PARTICIPANT DEVELOPMENT MODEL

**Senior age**

**ACTIVE FOR LIFE**

**Adult age**

**Masters**

**COMMUNITY SPORT STREAM**

*Gymnastics for All*

(Recreational Aerobic, Acrobatic, MAG, RG, TG & WAG and all other non-traditional gymnastics apparatus and activities – Fun Fitness Fundamentals based)

**ENTRY LEVEL ARROWS**

**SPECIALIZATION**

(TEENS)

**10 years**

**BUILDING THE SKILLS**

*FUN FITNESS FUNDAMENTALS*

6 years

**ACTIVE START**

6 months

**COMPETITION STREAM**

**ENTRY LEVEL ARROWS**

**ACTIVE START**

*(Multi-movement – Fun Fitness Fundamentals approach)*

**ENTRY LEVEL ARROWS**

Gymnasts may move from 1 gymnastics sport to another for a variety of reasons

SPECIALIZATION, BECOMING A CONSISTENT COMPETITOR, WINNING AT ALL LEVELS, INTERNATIONAL EXCELLENCE

These arrows indicate limited mobility between comp streams within same sport

Entry Level Competitive Programs *FUN FITNESS FUNDAMENTALS, BUILDING THE SKILLS*