



# **Region 5 Elite Team Program Handbook 2022-2023**

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Region 5 High Performance Director**

# Region 5 Elite Team Program

## 2022-23

### Introduction

The **Region 5 Elite Team Program** (R5ETP) serves the Region 5 gymnastics community as an extension of the National Team Program of USA Gymnastics.

The R5ETP adopts the philosophy, policies, directives, training methods, and technical information of the **USA Gymnastics National Team Program** for its use as a support program.

The **mission** of the Region 5 Elite Team Program is to promote the development of high performance athletes and coaches in Region 5. In the **practical application** of this mission, the R5ETP serves the community with the following duties:

- Identification and selection of high performance athletes and coaches through competition and evaluation.
- Provide enhanced training opportunities for selected high performance athletes and coaches through clinics camps and workshops.
- Provide education and development opportunities for coaches.
- Provide grassroots development opportunities for pre-elite athletes and coaches.
- Provide guidance and assistance for athletes and coaches with elite performance abilities and aspirations to make the Junior National Team.

The **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: Region 5 Elite Team Program Composition and Policies

The **Regional Elite Team** is comprised of 36 athletes selected from two selection events annually. Athletes will be selected from the **Region 5 Future Stars Evaluation** and the **Region 5 MDP Championships**. Region 5 Elite Team members will be invited to attend **Region 5 Elite Team Training Camps**. 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 Region 5 Elite Team Members are expected to attend and participate in the Region 5 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 Camps and Regional Workshops/Clinics.

The Region 5 High Performance Director (R5HPD), with the approval of the Regional Coaching Staff, has the ability to place up to three additional athletes onto the Regional Team based on unusual or extenuating circumstances. (ie. Injury, Scheduled Conflict, National Team Obligations, etc.)

Petitions to the Regional Team may be filed with the R5HPD using the standard petition process as outlined in the USA Gymnastics Men's Program Rules and Policies. Petitions will be presented for approval to the Regional Coaching Staff with recommendations by the RHPD. Petitions must be received prior to the technical meeting of the qualifying event. In the event of a medical situation which occurs during competition, the petition must be received by the conclusion of the event and supporting documentation within 2 business days of the event.

## Section II: Region 5 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:

| Level           | Age             | Rank order from FS | Standard Rank order from R5 Champs | 2D+E Rank Order from R5 Champs | At Large <sup>4</sup> within level from R5 Champs | Total for level |
|-----------------|-----------------|--------------------|------------------------------------|--------------------------------|---------------------------------------------------|-----------------|
| FS              | 11 <sup>1</sup> | 2                  | n/a                                | n/a                            | n/a                                               | 4               |
|                 | 12 <sup>1</sup> | 2                  | n/a                                | n/a                            |                                                   |                 |
| 8               | 12              | n/a                | 1 <sup>2</sup>                     | 1                              | 3                                                 | 7               |
|                 | 13              | n/a                | 1 <sup>2</sup>                     | 1                              |                                                   |                 |
| 9               | 14              | n/a                | 2                                  | 2                              | 3                                                 | 11              |
|                 | 15              | n/a                | 2                                  | 2                              |                                                   |                 |
| 10 <sup>3</sup> | 16              | n/a                | 2                                  | 2                              | 4                                                 | 14              |
|                 | 17              | n/a                | 2                                  | 2                              |                                                   |                 |
|                 | 18              | n/a                | 0                                  | 2                              |                                                   |                 |
|                 |                 |                    |                                    |                                |                                                   |                 |

<sup>1</sup> Future Stars age in the year prior to the regional championships

- <sup>2</sup> Excluding athletes selected to the Regional Team from Future Stars
- <sup>3</sup> Excluding graduating seniors
- <sup>4</sup> At Large selections will use the USAG JHP 2D+E + TS selection metric
- <sup>5</sup> Any athlete who fails to make the R5ET at regional championships but qualifies to USA Championships or makes a Junior National Team will automatically be placed on the R5ET as additional members of the team.

Athletes will be selected in rank order All-Around using the combined optional & technical sequences results.

