

Singapore Gymnastics FTEM Framework for Sport and Athlete Development



Active Lifestyle



Sport Participation



Sport Excellence

Key Features

HIGH PERFORMANCE PATHWAY

- M¹** **MASTERY**
SUSTAINED SUCCESS
- E²** **ELITE**
SUCCESS AT KEY COMPETITIONS
- E¹** **ELITE**
NATIONAL SENIOR REPRESENTATION
- T⁴** **TALENT**
BREAKTHROUGH AND REWARD
- T³** **TALENT**
PRACTISING AND ACHIEVING
- T²** **TALENT**
VERIFICATION OF TALENT
- T¹** **TALENT**
DEMONSTRATION OF POTENTIAL

Asian Games, World Championships or Olympic Games podium over successive quadreniums (sustained success). High Performance Daily Training Environment. High Level SSSM support. Minimum coaching requirements: Full NROC and FIG 3.

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Selection for National Senior teams and competing in Asian Games, World Championships or Olympic Games. High Performance Daily Training Environment. High Level SSSM support. Minimum coaching requirements: Full NROC and FIG 3.

Selection for National Senior teams and competing in SEA Games, Commonwealth Games, World Cups and other minor competitions. Selection for National Junior teams competing in Asian and World Junior Championships. High Performance Daily Training Environment. High Level SSSM support. Minimum coaching requirements: Full NROC and FIG 3.

Selection for National Junior or Senior Squad. Selection for Youth Olympic Games, World Junior Championships, Asian Junior Championships. High Performance Daily Training Environment. High Level SSSM support Minimum coaching requirements: Full NROC and FIG 1.

Competing in Singapore Open and National Championships in appropriate Division. Participating in SGDP. High Performance Daily Training Environment. Moderate Level SSSM support Minimum coaching requirements: Full NROC and FIG 1.

Talent Identification from F2 and F3. Competing in Singapore Open and National Championships in appropriate Division. Participating in SGDP. High Performance Daily Training Environment. Development of SSSM support structure. Minimum coaching requirements: Provisional NROC and Intermediate.

- F³** **FOUNDATION**
SPORT SPECIFIC COMMITMENT AND/OR COMPETITION

Competing at National Championships. club training and school training. Participating in SGDP if eligible. Access to basic Sports Science and Sports Medicine support if thinking about joining HP Pathway in the future. Coaching from accredited coaches, Intermediate or above. Gymnasts can participate in this level their entire careers.

- F²** **FOUNDATION**
EXTENSION AND REFINEMENT OF MOVEMENT

Participating in Kindergym, school training, club training and early Levels preparation. Coaching from accredited coaches, Fundamentals or above. This can be in an organised capacity such as FIG Gymnaestrada or less formal.

- F¹** **FOUNDATION**
LEARNING AND ACQUISITION OF BASIC MOVEMENT

Participating in gymnastics based movement in any capacity. From Kindergym to Gentle Gym. From jumping on a trampoline to doing handstand selfies.