



# ECLIPSE GYMNASTICS

## Plans for return to training - Parents & Athletes

Wednesday, May 20th, 2020

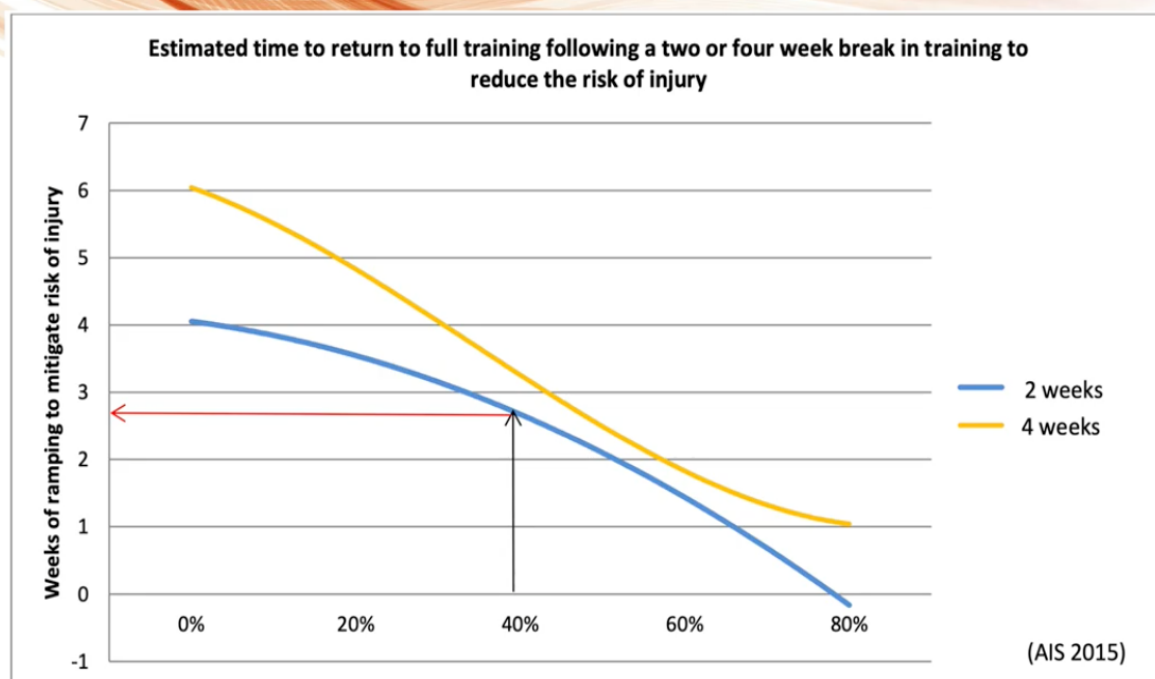
### Our goal:

- To help return the athletes to previous levels of skill and physical development prior to the lockdown, using a graduated process of overload to build appropriate physical fitness components, technical foundations, psychological readiness, emotional fitness and social interaction with teammates and coaches.
- To enable all athletes to continue to love and enjoy gymnastics and be successful at their level of gymnastics while mitigating the risk to their health of returning to training.

### Considerations:

#### Physical

- March 23rd - May 17th = 8 full weeks.
- Detraining - our goal through this period of lockdown was to reduce the losses that were going to occur through detraining.
- Ross Tucker (Sport Scientist):
  - The complete removal of training stimulus (total rest) causes cardiovascular, metabolic and neuromuscular decline in the range of 2-4% per week.
  - Performance declines as a result.
  - Even small amounts of training -> 10 - 20% of original is enough to greatly reduce the losses (by 50%).
- Dave Tilley (Physical Therapist, Gymnastics Specialist, Certified Strength and Conditioning coach, SHIFT Movement Science and Gymnastics Education):
  - The more training we can do now, the quicker we will return to our original levels of fitness.





