



**Regional Elite Team
Program
2015-2016**

**Michael Serra
Regional Elite Team Program Coordinator**

Regional Elite Team Program 2015-2016

Introduction

The Regional Elite Team Program serves the Regional Gymnastics Community as an extension of the National Team Program of USA Gymnastics.

The Regional Elite Team Program adopts the philosophy, policies, directives, training methods, and technical information of the National Team Program for its use as a support program.

The Regional Elite Team Program addresses “Coaches Education” and “Athlete Development”. The following are areas of its main focus:

- The identification and selection of talented athletes and coaches through competition and evaluation.
- The further education of talented athletes and coaches through Training Camps, Clinics, and Workshops.
- Provide guidance and assistance for athletes and coaches with elite performance abilities.

A Regional Coaching Staff helps administer and communicate the directives and technical material stemming from Junior and Senior National Team Camps as well as technical knowledge of the Junior National Coaching Staff.

Section I: Regional Elite Team Program Composition and Policies

The Regional Elite Team Program is comprised of 36 athletes selected from one of two selection events annually. Athletes will be selected from the Regional Future Stars Evaluation and the Regional Championships. Regional Elite Team Program Members will be invited to attend the Regional Elite Team Training Camp. In addition, members of the Regional Elite Team Program may be offered additional opportunities to represent the region, through additional camps, and or competitions.

Coaches of Regional Elite Team Members are encouraged to attend and participate in the Regional Elite Team Training Camps and Coaching Workshops/Clinics. These individuals are part of the educational focus of the Regional Coaching Staff. Information regarding the latest trends, training-plan development, and technical skill development are afforded each Regional Team Member and his Coach through the Regional Elite Team Training Camp and Regional Workshops/Clinics.

Coaches of qualified Regional Elite Team Program Members may request to bring to camp an Athlete training for the USA Championships at their own expense. This is specifically an athlete that is not a current member of the Regional Elite Team Program

in preparation for the USA Championships. This policy serves the purpose of not disrupting an athletes training plan and having quality coaches available to attend the Regional Elite Team Training Camp. This includes High School Senior athletes.

A previous Regional Elite Team Program Member that was unable/failed to re-qualify at the Regional Championships the following year may attend the camp at their own expense as long as their coach also attends. This one-year grace period, allows the talented gymnast and coach to remain regionally involved at their own expense. This is by request and is based on available space.

The Regional Team Coordinator with the approval of the Regional Coaching Staff have the ability to place up to three additional athletes into the Training Camp based on unusual or extenuating circumstances. (ie. Injury, Scheduled Conflict, National Team Obligations, etc.)

A. Camp Objectives

Camp objectives typically include the following:

- Monitor performance ability and weaknesses through evaluation
- Further Coach and Athlete Technical Education
- Prepare and direct Skill Acquisition
- National Qualifier and USA Championship Preparation
- Discuss Regional and National planning and direction for the following training cycle.
- Interact with coaches and athletes with similar goals and objectives.
- Help provide necessary information with regard to Elite Development.

Section II: Regional Elite Team Program Selection Procedures

Athletes will be selected from the Regional Future Stars Evaluation and the Regional Championships. The Regional Elite Team Program Athletes will be selected as follows:

A. Selected at the Regional Future Stars Evaluation: (12 Athletes)

- Top 4 FS Rank order from the (Competitive Age Division 10 Total AA score)
- Top 4 FS Rank order from the (Competitive Age Division 11 Total AA score)
- Top 2 FS Rank order from the (Competitive Age Division 12 Total AA score)
- Top 2 FS Rank order from the (Competitive Age Division 13 Total AA score)

Athletes will be selected in rank order All-Around using the Future Stars/Technical Sequences. Rank order will include Flexibility, Strength, and Trampoline

These 12 athletes will be selected as members of the Regional Elite Team Program. Athletes that decline participation in the Regional Elite Team Training Camp will also decline Regional Elite Team Program Membership. Conformation will be made on a date set prior to the Regional Championships. All open positions will be filled using the

combined results of Optional Routines and Technical Sequences from the Regional Championships.

Individuals selected from the Regional Future Stars Evaluation will be automatically pre-qualified to the Regional Elite Team Program with participation in the Regional Elite Team Training Camp, regardless of Regional Championship performance.

