

2022 Region 5 Summer Camp Report

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Purposes of this report:

- Give coaches and athletes an idea of what goes on at camp.
- Aid in future planning.
- Communicate training foci and performance observations.

Basic Facts:

- Date: June 12 - 17
- Location: University of Michigan, Ann Arbor, MI
- General Schedule:
 - Sun: arrival and orientation
 - Mon: two a day training emphasizing basics with an evening meeting
 - Tue: two a day training emphasizing optional skills with an evening meeting
 - Wed: morning open training with afternoon team activity (canoeing) and evening meeting
 - Thu: two a day training emphasizing optional skills with an evening meeting
 - Fri: morning open training with afternoon departure

Housing and Meals:

- Housing:
 - Coaches and athletes stayed at the Holiday Inn and Suites.
 - Due to covid protocols, the university was would not permit on-campus housing. We hope this will be different in the future.
- Meals were served at the hotel.
 - Breakfast was provided by the hotel. It included egg and meat dishes in addition to waffles and other standard breakfast items.
 - Lunches and dinners were catered and served at the hotel.
 - The hotel gave us a meeting room to use throughout the week.
- Athlete supervision was performed on a rotational basis by the coaches who were paired up and performed room checks and general supervision.
- Mr. and Mrs. Shapin were of great service in all matters of housing and meals.

Curriculum:

- In general, camp followed an event leader based curriculum that focused on specific basic and optional skills on each event. Wednesday and Friday training offered athletes the opportunity to work on their specific needs.

Event	Lead Coach	Basics	Skill 1	Skill 2
FX	Greg Skupski	whip series, stacked mat B saltos	F lay-dbl F	B dbl-dbl
PH	Dave Masciola	all circles, HS dism	flops	russian skills (with or without travel)
R	Tom Buese	press hanstand, turnover swing	perfect giants	adv dism (dbl-dbl)
V	Brandon Norris	hurdle/board, "blocking" technique	primary individual vault	HSP-F to mats stacked abv table
PB	Devin Haliday	Front Uprise & Back uprise HS	peach HS (giants for 13 & under)	Homna (diamadov for 14 & under)
HB	John Karmecy	hop 1/2, endo/stalder	Adler skills	tkatchev or kovacs
TR/TT	Julius Moreland	vertical saltos; lay series (TT)	TR: twisting doubles (B & F)	TT: horizontal to vertical skills

Evaluations:

- Throughout the camp, athletes were evaluated on various strength and basic skills for the purpose of:
 - Communicating the importance of physical abilities.
 - Give the athletes a relative standing amongst their regional peers.
 - See attached results for 2022

Daily Evaluations:

- PH: max # circles on pommels, max # pommel loops
- R: L seat (3s)-lock arm press HS (10s) judged from a 10.0, FIG
- R: 5 part strength sequence for score (10D-E=score)
- PB: max number of pike presses
- PB: max number of straddle planche presses (HS-planche-HS)
- PB: max number of handstand pushups

Medical:

- An athletic trainer was on site for all training sessions. We used the services of the GO4 company to find and hire our trainer this year.

Points Game:

- At the beginning of camp, the athletes were divided into four teams of mixed age and level. Throughout the camp, a motivational game was employed in which athletes received poker chips for training accomplishments and team contests. The points received were tabulated at the end of each training session and a running total for team standings was maintained. Each team selected their own Captain and team name. The mixed age and level aspect of the game encouraged positive interaction between older and younger athletes. At the end of camp, the winning team was recognized and received a prize. To be sure, the prize and recognition was nominal. The real reward was the enrichment received from the camaraderie and fun of team membership.

Meeting Topics:

- Athlete Meeting topics included strategic training and goal setting and UM Athlete talks that included an extended Q & A. The athletes and coaches really appreciated the perspectives shared by the UM athletes.
- One meeting was supplanted by athlete skit night, which was part of the overall points game.
- The majority of the coaches' meetings were dedicated to discussion of the Region 5 Team and Staff Programs
- The last coaches' meeting was feedback session on thoughts to improve camp. Some suggestions included:
 - A return of the camp highlights video
 - To address basics more through an assessment rather than spending so much time training them on Monday.
 - Earlier communication of curriculum and have event leaders submit training plans ahead of time.
 - Incentivize important skills (i.e. Homna on PB).

Organization:

- This camp is a major undertaking that wouldn't be possible without the combined efforts of a few staff members who work together throughout the year to produce a well organized camp. While we all have our duties, we really work together on a lot of these things and it is a team effort.
 - Kevin Chope (Region 5 Chairman): Kevin handles sanctioning and insurance, bill payments, catering and other logistical matters.
 - John Karmecy (Region 5 Program Manager): John handles the majority of communications with coaches, athletes and parents and other logistical matters.

Event Leader Reports: Please see attached reports from each Event Leader**Conclusions:**

I would like to recognize the excellent work of all of our Event Leaders. These coaches really went the extra mile to make a great camp experience for the athletes.

All in all, I think this year's camp was a great success. The athletes were all fully engaged and put the work in throughout the entire camp.

This camp is the flagship experience for our Regional Team Program. As such, I believe it is serving well. However, I am always looking for ways to improve the camp and welcome feedback from any of the stakeholders in Region 5. This includes all coaches, athletes and parents.

2022 Region 5 Summer Camp Report

Event Leader Report - FX

Prepared by Greg Skupski

Event: Floor **Coach:** Greg Skupski

What were the main skills you focused on with the groups at camp?

- Basic Skills

whip backs (whip pass from Tech Sequence)

- Progressive Difficulty

Front layout punch double front

Twisting double backs (working towards a double double)

What were the main drills you used to help teach these skills?

First let me say that Tumble Track and Trampoline was a separate event and they were doing drills and skills during those rotations that supplemented the floor curriculum. That is why Tumble Track and Trampoline don't feature in this Event Report, but I do consider them essential training tools for these skills.

For the whip pass, my goal was to get them to view the floor to bounce like they might view a tumble track. We started with a long bouncing contest. Then we started doing handstand snap-down back saltos from a medium sized block. Depending on their ability, we moved on to trying snap-down to whip back punch salto.

For front layout connections, we started by doing front layouts then punching front tucks up to a high mat stack (about 32"). We then moved over to the pit. Many of the boys were able to do it onto 1 or more mats in the pit. A few toyed with upgrades including f layout double pike, f layout double tuck ½ out, f full double front, etc...

For twisting double backs, we also tumbled up to a mat stack (about 32") beginning with tucks and layouts but eventually tucked ½ to belly, tucked 1/1 to back, and tucked 3/2 to belly. I encouraged some of the younger guys to try double tucks up to a 16" mat. For them that represented good progress towards eventually twisting. Once they moved to the pit, they began trying full twisting and double twisting doubles.

What are your general impressions of how our athletes were prepared for and performed this curriculum?

When we did snap-down tucks and whips, the kids seemed to surprise themselves with how easily they could bounce on the floor. Every athlete ended up doing more/better than he expected.

Many of the athletes (especially the younger ones) lacked the confidence that they could be able to do some of the more difficult skills. Many that thought they weren't ready to try front layout double front or twisting double backs ended up doing it very successfully.

They mostly seemed to have the foundational understanding required to work on these skills, if not the confidence.

Everyone embraced the assignments and pushed themselves.

Group G did need remedial front layout work.

- Skill Highlights

(I may be remembering the athletes wrong)

Cooper did layout out double double onto a mat in the pit

Sasha B did front full punch double pike onto a mat

Sasha S did front layout double front on the real floor

- Red Flags

- Athletes saying "I'm a twister, not a flipper" or "I'm a flipper, not a twister." They are young and frankly need to be both.

