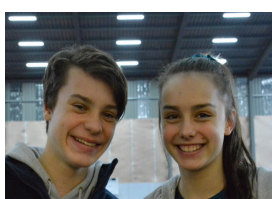
Following National Clubs Championships in Hobart, the first ever Trampoline Team Future camp was run. Athletes from around Australia were invited to the camp, along with their coaches. The target age group was 12-14 years old. In all, 23 athletes and 10 coaches participated.



The camp consisted of 5 training sessions, and three other development opportunities. Along with the training done by the athletes at the camp, they were also very fortunate to be joined by Blake Gaudry and Jack Penny who were preparing for their overseas trip to compete in World Cup events in Europe.

The Lead Coach of the camp was Ben Kelly, who did a fantastic job driving the technical direction of the camp. Victor Zhuravlev also contributed his expertise in choreography.

Gaye Rutherford, a Dietician who works with the Tasmanian Institute of Sport, presented a session to the coaches and athletes on nutrition, focussing on what is required to assist performance in the daily training environment. Blake Gaudry participated in an extensive Q&A with the athletes, generously answering their questions (from Olympic experiences, personal sporting history and the challenges of managing education and sport). The athletes (aided by their coaches) also completed a Goal Setting session, starting the process of developing a long term plan for their own sporting success.



Congratulations to Georgia Rayment and William McGrath who were the best rated athletes in the physical testing conducted at the Camp.

Gymnastics for All

Men's Artistic

Women's Artistic

Rhythmic

Trampoline

Aerobic

Acrobatic

Initial feedback from the Camp has been excellent, with the athletes enjoying and benefiting from the experience, and coaches being positive about the quality. Having said this, the post-camp coaches debrief has highlighted some opportunities to improve camps in the future.

There will be two more Team Future activities next year, with the exact timing still to be decided.

Thanks very much to all who assisted with the camp, particularly Ben Kelly, who's work in the preparation of the camp went above and beyond.

For more information concerning Gymnastics Australia's Team Future program, please contact Alexis Lebedew at alebedew@gymnastics.org.au

Alexis Lebedew
National Pathways Coordinator
Gymnastics Australia



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