



**2009 - 2012
USA Gymnastics
Men's Junior National Team
Program**

Developed by the USAG Junior National Coaching Staff

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Section I: Mission Statement and Program Objectives

I. Mission Statement of the National Team Program

The USAG Junior Elite National Team Program has two goals. One, the recognition of competitive excellence through national team participation and two, raising the standard of excellence in international competition through the educational process.

II. Program Objectives

The Junior National Team Program ultimately exists for the specific purpose of identifying and preparing athletes to compete for the United States in international competition. While the program can and should impact the development of all competitive gymnasts in the United States, the focus of the National Team Program is development of the elite gymnast. The National Team Program seeks to create a year-round competitive and educational support system for coaches and athletes through the following objectives:

- A. Simplifying the competitive path for our junior elite athletes and elevating the importance of successful competition.
- B. Creating an educational and evaluation system which emphasizes international competitiveness.
- C. Involve the personal coaches in overall program planning and organization of the competitive process as well as individualized athlete planning.
- D. The education of the basic principles of coaching and the development of the elite athlete.

Section II: Team Divisions, Size and Selection

I. Junior National Team Competitive Divisions and Team Size

The Junior National Team is made up of three divisions whose size and age divisions are as follows:

- A. Junior Elite - age 16 to 18 7 team members
- B. Junior Elite - age 14 & 15 7 team members
- C. Junior National - age 12 & 13 14 team members

II. Team Selection

All Junior National Team members will be selected from competition and placed onto the national team for one year. The Junior National Coaching Staff (JNS) has the ability to place up to three additional athletes onto the Junior National Team (except Junior Developmental) based on unusual or extenuating circumstances. Actual competitive selection would be carried out as follows: Note – Qualification and Selection Procedures are determined by the Junior National Coaching Staff with approval from the Men's Program Committee (MPC). These procedures are subject to change at any time. Current procedures will be included with the qualifying procedures to the U.S. Championships.

- A. All 16 - 18 Junior Elite National Team members will be selected rank order from the Junior Elite and/or Senior Elite Divisions of the U.S. Championships.
The top 12, age eligible, all around competitors from the J.O. National Championships will automatically qualify for the Junior Elite Division of U.S. Championships.

Six additional all around athletes from either the 16 - 18 or 14 & 15 age groups will qualify through Men's Program Committee approved U.S. Championship's Qualifying Competitions.

Athlete's age is determined according to the current Junior Olympic Age Group Program rules which use September 1 of each year as the age determining date. This will mean that athletes will compete in the same age division at U.S. Championships in which they qualified. **Exception - Athletes competing in the Junior Elite Division of the U.S. Championships may not turn 19 years of age at any time during the calendar year of the U.S. Championships for which they would have qualified.**

The Junior Elite Division at the U.S. Championships will use FIG scoring, with any MPC published modifications.

B. All 14 & 15 Junior Elite National Team members will be selected rank order from the Junior Elite and/or Senior Elite Divisions of the U.S. Championships.

The top 12, age eligible, all around competitors from the J.O. National Championships will automatically qualify for the Junior Elite Division of U.S. Championships.

Six additional all around athletes from either the 16 - 18 or 14 & 15 age groups will qualify through Men's Program Committee approved U.S. Championship's Qualifying Competitions.

Athlete's age is determined according to the current Junior Olympic Age Group Program rules which use September 1 of each year as the age determining date. This will mean that athletes will compete in the same age division at U.S. Championships in which they qualified.

The Junior Elite Division at the U.S. Championships will use FIG scoring, with any MPC published modifications.

C. All 12 & 13 Junior National Team members will be selected by rank order all around from the J.O. National Championships.

Qualification to the J.O. National Championships would be through the normal USAG Age Group Competition Rules.

Athlete's age is determined according to the current Junior Olympic Age Group Program rules which use September 1 of each year as the age determining date.

Section III: Athlete and Coach Responsibilities

I. Athlete Responsibilities

Once an athlete qualifies for Junior National Team membership he must fulfill specific requirements before actually being placed on the Junior National Team. Team members are expected to fulfill the listed specific team requirements to retain team membership. This section does not apply for Junior Developmental Team members.

A. When an athlete has qualified for team membership he is obligated to deliver the following items to USA Gymnastics before he will be confirmed as a Junior National Team Member. The items are:

- Return a signed USAG National Team Agreement
- Provide USAG with a completed Medical and Consent to Treat Form. These forms are necessary for National Team Activities and travel.
- Provide USAG with a copy of the vital statistics page of the athlete's passport.