- Athletes that only tumble out of a roundoff. Excluding medical reasons, the back handspring is an important tool avoiding it may prove to be a mistake.

- Athletes (and coaches) tend to forget that "cowboying" is a deduction because it comes so naturally on double fronts.

- Going crooked on a full-in or double double represents a problem in your take-off and shouldn't be ignored.

What would you say were your most frequently given corrections?

Front passes

"Front layout too high"

"Leave your chest back when you land the front layout"

"Keep your knees together on double front"

Back passes

"Take the time to stretch tall (set) on takeoff"

"Feel the barani" - or some reference to feeling 1 specific part of the skill instead of getting overwhelmed by the whole skill.

"Be patient" - a lot of mistakes are made in timing of these tricks

Based on your experience with the R5 athletes at this camp, what general recommendations would you give our athletes and coaches to be better prepared on your event?

Take the time to do drills. Oftentimes I think floor rotations are just standing in line trying skills into the pit. Tumbling up to a mat stack once in a while is really good skill rehearsal.

Take full advantage of trampoline progressions.

Don't ignore a technical error just because the skill "worked." Sometimes an athlete may be able to land a skill with poor technique and it would be easy to celebrate and put it in the routine, but that technical error may prevent him from doing it consistently, doing it tired, or ever upgrading that skill.

Train a variety of skills and skill progressions. Even things the athlete doesn't like or isn't good at.

2022 Region 5 Summer Camp Report

Event Leader Report - PH

Prepared by Dave Masciola

Event: Pommel Horse

Coach: Dave Masciola

What were the main skills you focused on with the groups at camp?

The main skills we worked on at camp were basic circles refinement and handstand dismounts. We spent time everyday on both of these areas even when the daily focus was optional skills. The majority of optional skills that we worked were flops and Russian travel skills like Roth's and Wu's.

What were the main drills you used to help teach these skills?

For circle refinement, I taught the head up legs apart circles. In this drill the athlete keeps his legs spread to shoulder width and performs circles with a tight arch and his head up. This helps the athlete extend his circles and swing from his shoulders instead of his hips. Keeping the legs apart helps the athlete feel if his bottom is tight or if he is loose.

For the handstand dismount, we worked jumping to a handstand on a floor horse or by using stacked mats. Our focus on the drill is having the athlete keep his shoulder on top of the pommel and not letting his weight drift down to the end of the horse.

What are your general impressions of how our athletes were prepared for and performed this curriculum?

I feel the athletes were very well prepared to handle the curriculum. We focused on basics and the curriculum we presented was very accessible to all the athletes regardless of skill on the event. It was also very helpful for the high level pommel horse swingers to take some time to refine the basic circle and handstand dismount.

What would you say were your most frequently given corrections?

My most frequent correction on horse was to have the athletes get their hands back down on the horse or pommel quickly. For both the basic circle and the handstand dismount, this was by far the most common correction.

Here is an example of hands being slow getting back to the pommels: <https://www.youtube.com/shorts/BmUDAKJgkok>

Notice how his hips turn out over the second pommel because his hands are late.

Here is an example of faster hands and a better circle:

https://www.youtube.com/watch?v=VFoNVh_eKoA

I feel he can get his hands in a little faster and the slight pike on his circle will disappear.

Based on your experience with the R5 athletes at this camp, what general recommendations would you give our athletes and coaches to be better prepared on your event?

My recommendation would be to spend a little time during each practice to help refine the circle and improve the handstand dismount. The handstand dismount is probably the largest deduction that most junior athletes have on their pommel horse routine. Improving the dismount will lead to higher scores more so than trying to just add difficulty. A better more extended circle will have less deductions and also lead to faster mastery of new skills as well.

2022 Region 5 Summer Camp Report

Event Leader Report - R

Prepared by Tom Buese

Event : Still Rings

Coach : Tom Buese

The theme in mind on Still Rings during camp was locked arms with a secondary focus on shaping/ positioning of the turnover swings and strength skills. We took a basic approach to both foci and built and combined them throughout the week.

Lock Arms

- Handstand
- Press handstand
- Giants front and back
- Strength position refinement

Shaping

- Hollow and arch hangs
- Swings to handstand
- Handstand refinement
- Strength position refinement

For the majority of the athletes, I felt they were unprepared for the level of perfection needed for them to acquire the focus skills in the relatively short time period of the camp. Overall, I feel most juniors, even in the elite division, are not held to a high enough standard when it comes to ideal ring position and that is the reason for Team USA's struggles on the event internationally. Commitment to "locked arms, rings out" is the only red flag I saw for the camp as a whole.

However on the performance side, I was very impressed with willingness to make the change and there were some substantial immediate results for some of the guys. Some highlights:

- Two level 8 team members performed a locked arm back giant with 2s hold
- Upgraded dismounts into the pit and resi were done with good air awareness by the majority of the athletes that worked them. Including level 8 & 9 athletes training tucked double-doubles
- 3 guys were able to do a cast to lock arm back uprise handstand. A bonus challenge for the few that made lock arm giants both ways.
- During strength skill work, there were a handful that went from doing planche work completely relying on the straps to feeling strong with their forearms free of the top of the ring.

Frequently Given Corrections

All - Locked arms, rings out

Strength - The more you lift into a press/planche, the more your upper back should round

Back giant - See toes between cables before you rise

Front giant - Press arms forward and out to allow back swing to fully open before the rise

My biggest recommendation for the athletes and coaches is to be patient and fully commit to unquestionable execution of the skills. With the level of athletes in this camp, I believe a majority of them can acquire lock arm presses and giants before the next competitive season if they make a concerted effort. The limited skill selection on rings gives you more time to focus on the refinement of each of the skills.

Drills Used

HS Shaping Sequence	1. Feet wrapped around inside of cable with straps on back of shoulder and thumbs hooked for stability 2. Pull into hollow against straps to engage core 3. Slowly extend to straight line keeping ribs engaged 4. Slowly release thumbs and bring hands to shoulder width then turn out 5. Remove feet from cables and hold as long as possible • Initially some could not make it through the entire sequence. The goal is for the strength and range of motion in the desired positions to be developed over time.
Piked Half Press Hold	1. On low rings with block at ring height 2. Roll toes under (pointed) and put as much pressure onto hands as possible 3. Hold 10s with arms locked and rings out • Goal is to hold in full compression with toes 1" off block
Front Swing to HS (Back Giant)	1. Start in inverted pike (helps train cast timing and gets coach and athlete on same page) 2. Swing back - swing forward - swing back (medium height with full turnover to set up for swing hs and feel the "1-2" of turnover then rise) 3. Swing forward to handstand 4. Hit handstand and drop to floor (full commitment to lock arms) • Once the athlete is feeling the pop to handstand, add hold as long as possible with straight arms and/or do bail into forward swing to handstand

