

C PROGRAM - MANDATORY COMPETITIVE PROGRAM





B PROGRAM

- existing in CGF
- we are not doing it in our club
- advanced program
- it can be compared to 1-10 levels in the USA

C PROGRAM

- also called *popular* program
- less advanced
- a large number of children are in this program
- easier workout routines





C PROGRAM

- compulsory routines
- 75% in WAG
- 1/4 of our members
- 25% in MAG

CATEGORIES IN MAG

- young cadets (8-10 years old)
- cadets (10-14 years old)
- young juniors (14-17 years old)
- juniors (17 years and older)





CATEGORIES IN WAG

girls (7 years old and younger)

young cadets (8-9 years old)

cadets (10-11 years old)

young juniors (12-13 years old)

juniors (14-15 years old)

young seniors (16 years old and older)





COMPETITION SYSTEM

- Croatia is divided in four regions (North, South, East, West)
- GK Inova Gim is a part of East region
- children should participate in at least 2 competitions (maximum is 5)
- best teams are going to the final stage – state championship

WHY IS C PROGRAM VERY
IMPORTANT IN INOVA GIM?



children start
with
gymnastics at
young age

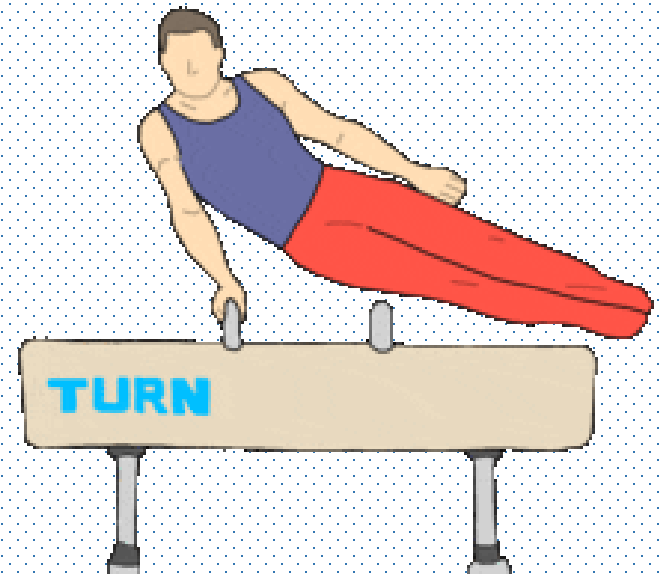
from
recreational
group → to
competitive
group

individual
approach to
each child

talented
children are
transferred to
A program



- the club is not doing A program (WAG)
- not enough coaches and knowledge
- scarce financial support
- there is always a chance to start doing it in the future – better conditions



WHAT ARE THE GOALS OF C PROGRAM?

- happy children
- developing self discipline
- developing responsibility
- learning to win or lose
- making new friends
- having a great time

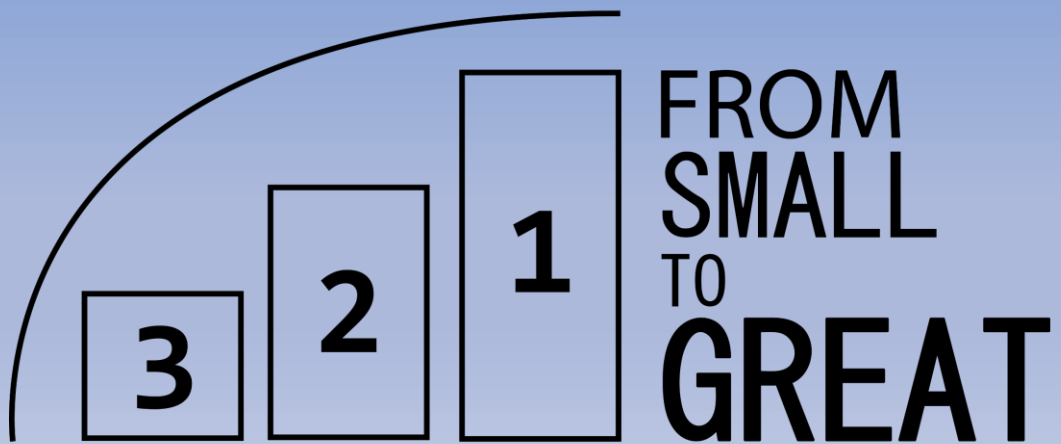


WHAT ARE THE GOALS OF C PROGRAM?

- training process throughout the year
- CGF is financed in that way
- no longer breaks from training



THANK YOU FOR YOUR ATTENTION!



Co-funded by the
Erasmus+ Programme
of the European Union