B. The following items appear as National Team Requirements in Section IV, number I of the USA Gymnastics Men's Rules and Policies.

- Participate in required training camps for the duration of the camp and adhere to training schedules and other details related to training as determined by USA Gymnastics National Office, the Team Coach and/or manager. Any exceptions to this rule require the advance approval of USA Gymnastics.
- Meet all prescribed guidelines of appearance for any USA Gymnastics sponsored trip or competition, including competitive apparel, travel apparel, personal appearance (including the clothing and hair), the wearing of emblems and the carrying of gymnasium type bags. Variations in training apparel and shoes, competitive apparel, warm-up suits, shirts, or emblems, are not allowed. Team members should not bring along non-uniform items unless instructed to do so by the coach or manager. Violation of team uniform or travel dress code will be cause for dismissal from such a team.
- Have in their possession, a valid and current passport and be prepared to notify the team coach, manager or the USA Gymnastics Office of their passport number and place of issue. Gymnasts must have in their possession current passport style photos, for use in visa applications, when required.
- Meet all travel schedules. An athlete may only change travel arrangements with USA Gymnastics National Office approval. The athlete will assume any additional costs resulting from charges made from scheduled travel.
- Behave at all times in a manner consistent with their status as representatives of the United States and USA Gymnastics. Gymnasts are expected to make every effort to cooperate with fellow gymnasts and team officials, international officials, foreigners, hosts involved, and other persons (i.e., hotel clerks, etc.). Complaints, of any type, must be made initially to the coach and/or manager. Only in the case of a very serious problem should a complaint first be addressed to the Chef de Mission. In no case, will a gymnast speak directly (other than socially) to a judge, official or FIG official unless so requested by that individual.

II. Coaches Responsibilities

- A. The following items appear as National Team Requirements for Coaches in Section IV, number II of the USA Gymnastics Men's Rules and Policies. All assignments for gymnasts, coaches, delegation leaders and judges, as recommended by the MPC, JNS or JOPC must have final approval of the USA Gymnastics.
- The Head Coach shall be responsible for the performance, training, health, uniforms and appearance (including travel clothing) of all gymnasts.
 - Once assigned to a team tour or event, the Head Coach must assume all responsibility for the artistic performance of the gymnasts on his team and never recruit assistant coaches to perform any of his duties. Should an assigned Head Coach believe he requires coaching assistance, he shall request that assistance from the USA Gymnastics National Office. Failure to comply with this requirement shall be cause for immediate removal and replacement of the Head Coach for the event.
 - The Head Coach shall be responsible for the personal conduct of all team members and shall rigorously enforce the National Team Policies. "Conduct," in this sense, is not limited to conduct during travel, training, formal and informal gatherings, and competition. It also includes dress and personal appearance at all times.
 - The Head Coach shall instruct the gymnasts about the requirements of the National Team policies, including appearance, conduct and adherence to schedules.
 - The Head Coach shall recommend any disciplinary action he deems appropriate, including dismissing a gymnast from the team, to the Delegation Leader. In the absence of a Delegation Leader, the Head Coach shall be responsible for disciplinary action.

- The Head Coach shall submit a written report to the USA Gymnastics National Office not later than ten(10) days after the conclusion of the trip or event. The report shall include the complete results of the event, pertinent details regarding travel, housing, training and competition arrangements, personal conduct, and problems encountered. The report shall also include any recommendations for future events and personal observations the coach may have.
- In the absence of a designated Team Manager, the Head Coach is also responsible for the following duties:
 - All athletes reaching their assigned destinations regardless of the coach's personal travel itinerary.
 - Financial responsibility for any emergency situations that may arise in route to and from competitions and exhibitions.
 - Accountability for all emergency funds provided him by the USA Gymnastics National Office.

B. In addition the coaches of National Team Members are expected to:

- Attend the annual National Team Planning Session to be held in conjunction with one of the National Team Camps each year.
- Attend all National Team training camps if at all possible. (Refer to coaches support in Section IV.

Note: Section III, number II, B does not apply to the coaches of the Junior Developmental Team Division.