Back Swing to HS (Front Giant)	1. Start in inverted pike (helps train cast timing and gets coach and athlete on same page) 2. Swing back - swing forward (medium height with full turnover to set up for swing hs and feel the "1-2" of turnover then rise) 3. Swing backward to handstand 4. Hit handstand and drop to floor (full commitment to lock arms) • Once the athlete is feeling the pop to handstand, add hold as long as possible with straight arms and/or do bail into forward swing to handstand • Key points • Press wrists forward and out as back swing is initiated to feel opening of chest to proper turnover and reduce "grinding" of shoulders • "Press pinkies together" during rise as chest comes in for constant pressure and finish in handstand with correct ring position
Hollow & Arch Hangs	1. From still hang, press hands forward to hollow shape and hold 3s 2. Lower to hang and press wrists forward and out with head neutral to arch hang 3s 3. Repeat 2x 4. Straight leg pike through with full compression to German hang • Great shoulder warm up • Straight line through hips (open in arch) with ribs flat for hollow and arch
PB Support Lean Seq	1. Support hold 3s (full extension in shoulders, ribs flat, hips open) 2. Lift to L 3s (try and keep hips between arms) 3. Lower and legs and lean backwards (while hollowing chest) as far as possible without falling 4. Maintain hollow chest and straight line through hips and lean forward as far as possible with as much rounding of upper back as possible • Great for helping the athlete feel how much they need to lean forward for Planche and Maltese and the lifting motion to those positions with a straight line through hips
Low Rings Lean to Straddle Planche	1. Start with lock arm, rings out straight body support 2. With spot from stomach/hips, lean forward and lift to straddle planche with straight line in hips throughout 3. Hold 3s • Helps them feel how much to lean forward to counter balance the lower body • They should feel forearm come off the top of the ring immediately as they lean forward (arms have to be fully locked to accomplish this) • Once they are lifting to the planche do this drill with legs together and then add lower to maltese

Azarian Progressions	1. Backward rolls/kips in a row (3-5 reps) • Teaches them the rhythm of the roll and constant pressure to support 2. Back lever positioning • From inverted hang, round upper back so that arms can be locked under lats • Lower to back lever and they should be squeezing arms into their sides more than pushing down 3. Azarian to support • From stand on low rings, chin up to lift off floor then front lever pull to inverted hang • Coach stops them before inverted hang to make sure chest is round and arms are squeezing in before body reaches vertical • Spot from stomach/hips as they roll to support
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2022 Region 5 Summer Camp Report

Event Leader Report - V

Prepared by Brandon Norris

Event: Vault

Coach: Brandon Norris

What were the main skills you focused on with the groups at camp?

- Basic Skills:
 - Some new ways to become more explosive and run faster, Hurdles, Board Hitting, Entry angle, Hand Positioning all things leading to better blocking!
- Some phrases or concepts explained:
 - “Knees more to chest on hurdle” “Smash (Hulk Smash, when the kids think smash they tend to pick their knees up more through the hurdle to hit the board, then in return better off the board, block angle, TURNOVER!). “Block Down, or through”.
- Progressive Difficulty: Towards the Hand Front onto Stack Mats.....
 - Ft. Layout over vault table (both arch and hollow), Handspring to Flat back, Handspring to Feet, Handspring to feet punch ft tuck, If good enough block, they proceeded to try hand ft to feet onto mats!
 - Kaz: The Biggest thing we talked about was the Kaz rollover, kids tended to twist weird off the table, generally early, so we stressed the rollover to get the hips over the head first then a later twist. Turnover or “Rollover” concept was stressed on bigger Kaz Vaults.

What were the main drills you used to help teach these skills?



- Left picture: For Ft. Handspring Vaults, we just used the foam blocks so they had to block over the foam. We also put the Yurchenko mat with a foam block on it, we tried to think about getting feet and knees right over foam block to help create a feet in front load, to the board.

- For Kaz (both Pictures): This was a phenomenal way to stress hands down quick, hands in alignment and block over either the foam, or the Collar. If they throw their head, the yellow on the collar is an easy target to try to “watch” while the athlete is standing up and Cruising over

the top. Then you have to block over the back of the collar or the foam blocks which, when going into the pit, helps the athlete put a little more effort. Sometimes vaulting into the pit becomes lackadaisical, this helps promote progress towards the block and ensures the athlete puts full force into their turn!

- We also did a double board vault drill:
 - Very common, stack 2 springboards on top of each other and vault into the pit. Tremendous drill that really focuses on the 2nd half of the vault. Block angle, Off the table, Post Flight mechanics. Very beneficial to every level and group no matter what vault they were working on!
- Spring board in front of 8 inch mat:
 - Simple set up, Used to promote Tension after the “block”, could focus on hand position, tightness off the spring board, did punch front for handsprings and lower levels to introduce air awareness. Stacked up mats or panel mats for higher levels to block higher, LOVE the panel mats to ensure you land with stiff body and feel tightness off the block!
- **What are your general impressions of how our athletes were prepared for and performed this curriculum?**
 - Fairly good! Most athletes have done the double board drill, a lot of kids have not done the foam on the table or the collar drill.

- Skill Highlights

- Group C was the highlight, after 2 years ago ETC having only 2 Kaz fulls, its clear that the region has picked up on vault a little! Most A,B,C were doing Kaz full and higher vaults. While the Groups just under them had great Kaz work that could lead to 4.8 or higher vaults. We had maybe 5+ Hand double Fronts put safely onto mats into the pit!!! We had 5+ Kaz 3/2 put safely onto mats!!! The kids who could put the Hand Front onto the Stack mats was Very impressive!!

- Red Flags:

- Their was a Huge difference in our Ft Handspring understanding vs Kaz. Although i personally think all vaults connect and doing both Kaz and FT handspring help each other, most kids struggled on the FT handspring stuff at the lower levels. But in terms of the Higher levels (group D and higher) It was clear the Tech Sequence had Helped tremendously, their Handsprings were very good! I think the Hand Ft vault Tech for level 9 will make a huge impact in this, with coaches now knowing they need to flip that earlier on in their athletes development, i think they will naturally pay more attention to it!

- The biggest Red flag, especially group E and down, was their lack of understanding a Cody full or a Ball out. Most have never worked past a cruz to a cruz rollover. I understand most clubs might not have a good tramp, but they're plenty ways to help introduce this concept. Especially with kids learning a kaz.

- Cody 1/1, Ball out Rudi or double ft. 2 most important skills on trampoline!!!!

What would you say were your most frequently given corrections?

- "Finish the hurdle" - Knees not getting up, or feet not getting in front off the hurdle, Hip flexor strength?? or muscle mind connection from the run into the hurdle!
- Hand position on Kaz - most kids treated it like a roundoff or a tusk
- "Cruise (Cruz) over, or off the table".
- In regards of the hand front, "Ball out feel", so sitting up and getting "where shorts touch your spine" to come over your head, instead of pulling knees to chest and almost beginning to counter flip.
- "Hands to wide" on kaz

Based on your experience with the R5 athletes at this camp, what general recommendations would you give our athletes and coaches to be better prepared on your event?

- Its clear our vaulting is getting better. Noted above in the Red Flag portion. The lack of understanding the cody 1/1 and the ball out rudi!!! The sit up action on the ball out rudi is the first start towards the Kaz 1/1 and further!
- Obviously the kids trying to rush the vault instead of getting them to buy into the good Kaz rollover. This one is very understandable, kids just want to get to the big stuff!
- More timers up (for coaches) - less just doing vaults into pit, more drills, or double board drills, helping breakdown the vault. It's hard to focus on a lot of corrections on vault as it happens so damn fast.
- Not forgetting about the run or explosiveness. Drilling or doing run "strength".
- As soon as a kid does a couple competent vaults that look like they are ready to land, and knowing the athlete leg strength wise, stop doing vaults into pit and put a mat in. Especially for the higher level athletes, they get a little lackadaisical, this forces them to be ready, focus, and so forth. It's important to note that the coach should have a great understanding of the athlete and make sure he is physically ready to be able to try to land the vault.
- More bench press: its just good for everything (duly note, everyone who represents Queen city should always have this recommendation in honor of the great Keith Pettit!).

