

WAG National Physical Testing Program (NPTP)



Tuesday, 18 September 2012

The long awaited Women's Artistic Gymnastics National Physical Testing Program is now available from the GymShop for \$33.00.

The aim of the NPTP is to provide support for the National Development Program (NDP) Level 1 – 6 and the National Levels Program (NLP) Level 7 – 10 in the form of a graded assessment structure to monitor the strength and flexibility development of gymnasts relative to their skill and competition level.

This program will allow coaches to monitor the progress and development of the physical preparation of their gymnasts to ensure this mirrors the needs of the gymnasts' developmental level.

The testing elements and structure requires minimal equipment.

The program is divided into 3 testing divisions (Levels 1-3, 4-6 & 7-10).

Included in the program are:

- Score program for each test
- Testing sheets
- Certificates