



2023-2024

Region 3 Elite Team Program

Revised March 16, 2024

Preface

The Region III Elite Team Program has been patterned after the USA Gymnastics Junior National Team Program. The Region Elite Team Program ultimately exists for the specific purpose of enhancing Coaches Education, and Athlete Development who are on the ELITE PATH. Its effect helps to facilitate Regional and National Team Membership with regard to coaches and athletes within Region III.

The Region Elite Team Program addresses many levels of coach's education and athlete development. It has, as its main focus:

The identification of talented Coaches and Athletes.

The education of talented Coaches and Athletes through Camps, Clinics, and Workshops

Assist Athletes and Coaches with Regional and National abilities.

A Region III Elite Coaching Staff will be formed to help administer and communicate directives and technical material stemming from National Team Camps and the Junior National Coaching Staff with regard to Coaches Education, and Athlete Development.

The working relationship between the Region Elite Coaching Staff and the Regional / State Chairman's Committee is similar to that of the Junior National Coaching Staff and Men's Development Program Committee. This however is conducted at a regional level. This will also serve as a template for any and all State Coaching Staff's and State Teams that stem from the Region Elite Team Program.

In most cases the policies stated by the National Team Program have been adopted in this manual. Most policies are similar however there are some that relate specifically to Region III.

This Manual provides the Region III Coaching Staff and Coaching Community a working document that helps to communicate the Regional Team Program. It is refined each year and up-dated to reflect the needs and direction of Region III.

When answers regarding Coaches Education and Team Training Camp Policies are not presented here as part of the Regional Team Program, the reader must please refer to the National Team Program for possible solutions.

Region III Regional Team Program 2022-2023

Section I: Mission Statement and Regional Coaching Staff Objectives

Mission Statement

The mission of the Regional Coaching Staff is to help identify, provide, and facilitate both training and education for coaches and athletes that have demonstrated promising ability both regionally and nationally.

Regional Coaching Staff Objectives

The Regional Coaching Staff objectives are both educationally general and specific. These relate to the following areas:

Facilitate Coaches Education

Monitor and Evaluate Athletic Ability

Assist coaches with specific needs

Administer any and all Region Team Camps along with assistance where needed at the State Team Camps.

Conduct and provide educational opportunities through Training Camps, Workshops, and Clinics.

Provide strategic direction and recommendations for Region III.

Section II: Region III Regional Coaching Staff

Region III Coaching Staff Structure

The Jr. National Coaching Staff of Region III along with the Regional Board will approve the Region Elite Coaching Staff based on names recommended the Region Elite Team Program Coordinator.

Requirements and Procedures

Region Elite Coaching Staff Requirements:

Has placed an athlete on the Regional / National Team in the past 3 years.

Has participated as a Clinician in State, Regional, or National Workshops/Clinics.

The prospective candidates must be approved by the Region III Board.

Advisory Coaching Staff

It must be recognized that individuals from time to time will be placed on the Regional Coaching Staff as Advisory Members. These Coaches and their Athletes have a primary responsibility to the National Team Program and may not be able to fully participate in the Region Elite Team Program. Individuals may be placed on the Region Elite Coaching Staff in an advisory capacity by virtue of placing an Athlete on the Junior or Senior National Team.

Region Elite Team Coaches and Athletes

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

Region III Elite Team Staff Meetings

The goal of the Region III Coaching Staff is to try to meet during the following events:

Region III Coaching Clinic (FALL)

Region III Future Stars Evaluation (Oct)

Region III Regional Championships (Apr)

Region III Development Program Nationals Preparation Camp (April)

Region III Developmental Training Camp (July)

***Athletes MUST attend Training Camps to be considered for any and all Region Team Competition Functions

Region III Elite Team Coaching Staff Duties and Responsibilities

The Duties and Responsibilities of the Region Elite Coaching Staff will be determined by the event administer and/or Region Elite Team Director. The objectives of the event will be determined and the best possible solution in terms of duties and responsibilities will be divided among the assigned staff.

Members of the Region Elite Coaching Staff may also comprise the Region Elite Team Selection Committee in the event the Region is asked to send a team to a selected event.