Athletes that decline participation in the Region 5 Elite Team Summer Training Camp will forfeit Region 5 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. If a locked spot is declined, the lower ranked athletes will advance one rank position and at large procedures will be used to select the replacement.

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 (2D+E) only.

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

### Section III: Regional Team Camp Program

#### **R5 Summer Camp: All JE Team Members**

- Participants:
  - Athletes selected to the Region 5 JE Team at Regional Championships and Future Stars evaluation.
  - Invited individuals. Any 16-17 year old non-JE Level 10 athletes who finish in the top three of the optional session will be invited to attend the regional summer camp as a guest. This invitation will only be extended one time to any athlete.
- Camp Objectives
  1. Monitor performance ability and weaknesses through evaluation
  2. Further Coach and Athlete Technical Education
  3. Prepare and direct Skill Acquisition
  4. National Qualifier and USA Championship Preparation
  5. Discuss Regional and National planning and direction for the following training cycle.
  6. Interact with coaches and athletes with similar goals and objectives.
  7. Help provide necessary information with regard to Elite Development.

- General Camp Schedule
  - Sunday Arrival
  - Training Monday-Friday
  - Departure on Friday after 1/2 day of training
- USA Championship Athletes: High school senior athletes who qualify to the USA Championships may request to attend camp.
- Past Team Members: A previous Region 5 Elite Team Program member that was unable/failed to re-qualify at the Regional Championships the following year may attend the camps 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.

**Focus Camp 1: Future Stars and Level 8 (held between the regional and national evaluation)**

- Participants:
  - Qualifiers to the current season's Future Stars National Championships
  - FS and Level 8 Region V JE Team members from the previous season who will be competing levels 7 and 8 in the current season
- Camp Focus
  1. Future Stars National Championship Preparation
  2. Technical Sequence skill refinement
  3. Optional skill upgrades
  4. Physical Preparation re-assessment
- General Schedule
  - Friday: 5:00 start time (approximately)
    - FS/TS Intrasquad
    - Physical preparation assessment
  - Saturday: Full Day (3 hr + 3 hr + 1.5 hr)
    - FS/TS refinement & problem solving (7x40 min rotations)
    - Physical Preparation Assessment
    - Team Activity
  - Sunday: 9:00-1:00
    - Optional Skill Development
      - 2 x 1:40 blocked training
    - Team Activity

**Focus Camp 2: Level 9 and 10 (typically held in November)**

- Participants:
  - Current Region V JE Team members (selected at previous championships)
- Camp Focus
  1. Technical Sequence skill refinement
  2. Partial routine intrasquad
  3. Windy City Regional Elite Team Cup Team Selection
  4. Optional skill upgrades

- 5. Physical Preparation re-assessment
- General Schedule
  - Friday: 5:00 start time (approximately)
    - Intrasquad competition (TBD)
    - Physical preparation assessment
  - Saturday: Full Day (3 hr + 3 hr + 1.5 hr)
    - Skill refinement and problem solving
    - Physical Preparation Assessment
    - Team Activity
  - Sunday: 9:00-1:00
    - Optional Skill Development
      - 2 x 1:40 blocked training
    - Team Activity

### **Focus Camp 3: Junior Elite Qualifiers to JO Nationals (TBD depending on Competition Schedule Considerations)**

- Participants:
  - Level 8-10 JE qualifiers from current season's regional championships
- Camp Focus
  1. Technical Sequence refinement
  2. Intrasquad competition
  3. Problem solving
- General Schedule
  - Friday: 5:00 start time (approximately)
    - Optional intrasquad competition
  - Saturday: Full Day (3.5 hr + 3.5 hr)
    - Skill/Sequence refinement and problem solving
    - Team Activity
  - Sunday: 9:00-1:00
    - TS Intrasquad
    - Team Activity

## **Section IV: Region 5 Elite Team Travel Camp Selection Procedures**

The Region 5 Elite Team Program will sometimes provide a travel camp opportunities outside of Region 5 and/or a special exchange camp within the region. The purpose of these camps is to provide additional training with another group (Country/Region). The camp will be for selected athletes and coaches. The standard Regional Delegation will consist of 1 Delegation Leader, 2 Coaches, and up to 12 athletes, though circumstances

such as funding and delegation parameters of an invitation may affect this. Personal coaches may or may not be invited to attend.

