

JUNIOR OLYMPIC

KEY CITY GYMNASTICS

Key City JO benefits:

- Good basics for athletes in a pre-comp program
 - New competitive opportunities to athletes currently registered in advanced rec who would like to compete and are willing to train more than once or twice a week
 - Kids can set new goals and stay motivated.
- Resource materials that are easy to understand and apply
 - Well thought out program that has been successfully applied within club systems in North America for decades
- Because of its strong educational component, young coaches can use the program very successfully, learn and teach good basics with less supervision from the head coach.



-The goal of the Canadian JO program is to offer a comprehensive level system for all ages and developing abilities for all of Canada.

-It provides opportunity for mobility through 10 levels based on the 10.0 scoring system.

-The first 5 levels are compulsory which emphasize the clean performance of basic elements with specific technical criteria.

-Levels 6 through 10 use optional content within specified parameters (optional routines) based on the JO Code of points.