Region III Board

Name & Position	Contact Info
Jerit Pogue Region Chairman	region3men@gmail.com
George Edelan Arkansas	coachgeorge98@yahoo.com
Kyle Fillatreault Kansas	kyle@abodevenue.com
James Clement Louisiana	Gymna1@gmail.com
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Tom Meadows Region Elite Team Co- ordinator	tom@cypressacademy.com
Wayne Thompson Region Education Director	wayne@gulfgymnastics.com
Bob Cass DPRTD	rcassabc@cox.net

Region III Elite Team Coaching Staff

Name	EMAIL	State
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Tom Meadows	tom@cypressacademy.com	Texas (JNCS)
Jeremy Kramb	Tx.kramb@gmail.com	Texas
David Finning	pridegymnasticsacademy@gmail.com	Oklahoma

Region III Elite Team Cup Selection Committee (ETCSC)

***TERM 2023-2024

Name	EMAIL	Position	State
Tom Meadows VOICE, NO VOTE	region3men@gmail.com	REGION 3 Chairman	Texas
Amanda Stroud-Gagnon	tom@cypressacademy.com	Region 3 Elite Team Co-ordinator	Texas
Glenn Morris	ajsgym@hotmail.com	Junior National Team Selection Committee Chair	Texas
James Clement	morrisgym@gmail.com	Junior National Team Selection Committee	Texas
Hunter King	Gymna1@gmail.com	Region 3 Board Member	Louisiana
Sam McArthur	hunterkingarmory@gmail.com	JNCS/Jr National Team Coach	Texas
	Sam.mcarthur@ymail.com	JNCS/Jr National Team Coach	Texas

***Due to new USOPC Charter rules, we will review this group after the 2023 season.

Section III: Region III Future Stars Preparation Camp and Coaches Workshop

State Teams & Clinics

It is suggested that the other states in Region 3 begin the development of State Teams at younger ages to encourage the use of the Future Stars Program in order to help facilitate the education and development of the more talented athletes and coaches into the Elite Path.

Region III Clinic

This clinic is open to boy's Level 8 and higher. This event has is organized and run by the Education Director. It is typically in the middle of the region and hosted in the Fall. It is recommended that members of the Regional Elite Coaching Staff along with visiting coaches from around the country be used in order to provide the best information for our athletes and coaches.

This is an event that should eventually be expanded to include a Regional Future Stars Preparation Clinic as well. Athletes preparing for the Regional Evaluation can attend for a fully interactive clinic to help more fully prepare for the Evaluation. Members of the Junior National Coaching Staff are suggested to attend so that information that will be used at the National Future Stars can be communicated well in advance.

Region III Future Stars Evaluation

While the primary reason of this event is to qualify to the National Future Stars Championships, this can be used as an educational opportunity for both coaches and athletes with regard to the Future Stars Program. It is recommended that Region 3 seriously consider developing a fully integrated event beyond just the evaluation of the routines to qualify to the National Future Stars Championships.

- 1) Parent Education
- 2) Coaches Education
- 3) Athlete Development
- 4) National Future Stars Preparation

Section IV: Region III Future Stars Regional Evaluation

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

B. Participant Selection

Currently Region III does not require a state evaluation or qualifying score to the Regional Evaluation. Participation is based on desire.

Section V: Region III Championships

A. See Rules and Policies – USA Gymnastics Online

Section VI: Region Team Qualification

Level 4-5 Region Elite Team Camp (@24 athletes)

Level 4: 12 Athletes

Level 5: 12 Athletes

***ALL ATHLETES MUST HAVE A PERSONAL COACH ATTEND

2 1/2 Day Camp- Recommended Friday Evening - Sunday afternoon (4 Training Sessions)

\$200 Fee for athletes - Parents Chaperone athletes to camp

Location: Highland Park High School

\$200 fee for visiting coaches not having an athlete

LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 4 Division 1	7–8 Year-Old Combined	Top 3 All Around	2024 Region 3 Championships
Level 4 Division 1	ALL AGES COMBINED	Top 15 All Around re- maining athletes	2024 Region 3 Championships
Level 5 Division 1	8-9 Year-Old Combined	Top 3 All Around	2024 Region 3 Championships
Level 5 Division 1	ALL AGES COMBINED	Top 15 All Around re- maining athletes	2024 Region 3 Championships

Level 6 & 8 Region Elite Team Camp (@24 athletes)

Level 6: 12 Athletes

Level 8: 12 Athletes

***ALL ATHLETES MUST HAVE A PERSONAL COACH ATTEND

3 1/2 Day Camp- Recommended Thursday Evening - Sunday afternoon (6 Training Sessions) TBD

\$250 Fee for athletes - Parents Chaperone athletes to camp

Location: Houston Gymnastics Academy

\$250 fee for visiting coaches not having an athlete

LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 6 Division 1	10–11-Year-Old Com- bined	Top 3 All Around ath- letes	2024 Region 3 Championships
Level 6 Division 1	ALL AGES COMBINED	Top 9 All Around ath- letes	2024 Region 3 Championships
Level 8 Junior Elite	12-Year-Old	Top 4 All Around TS + Opt Combined	2024 Region 3 Championships
Level 8	ALL AGES COMBINED	Top 8 All Around re- maining athletes Op- tional only	2024 Region 3 Championships