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- Some of the key areas in which athletes detrain:
  - Strength - confidence with performing skills.
  - Growth due to reduced physical loads can lead to growth plate irritability with potential changes in height and length of levers (arms and legs).
  - Reduced muscle function - ability to manage forces at speed, take off and landing.
  - Impact loading reduced - impact increases bone density, tendon stiffness.
  - Reduced Proprioception / Aerial awareness.
- Areas of the body in which we need focus to ensure a balanced recovery from the lockout:
  - Core control - Thoracic mobility, obliques strength, glute strength.
  - Rotator cuff strength.
  - Shoulder / scapular stability - Rotator cuff strength.
  - Wrist and forearm strength.
  - Calf strength.
- Home program - we will use the home program as the starting point and build from there.
- Maintain home program for all athletes for training and non-training days, until back to close to OR full hours. Some recovery / stretching / injury prevention / foam roller activities will remain for a period of time after we return to maximise gym and apparatus use.
- Rebuild training back to full load over 8 weeks:
  - principles of training - frequency, intensity, progressive overload.
  - increase strength volume with lighter loads, increase skill volume on soft surfaces.
  - increase strength intensity by reduced reps and increased load.
- Training log for weeks prior to return to training - Completed program, sleep, resting HR, smiley face for mood - jotform.
- Get enough sleep - critical for recovery - structure to sleep patterns before returning to gym and school.
- RPE for all girls for each session.
- Think about athletes return to training program as if they were coming back from injury.
- Resume Strength program prior to lockout as per return from holiday:
  - philosophy of the marathon - steady pace now, build slowly, save the sprint until the end of the race - if we sprint now we will break down before we get to the end of the race.
  - reduced sets, same reps, loads/wts same as home program - record on strength sheets - PRIORITY is correct technique.
  - strength 2 days, circuit for fitness (lighter intensity) 1 day -> 3 - 4 weeks.
  - load to remain for first week, then assess, increase volume before load.

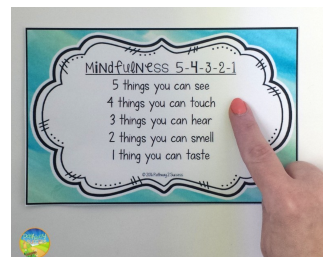


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- periodise training program by week - acute chronic workload ratio.
  - acute chronic workload ratio - refers to the measurement of acute load experienced by an athlete over a week compared to the chronic load experienced by an athlete over a month, and the recommended percentage increases in training load that allow coaches to systematically prescribe high training loads while minimising the risk of athletes sustaining a 'load-related' injury.
- Athletes may experience niggles throughout the next few months. This WILL be part of the process of retraining - it is critical that athletes speak to us - we will ask every session and record details in the RPE document. We encourage parents to be mindful of responses to athletes comments related to injuries and how they are feeling.
- Flexibility to continue as per normal program - active flex activities.
- Emphasis on rehab/injury prevention activities - Dave Tilley Shoulder and Hip mobility videos and current injury prevention program - to be done on 2 out of 3 days, 3 out of 5 days, 4 out of 6 days.
- Identify areas of historical limitations and identify and develop components that will benefit future skill development - flexibility which impacts leaps with split - individual program for each athlete - in most cases, the limitations and the components to develop will be the same.
- Measure height first day when they return - to determine amount of growth taken place - this will have direct impact on biomechanics for skills and energy levels for physical performance. It is also predisposes the athlete to injury as growth plates are active and as such are susceptible to injury with inappropriate loads.
- Strength test - first Saturday session back (after 2 - 3 sessions):
  - re-test every 2 weeks for first month, then 4 weeks for 2 months, then back to normal cycle, every 8 weeks.
  - current test results compared to previous strength test results will provide us with valuable information as to when athletes will be able to resume full load.
  - emphasis will be on individual monitoring and we expect this will vary from week to week as the athlete balances general fatigue and return to school / training and other external commitments. We will guide athlete and parents to understand every athlete will follow their own individual path.
- Repetition/Impacts spreadsheet.
- **Technical**
  - Skills - return to basics like holiday training - consideration to reps, surfaces, fear, confidence:
    - An extended period of basics will take place to develop appropriate levels of strength, flexibility, aerial awareness, confidence.
    - 1st month - basics - soft surfaces, increase numbers.
    - 2nd month - basics on harder surfaces.
    - 3rd month - increased difficulty on soft surfaces, transition to harder surfaces.
- **Social**
  - Building relationships again with teammates - fun activities, games, encouraging teammates

### • Emotional - athlete focus

- Understand and accept ups and downs as we return to gym - Give yourself permission to feel how you are feeling, accept without judging yourself.
- When we return to training, and you look back on this experience, what parts of this experience make you proud of the way you handled the situations.
- Motivation - will be high when we first return, but everyone will go through some ups and downs, and at different times. As we build load with basic activities, there will be times when the athlete may be a little bored - it is ok to communicate those feelings.
- Getting back to training - team rules around dealing with frustration and loss of skills and strength.
  - Gratitude - thanks for being back in gym, back with friends, what else are you thankful for - what have you learnt through this experience.
  - Empathy - how do others feel, what can you do to help/support them.
  - Mindfulness activities - Self awareness:
    - how we talk about our feelings and fears - a focus on phrasing things in the positive.
    - activities in the gym, quote of the day.



