

THE BETSY BOOTCAMP

PERFORMANCE SYSTEM

PRESEASON EDITION

Welcome Coach!

Welcome to the Preseason Edition of the Betsy Bootcamp Performance System.

For more than 25 years, I've worked with thousands of gymnasts, coaches, and clubs across the country. One thing has become crystal clear:

Winning seasons don't begin in January, they begin months before the first competition.

Championship teams and well prepared athletes are built by following a system that develops stronger, healthier, more resilient athletes from the ground up. That's exactly what this program was designed to do. This isn't just another collection of conditioning workouts. It's a complete preseason roadmap.

Over the next three months, you'll systematically prepare your athletes to enter competition season stronger, healthier, and more confident than ever before.

The Betsy Bootcamp Philosophy

Great gymnastics starts long before routines are built. Before athletes can perform difficult skills, they need a body capable of handling them. The preseason is where we build that body.

Our goal is to improve movement quality, durability, strength, power, confidence, and work capacity so athletes are prepared for the demands of the competitive season.

Every workout inside this system has a purpose. Everything builds toward competition.

WHAT'S INSIDE EACH MONTH?

Performance Workouts (2)

Your flagship, full-length workouts

Targeted Performance Workouts (3)

Focused training for specific performance qualities

Bite-Sized Workouts & Side Stations (4)

Quick, time-saving workouts designed to be completed as standalone sessions or woven into event rotations and side stations throughout practice.

Durability Workouts (5- to be used all phases of preseason)

Year-round injury prevention, mobility, recovery, and joint health.

How To Use This Program:

NOTE CHECK THE PORTAL THE FIRST OF EACH MONTH FOR UPDATED WORKOUTS

Mix and match based on your athletes' needs while staying within the monthly phase a recommended schedule is included in the other PDF on this page

This system follows a simple progression.

September → Build the athlete

October → Build power (**New performance, targeted performance and bite sized workouts will be dropped**)

November → Build competition readiness. (**New performance, targeted performance and bite sized workouts will be dropped**)

Each month builds on the previous one.

Avoid skipping ahead.

Trust the process.

Program Overview

PHASE 1

FOUNDATION

September

Primary Focus

- Movement quality
- Stability
- Strength
- Core

- Landing mechanics
- Mobility
- Injury prevention

Goal:

Create athletes that move well before asking them to move fast.

Button:

ENTER PHASE ONE

PHASE 2

POWER

October

Primary Focus

- Plyometrics
- Explosive strength
- Athletic speed
- Reactive training
- Power development

Goal:

Transform strength into explosive gymnastics performance.

Button:

ENTER PHASE TWO

PHASE 3

ENDURANCE & SKILL WORK

November

Primary Focus

- Conditioning circuits
- Event endurance
- Skill stamina
- Competition preparation

Goal:

Prepare athletes to perform routines under fatigue.

Button:

ENTER PHASE THREE

The Workout Toolbox

Inside every phase you'll find workouts organized into categories so you can quickly build practices.

These include:

- Total Body Performance
- Upper Body
- Lower Body
- Core
- Power
- Durability
- Active Flexibility
- Gymnastics Conditioning
- Warm-Ups
- Finishers

- Time-Crunch Workouts

Mix and match based on your athletes' needs while staying within the monthly phase.

Our Five Performance Pillars

Pillar 1

Build the Foundation

Before athletes can become explosive, they must first become stable.

We begin by developing:

- Total-body strength
- Shoulder stability
- Core control
- Landing mechanics
- Single-leg strength
- Balance
- Grip strength
- Mobility
- Injury prevention habits

Strong athletes stay healthy.

Healthy athletes improve faster.

Pillar 2

Develop Athletic Power

Once a foundation has been established, we increase intensity.

Athletes begin developing:

- Explosive power
- Reactive strength
- Plyometrics
- Sprint mechanics
- Jump training
- Gymnastics-specific power

Now strength begins turning into athletic performance.

Pillar 3

Prepare for Competition

Competition requires more than strength.

It requires performing skills while tired.

This phase develops:

- Conditioning
- Skill endurance
- Event stamina
- Mental toughness
- Recovery between routines
- Competition readiness

Our goal is to make competitions feel easier than practice.

Pillar 4

Prioritize Durability

One of the biggest mistakes coaches make is waiting until athletes are hurt before addressing mobility and injury prevention.

Inside every phase you'll find work for:

- Shoulders
- Wrists
- Ankles
- Hips
- Core
- Flexibility
- Active mobility

Small investments every week help athletes stay healthy all season long.

Pillar 5

Coach Smarter

Every gym is different.

Every team is different.

This system is designed to be flexible.

You don't need to complete every workout.

Choose the workouts that fit:

- Your athletes
- Your equipment
- Your available time
- Your practice schedule

The system works because it gives you options while following a proven progression.

Let's Build Stronger Gymnasts

The work you do over the next three months will lay the foundation for your athletes' success all season long.

Stay consistent.

Trust the process.

Build the athlete first.

Everything else will follow.

Let's get started.