



# Trampoline Strategic Plan 2011 - 2013

November 2011



## Background

Gymsports NZ through its governance structure has a Sport Development Committee for each of its competitive sport codes.

Each Sport Development Committee is responsible for providing advice on developing its Gymnastic Discipline throughout New Zealand and in particular for:

- a. providing expert advice to GymSports NZ, and the Chief Executive on the strategies and actions required to build the capability of coaches, judges and volunteers within Gymsports in New Zealand;
- b. providing advice to GymSports NZ on regulations, rules and international amendments or innovations in relation to its Gymnastic Discipline, and ensuring its Gymnastic Discipline is aligned with such regulations, rules, amendments and innovations;
- c. supporting GymSports NZ in the delivery of membership services;
- d. ensuring alignment of the Gymnastic Disciplines to improve the overall quality, access to and enjoyment of all Gymsports;
- e. providing advice to the relevant GymSports NZ employee/s, as notified by the Chief Executive, on amendments, updates, innovations or ideas to improve the manuals, resources, courses and training forums for coaches, judges and officials in relation to its Gymnastic Discipline;
- f. providing advice to the relevant GymSport NZ employee/s, as notified by the Chief Executive, on the publication of the annual education and training programme to develop the capability of coaches, officials and volunteers;
- g. annually identifying and approving, a programme of events and tours for Competitive Participation Gymnasts for each calendar year;
- h. selecting a Member Club to host a National Championships Qualifying Competition;
- i. setting qualifying results/scores for the National Championships for its Gymnastic Discipline, which will be made available on the GymSports NZ website prior to the National Championships;
- j. determining the technical rules for its Gymnastic Discipline for National Championships Qualifying Competitions, including any variations to the FIG rules.

To focus on growing each sport code, the Sport Development Committees have been collecting data and consulting with Members to build a three year strategic plan.

From January to June 2011 the Sport Development Committees collected information on the strengths and weaknesses of each sporting code. This was achieved through questionnaires distributed in e news, face to face conversations at events, face to face conversations in Clubs (by Regional Relationship Managers) and forums.

The Trampoline Committee met in August to discuss the information collected and to agree the Strategic direction the sport.

A plan has been created which sits under the overall GymSports NZ National Strategic plan 2011 – 2013.

The GymSports NZ National Strategic plan outcomes are:

- Stimulate Participation
- Strengthen the Gymsports community
- Develop and efficient & sustainable organisation
- Enhance gymsports reputation
- Develop Performance Excellence

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## ***Vision***

### ***“Trampoline Sports will help Kiwis to develop spectacular movement”***

Trampoline is an incredibly exciting sport which appeals to ‘dare devil’ Kiwis and has a pathway through to World Championships and the Olympic Games. New Zealand is a Trampoline mad country with many children having backyard trampolines which are used on a regular basis for fun. The sport appeals to males and females and athletes can compete well into their 30’s. Kiwis love to bounce!

Trampoline is currently the fastest growing gymsport with 8 new Clubs taking up the Incentive Awards to begin a Trampoline programme encompassing the three different disciplines under the trampoline umbrella – Trampoline, Double Mini Trampoline and Power Tumbling. Competitive athletes are strong, powerful and require good body tension to achieve difficult twisting, multiple somersaults. For young New Zealanders the sport offers excitement, discipline and challenge. It offers pathways from junior competitive to the pinnacle of World Championships and the Olympic Games, and is also an excellent ‘cross training’ option for those involved with snowboarding, water skiing, skateboarding, diving, artistic gymnastics and many other sports and recreation activities. The abilities of Trampoline athletes can be turned into entertainment as the skills lend themselves well to circus type performances.

For competition on trampoline, the athletes are required to do a 10 bounce set routine where the judges look for excellent body lines and positions in the air. They are also required to do a 10 bounce voluntary routine where the judges reward the difficulty of the skills as well as the execution of the overall performance. Athletes can compete in individual Trampoline or Synchronised Trampoline with a partner. Synchro partners must perform the same skill at the same time on different trampolines, so the added dynamic of keeping in time with each other while bouncing is added to the execution and difficulty. In 2011, the international federation introduced “time of flight” which measures the length of time that the athlete is in the air, and adds it to the overall score.

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Double Mini Trampoline focuses on a powerful run up, the performance of two skills on and off a narrow trampoline bed and a stable landing. Each performance is evaluated on the difficulty, positions and lines of the skills, plus the landing. Double Mini in particular is for “adrenaline junkies” and requires courage, immense skill and amazing spatial awareness.

Power Tumbling is the ‘fastest’ of the three disciplines. Athletes run up then perform an 8 skill pass on a tumbling track to land under control on a mat. Easier said than done! Each pass consists of single and double twisting and non-twisting somersaults and ‘bounding’ movements which link the pass together. Power Tumbling is truly spectacular to watch!

Dedicated New Zealand athletes have experienced amazing success on the world stage in the past and for the last few years there has been a focus on Trampoline. This has led to an improvement in overall athlete performance across the country and continued successes internationally.