2022 Region 5 Summer Camp Report

Event Leader Report - PB

Prepared by Devin Haliday

Event: Parallel Bars

Coach: Devin Halliday

Main skill focus:

- Basic Skills:
 - Front uprise
 - Back uprise handstand
- Progressive Difficulty
 - Day 1: Diamidov (Level 8/9), Honma (Level 10)
 - Day 2: Giant (Level 8), Peach HS (Level 9/10)

Front Uprise

Most of the athletes at camp were fairly proficient at the front uprise, although about half of them were most comfortable finishing in the Manna position. To lead to development of Richards-type elements, we focused on finishing the front uprise in a flat or slight hollow with hips well above shoulders. We started with underarm swings to 45° above horizontal on either side, then front uprises. The Level 9 and 10 athletes were mostly able to get their hips to shoulder height at the finish of the front uprise, with a couple stronger athletes able to show higher angles potentially leading to some higher-level EG2 skills.

Back Uprise Handstand

This was a basics focus for the Level 9 and 10 athletes.

Drills:

Hecht tap action: Starting from underarm swings to bar height, the athletes were asked to perform a Hecht tap. This started with a brief extended downswing followed by a drop in the chest and a hard hollow shape, then heel drive to a reverse candlestick position. Common mistakes were loose pike shapes in the tap and beginning the 'drop' portion of the tap too early.

Isolated chest drop action (pictures below): On floor bars, starting in an extended shape, then dropping the chest while hollowing the hips (not piking).



Cast drill (pictures below): The cast into the back uprise is key to setting up the tap. Many athletes started casting at a very high angle, which usually results in an early tap. Second, a 'rocking forward' action in the shoulders during the cast helps add power to the skill. Both of these were emphasized by placing a mat on the bars and having the athletes cast to an extended body to the mat, while rocking the shoulders forward slightly into the skill.



Common Corrections:

The most common mistakes were no Hecht tap or early initiation of the tap. The correction for this was to go back to the first drill and emphasize the tap action. Another issue a handful of athletes had was pulling their head up forward so hard that the hips pulled down into an early pike. While the shoulders can slide forward slightly during the cast, the hips need to stay extended.

Impressions of Athlete Preparedness:

Only 2-3 athletes were proficient at the back uprise handstand. The majority of athletes did not use the Hecht-tap technique, which resulted in a lot of strength required to get to handstand.

Recommendations:

Emphasize development of the Hecht-tap technique in the back uprise handstand. While this takes time and many athletes can manufacture a back uprise handstand without this tap, it will aid in development of the Honma.

Honma:

This was a skill focus for the Level 10 athletes. Before the Honma was attempted, proficiency at the back uprise handstand is necessary, including the Hecht-tap action. Emphasis was placed on having to step forward out of the back uprise handstand due to over-rotation of the tap. At this point, the athlete is ready to learn the Honma.

Drills:

Sit up on blocks: From underarm on blocks, a spotter drives the athletes heels over their head and the athlete flips forward in a pike and lands on their hands on the blocks in support. This aids with orienting the athletes through the skill and emphasizes fast hands reaching back to the bars.



Front salto to block: From underarm on the parallel bars, the athlete casts and performs a front flip in a tuck position to land on a block that a spotter slides underneath the bars. This is essentially a complete Honma but gives the athlete a target to achieve rotation.

Common Corrections:

Similarly to the back uprise handstand, the most common issue is an early on non-existing Hecht tap action. Some athletes pulled their head down too early trying to initiate the flip action, so a common correction was keeping the chin up a bit longer. Lastly, the timing of initiating the flip is a common error. While this timing can depend on the athlete, generally initiating flip when the heels are 6-12

inches above the bars is common for a successful Honma. Initiating early leads to traveling backward and initiating late usually means their rotational momentum is slowing and they won't end up 'popping' off the bars. That being said, there are some athletes with great taps and/or flexibility that can get higher with their heels before initiating the flip.

Impressions of Athlete Preparedness:

The Honma is pretty challenging for junior athletes. Only 2 athletes at camp were able to complete the Honma. Several of the Level 10 athletes had not seriously trained this skill.

Recommendations:

Emphasize correct development of the back uprise handstand, including a Hecht tap as described in the Technical Sequence documentation. With time and strength improvement, this will result in the potential for developing the Honma.

Diamidov:

This was a skill focus for the Level 8 and 9 athletes.

Drills:

Basic Swings: The shapes in the basic swing are a common area that create issues in Diamidov development. Basic swings should be completely extended through the bottom of the swing (slight arch), then swing up to 45° or higher in the front while maintaining a flat or slightly hollow hip angle. Some athletes showed a slight "pike-open" action from the bottom of their swing to the front when asked to swing to 45°. This action will limit Diamidov development and was corrected.

Swing to ¼ Turn: A spotted swing to ¼ turn is the most important drill for a good Diamidov. The focus is to finish the swing facing completely sideways with flat hips (not turning the whole body together will create issues with completing the full turn later on, which will manifest as a leg split or arch). The most common mistake on the ¼ turn is not getting the body completely balanced on top of the post arm. This is a common issue overall in Diamidov development. Getting the whole body out over the post arm is key for later development of Makuts, Diam 5/4, etc. The swing 'going around the side' can result in an acceptable Diamidov, but limit higher-level development.

Stutz drill off side of bars: This is just like the Level 5 dismount, but onto mats bar height. It forces the athlete to get out over the post arm, while requiring a powerful downswing. The athlete is only permitted to move forward in Diamidov progression if they can finish this in handstand and roll out. Otherwise, their downswing does not provide adequate power and will force the Diamidov around the side.

Swing to ¾ turn: This is almost the full Diamidov but enforces the requirement that the athlete get their body on top of the post arm and not go around the side. This can be done either with a spot or on the same setup as the Stutz drill above. To introduce the additional ¼ turn to the bar, sometimes I take an extra step of having the athlete to a 5/8 Diamidov where their hand is still on the mat, but they're turning more so they're essentially doing the 3/4.

Common Corrections:

There were 2 common issues with the Diamidov:

- 1) Going around the side. This action results in not being able to use the post arm to aid in turning which creates all sorts of issues. This was discussed above, and the correction for this was to go back to the ¾ turn and finish in handstand on one rail.
- 2) Form and body shape issues on the initiation of the turn. Initiating the turn of the Diamidov requires a change in body shape (as well as a block off the non-post arm). The correct change in body shape starts from the stretch through the bottom and finishes in a slightly hollow ¼ turn. Common mistakes are to pike through the bottom and shoot to an arch, which usually goes around the side. Another mistake is to bend a knee to initiate the turn. While this seems like a form error, it is a technical error that is providing an initiation of the turning phase. This cannot be changed easily once it becomes habit.

Impressions of Athlete Preparedness:

Of the 23 Level 8 and 9 athletes at camp, 7 of them were able to perform a Diamidov. Most athletes are actively training this skill, which is encouraging for further development.

Recommendations:

- 1) Emphasize development of the $\frac{3}{4}$ Diamidov that ends with held handstand.
- 2) Do not allow bent knees on the turn initiation of this skill. This is a pitfall that becomes habit very easily and will limit advanced development.

