

To: Region 5 Board  
From: Mike Serra, Region 5 JE High Performance Director  
Re: Spring Meeting Notes  
Date: 4.3.25

The Region 5 Junior Elite Program as had a busy year with lots of events and growth and we are looking forward to continuing this trajectory in the coming year. I am proud to say that we are leading the nation with many of our programs and I anticipate many of our programs being adapted and adopted on a national level.

## **2024-2025 JE Program Events:**

### **Team Camps**

#### **• CZE Select Travel Camp**

- June 8-18, Brno, Czech Republic
- With the help of former R5 Team member, Jack Gagamov, we were able to establish a relationship with CZE national team coaches and arrange a joint training camp at one of their major training centers. The Czech Republic has a long and honorable history in the sport and their tradition of excellence was apparent throughout our camp.
- The team met up in Chicago and traveled to Prague. From Prague, we took a train to Brno where we were welcomed by Jack and the head of the CZE program.
- Throughout the week, we trained daily with their juniors and seniors. The opportunity to train with and see how athletes from another part of the world approach and solve the same issues we all deal with in the sport will have an invaluable impact on these athletes and coaches. I believe this broadened perspective will work its way back into and throughout our R5 program wherein lies the true value of these international opportunities.
- Culturally, beyond the impact of navigating travel and being immersed in the CZE culture, we also toured locally in Brno, Vienna, and Prague. Kevin Chope's skill in organizing these touring activities is great and much appreciated.
- All-in-all, our athletes and coaches came away from this international opportunity closer as a group and better for their experience.

#### **• R5 Summer Camp**

- July 14-19: Region 5 All-Team Summer Camp at the University of Michigan
  - We incorporated or new team members from WI and WV.
  - Once again, the camp proved to be an outstanding event for all.
- November 1-3: Level 8/9 Focus Camp in Kalamazoo, MI
  - Big thanks again to Cindy and AI for lending us their facility.
  - The camp focused on preparation for the up-coming season
- November 22-24: Level 10 Focus Camp in Lancaster, OH
  - Main focus was on competition preparation and Windy City RETC selection
  - Athletes were evaluated on overlapping 1/2 routines.

#### **Gene Watson Clinic:**

- Branch Gymnastics, Kalamazoo, MI
- September 6-7
- Grassroots Focus
- Friday: Coaches' Symposium and Forum
- Saturday: Grass Roots Clinic

#### **Pre-Elite Fall Testing**

- October 19:
- Branch Gymnastics, Kalamazoo, MI
- Inaugural event designed to pick up where the Future Stars program left off and carry it into the future even better.
- Region 5 Pre-Elite Team named

#### **Windy City Regional Elite Team Cup and ETC Team Selection**

- January 18, Chicago, IL
- Teams selected at the Lancaster Focus Camp competed against and defeated 2 teams from Region 4

- The RETC event is a major part of our ETC Selection process (see posted selection procedures).

#### **Brian Babcock Team Cup**

- January 31, Allentown, PA
- Our ETC team, with alternates formed two 5 man teams who competed against and defeated two teams from Region 6
  - This competition was used to build team strength and identify the final 8 athletes to compete in Louisville at the ETC.
- We also fielded a Level 9 all-star team in the BBI Elite Team Cup.
  - Opportunities like this are all about developing the next generation of junior elite athletes for Region 5.
  - The boys did very well, defeating Region 6.

#### **Elite Team Cup**

- February 20-23, Louisville, KY
- The selection process began at the December Focus Camp and the team was named at the Windy City Invite and finalized at the Brian Babcock
- Coaches Andrei Kan and Ievgenii Bogonosuik did an excellent job in leading the team to a Silver Medal podium finish.
- It was very gratifying to see Region 5 once again take the podium.

**2025-2026 JE Program Information:**

- There are many changes afoot within the USAG national elite program and we intend to be on the cutting edge of that change with our Region 5 Elite Development Program.
  - See Appendix A
- Restructuring of the Region 5 JE Team Composition

Level	Age	Standard Rank order from R5 Champs	2D+E Rank Order from R5 Champs	At Large standard rank within level from R5 Champs	Total for level
6/FS	11	4	n/a	n/a	4
8	12	2	2	5	13
	13	2	2		
9	14	2	2	3	11
	15	2	2		
10	16	2	2	6	16
	17	2	2		
	18	0	2		

**Notes:**

1. **Level 6/FS** are invited to attend the **Fall Focus Camp** with Levels 8-9.
  - Tentatively scheduled November 7-9 in Kalamazoo.
  - Must have a coach in attendance at the camp.
2. **Levels 8-10** are invited to attend the **JE Team Summer Camp**.
  - Tentatively scheduled June 8-13 at The Ohio State University.
  - Athletes under the age of 12 must have a coach in attendance at the camp.
3. **Levels 8-9** are also invited to attend the **Fall Focus Camp**.
  - Tentatively scheduled November 7-9 in Kalamazoo, MI.
  - Athletes under the age of 12 must have a coach in attendance at the camp.
4. **Level 10** athletes are also invited to attend the **Level 10 Focus Camp**.
  - Tentatively scheduled November 21-23 in Lancaster, OH.
5. All optional all-around rankings are combined Technical Sequence and Optional scores.
6. "2D+E" refers to a scoring metric in which the difficulty score on each event is doubled. Bonus and neutral deductions are unaffected and rolled in with the "E" part of this equation.

