ASCEND PROGRAM — 2026–2027

Train. Trust. Elevate.

Overview

The **ASCEND Program** is Elevate Gymnastics Curaçao's selective development program for competitive gymnasts.

The program is designed to support athletes in their physical, technical, mental, and behavioral development, while preparing them for progression within gymnastics and, when appropriate, participation in competitions.

Athletes are placed in training groups based on their developmental level, technical skills, training capacity, goals, and readiness.

Ascend Training Groups

The main reason for having different training groups is to provide better quality training and more individual attention.

By working with 2 Ascend Groups (for now), coaches can adapt the training to the athletes' current needs. Younger or newer athletes can receive the attention they need to learn and strengthen the fundamentals, while more experienced athletes can be challenged with higher-level skills and greater training demands.

Every athlete has individual goals within the ASCEND Program. Our coaches work with each athlete based on their personal development, regardless of which training group they are placed in.

No athlete misses out. Every athlete is coached, challenged, and supported at their own level.

Development & Group Placement

Training groups are determined by the Head Coach based on:

- Developmental level
- Technical ability
- Physical development
- Training capacity
- Mental readiness
- Training consistency
- Individual goals
- Competition readiness

Placement is not based on age alone.

As athletes develop, their training needs may change. Group placement can therefore be reviewed and adjusted when appropriate.

The goal is always to place each athlete in an environment where they can learn, progress, and be appropriately challenged.

Training Focus

The ASCEND Program develops athletes across four key areas:

Physical Development

- Strength
- Flexibility
- Coordination
- Body awareness
- Conditioning
- Injury prevention

Technical Development

- Correct fundamentals
- Progressive skill development
- Execution and precision
- Difficulty appropriate to the athlete's level
- Routines and competition skills

Mental Development

- Resilience
- Confidence
- Focus
- Goal-setting
- Responding to feedback
- Handling challenges and competition pressure

Behavior & Character

- Discipline
- Respect
- Responsibility
- Coachability
- Teamwork
- Commitment to the Code of Conduct

Training Days

- 5 training days available: Monday–Friday
- 3 training days per week are mandatory
- Additional days may be used for extra development, conditioning, skill development, or competition preparation
- Training schedules are determined by the coaches based on the athlete's level, goals, development, and competition calendar
- Consistent attendance is important for athlete development and progression

Competition & Representation

Being part of the ASCEND Program does not automatically mean that an athlete will participate in every competition.

Competition participation is based on the athlete's individual readiness and development.

General requirements include:

- Minimum 3 months of active membership in ASCEND
- Demonstrated training consistency
- Appropriate technical and physical readiness
- Positive behavior and coachability
- Respect for teammates, coaches, and the Code of Conduct
- For international events: successful completion of the International Competition Test Phase

The Head Coach makes the final decision regarding competition participation, level, routines, and readiness based on the athlete's overall development.

International Representation

Athletes who are being considered for international representation must demonstrate that they are ready to represent themselves and Elevate Gymnastics Curaçao in a new environment.

This includes:

- Technical readiness
- Physical readiness
- Mental readiness
- Training consistency
- Independence and responsibility
- Team behavior
- Competition readiness

International competition is therefore part of the athlete's development pathway and is introduced when the athlete is ready.

Development Cycle

Every ASCEND athlete is followed across four development areas:

Technique | Physical | Mental | Behavior

These areas are continuously observed and used to guide:

- Individual goals
- Training focus
- Skill progression
- Training load
- Competition preparation
- Competition participation
- Level progression
- Future group placement

Each athlete's development is considered individually.

Individual Goals

Every athlete receives personal development goals. These goals may include:

- Specific skills
- Strength or flexibility targets
- Technical corrections
- Routine development
- Mental preparation
- Competition readiness
- Training habits
- Personal responsibility

Coaches work with each athlete toward these goals throughout the training cycle.

The goal is not for every athlete to progress in exactly the same way. The goal is for every athlete to progress from their own starting point.

Evaluation Outcomes

Based on the athlete's development, possible outcomes may include:

- Continue with the current training structure
- Increased training responsibility
- Progression to more advanced skills
- Increased training demands
- Level progression
- Adjustment of individual goals
- Change in training group when appropriate
- Additional development time before progression

Group changes are part of the development process and are not viewed as a ranking of athletes.

Expectations

Athletes

Athletes are expected to demonstrate:

- Punctuality
- Effort
- Coachability
- Respect
- Responsibility
- Teamwork
- Commitment
- Consistent attendance
- Adherence to the Code of Conduct

These expectations apply both in training and during competitions.

Parents

Parents are expected to:

- Support consistent attendance
- Support the athlete's commitments
- Trust the coaching process
- Respect coaching decisions
- Maintain realistic expectations
- Encourage independence and responsibility
- Support the athlete's individual development

Guiding Principle

Development over Results

Success is measured not only by scores or competition results, but by how the athlete develops

We want our athletes to become:

Strong in body.
Strong in mind.
Strong in character.

Every athlete follows their own path. Our responsibility is to provide the coaching, structure, challenge, and support needed to help each athlete take the next step.

Train. Trust. Elevate.