Peach Handstand:

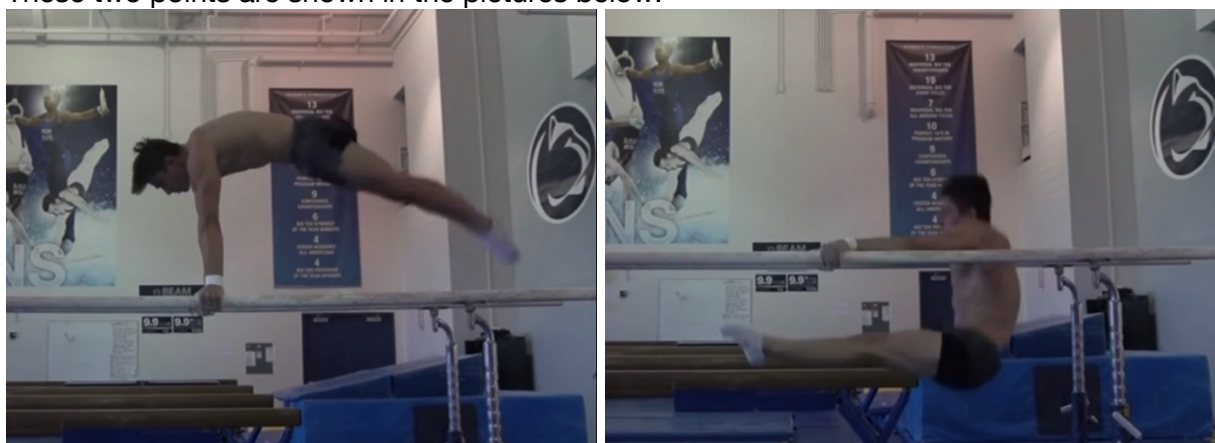
This was a focus skill for the Level 9 and 10 athletes at camp.

Drills:

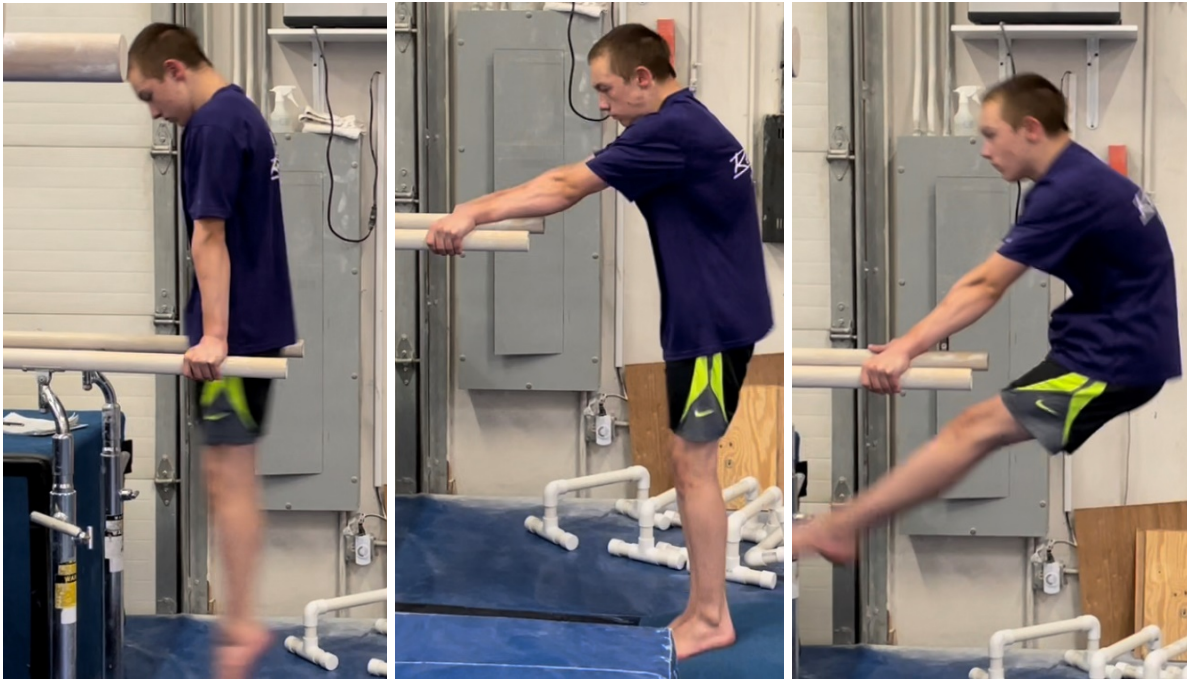
Drop drills: A few different peach drop drills were used, all with emphasis on 2 key points:

- 1) The shoulders must stay on top of or behind the hands on the swing into the drop
- 2) The hips need to be directly under the shoulders when the shoulder get to bar height.

These two points are shown in the pictures below:



The first drill for this was to drop back into a sitting position on a block with hips under shoulders. This was done from a small swing (limited due to the presence of the block). The second drill was to swing from support and drop to a stand on a block with hips underneath shoulders, then jump into a basket swing. Many athletes try to pull their hands closer to their hips when they jump; pushing their chest back from the hands needs to be encouraged.



Peach drop to candlestick: The next step in moving toward handstand is to perform the drop from support swing, but open up to candlestick on the end of the bars. From there, the athlete maintains pressure on the bars and falls to their back on an 8" mat. This was spotted at first.

Peach HS spotted on end: Finally, peaches were attempted to eagle grip on the end of the bars. Once peach HS with eagle grip was achieved, the athlete was allowed to roll the hands over to a normal grip.

Common Corrections:

The most common corrections originated from the drop. Most common correction was to push backward with the chest and drop with the hips further behind the hands. A cue that often helps is to drive the heels backward toward the end of the bars when doing a back swing prior to a peach drop. The other correction was the hips rolling underneath into a 'free-hip' type drop. While this is accepted, it is generally viewed as an inferior drop technique. Personally, I think we get a lot of athletes adopt this free-hip technique because of our early focus on a peach to support. With young under-powered athletes, a deep pike basket technique often doesn't rotate enough to get back to support and they resort to a back hip-circle action to generate rotation. While we can't remove the peach support requirements, we should understand this potential pitfall and train the two skills separately.

Impressions of Athlete Preparedness:

There were several athletes at camp that showed phenomenal peach technique and were training peach ½ turn with success. Many others were showing good drop technique, although about half of the athletes needed further focus in this area.

Recommendations:

It's all about the drop. Train the push back and basket from a young age. Continue improving the drop as the athletes grow. Lastly, don't let the peach support requirements negatively impact drop technique for peach handstand.

Giant:

The giant swing was a focus area for the Level 8 athletes at camp. Since this is in the Level 8 Technical Sequence, this group was familiar with the skill.

Drills:

Longhang swings into mat: With a panel mat on top of the bars, the athlete swings and kicks the mat with their shins. The spotter helps ensure their chest stops lifting and pulls hollow to kick the mat. The emphasis here is to turn over the swing instead of drive the chest upward. Early longhang swing development (in Level 4 for instance) emphasizes lifting the back swing, which can only happen by driving the chest up in the front swing. This kills the rotation needed for a giant and needs to be addressed frequently.

Spotted giant through tucked eagle grip support: This is fairly simple, and emphasizes maintaining a grip on the bars and creating rotation from the bottom of the swing.

Giants with pads 12" in front of hands on the bars: The goal here is to not travel on the giant. Athletes at camp were asked to do 2 giants in a row without landing on the pads. Note the pads need to be fairly thin for this to ensure they can still grab them if they do travel.

Common Corrections:

- 1) Bail shape: an early arch or excessive pike on the bail often results in a traveling giant. Correct shape should be flat to slight hollow down to 45° below horizontal.
- 2) Not hollowing chest on tap kick. Pushing chest up kills rotation and often results in travel.
- 3) At this age, the athletes are getting tall enough to start scraping their toes on the ground. A common mistake at this point is that they flex their feet instead of bend their knees, which makes the hips hollow and changes the tap timing. Emphasis was placed on bent knee technique.

Impressions of Athlete Preparedness:

There were 2-3 athletes who were able to complete a lockarm giant with no travel at all. Many others were close to this goal as well. Further development is always needed to perfect this skill.

Recommendations:

Focus on bail shape and hollow chest on the tap to provide turnover. Ensure growing athletes learn a bent-knee technique through the bottom of the swing.