Level 8 13-year-old JE, 9-10 Region Elite Team (@34 athletes)

Level 8 JE 13y.o.: 6 Athletes ***Each LEVEL 8 athlete MUST have a personal coach in attendance
Level 9: 14 Athletes
Level 10: 14 Athletes

6 Day camp			
Location: University of Oklahoma			
\$500 fee for athletes (includes all housing, meals, training) TBD based upon camp. This is typical 6-day camp (\$350 for Level 8)			
\$500 fee for all coaches (includes all housing, meals, training)			
LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 8 Junior Elite	13-Year-Old	Top 6 All-Around Opt + TS Combined	2024 Region 3 Championships
Level 9 Junior Elite	ALL AGES COMBINED	Top 4 All Around TS + Opt Combined	2024 Region 3 Championships
Level 9 Junior National/ Junior Elite	ALL AGES & DIVISIONS	Top 10 All Around re- maining athletes Op- tional only	2024 Region 3 Championships
Level 10 Junior Elite	ALL AGES COMBINED	Top 10 All Around TS + Opt Combined	2024 Region 3 Championships
Level 10 Junior National	ALL AGES COMBINED	Top 4 All Around re- maining athletes Op- tional only	2024 Region 3 Championships

***Region 3 Elite Team Coordinator has ability to invite additional athletes as approved by Region 3 Chair
***Level 8 athletes will depart Wednesday, after morning training.

OTHER ATHLETES TO BE INVITED:
All Junior, Senior Development or Senior National Team Members

Section VII: Elite Team Cup Selection Procedures

Eligibility

Athlete must be a member of the current Region 3 Team.

Any Region 3 Elite Team athlete who is age 14-19 is eligible for Elite Team Cup Selection.

All graduated High School seniors are not eligible for the Region 3 Elite Team Selection.

In order to be selected for the team, athletes must attend the Region 3 Team Camp. In the event the athlete is representing the USA as a part of the National Team in any capacity, on the date of the camp, or any other circumstances such as injury, illness, etc., this requirement will be waived by the Region Elite Team Coordinator.

In the event an athlete did not qualify to the Region Elite Team and wants to be eligible for selection for the Elite Team Cup, his coach must submit written inquiry with reasoning why he was not a part of the Region Elite Team and his ability to help the Region for the Elite Team Cup.

Selection

The named Elite Team Cup Selection Committee (ETCSC) will select the Team that will represent Region 3 in any and all competitions. This committee will be picked by the Region Team Coordinator and approved by the Region 3 Board. Standing on the committee, the Region 3 Chairman and the Region Team Coordinator will also serve in this selection, having only a voice, no vote.

Athlete Selection Guidelines

1. Region 3 will always strive to place the best team possible at the competition in which the team is selected for.
2. Number 1 priority will be Team Placement. No Individual success will be taken into account.
3. The ETCSC will also select 2 reserve athletes, based upon what members may need to be replaced.
4. Team Selection will be based upon all data gathered with Start Values, USAG IE Bonus inserted, execution scores calculated to receive Final Scores.
 - a. Highest SV will be used per judgement.
 - b. E Panel – Drop high and low and average middle 2 E-Panel
 - c. Add SV, SV Bonus and E-Panel to come up with Final Score
 - i. Top 2 athletes counting on the most events based upon 4 scores, will be automatic selections.
 - ii. Next 6 athletes will be selected by the ETCSC based upon the data and the need for any weaknesses evident from the 4 automatic athletes.
5. ETCSC will recommend the 8-man team to the Region 3 Board for approval.
6. All selected athletes will be required to pay Region 3 \$450.00 for travel and competition expenses.

Athlete Selection Timeline and Procedures:

- (1) Preliminary Pool of athletes approved by the Region 3 Board based upon following metrics:
 - (a) All Region 3 Level 10 athletes qualified to the 2023 US Championships.
 - (b) Top 6 Highest 1 Day All-Around from the 2023 DP National Championships regardless of age or division not already qualified.
 - (c) All Level 9 2023 Junior National Team Members who will be Junior FIG Age Eligible.
 - (d) Top 3 Individual Event National Champion Scores from the 2023 DP National Championships, not already named.
 - (e) Any athletes recommended by State Chairs that are not qualified by above metrics.
- (2) October 20, 2023:
 - (a) List of preliminary pool sent to personal coaches to review for removal of any athletes. Personal Coaches will also upload planned routines with Jr. FIG Start Values to the Region 3 2024 ETC Selection folder via Google Drive.
- (3) November 15, 2023:
 - (a) 2024 ETC Selection Pool finalized.
- (4) December 18, 2023:
 - (a) 1st Set of Videos Submitted to the 2023 ETC Folder on Google Drive from any USAG Sanctioned Competition or In-House competition from the window of December 3-17, 2023. Must be competition height surfaces and can use with extra matting.
 - (b) Region 3 ETC Judging panel will evaluate and judge routines.
 - (c) Scores with the Bonus will be compiled into score sheet with ETC Bonus table added.
- (5) December 19, 2024:
 - (a) Personal Coaches, ETCSC, submit 6 names to determine 2024 ETC Semi-Finalist Selection Pool based upon scores from the videos submitted.
- (6) **January 22, 2024:**
 - (a) Up to 2 Competition Videos Submitted from any USAG Sanctioned Competitions during December 17, 2023 – January 22, 2024, to the 2024 ETC Folder on Google Drive.
 - (b) Region 3 ETC Judging panel will evaluate and judge routines.
 - (c) Scores with the Bonus will be compiled into score sheet with ETC Bonus table added.
 - (d) Personal Coaches, ETCSC, submit 6 names based upon scores from the videos submitted to determine 2024 ETC Final Selection Pool.
- (7) **January 26, 2024:**
 - (a) ETCSC required to submit recommendation of an 8-man team based upon all scores from the videos submitted from December 13 to January 21.
 - (b) Region 3 Chair will recommend Head and Assistant Coach based upon the athletes who are named to the 2024 ETC team.
 - (c) Region 3 Board will vote to approve the 2024 ETC team, using the ETCSC recommendations.
- (8) **February 19, 2024:**
 - (a) Final 6 man competing Team named by the Elite Team Cup Coaching Staff by the Preliminary Deadline to turn in Lineup as defined by the 2024 ETC Workplan.
 - (b) 2 Reserve athletes and personal coaches will travel when possible.
- (9) **February 22, 2024:**

***Elite Team Cup Coaching Staff will work together to produce the FINAL Team Lineup by determined date in the Elite Team Cup Work Plan.

Video Submission Guidelines:

- December Submission can be from a USAG sanction event or In-House, single workout, 1 on 6
- All January submissions must be from a USAG sanctioned competition.
- Must be on Junior FIG competition equipment specifications.
- Cannot use more mats than allowed per USAG DP Program mat specifications.
- Vault Table must be at 135cm as per ETC Junior FIG rules.
- Entire routine must be visible without any movement of video device with exception of Floor and Vault during the run to the board.

Location of Video Device:

Floor Exercise:

Located in middle of side pass to ensure the entire routine can be displayed.
May Zoom in or out throughout routine, however athlete may not leave viewable area.

Pommel Horse:

Located in middle of Pommel Horse so entire routine and body can be seen throughout entire swing including any handstands within the routine.

Still Rings:

Located Diagonally in front of the Still Rings.

Vault:

Located directly to the side of the Vault Table.
Must follow athlete from salute, run, hurdle to the table without use of zoom.
Entire Vault must be visible in camera frame.

Parallel Bars:

Located in the middle to the side of the Parallel Bars.

Horizontal Bar:

Located directly to the side of the High Bar.

2024 Elite Team Cup Judging Panel:

- Amanda Stroud-Gagnon: D&E Panel
- TBD: D&E Panel
- TBD: D&E Panel
- TBD: D&E Panel

Section VIII: Region III Elite Team Program Calendar

October 2023

1st 2023 Elite Team Cup Selection process evaluated and updated for approval by the Region 3 Board.

November 2023

15 Personal Coaches, ETCSC, Regional Chairs submit 8 Man Team to determine 2022 ETC Selection Pool.

December 2023

13 1st Set of Videos Submitted to ETC Google Drive from USAG Sanctioned Competition

19 Personal Coaches, ETCSC, Regional Chairs submit 6 Man Team to determine 2022 ETC Semi-Finalist Selection Pool.

January 2024

22 Up to 2 Videos Submitted from December 17, 2022 – January 22, 2023, to ETC Google Drive from USAG Sanctioned Competition
Personal Coaches, ETCSC, Regional Chairs submit 6 Man Team to determine 2023 ETC Final Selection Pool.

23 ETCSC required to submit Final Selection of an 8-man team
Region 3 Chair will name Head and Assistant Coach

February 2024

17 Final 6 man competing Team named by the named ETC Coaching Staff
22-26 Elite Team Cup (Louisville)

March 2024

31 – April 2

April 2024

March 31-2 Level 7-10 Region 3 Championships (Lubbock, Tx)
21-22 Level 3-6 Region 3 Championships (Gonzalez, La.)
28-30 Level 7-9 Western National Championships (Galveston, Tx)

May 2024

8-14 Developmental Program National Championships (OKC)

June 2024

TBD Level 4-8 Elite Team Camps

July 2024

16-21 Level 8JE-10 Elite Team Camp (University of Oklahoma)