

To: Region 5 Men's JE Team Coaches  
From: Mike Serra  
Re: Camps, Brian Babcock and ETC  
Date: 10.18.2024

Hi Everyone,

A lot has happened since we last met at the Region 5 Summer Camp in MI and I just wanted to give everyone an update on what's coming up. Pretty much everything is unfolding as planned and outlined at regionals and camp. Here is some info about upcoming events.

**Pre-Elite Testing:**

- With the loss of trampoline and physical abilities testing in the Future Stars program as a result of bringing it into the regular competitive season, Region 5 wanted to create a program that includes those critical aspects of training young athletes.
- This Sunday will be the inaugural event for our Region 5 Pre-Elite Testing Program which will be expanded on in the future.
- The plan is to make this another route into our JE team program.

**Focus Camps:**

- With the changes to the Future Stars program this year, we have revamped the R5 Focus Camp program a little.
- **November 1-3: Level 8 & 9 Focus Camp in Kalamazoo, MI**
  - This camp will focus on preparation for the competitive season.
  - Athletes will show 1/2 routines and train together for the weekend.
  - Additionally, the replacement athletes for the Level 9 Brian Babcock meet will be made from the camp. See below.
- **November 22-24: Level 10 and ETC Selection Focus Camp in Lancaster, OH**
  - This camp is for all Level 10 R5 JE Team members and any Level 9 athletes wishing to try out for the ETC team.
  - Level 9 athletes wishing to attend will need approval from me.
  - Athletes will show 1/2 routines and train together for the weekend.
  - Additionally, the teams for the Windy City Regional Elite Team Cup will be made from the camp.

**Brian Babcock Invitational Team Cup**

- I am pleased to announce that Region 5 will be sending 3 teams to the BBI Team Cup on January 31 in Allentown, PA this year.
- Two JE teams that will be comprised of our ETC team and alternates.
  - Please note that this means athletes who make the ETC team will be expected to also compete in this event.
  - Athletes meet fees and housing will be covered by the region, but not transportation to Allentown.
- One team of 6 Level 9 gymnasts based on results from MDP JE nationals last year. We used that event because it is the only event that had all the team members on the same floor at the same time.
  - Please note that replacement athletes will be selected from the Level 8/9 Focus camp and they won't be restricted to Level 9 athletes.

**Selection Documents**

- The R5 coaching staff has been working diligently on all the selection documents for the ETC and BBI and are now available.