2022 Region 5 Summer Camp Report Event Leader Report - HB

Prepared by John Karmecy

Event: **Horizontal Bar** Coach: **John Karmecy**

What were the main skills you focused on with the groups at camp?

- Basic Skills
- Progressive Difficulty

Day 1 - We focused on hop 1/2 turns and went all the way up to quast on the main bar. On the second bar, the focus was on stalders and endos. Once completed, the athlete was able to try the inside version of these two in bar skills.

Day 2 - The main focus was on Adler skills while the secondary focus was to continue with hop 1/2 turns and quast.

Day 3 - This was the first open block training and most of the athletes that went to high bar on this day wanted to work their releases.

Day 4 - These training sessions were all about releases; specifically tkatchev and kovac style releases.

Day 5 - The final day of camp was another open block style training and the athletes that choose to train on this event worked a wide variety of skills. We had some releases, dismounts, in bar and also quast type skills.

What were the main drills you used to help teach these skills?

- If you have diagrams, pictures or video links, please include them.

Unfortunately, there were some limitations with the equipment that we encountered and had to work around it. This gym is set up for college/elite level athletes and not the best for young junior athletes first learning some skills. A couple of the limitations we faced were:

- The main bar had a long drop to a loose foam pit on one side and then harder mats on the other side. Also, it had a wedge style mat between the hard mats and the pits. There was no ability for a spotter to assist on this bar for athletes doing releases for the first time or potentially not making it over the bar.
- The low bar was a strap bar but had big pipes that were in the way for some athletes to try jams and taks due to their lack of shoulder flexibility and needing to slide their hands farther.
- The final bar had hard mats on both sides but the spotting platform was very narrow and I struggled to find a mat that wouldn't hang too far off the platform while trying to spot. This worked okay for the smallest groups only but not stable enough for bigger athletes.

Hop 1/2 and Quast - We started with swing 1/2 turns working into hopping. I provided spot for the athletes that needed it. Once they mastered the hop, we worked into the blind/pirouette drill, hop to mix and pirouette, spotted hop to one arm turn and eventually full quast attempts.

Endo/Stalder - A couple athletes needed some spot on the low bar for these skills. We attempted to do three in a row from a half drop, stopping in held position on top of the bar. Once the athlete mastered these skills, they were allowed to try inside versions of both. We also did some spotted versions of these on the low bar from a lower starting position to help them get all the in and compressed at the bottom.

Adler - This was the most challenging skill for all of the athletes at this camp. Our region has an extremely wide range of ability in this category. I had athletes trying jams for the first time all the way

up to one athlete working tak 1/1. On the low bar, I spotted some basic stoop circles around the bar then worked into going up to the spotted manna position. We also worked on the shoulder rolling part from the manna position. Eventually working up to cast in, around to the manna and immediately jamming out to between 45 degrees and horizontal.

On the side, the athletes did two main drills. One was a standing jump pike over the bar working the drop in action. The second drill was set up by Mike and used a floor bar with a springboard on one side and a panel mat on the other side. The athlete starts sitting on the panel mat (bar height) with his back to the bar in undergrip. The athlete then simultaneously pushes up to a bridge and also rolls his shoulders into the "L" grip. Next, the athlete walks the bridge towards the bar to achieve the pressure feeling onto of the bar. Once achieved, the next step is to kick through a handstand and land on the spring board in a pike position with the hands still in the "L" grip inverted style. Positioning their shoulders on top of the bar in the invert position, the athlete then jumps up and goes through the inverted pike position and kicks out landing on their back on the panel mat.

Some athletes we also being spotted on 1/2 taks on the low bar. I was spotting on top of the bar while PJ was helping out as a second spotter on the bottom side of the bar. This style seemed to work out well for the athletes. I also showed them the full tak drill on trampoline. Grab the springs while laying on your back in the piked position. Bounce a couple of times and shoot the feet up while executing a full turn and regrasping the trampoline in as close to a handstand position as possible.

Tkatchev - Athletes throwing this release were all able to throw and get over the bar. We worked on the sit drill, the hit the legs on the bar stand up drill and also turning over. Some athletes needed to work on the floor drill from a pike position, rolling back to a bridge.

Kovacs - The only drills we did for these were some cody, cody full, and hands/knee drop to brani to belly on trampoline. I also tried to tack a step back and explain the taps to each athlete to give them a better understanding.

What are your general impressions of how our athletes were prepared for and performed this curriculum?

- Skill Highlights
- Red Flags

As a region we are definitely lacking in the Adler development and maximizing element group 3 difficulty. Some athletes have never worked these skills (especially the jam) and it doesn't seem like they were interested in wanting to do it. With 8 skills in a routine most athletes have 1-3 releases and a dismount which leaves 4-6 skills for long hang and in bar elements. Some have endo and stalder and maybe a quast but we are counting several "A" value tricks in a lot of routines. The inside endo, stalder, jams and taks could add several additional "C" or higher value skills towards their difficulty.

Good progress was made on releases and quast at this camp and I don't see this being a big red flag area. However, it is hard to predict what releases an athlete will actually compete versus what they are willing to throw at camp over a pit. But the future does look bright for these skills.

I would also caution rushing into certain releases without having a good understanding of the tap. We all have the athletes try some taps and then say "let's throw it" and see what happens. I feel like we could make better progress with refining the taps before the athletes really start throwing the new release and getting that first catch to post on social media.

What would you say were your most frequently given corrections?

Hop 1/2 and quast - Turning early, turning in an arch and breaking the shoulder angle. Reaching for the bar on the quast too early and not completing the turn all the way.

Inside Endo / Stalder - Not getting in and compressed enough through the bottom. Not shifting the wrist and keeping pressure on the bar while finishing the inside stalder.

Jams - Shifting the wrist and getting pressure on the bar when executing the Adler skill. Many athletes struggled stooping in due to shoulders too far over the bar or a simple lack of flexibility.

Tkatchev - Rushing the tap and very loose in their lower back and knees. Not using their shoulders and getting the bar to work with them. Releasing with shoulders too far over the bar and lacking the bridge standup action. Not sitting up and rolling their legs back to turn over.

Kovacs - Lots of athletes don't truly understand the tap and how to use the bar to your advantage. Loose legs on the tap, lots of pulling over the bar and not feeling the hang on the bottom of the bar before the release point.

Kolman - Ducking the head on the final 1/2 turn part and losing sight of the bar. Needs to look with eyes and not their chin while passing over the bar.

Based on your experience with the R5 athletes at this camp, what general recommendations would you give our athletes and coaches to be better prepared on your event?

I was happy with the progress of the releases and the ability of our regional athletes with skills in this element group. We had tkatchev (straddle, pike, layout and connected), Liukin, Kovacs, piatti and kolmans. Most athletes are willing to throw their release and we don't seem to be deficient in this category. I would recommend really stressing the quality of the taps before going for that first catch and we will fix later mentality.

For element group one, I had a lot of progress with the hop 1/2 and quasts at this camp. Many athletes going for it and some very nice quasts completed for the first time. Coaches need to keep working on these skills to maximize EG 1 difficulty.

Please keep working to develop the in bar and Adler skills. I understand it takes a lot of time to get these skills, but a lot of difficulty and connection bonus can come from these skills.