Section IV: Coaches Support

A. The Junior National Team Program relies heavily on personal coaches involvement and education. Much of the program's success hinges on the personal coach being present and involved during the national team camps. All National Team Coaches who attend the Junior National Team Camps for the Junior Elite and Junior National Team Divisions, for the entire duration of the camp, will have all of their expenses for the camps paid and will receive a set honorarium. The honorarium will be paid for each athlete the coach has placed on the team. The honorarium is set each year by USA Gymnastics with review by the Men's Program Committee.

B. Coaches of Junior Elite and Junior National Team athletes will receive additional support in the following areas:

- Education materials such as video tapes, articles etc. at no charge.
- Access to "on-site" visitation coaching assistance.
- Access to USA Gymnastics National Team Program Grants
- Promotional materials for the club/program. (i.e. - National Team Banner)

Section V: Junior National Team Camp Structure

The goal of the Junior National Team Camps is to give coaches and athletes practical help with their specific needs as well as provide guidance concerning appropriate planning so that the athlete may develop into an internationally competitive team member. The team structure attempts to provide coaches with realistic long term goal setting for international competitiveness and the means to monitor that progress. **Note: Information concerning the Junior Developmental Team Division (Future Stars) can be found in Part II.**

I. Camp Materials

When an athlete becomes a Junior National Team member he and his coach will receive:

- A. National Team Training Camp dates along with detailed camp goals and schedule for the next camp and general camp goals and schedule for the other camps. In addition they will receive the camp plan for what types of skills or skill activities will be evaluated at each camp.
- B. Basic educational and evaluation materials to assist the athlete and coach in setting long term workout and goal setting plans.

II. Camp Structure

The Junior National Team Camps will feature the following:

- A. Coaches will primarily work with their own athletes. Junior National Coaching Staff members and other guest staff will work with groups of coaches.
- B. Activities will be discussed by all coaches and staff each day and the next day's activities carefully covered. These sessions would include discussion of techniques used and to be used. Athlete evaluation will also be discussed.
- C. Coaches will meet individually with the National Technical Coordinator to discuss long term development, goals, and workout plans. These meetings will also be used to set individual goals.
- D. Evaluations on all or some of the following: team presentation warm-up, basic skills warm-up on the six events, the presentation program, individual skill development goals, strength, flexibility and/or optional routine development goals.
- E. The setting of specific goals for the following camp.
- F. Educational support materials for both athlete and coach.

III. Camp Schedule

The required National Team Camp schedule and corresponding age group levels for each camp are:

Team	Fall Camp	Winter Camp	Summer Camp
16 to 18	X	X	X
14 & 15	X	X	X
12 & 13	X		X

JUNIOR NATIONAL TEAM PROGRAM PART II



2009 - 2012 USA Gymnastics Future Stars Junior National Development Team Program

Developed by the USAG Junior National Coaching Staff

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Section I: Mission Statement and Program Objectives

I. Mission Statement

The Future Stars Program ultimately exists for the specific purpose of identifying talent and further helping to guide the development of coaches and athletes through education.

The Future Stars Program helps prepare and introduce both coaches and athletes to the Junior National Development Team Program. The Junior National Development Team Program is the first stage of Junior National Team membership at the grassroots level.

II. Program Objectives

The Future Stars Program has three primary goals. The first is talent identification, the second is providing a means of skill direction and the third is helping to provide coaches and athletes with the education necessary to succeed at higher levels of competition. This program will naturally have a general impact of development for all competitive gymnasts in the United States; however, the focus of the Junior National Development Team Program is the nurturing of identified talent for potential membership in the Junior National Team Program in the future. The Junior National Development Team Program seeks to create a year-round competitive and educational support system for coaches and athletes through the following objectives:

- A. Streamline the training and competitive path of athletes toward membership in the Junior National Team Program.
- B. Create an educational and evaluation system that emphasizes international competitiveness.
- C. Provide skill direction and technical knowledge that helps to facilitate competitive success.
- D. Provide coaches education on the basic principles of coaching and the development of the elite athlete.
- E. Involve coaches in the overall program planning and organization of the competitive as well as individualized athlete planning.

Section II: Team Selection and Age Determination

I. Team Selection

- A. The Junior National Development Team will be comprised of 50 members and will be selected by rank order all around (six events plus strength and flexibility) at the Future Stars National Championships. Athletes named to the National Development Team will receive a National Development Team warm-up. In addition, 25 members of the Junior National Development Team will also be selected to attend the Junior National Development Training Camp.
- B. The top 25 athletes (as indicated in A) and their coach will be invited to a Developmental Team Camp to be held the following summer. Athletes and

coaches will have all room and board paid by USA Gymnastics. Athletes and coaches will be required to provide their own transportation to and from the camp.