### **Selection for the Regional Team Camp Exchange (Traveling)**

Athlete and coach selection may vary from opportunity to opportunity, depending on circumstances such as funding, location, invitation parameters, etc. The following would be standard selection procedure options for a domestic travel camp. An international opportunity would likely be a smaller group and may restrict the younger ages further. These are potential scenarios provided give a general understanding of the process. When specific opportunities arise, selection procedure will be published on the Region 5 website.

#### **A. Athlete Selection Procedures - Selected at the Regional Championships**

##### **Scenario A (Older Concentration)**

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

##### **Scenario B (Broader Age Spectrum)**

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

#### **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 High Performance Director or his designee  
1 Head Coach – top ranked coach of Level 10 combined age groups 16-18  
1 Assistant Coach – top ranked coach of Level 9 ages 14-15

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 16-18, combined. The Assistant Coach rank order begins with the top ranked coach of Level 9 ages 14-15.

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 (pending host accommodations). Region V will work with the host region to secure room and board for eligible coaches not selected as official delegation members.

### **C. International Camp or Special Competition Selection**

In the event that an international camp or special competition event opportunity arises, a selection committee will be formed and charged with the selection of athlete and coach members representing Region 5 in these opportunities. The selection committee will be comprised of the Regional High Performance Director, Regional Chairman, and Region 5 Junior National Coaching Staff members and additional R5ETP Staff members as needed. The committee will determine and publish the stated goals and parameters of the opportunity which may include competition and/or training opportunities. 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 and the parameters and goals of the opportunity. Assignments will be comprised of members and coaches representing the Regional Elite Team Program.

### **Section V: Regional Elite Team Championships Selection Procedures**

Selection procedures will be developed and published by the R5ETP Staff in the fall prior to the RETC. A selection committee will be formed and charged with the selection of athlete members representing Region V in the Regional Elite Team Championships. The selection committee will be comprised of the Regional High Performance Director, Regional Chairman, and Region 5 Junior National Coaching Staff members and additional R5ETP Staff members as needed.

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 considered 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 (Gene Watson Workshop)**

This workshop is open to **all boys ages 8-18** and assists the coach and athlete on specific drills, areas of evaluation, and preparation for the Future Stars and Technical Sequence Program. The workshop includes training on the 6 competitive events as well as Trampoline, Strength, and Flexibility specific to the Future Stars Program Evaluation and/or developmental needs of elite gymnastics.

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 Gene Watson 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. 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 13-19 for 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 4 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 National 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 36 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).

## **Section IX: Region 5 Elite Team Program Coaching Staff**

### **Mission Statement of the Regional Coaching Staff**

The mission if the R5ETP Coaching Staff is to help properly prepare our junior gymnasts to perform at the highest level of international competition and promote the technical development of coaches.

In support of this mission statement the R5ETP Coaching Staff will:

1. Take a leadership role in coaches and athlete education.
2. Design and facilitate the implementation of programs and curriculum that support proper development of all athletes.
3. Pursue educational and competitive opportunities for junior athletes and coaches.
4. Assist in the identification and recommendation of athletes and coaches for competitions and camps.
5. Assist in the direction and content of all regional team training camps.

In support of the mission statement and the goals identified within that statement, the R5ETP Coaching Staff pledges to:

- Conduct itself in a professional manner
- Work for the advancement of all athletes and coaches within the men's gymnastics community
- Research and pursue the most contemporary technical information

### **Region 5 Elite Team Program Coaching Staff Responsibilities**

The R5ETP Coaching Staff is responsible for providing the leadership in technical development and execution to the Men's Development Program of the USA Gymnastics within Region 5. Selection to the Region 5 ETP Coaching Staff is a singular honor and is a responsibility that requires attendance at training camps, workshops, and coach's staff meetings. The R5ETP Coaching Staff members are available as a resource for the states. They have demonstrated by their talents and successes that they are leaders in the sport. R5ETP Coaching Staff members are required to agree to the following responsibilities:

1. General
  1. Work with the Region 5 High Performance Director, Region 5 Program Manager, Region 5 Chairman, and other staff members in a professional manner.
  2. Perform the position's required administrative and coaching duties
  3. Serve as a resource for their state.
2. Specific
  1. Required event attendance.
    1. Be prepared to attend the Region 5 Summer Training Camp and at least 2 of the 3 Region 5 Focus Camps
      1. Be prepared to carry out assigned duties in such areas as clinician, group leader, coaching, supervising and resource person as assigned by the RHPD.
      2. Attend all camp staff and coaches meetings.
    2. Attend the Region 5 Future Stars and Technical Sequence Workshop and Fall Evaluation and be prepared to:
      1. Participate as a coach, presenter/lecturer, and/or evaluator, as assigned by the RHPD
  2. Attend the Region 5 Future Stars and Technical Sequence Workshop and Fall Evaluation and be prepared to:
    1. Participate as a coach, presenter/lecturer, and/or evaluator, as assigned by the RHPD

3. Attend R5ETP Coaching Staff Meetings
3. R5ETP Coaching Staff members are charged with the responsibility of planning, approving and, whenever possible, directing the technical aspects of state camps and coaches workshops. Toward that end, R5ETP Coaching Staff members must work with the State Chairmen of the staff member's home region to develop and carry out a State Clinic within the needs and realities of that state.

### **Region 5 Coaching Staff Selection**

1. Application: Interested applicants may submit an application form (see below) and provide a complete resume to the R5HPD. The R5HPD will review and discuss applications with the Region 5 Chair and R5ETP Manager to determine appointments to the staff based on:
  1. Professional membership in the Men's Program
  2. Active involvement in the junior program on the local, regional and national level
  3. Demonstrated interest in the regional and national program through attending clinics, training camps and USA Gymnastics National Congress
  4. Perceived ability to integrate into the R5ETP Coaching Staff
  5. Technical knowledge of gymnastics
  6. Competitive and coaching experience
  7. Education
2. Term: The term for a R5ETP Coaching Staff position is four years. The initial year of the four-year term shall be probationary and the RHPD may elect to terminate a R5ETP Coaching Staff appointment at the end of the first year. Staff members must re-apply to remain on staff at the end of their term. There is no limit to the number of consecutive terms.
3. Removal from the R5ETP Coaching Staff: Failure of a R5ETP Coaching Staff member to follow the USAG Code of Ethical of Conduct, Participant Welfare Policy or Safe Sport Policy or to meet the obligations set forth in this document and the mission statement may result in suspension or termination of a R5ETP Coaching Staff appointment by the RHPD.

**Application for Region 5 Elite Team Program Coaching Staff**

**Contact Information**

|                   |  |              |  |                 |  |
|-------------------|--|--------------|--|-----------------|--|
| <b>Name</b>       |  |              |  |                 |  |
| <b>Address</b>    |  |              |  |                 |  |
| <b>City</b>       |  | <b>State</b> |  | <b>Zip Code</b> |  |
| <b>Email</b>      |  |              |  |                 |  |
| <b>Cell Phone</b> |  | <b>Date:</b> |  |                 |  |

|                                                                                   |                                                               |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------|
| <b>Current Work/Club Affiliation</b>                                              |                                                               |
| <b>Coaching experience:</b>                                                       |                                                               |
| <b>National Team members, if any:</b>                                             |                                                               |
| <b>List Men's Program positions held at the State, Regional or National Level</b> |                                                               |
| <b>List relevant certifications, ratings or educational degrees:</b>              |                                                               |
| <b>International coaching or competitive experience</b>                           |                                                               |
| <b>Domestic competitive experience</b>                                            |                                                               |
| <b>References</b>                                                                 |                                                               |
| <b>Additional Comments</b>                                                        | Please feel free to attach additional comments and/or resume. |

**By submitting this application for the Region 5 Elite Team Program Coaching Staff, I acknowledge that I have read and agree with the mission, goals and responsibilities of the program listed in Section IX of the R5ETP Handbook.**