Camp Evaluations-Pommel Loops

		Rnk	Pts
Alex Behrens	1	25	16
Archie Veselovsky	1	25	16
Bo McCrea	5	12	29
Carson Eshleman	1	25	16
Christian Copeland	1	25	16
Cooper Kim	2	19	22
Daniel San Juanico	1	25	16
David Grossman	5	12	29
Declan Shapin	8	11	30
Devin Gopaul	0	35	
Diego Leautaud	23	4	37
Drew Mitchell	1	25	16
Elijah Gutierrez	2	19	22
Evan Reichert	5	12	29
Garrett Alexander	10	9	32
Jack Gagamov	18	6	35
Jackson Wilson	5	12	29
Kai Uemura	36	1	40
Keegan Kunkle	2	19	22
Kenneth Rabe	0		
KJ Richardson	0		
Kody Tokunaga	9	10	31
Kyle Walchuk	32	2	39
Max Ford	2	19	22
Max Lozinak	0		
Maximus Kongabel	0		
Noah Copeland	1	25	16
Noah Mitchell	0		
Oleksandr Shybitov	1	25	16
Peyton Boerner	1	25	16
Peyton Rosenthal	5	12	29
Sasha Bogonosiuik	4	17	24
Severin Alcorn	3	18	23
Simon McEwen	2	19	22
Tony Traufler	2	19	22
Tristian Nye	19	5	36
Tucker Yasunaga	17	7	34
Will Horezniak	26	3	38
Willis Zuolys	1	25	16
Xander Kelly	11	8	33

Camp Evaluations-Ring Strength

		Rnk	Pts
Alex Behrens	7.1	18	23
Archie Veselovsky	5.6	32	9
Bo McCrea	5.7	31	10
Carson Eshleman	8.1	10	31
Christian Copeland	7.0	19	22
Cooper Kim	7.5	14	27
Daniel San Juanico	6.5	23	18
David Grossman	7.6	13	28
Declan Shapin	8	11	30
Devin Gopaul	4.7	36	5
Diego Leautaud	9	8	33
Drew Mitchell			
Elijah Gutierrez	6.3	25	16
Evan Reichert	7.2	16	25
Garrett Alexander	6.2	27	14
Jack Gagamov	4.6	37	4
Jackson Wilson	6	28	13
Kai Uemura	10	3	38
Keegan Kunkle	6.4	24	17
Kenneth Rabe	7.9	12	29
KJ Richardson	7.2	16	25
Kody Tokunaga	6.6	22	20
Kyle Walchuk	9.7	4	37
Max Ford	8.2	9	32
Max Lozinak	5.3	34	7
Maximus Kongabel	4.9	35	6
Noah Copeland	9.4	6	35
Noah Mitchell	4.5	38	3
Oleksandr Shybitov	5.6	32	9
Peyton Boerner	6.9	20	21
Peyton Rosenthal	7.3	15	26
Sasha Bogonosiuik			
Severin Alcorn	6.3	25	16
Simon McEwen	5.8	30	11
Tony Traufler	14.9	1	40
Tristian Nye	10.2	2	39
Tucker Yasunaga	9.2	7	34
Will Horezniak	6.9	20	21
Willis Zuolys	5.9	29	12
Xander Kelly	9.7	4	37

Camp Evaluations-All Around Total Points

	comb score	Rnk	Pts
Kai Uemura	310	1	40
Tristian Nye	302	2	39
Tony Trauffer	275	3	38
Kyle Walchuk	274	4	37
Tucker Yasunaga	263	5	36
Declan Shapin	242	6	35
Carson Eshleman	239	7	34
Max Ford	231	8	33
Xander Kelly	229	9	32
Diego Leautaud	210	10	31
Noah Copeland	208	11	30
Peyton Rosenthal	202	12	29
KJ Richardson	200	13	28
Bo McCrea	191	14	27
Will Horenziak	191	14	27
Alex Behrens	188	16	25
Cooper Kim	183	17	24
Evan Reichert	181	18	23
Kody Tokunaga	181	18	23
Oleksandr Shybitov	174	20	21
Sasha Bogonosiuik	172	21	20
David Grossman	154	22	19
Christian Copeland	152	23	18
Garrett Alexander	151	24	17
Daniel San Juanico	139	25	16
Severin Alcorn	136	26	15
Drew Mitchell	131	27	14
Elijah Gutierrez	130	28	13
Peyton Boerner	123	29	12
Devin Gopaul	113	30	11
Jack Gagamov	111	31	10
Kenneth Rabe	106	32	9
Jackson Wilson	105	33	8
Maximus Kongabel	101	34	7
Archie Veselovsky	97	35	6
Simon McEwen	93	36	5
Keegan Kunkle	92	37	4
Willis Zuolys	47	38	3
Max Lozinak	45	39	2
Noah Mitchell	30	40	1

Camp Evaluations-PH Circles

		Rnk	Pts
Alex Behrens	53	12	29
Archie Veselovsky	10	39	2
Bo McCrea	36	28	13
Carson Eshleman	50	16	25
Christian Copeland	14	37	4
Cooper Kim	44	23	18
Daniel San Juanico	45	20	21
David Grossman	42	24	17
Declan Shapin	55	7	34
Devin Gopaul	35	29	12
Diego Leautaud	52	13	28
Drew Mitchell	40	26	15
Elijah Gutierrez	21	32	9
Evan Reichert	50	16	25
Garrett Alexander	51	14	27
Jack Gagamov	45	20	21
Jackson Wilson	20	33	8
Kai Uemura	81	1	40
Keegan Kunkle	17	36	5
Kenneth Rabe	35	29	12
KJ Richardson	54	10	31
Kody Tokunaga	68	5	36
Kyle Walchuk	54	10	31
Max Ford	50	16	25
Max Lozinak	51	14	27
Maximus Kongabel	45	20	21
Noah Copeland	38	27	14
Noah Mitchell	0	40	
Oleksandr Shybitov	55	7	34
Peyton Boerner	19	35	6
Peyton Rosenthal	41	25	16
Sasha Bogonosiuik	20	33	8
Severin Alcorn	13	38	3
Simon McEwen	49	19	22
Tony Trauffer	55	7	34
Tristian Nye	77	2	39
Tucker Yasunaga	60	6	35
Will Horenziak	71	3	38
Willis Zuolys	26	31	10
Xander Kelly	70	4	37

Camp Evaluations-Ring Strength

		Rnk	Pts
Alex Behrens	7.1	18	23
Archie Veselovsky	5.6	32	9
Bo McCrea	5.7	31	10
Carson Eshleman	8.1	10	31
Christian Copeland	7.0	19	22
Cooper Kim	7.5	14	27
Daniel San Juanico	6.5	23	18
David Grossman	7.6	13	28
Declan Shapin	8	11	30
Devin Gopaul	4.7	36	5
Diego Leautaud	9	8	33
Drew Mitchell			
Elijah Gutierrez	6.3	25	16
Evan Reichert	7.2	16	25
Garrett Alexander	6.2	27	14
Jack Gagamov	4.6	37	4
Jackson Wilson	6	28	13
Kai Uemura	10	3	38
Keegan Kunkle	6.4	24	17
Kenneth Rabe	7.9	12	29
KJ Richardson	7.2	16	25
Kody Tokunaga	6.6	22	20
Kyle Walchuk	9.7	4	37
Max Ford	8.2	9	32
Max Lozinak	5.3	34	7
Maximus Kongabel	4.9	35	6
Noah Copeland	9.4	6	35
Noah Mitchell	4.5	38	3
Oleksandr Shybitov	5.6	32	9
Peyton Boerner	6.9	20	21
Peyton Rosenthal	7.3	15	26
Sasha Bogonosiuk			
Severin Alcorn	6.3	25	16
Simon McEwen	5.8	30	11
Tony Traufler	14.9	1	40
Tristian Nye	10.2	2	39
Tucker Yasunaga	9.2	7	34
Will Horenziak	6.9	20	21
Willis Zuolys	5.9	29	12
Xander Kelly	9.7	4	37