- C. Selection will come from three separate age groups. The number of athletes who will be named to the National Development Team from the Future Stars National Championships and the number of athletes who will be invited to the National Development Team camp are as follows:

Age Division	# To Team	# To Camp
10 year old	18	9
11 year old	18	9
12 year old	14	7
Total	50	25

- D. Foreign Athletes may participate in the Future Stars Program but are not eligible for membership to the Junior National Development Team or Junior National Team.
- E. All participants at the Future Stars National Championships will receive a special commemorative T-shirt and a certificate.

II. Age Determination

- A. Age is determined by the athlete's age on September 1. A gymnast is allowed to move up one year in age for competition based only on his age September 1. (Example: A gymnast is eight years old September 1 and turns nine years old on September 2. He may not participate as a 10 year old because he is not nine years old on September 1.)
- B. **Early Qualification in the Age Group Competition Program to Level 9 may be obtained through a Special Policy for athletes participating in the Future Stars National Championships.** Athletes who are younger than the required age of 12 for Level 9 may qualify to compete at Level 9 through participation in the Future Stars Program. In order to obtain this special qualification for Level 9 participation, the athlete must qualify to the Future Stars National Championships through the procedures outlined and attain a predetermined qualifying score through competition at the Future Stars National Championships. This special qualifying score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.

Section III: Future Stars Program Age Divisions

The Future Stars Program consists of the following four age groups: 8-9, 10, 11, and 12 years old. The 8-9 year old division participates up to the Regional level while the 10, 11, and 12 year old divisions can qualify to the National level.

The Junior National Development Team will be selected through the use of the Future Stars Program at the Future Stars National Championships to be held in the fall of each year. The competition will make use of 9 separate events. Each age group of 10, 11 and 12, will involve athletes being judged on the six events using a basic skills compulsory

routine. In addition a Flexibility, Parallel Bar Strength, and Ring Strength routine will also be included. Each routine is composed of approximately ten basic skills.

The Future Stars Routines of the 12 year old division can be used in the Age Group Competition Program as written. This part of the program serves both, the Future Stars Program as a Compulsory and the Age Group Competition Program as a Modified Optional. This dual function allows athletes to effectively transition from one program to the next. This format affords the athlete and coach to utilize the Future Stars Program all year or use its content as a core routine in preparation for a Modified Optional routine used in the Age Group Competition Program.

Section IV: Junior National Development Team Camp

I. Junior National Developmental Team Camp

The primary goal of this camp is to provide the educational support and guidance necessary to allow the coach and gymnast to plan for long-term skill and physical development that will help lead to Junior National Team membership and ultimately international success. The camp will include:

- A. Room, board and camp expenses for all participating athletes and coaches will be provided by USA Gymnastics. Athletes and coaches will be required to provide their own transportation to and from the camp.
- B. All personal coaches will be invited and strongly encouraged to attend the camp.
- C. Coaches will receive educational materials.
- D. General camp structure will be carried out along the same lines as the national team camps with coaches being fully involved in planning and coaching.
- E. Evaluations will include all or some of the following: team presentation warm-up, basic skills on the six events, the presentation program, trampoline development, individual skill development goals, strength, flexibility and/or optional routine development goals.

Section V: Future Stars Evaluation/Judging Guidelines

A primary goal for the Junior National Development Team is to have all athletes work to a very high level of execution and technical refinement in all of their skills. Judging the Future Stars Routines will be held to a very high standard of excellence that should be reflected in all scoring. Excellence in basics, skill refinement and physical preparation are the minimum standard for this program. The "Pursuit of Perfection" begins here with the Future Stars Program, and continues to be implemented through to the Senior National Team Program.

I. Makeup of Judging Panels

- A. At the Regional Level, judging will be by a two-judge panel per event. The head judge will be a coach and the second judge will be an NGJA accredited judge

(preferably with a National rating). The Competition Technical Director will be a member of the Junior National Coaching Staff (or his designee).

- B. At the National Level, judging will be by a two-judge panel per event. The head judge will be a member of the Junior National Coaching Staff and the second judge will be an NGJA accredited judge with a National rating (preferably the J.O. National Apparatus Leader). The Competition Director will be the Men's Program Junior Olympic Program Coordinator.

