

## USA Gymnastics T&T JumpStart Program Overview

The JumpStart Program identifies future elite athletes at a young age and educates their coaches on proper fitness and skill development. The fitness program is designed for all trampoline and tumbling athletes.

### Goals:

Identify talented athletes between 8 and 10 years old.

Identify deficiencies in fitness and skill factors that can be determined through scientific testing and interaction with national staff coaches. These deficiencies will be reported to both the athlete and the coach for remedial work.

Enhance the flow of information and educational opportunities to talented athletes, their parents and their coaches in an effort to help improve the athlete's training.

### Objectives:

Identify and notify athletes, coaches and parents of the inherent talent possessed by a young gymnast. This will help all involved in making intelligent decisions regarding the serious pursuit of the athlete's trampoline and tumbling training and opportunities.

Assist coaches in the development of these young athletes through enhanced access to the best authorities available, in addition to other training and performance opportunities.

Serve as a "fast track" for young athletes from the early years of training through the international level.

Enhance early preparation of skills and abilities that will be needed for international level competition four or more years in the future.

Identify deficiencies in training and health that can be remedied by early and expert intervention.

Provide a fitness program for all trampoline and tumbling athletes.