In the event that an individual qualifies to the Regional Elite Team Training Camp through the Future Stars Evaluation and again meets the selection criteria of rank order as a level 8 or Level 9 at the Regional Championships, the selection of the next available gymnast will come from the rank order of the Regional Championships.

B. Selected at the Regional Championships: (24 athletes)

Excluded from this selection are pre-qualified athletes already selected from the Regional Future Stars Evaluation. The following selection is based on the Junior Elite Division of combined All-Around Total (Optional Routines and Technical Sequences).

Top 4	Level 8	Rank order from the 11-12 age group Total AA score.
Top 8	Level 9	Rank order from the 13-14 age group Total AA score.
Top 10	Level 10	Rank order from the 15-16 age group Total AA score.
Top 2	Level 10	Rank order from the 17-18 age group Total AA score.

In the event there are not enough athletes participating in the Junior Elite Division to select to the Regional Elite Team Program, the remaining athletes will be selected from the Regional Championships using Optional Rank Order only.

The selection procedures will only select a maximum of 2 High School Seniors to the Regional Elite Team Program. High School Seniors considered for selection must rank among the top 4 All-Around finishers at the Regional Championships using both the Technical Sequences and Optional Routines scores combined.

Any Level 10 Athletes that decline participation will be replaced in rank order All-Around by Level 10 Non High School Senior Athletes, ages 15-16 and 17-18, using the combined results of Optional Routines and Technical Sequences from the Regional Championships.

Coaches are strongly encouraged and expected to attend the Regional Elite Team Training Camp with their athletes.

Section III: Regional Team Camp Exchange Selection Procedures

The Regional Elite Team Program will provide an Exchange Camp opportunity. The purpose of this camp is to provide additional training with another group (Country / Region) and may take place inside or outside of Region V. The camp will be for selected athletes and coaches. The Regional Delegation will consist of (1 Delegation Leader, 2 Coaches, and 12 athletes). Personal coaches may also attend.

Selection for the Regional Team Camp Exchange (Traveling)

A. Athlete Selection Procedures - Selected at the Regional Championships

Scenario A (Older Concentration)

Top 5 Level 9 Rank order from the 13-14 age group Total AA score.
Top 5 Level 10 Rank order from the 15-16 age group Total AA score.
Top 2 Level 10 Rank order from the 17-18 age group Total AA score

Scenario B (Broader Age Spectrum)

Top 3 Level 8 Rank order from the 11-12 age group Total AA score.
Top 4 Level 9 Rank order from the 13-14 age group Total AA score.
Top 4 Level 10 Rank order from the 15-16 age group Total AA score.
Top 1 Level 10 Rank order from the 17-18 age group Total AA score.

Athletes will be selected by rank order All-Around using a combined score of Optional Routines and Technical Sequences from the Regional Championships.

Selection procedures for the Exchange Camp will further replace athletes unable to attend by combining both age groups of level 10 (Ages 15-16 and 17-18) to determine an extended rank order. The next Non-Senior Level 10 athlete in rank order regardless of age will replace the athlete unable to attend the Exchange Camp.

Level 9 will continue to use Level 9 Rank Order of combined Optional Routines and Technical Sequences from the Regional Championships.

B. Coach Selection Procedures - Selected at the Regional Championships

A Coaching Staff will be invited to attend and participate representing Region V and will consist of the following members:

1 Delegation Leader – The Regional Elite Team Coordinator or his designee
1 Head Coach – top ranked coach of Level 10 combined age groups 15-16, and 17-18
1 Assistant Coach – top ranked coach of Level 9 ages 13-14
Note: The Head Coach may be assigned the duty of Delegation Leader as required.

The coaches rank order is derived from the athletes rank order. Athletes that decline this invitation also decline their coaches' invitation. When determining the rank order of coaches to represent Region V, the Head Coach rank order begins with the top ranked coach of Level 10 ages 15-16 and 17-18, combined. The Assistant Coach rank order begins with the top ranked coach of Level 9 ages 13-14.

In the event the Delegation Leader is also a ranked coach, the next coach in rank order will be selected as the Head or Assistant Coach representing Region V.

This selection procedure pertains only to the coaches having their expenses paid and assigned as coaching staff representing Region V. All coaches with participating athletes are invited to attend at their own expense. Region V will work with the host region to secure room and board for eligible coaches not selected as official delegation members.

