



Embracing the Near Win

Meaningful Competition
What? Why? How?
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Sarah Lewis:

Embrace the near win

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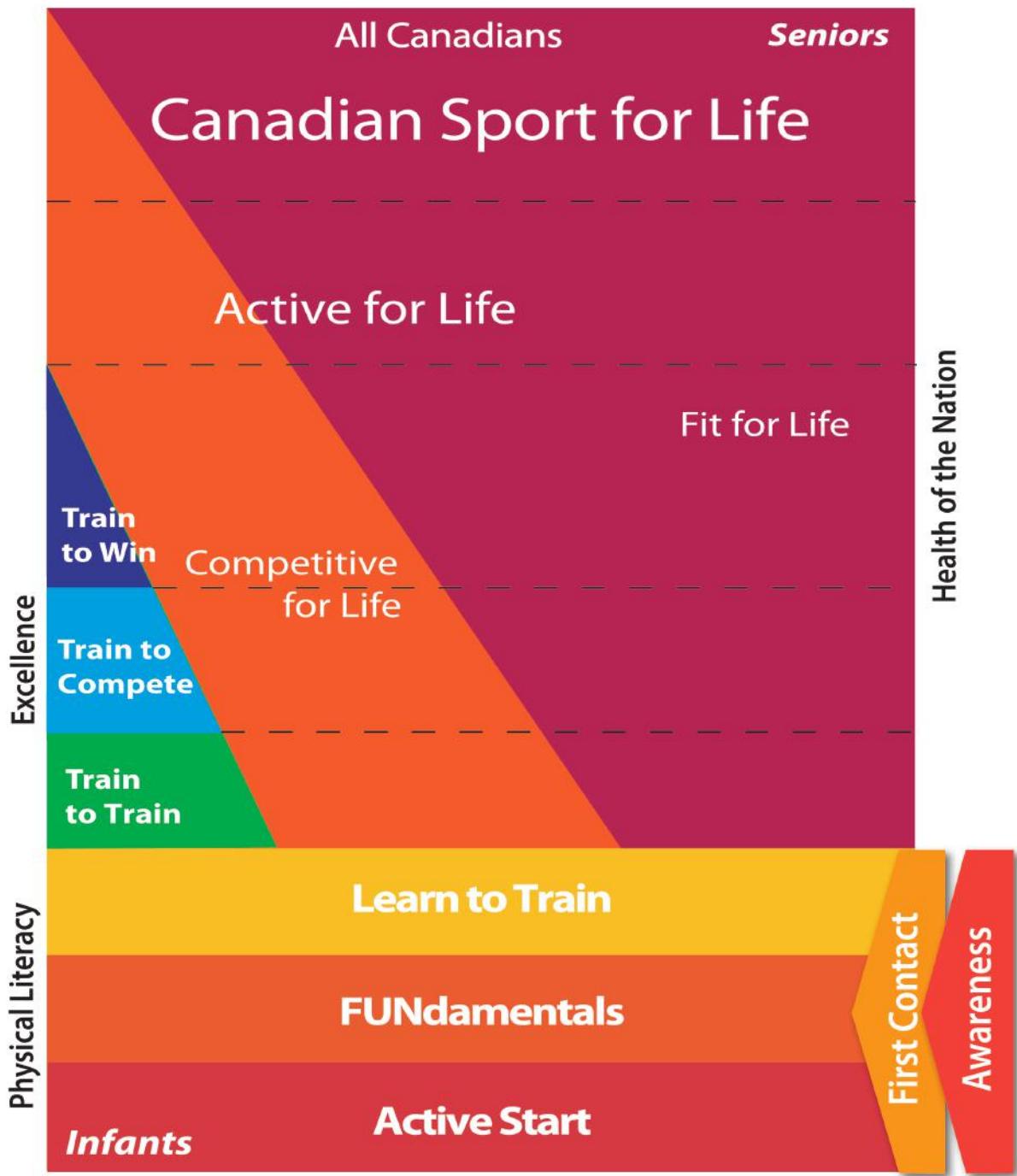
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Sense of belonging



Manufacture the Near Win

To Create

Sense of belonging





Trampoline Gymnastics

Heather Ross McManus
~ trampolinist for life ~

Background

- Trampoline Gymnastics is one of six disciplines of gymnastics
- Trampoline Gymnastics includes the Olympic sport of Individual Trampoline, as well as Synchronized Trampoline, Double mini-trampoline, and Tumbling



Scoring – Individual Trampoline

Total score

= Execution + Time of Flight + Difficulty

- Time of flight was added during the cycle prior to the 2012 Olympics adding another dimension to the sport