Camp Evaluations-Rings - Press HS

		Rnk	Pts
Alex Behrens	8.2	35	6
Archie Veselovsky	8.2	35	6
Bo McCrea	9.3	14	27
Carson Eshleman	9.8	2	39
Christian Copeland	9.3	14	27
Cooper Kim	9.6	6	35
Daniel San Juanico	9.0	22	19
David Grossman	8.9	26	15
Declan Shapin	9.3	14	27
Devin Gopaul	9.5	7	34
Diego Leautaud	8.9	26	15
Drew Mitchell	9.4	11	30
Elijah Gutierrez	9.0	22	19
Evan Reichert	9	22	19
Garrett Alexander	8.5	32	9
Jack Gagamov	8.4	33	8
Jackson Wilson	8.7	29	12
Kai Uemura	9.9	1	40
Keegan Kunkle	7.8	39	2
Kenneth Rabe	8.6	30	11
KJ Richardson	9.8	2	39
Kody Tokunaga	9.1	21	20
Kyle Walchuk	9.5	7	34
Max Ford	9.3	14	27
Max Lozinak	7.9	38	3
Maximus Kongabel	9.4	11	30
Noah Copeland	9.3	14	27
Noah Mitchell	8.4	33	8
Oleksandr Shybitov	9.0	22	19
Peyton Boerner	8.6	30	11
Peyton Rosenthal	9.5	7	34
Sasha Bogonosiuk	9.5	7	34
Severin Alcorn	9.3	14	27
Simon McEwen	8.9	26	15
Tony Traufler	9.7	5	36
Tristian Nye	9.8	2	39
Tucker Yasunaga	9.3	14	27
Will Horenziak	8.1	37	4
Willis Zuolys	7.7	40	1
Xander Kelly	9.4	11	30

Camp Evaluations-Rings - Str Planche

		Rnk	Pts
Alex Behrens	11	9	32
Archie Veselovsky	8	14	27
Bo McCrea	10	12	29
Carson Eshleman	5	23	18
Christian Copeland	5	23	18
Cooper Kim	2	33	8
Daniel San Juanico	5	23	18
David Grossman	8.5	13	28
Declan Shapin	6	18	23
Devin Gopaul	3	30	11
Diego Leautaud	4	28	13
Drew Mitchell	6	18	23
Elijah Gutierrez	6	18	23
Evan Reichert	8	14	27
Garrett Alexander	6	18	23
Jack Gagamov	2	33	8
Jackson Wilson	2	33	8
Kai Uemura	11	9	32
Keegan Kunkle	2	33	8
Kenneth Rabe	3	30	11
KJ Richardson	15	2	39
Kody Tokunaga	5	23	18
Kyle Walchuk	14	4	37
Max Ford	13	5	36
Max Lozinak	1	38	3
Maximus Kongabel	1	38	3
Noah Copeland	8	14	27
Noah Mitchell	1	38	3
Oleksandr Shybitov	4	28	13
Peyton Boerner	12	7	34
Peyton Rosenthal	8	14	27
Sasha Bogonosiuk	3	30	11
Severin Alcorn	5	23	18
Simon McEwen	6	18	23
Tony Trauffer	23	1	40
Tristian Nye	15	2	39
Tucker Yasunaga	13	5	36
Will Horenziak	11.5	8	33
Willis Zuolys	2	33	8
Xander Kelly	10.5	11	30

Camp Evaluations-PB Pike Press

		Rnk	Pts
Alex Behrens	1	22	19
Archie Veselovsky	0		
Bo McCrea	8	5	36
Carson Eshleman	9	3	38
Christian Copeland	0		
Cooper Kim	3	11	30
Daniel San Juanico	1	22	19
David Grossman	0		
Declan Shapin	10	2	39
Devin Gopaul	3	11	30
Diego Leautaud	2	16	25
Drew Mitchell	2	16	25
Elijah Gutierrez	0		
Evan Reichert	0		
Garrett Alexander	2	16	25
Jack Gagamov	1	22	19
Jackson Wilson	0		
Kai Uemura	14	1	40
Keegan Kunkle	0		
Kenneth Rabe	1	22	19
KJ Richardson	9	3	38
Kody Tokunaga			
Kyle Walchuk	3	11	30
Max Ford	5	8	33
Max Lozinak	0		
Maximus Kongabel	4	9	32
Noah Copeland	4	9	32
Noah Mitchell	0		
Oleksandr Shybitov	2	16	25
Peyton Boerner	0		
Peyton Rosenthal	6	6	35
Sasha Bogonosiuk	3	11	30
Severin Alcorn	0		
Simon McEwen	0		
Tony Trauffer	2	16	25
Tristian Nye	6	6	35
Tucker Yasunaga	2	16	25
Will Horenziak	3	11	30
Willis Zuolys	0	26	
Xander Kelly			

Camp Evaluations-PB - Planche Presses

		Rnk	Pts
Alex Behrens	3	6	35
Archie Veselovsky	2	13	28
Bo McCrea	5	3	38
Carson Eshleman	3	6	35
Christian Copeland	2	13	28
Cooper Kim	1	19	22
Daniel San Juanico	1	19	22
David Grossman	0	30	
Declan Shapin	5	3	38
Devin Gopaul	0		
Diego Leautaud	1	19	22
Drew Mitchell	1	19	22
Elijah Gutierrez	2	13	28
Evan Reichert	3	8	33
Garrett Alexander	0		
Jack Gagamov	0		
Jackson Wilson	1	19	22
Kai Uemura	9	1	40
Keegan Kunkle	1	19	22
Kenneth Rabe	0		
KJ Richardson	2	13	28
Kody Tokunaga	3	6	35
Kyle Walchuk	2	13	28
Max Ford	1	19	22
Max Lozinak	0		
Maximus Kongabel	0		
Noah Copeland	1	19	22
Noah Mitchell	0		
Oleksandr Shybitov	4	6	35
Peyton Boerner	1	19	22
Peyton Rosenthal	1	19	22
Sasha Bogonosiuik	2	13	28
Severin Alcorn	1	19	22
Simon McEwen	0		
Tony Traufler	8	2	39
Tristian Nye	5	3	38
Tucker Yasunaga	4	6	35
Will Horenziak	0		
Willis Zuolys	0		
Xander Kelly	3	6	35

Camp Evaluations-Handstand Push-Ups

		Rnk	Pts
Alex Behrens	10	13	28
Archie Veselovsky	3	32	9
Bo McCrea	3	32	9
Carson Eshleman	11	4	37
Christian Copeland	11	4	37
Cooper Kim	6	20	21
Daniel San Juanico	2	35	6
David Grossman	15	4	37
Declan Shapin	6	20	21
Devin Gopaul	6	20	21
Diego Leautaud	11	4	37
Drew Mitchell			
Elijah Gutierrez	4	28	13
Evan Reichert	7	18	23
Garrett Alexander	6	20	21
Jack Gagamov	5	25	16
Jackson Wilson	4	28	13
Kai Uemura	19	1	40
Keegan Kunkle	5	25	16
Kenneth Rabe	8	17	24
KJ Richardson			
Kody Tokunaga	6	20	21
Kyle Walchuk	16	3	38
Max Ford	11	7	34
Max Lozinak	1	36	5
Maximus Kongabel	3	32	9
Noah Copeland	12	6	35
Noah Mitchell	5	25	16
Oleksandr Shybitov	7	18	23
Peyton Boerner	4	28	13
Peyton Rosenthal	4	28	13
Sasha Bogonosiuik	11	4	37
Severin Alcorn	9	14	27
Simon McEwen	0	37	
Tony Traufler	17	2	39
Tristian Nye	11	4	37
Tucker Yasunaga	15	4	37
Will Horenziak	9	14	27
Willis Zuolys	0		
Xander Kelly	9	14	27