Section IV: Regional Team Competition Assignments

The Regional Elite Team Coordinator and Regional Chairman will review competitive opportunities to determine both the competitive and financial feasibility of Regional participation.

Competition Assignments will be comprised of members and coaches representing the Regional Elite Team Program. The selection of athletes and coaches will be based on the objectives and parameters of the competitive opportunity presented. The Regional Coaching Staff will discuss and make recommendations for these competition assignments, unless a specific Selection Committee and or Procedure have been created for that purpose.

Section V: Regional Elite Team Championships Selection Procedures

A selection committee will specifically be assigned and charged with the selection of athlete members representing Region V in the Regional Elite Team Championships.

The selection committee will further select coaches that will also represent Region V in the Regional Elite Team Championships. The selection of both athletes and coaches is not necessarily based on rank order, but rather on the committee's best analysis of the individuals being considered. The main objective of this committee is to best maximize the highest anticipated team performance from the Athletes and Coaches considered.

This procedure will be consider each year and presented as a separate document of Region V.

Section VI: Future Stars Regional Workshop and Coaches Clinic

A. Regional Future Stars/Technical Sequence Workshop

This workshop is open to boy's ages 8-13 and assists the coach and athlete on specific drills, areas of evaluation, and preparation for the Future Stars Program. The workshop includes training on the 6 competitive events as well as Trampoline, Strength, and Flexibility specific to the Future Stars Program Evaluation.

The workshop is further open to boy's ages 14-18 that are planning to or are currently participating in the Junior Elite Division of the USA Gymnastics Age Group Competition Program.

A. Regional Future Stars/Technical Sequence Coaches Clinic

This is an educational opportunity for both coaches and parents with regard to the Future Stars Program and or participation in the Technical Sequence Program. The workshop provides participants with presentations designed specifically for coaches and parents. This is conducted in conjunction with the Regional Future Stars Workshop. This is similar to the National Future Stars Workshop. Areas include the following:

- Parent Education
- Coaches Education
- Athlete Training and Development

Section VII: Future Stars Regional Evaluation

A. See Rules and Policies (National Team Program) – USA Gymnastics Online.

Information that pertains to the Future Stars Program and/or the Technical Sequence Program is available through the USA Gymnastics - Website. Information regarding, Judging Criteria, Routines, Sequences, Up-dates, etc, will be found there.

B. Participation in the Regional Future Stars Evaluation

Currently Region V does not require a State Evaluation or qualifying score to the Regional Evaluation. Participation is based on open entries.

Participation will include the age groups 8, 9, 10, 11, 12, and 13. These age groups will specifically participate in the Future Stars Program Evaluation. This will include Sequences on the 6 competitive events as well as Trampoline, Flexibility, and Strength.

Participation will also include the age groups 14, and 15-18. This portion of the Regional Evaluation will evaluate Technical Sequences for athletes participating in the Junior Elite Division of the Age Group Competition Program.

These are separate programs of evaluation. Advancement to the National Evaluation will only come from participation in the Future Stars Program Evaluation and designated age groups.

There will be a total of 12 individuals selected to attend the Regional Elite Team Training Camp held annually from the Regional Future Stars Evaluation. (See Athlete Selection)

Section VIII: Region V Championships

A. See Rules and Policies (Age Group Competition Program) – USA Gymnastics Online.

Information that pertains to the Age Group Competition Program and/or the Technical Sequence Program is available through the USA Gymnastics - Website. Information regarding, Judging Criteria, Routines, Up-dates, etc, will be found there.

B. Participation in the Regional Championships

The Regional Championships Qualifying score is published each year. Compulsory level athletes are not selected to the Regional Elite Team Program beyond the Futures Stars Regional Evaluation. Compulsory athletes within the region are the responsibility of the individual State Team Programs for elite development in support of the Regional Elite Team Program.

There are two divisions of Optional Routine participation. These are the Junior Olympic Division and the Junior Elite Division and are based on participation of Optional Routines, and or Technical Sequences. (See USAG National Qualification Procedures)

There will be a total of 24 athletes selected from the Regional Championships as members of the Regional Elite Team Program and will be invited to attend the Regional Elite Team Training Camp. (See Athlete Selection).