## Appendix A

### Region 5 Elite Development Program Outline

#### I. State Team Program

- A. Ages: 7-12
- B. MDP Levels: Levels 4-5 D1, Level 6 JE
- C. Mission:
  - 1. To facilitate Junior Elite development within the state.
  - 2. To serve as a conduit of information and engagement with the Regional Pre-Elite Program
- D. State Autonomy: Each can structure their program as they see fit to best accomplish the mission.

#### II. Regional Pre-Elite Program

- A. Ages: 8-12 (based on the competitive age in the upcoming season)
- B. MDP Levels: Level 5 D1 and Level 6 JE
- C. Mission:
  - 1. To facilitate the development of Junior Elite athletes in the transition between MDP Levels 4-5 and Level 8 JE.
  - 2. To provide developmental structure and guidance for coach and athlete development.
  - 3. Early talent identification of potential junior elite athletes.
- D. Pre-Elite Testing Program:
  - 1. Description: A fall testing program that challenges athletes to demonstrate proficiency in key components of gymnastics development for future success.
  - 2. Components:
    - a) Physical Preparation:
      - (1) Flexibility
      - (2) Strength
    - b) Kinesthetic Awareness: Trampoline
    - c) Fundamental basic skills on all Olympic events
    - d) Key skills from the MDP Program Levels 5 D1 and 6 JE
- E. Regional Pre-Elite Team:
  - 1. Selected from Pre-Elite Testing Program.
  - 2. [Potentially] Invited to first Focus Camp in November.
  - 3. [Potentially] Combined score of PET and Regional Championships to earn place on Regional Junior Elite Team (top 3).
- F. [Potentially]
  - 1. At the end of the 2028 quadrenium, synthesize the various regional pre-elite programs into a national template and mandate each region incorporate an adaptation of the template that works for their region.
  - 2. Participation in the Pre-Elite Program necessary for registration as a Level 6 JE.

#### III. Junior Elite Team Program

- A. Ages: 12-18
- B. MDP Levels: 8-10 JE
- C. Mission:
  - 1. To prepare athletes for qualification to USA National Team.
    - a) This presupposes a focus on international competitiveness.
  - 2. To prepare athletes for the transition from the Junior Elite program to Senior Elite.
  - 3. To foster intra-regional camaraderie in the pursuit of excellence in sport.
- D. Primary Activities:
  - 1. Summer Camp
  - 2. Focus Camps
  - 3. Select Special Camps (inter-regional and international)
  - 4. Select Team Competitions
    - a) Select invitational and inter-regional competitions
    - b) Elite Team Cup

#### **IV. Regional Coaching Staff**

##### **A. Mission:**

1. To serve as coach mentors throughout their state and region.
2. To serve as a steering committee for the Regional Elite Development Program
3. To staff regional training and educational events.

##### **B. Membership:**

1. Regional High Performance Director
2. Regional Chair
3. Regional Coaching Staff
  - a) Membership is achieved through application to RHPD.

##### **C. Regional Apparatus Leaders:**

1. Positions for each of the Olympic events (6), physical preparation, and trampoline.
2. One year terms with the potential for renewal.
3. Application for RAL positions are open for Regional Coaching Staff members and selected by the RHPD.
4. RALs work directly with the RHPD in the decimation of information from the NAL and NHPDs for regional and state consumption.
5. Responsibilities:
  - a) Regional curriculum development\*
    - (1) Pre-Elite Testing Program
    - (2) Regional Camps\* RAL will develop a curriculum to review by the rest of the Regional Coaching Staff and the HPD who will provide feedback. The final approval of content is the responsibility of the RHPD.
  - b) Work as staff event leader at JE Team summer camp, Pre-Elite Testing and at least one of the Focus Camps
  - c) Technical presentation at the Gene Watson workshop
6. Honorarium: TBD

#### **V. Region 5 Elite Development Program Events**

##### **A. Gene Watson Clinic and Coaching Symposium**

1. Open Enrollment
2. In-gym workshop and classroom technical presentations
3. Timeframe: early to med-September

##### **B. Pre-Elite Testing**

1. Open Enrollment
2. R5 pre-Elite Team Selection
3. Associated in-gym workshop following day of testing.

##### **C. Timeline: mid-October**

##### **D. Region 5 Focus Camps (Only open to R5 JE Team Members)**

1. Level 8/9 (and potentially PET) in early November
2. Level 10 in late November-early December

##### **E. Select Team Competitions (Only open to R5 JE Team Members)**

1. Inter-Regional competitions and invitationals
2. Elite Team Cup

##### **F. Select Team Camps (Only open to R5 JE Team Members)**

1. Inter-Regional special camps
2. International special camps