### • Psychological

- Athletes have built resilience during this time - just being here after all this is a huge achievement.
- Acknowledge things we can and can't control.
  - What we can't control - time off, restrictions, how you feel to an extent, what other athletes/clubs have done in their time off.
  - What we can control - workload while locked out, attitude/mindset during and after lockout.
- Develop a structure for each day - start getting back to a structure for each day, get up, school, training (try to start training at normal training times), etc.
- Goal setting - reconnect with short term and long term goals.
- Confidence & Fear - building confidence in skills is critical for safe return to high level skill development, and this is based on strong physical development. As athletes feel stronger, they will be more confident to perform skills. Fear will come from athlete insecurities in performing skills. So rebuilding the base of strength first followed by rebuilding each athletes skill base will be important to future development and to reduce the likelihood of injury as we return to previous levels of fitness and skills.
  - Mindset and the way in which we talk about certain skills will also impact the rate of building confidence or reducing fear. "I am rebuilding my confidence to do my back flip"



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as opposed to "I can't do my back flip". Even something as simple as adding "YET" to the statement - "I can't do my back flip YET".

- Aerial awareness will be critical for safety in skills on all apparatus and this will lead to increased confidence.
- Write a new story - we will talk to athletes with regards to writing a new story for this year and beyond. We all had visions about how we had hoped this year would play out. We need to visualise a new story.
  - What are my new plans for next week, next month and next year?
  - This is a once in a lifetime situation. None of us has ever faced something of this magnitude before. We all have a unique opportunity to write a new story - make it a great story.
- Principles of return to training as discussed - will be in dot points on front of program folders as a consistent reminder for athletes and coaches.
- **Session information**
  - Session length and transition back to full hours:
    - Initially 1.5 - 2 hr sessions, depending on restrictions we may have to operate with only half the group in the gym at one time.
    - The transition back to full training hours for each athlete will take place over a 4 week period, dependant on athlete's ability to cope with training loads.
    - Physical distancing to remain during training sessions.
    - Cool down stretching to be done at home.
    - No sharing of rollers - bring own roller.
    - Athletes and parents are not attend site if they are unwell. We are still reviewing processes such a temperature testing based on Government, GA and GV guidelines.
    - Parents are not to stay and watch.
  - Fees:
    - No fees have been charged since the lockdown began, and we have been providing ongoing support for all the girls throughout this time, with the training plans, Facebook updates/general interest information (youtube videos), videos reviews and Zoom sessions.
    - All the coaches have still been paid for the hours they have worked during this time. When we start back to full training, which could be by the middle of June (hopefully), it will have been approximately 12 weeks (as at May 17th, we have been locked out from the gym for 8 full weeks).
    - When we start back to training there will be an increased workload for coaches, above our normal planning activities, involving modifying programs to suit athletes, monitoring and managing each athlete's response to training loads and the management of training activities due to corona virus restrictions (for example, hand sanitisers around the gym which athletes will be required to use during training).



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- As a result fees will resume from the first week for the full hours your daughter would normally train. If you wish to discuss anything to do with fees, please contact us after this meeting.
- **Facility**
  - Cleaning protocols are in place for the facility and equipment.
  - Hand sanitisers on entry and exit to building.
- **Coaches**
  - Self care.
    - Physical hours of training/coaching - from zero to full time.
    - Fitness - rehab activities for shoulders, core, legs.
  - Mindfulness - Self awareness - just as important for coaches as athletes.
- **Hygiene practices - requirements based on Government restrictions, AIS document and information from Dr. Kathy Yu, CMO - GA**
  - Athletes to shower before and after training at home.
  - No eating on site - Athletes can heat dinner but not to eat dinner at gym.
  - Athletes to hand sanitise before and after being on apparatus - wiping down certain apparatus is impractical.
  - Personal responsibility, personal hygiene - ensure as best as possible that you are germ free when you go somewhere - athletes to shower before and after training at home.
  - Clean hands before touching things - less chance of transmission.
  - Sanitising feet - less of an issue, be clean but don't need to sanitise - feet don't come near mouth whereas hands touch a surface and then if play with hair or touch face can contaminate
  - Alcohol or bleach based disinfectant on door handles, etc.
  - Dust not a risk factor.
  - Foam pit - infection can live in there for a long time - cover the pit with something so athletes can still land in it but not actually in the foam.
  - Transmission of COVID-19 - Close contact - more than 15 minutes within 1.5 metres.
    - Don't huddle together.
    - Don't talk into each other's faces.
    - Spotting okay - won't be within 1.5 metres for 15 minutes - step in, spot, step back.
  - 72 hours symptom free to return to work / training.
  - COVID safe app - recommend to parents and staff.
  - Most important - we all need to take individual responsibility for our own health and safety and for that of others.