While maintaining the support for higher level athletes, the Trampoline Sport Development Committee plans to broaden it’s focus to encompass participation at all levels, encouraging Clubs to develop their involvement in Trampoline, Double Mini Trampoline and Tumbling. The plan aims to develop resources and enable coaches and athletes and grow capabilities within clubs to run full trampoline programmes and host a variety of competitions encompassing the three disciplines.

## **2011 – 2013 Trampoline Strategic Plan**

<b>Strategic Outcome</b>			
<b>Stimulate Participation</b>			
	<b>Measure 2011</b>	<b>Measure 2012</b>	<b>Measure 2013</b>
<b>More Coaches</b> <ul style="list-style-type: none"> <li>• Elementary (Basic Skills)</li> <li>• Junior</li> <li>• Junior Advanced</li> <li>• Senior</li> </ul>	Establish Database 2011 Establish Database 2011 Establish Database 2011 Establish Database 2011	<ul style="list-style-type: none"> <li>• Elementary - 20 New coaches</li> <li>• Junior Any increase</li> <li>• Junior Advanced - Numbers maintained</li> <li>• Senior - Numbers maintained</li> </ul>	

<p><b>Coaches Developed</b></p> <ul style="list-style-type: none"> <li>• Elementary (Basic Skills)</li> <li>• Junior</li> <li>• Junior Advanced</li> <li>• Senior</li> </ul>		<ul style="list-style-type: none"> <li>• All coaches registered by May 2012</li> <li>• Elementary coach training delivered to 20 people</li> <li>• 5 Junior coaches trained and registered</li> </ul>	<p>Any increased attendance at Gym school</p>
<p><b>More Judges</b></p> <ul style="list-style-type: none"> <li>• Level 1</li> <li>• Level 2</li> <li>• Level 3</li> <li>• F.I.G Level</li> </ul>	<p>Establish numbers Establish numbers Establish numbers</p> <p>Establish baseline of judge only judges</p>	<ul style="list-style-type: none"> <li>• Level 1 - Maintain numbers (32)</li> <li>• Level 2 - 10 new judges by March 2012</li> <li>• Level 3 - 4 new judges by May 2012</li> <li>• F.I.G. - Maintain Numbers</li> </ul> <ul style="list-style-type: none"> <li>• An increase in judge only judges</li> </ul>	<p>An increase in FIG Judges by year end</p> <p>An increase in judge only judges</p>
<p><b>More Athletes</b></p>		<p>An increase (boys in competitions)</p> <p>Recreational competition format established</p>	
<p><b>More Volunteers</b></p>	<p>1 volunteer coordinator role established on Trampoline Sport Development Committee</p> <p>7 more scoring system operators Establish database of floor managers, Marshalls and IT people</p>	<p>Integrate with national plan</p> <p>An increase in trained Floor Managers</p> <p>An increase in trained Spotters</p> <p>An increase in trained Marshalls</p> <p>An increase in trained IT</p>	<p>1 volunteer coordinator role established per club</p>

<b>Improved interclub co-operation</b>	Agree co-operation criteria	Pilot interclub co-operation with identified clubs	
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## Strengthen Gym Sport Community

Communication to members improved  Leadership Profile Improved	Trampoline communications plan developed in association with the national communication plan	The TRA community knows what everyone on the Trampoline Sport Development Committee does. (Survey result)	Positive survey result on Trampoline Sport Development Committee and GSNZ performance
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## Develop an efficient & sustainable Organisation

	Financial surplus sustained year on year	Financial surplus sustained year on year	Financial surplus sustained year on year  Define need. Identify funding /sponsorship opportunities.
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## Enhance Gymsports Reputation

Improved media profile  Sport exposure built on Olympics coverage	Number of hits on GSNZ website (video clips)  Define contingency plan based on qualification or non-qualification of athletes	Celebrity athlete endorsements	
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## Develop Performance Excellence

Improved athlete performance across the country.		Structured athlete training plans established that support the competitive structure	Talented athletes are coached by a coach involved in a mentoring programme
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## ***Where to from here***

To support the Trampoline Strategic Plan, the Sport Development Committee has identified actions/activities to move towards the achievement of the Strategic goals. These actions/activities are planned for each year and may be amended as the plan unfolds and the Sport Development Committee will keep you updated on a quarterly basis.

One of the key actions/activities for Committee is to advertise and recruit people into new positions on Sport Development Committee. The new positions are designed to help the Trampoline Sport Development Committee to achieve the outcomes of the three year Trampoline Strategic plan. The new positions will be advertised in late 2011 and they are Volunteer Advisor, Trampoline Resource Formatter, Participation Advisor and Trampoline Data Analyst.

**If you wish to comment or ask any questions on the Trampoline Strategic plan please contact the Trampoline Sport Development Committee Chair, Daphne Stringer on [stringerz@woosh.co.nz](mailto:stringerz@woosh.co.nz)**

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