GAPS & Systemic Changes

- Canadian Trampoline had skill-based levels, but as the sport grew age divisions were added to reduce category size
- GAP in the system: A 15 year old on the performance pathway could have been competing in any one of three categories depending on the decision of their coach, which meant they were dispersed through the system
- Competition review process allowed us to rework all levels with athlete development as the top priority
- The result has been a more natural progression from one level to the next based on meeting eligibility requirements
- Meaningful competition experiences increased because athletes at a similar developmental stage and skill level are now competing together



GAPS & Systemic Changes

- Provincial trampoline total score was = Execution + DD
- GAP in system: Athlete development priorities should be 1-Safety 2-Technique 3-Difficulty 4-Form (Dave Ross). But the way to win competitions was to maximize form (execution).
- Change: Provincial Total Score = Execution + (2 x DD)
- Result: It is now worthwhile for athletes to add new skills to their routines, and important developmental skills such as front full became worthwhile competition skills and get more training time and attention
- Athletes developing with a long-term view can now experience meaningful competition (have potential to win even with a new skill in their routine)



Meaningful Competition

- In individual sport the field of athletes can be large, so meaningful competition may not always need to be the chance to literally “win”
- Feeling like you fit in to the level of competition, seeing potential to move up through the rankings, being inspired and having close competitors challenging you are also very important factors



Creative Approaches

“Superscore” Competitions

- Airdrie Edge in Alberta hosted a competition where athletes’ scores were calculated using ‘Execution + TOF + DD’ but the scores were taken from three different routines instead of the same routine
- Why? Every developing athlete has strengths and weaknesses, and very often the biggest challenge for a Train to Train or Train to Compete athlete is putting it all together
- This format allowed athletes to show how well they could do with each part of the score. When totals were calculated many rivaled the best in the country – inspiring and meaningful!



Creative Approaches

- For Double mini-trampoline athletes normally compete two skills linked together
- For their “Superscore” the DMT athletes competed one pass to score the first skill only (with an easy dismount that was not scored) and then a second pass to score the second skill and landing (with an easy set-up skill that was not scored)
- When the scores were put together athletes were able to post scores much higher than they would if they had done the two skills linked
- Why? Athletes could “compete” at a higher level and see a way forward to progress through the ranking and “catch up” to athletes ahead of them... building confidence and getting inspired to train to do the same in a regular competition.



Creative Approaches

“Mulligan”

- Calgary Gymnastics Centre hosted a fun competition where athletes were able to try again if they made a mistake during their routine (they put their hand up and said “mulligan” and judges would throw away their scores and start again
- Why? Athletes were able to try a slightly harder routine in a competition setting and with the addition of an extra attempt some athletes were able to score higher and place among athletes who were normally ahead of them in competition.



Creative Approaches

- Total score = TOF + DD only
- Additional awards for best execution score
- TOF competition with a set routine or a minimum DD
- “Two trick spectacular”

Embracing the Near Win: Creating a Meaningful Competition Experience

Hockey Canada



CANADA

Hockey Canada Competition Structure

Why change?

- Gap between Competitive and Recreation is too great
- Gap between Elite and competitive is too great
- Elitism is the enemy of potential



Hockey Canada Competition Structure

Why change?

- Too many games early in the season
- Not enough time for coaches to teach
- Not enough rest and recovery
- Not enough time for off ice athleticism building
- Too much pressure for year round hockey



Hockey Canada Competition Structure

Why change?

- 1) Attract more players into the sport
- 2) Keep more players in the sport
- 3) Provide equal opportunity for everyone to reach their maximum potential
- 4) Provide environments that are fair yet challenging regardless of calibre
- 5) Keep the game fun and affordable



Hockey Seasonal Format

- 1) Start dates
- 2) Start dates for games
- 3) Practice to game ratios
- 4) Seeding rounds
- 5) Provincial Championships
- 6) Playoff Championships



Hockey Playoff Format

1) Tournament Style Playoff Format

- All teams make playoffs

2) Second Season

- Eliminated teams start second season 6 – 8 weeks

3) Eliminator Pools

- Teams that lose in first round, form second tournament pool



Desirable Outcomes

- More practice time early in season, more games later in season
 - Better skill development
- Seasonal planning more consistent over longer period of time
 - More multisport activities
- Tournament Style Playoff Format
 - All teams make playoffs
 - All players get equal opportunities to play in higher calibre competition



Next Steps

- Provincial Working Group
- Establish communication with leagues
- LTAD Messenger activation
- Critical path to seasonal structure adaptations
- Critical path to playoff format adaptations