II. Judging Rules and Regulations

All Future Stars Routines will be evaluated using all current Age Group Competition Program rules and regulations as they apply to the compulsory divisions with regard to uniform, spotting, equipment specifications and judging guidelines with the following exceptions:

- A. All omitted skills on the Strength or Flexibility events will be deducted 2.0 points. Added parts on those events will be deducted 1.0 point.
- B. At the State and Regional Evaluations, routines in the 8-9, 10 and 11 year old divisions will start from a 10.0 base and there will be no use of bonus of any kind - either specified or virtuosity unless specifically noted in the routine text. The 12 year old division routines will use a 9.2 base score with 0.8 in possible bonus (0.2 per the three specified bonus skills, and .2 for Virtuosity) for a maximum start value of 10.0 on the six men's events. For the strength and flexibility routines the 12 year old division will use a 10.0 start value.
- C. At the National Future Stars Competition only, all events routines in the 10 and 11 year old divisions will begin with a base score of 9.7 with an additional 0.3 to be awarded for Virtuosity Bonus. Virtuosity Bonus of 0.3 will only be given for flawless execution that clearly exceeds the required performance criteria. **Note:** The 12 year old division routines will use a 9.2 base score with 0.8 in possible bonus (0.2 per the three specified bonus skills, and .2 for Virtuosity) for a maximum start value of 10.0 on the six men's events. For the strength and flexibility routines the 12 year old division will use a 9.7 with an additional 0.3 to be awarded for Virtuosity Bonus. Virtuosity Bonus of 0.3 will only be given for flawless execution that clearly exceeds the required performance criteria.

III. Regional Level Evaluation

The following guidelines should be used in the running of the Regional Future Stars Evaluation.

- A. The Regional Chairman is responsible for:
 - 1. Setting the date, site, and format of the Regional Evaluation as well as securing all officials pending assigned Junior National Staff Member approval. The Regional Evaluation should be held in conjunction with a Regional coaches/athlete clinic and no less than 21 days prior to the beginning of the Future Stars National Championships, unless approved by USA Gymnastics.

2. Informing the gymnastics community in that region of all pertinent information regarding the Regional Evaluation for the 8-9, 10, 11 and 12 year old divisions in a timely manner.
 3. Perform all administrative duties with regards to securing a USAG Sanction, entries, score keeping, results and awards for the Regional Evaluation.
 4. Reporting of the results to the USA Gymnastics Men's Program Manager within 48 hours of the conclusion of the Regional Evaluation.
 5. Submission of the names, clubs and T-shirt/sweatshirt sizes of the 6 member ages 8-9 Regional Development team along with a digital photo of the 6-Member Regional Team and sent to USA Gymnastics for inclusion in the USA Gymnastics Magazine.
- B. The Junior National Staff Member (or designee) serves as the Technical Director for the event with responsibilities to include the following:
1. Assignment of and orientation meeting for evaluators. Session will be open to coaches.
 2. Approval of facilities, format, and officials.
- C. Evaluation to be a one-day event with a maximum entry fee of \$35.00.
- D. Athletes from the 10, 11 and 12 year old divisions must obtain a minimum all around qualifying score (for 9 events) to advance to the National Evaluation. This qualifying score will be set by the Junior National Coaching Staff and published by September 1 of each year. Note: The Junior National Coaching Staff Member directing the Regional Evaluation and the Regional Chairmen, with unanimous agreement, may recommend that an athlete attend the Future Stars National Championships even if that athlete has not obtained the qualifying score.

IV. Future Stars National Championships

The following guidelines will be followed in the conduct of the Future Stars National Championships.

The USAG Men's Junior Olympic Program Coordinator will have the following responsibilities:

1. Set the date, site and format for the Future Stars Championships with Men's Program Director review and approval.
2. Secure a USAG Sanction for the event and secure all officials.
3. Insure that all pertinent details of the event are well publicized to the gymnastics community.
4. Act as the Future Stars Championships Meet Director and perform all administrative duties with regard to entries, scoring, results and awards.

5. Communicate the results of the Future Stars Championships to the gymnastics community.

The Future Stars National Championships are to be a one-day event with a maximum entry fee of \$50.00.

V. Awards

1. Regional Evaluation - Participation awards will be given to all participants in the Regional Evaluation. Special Recognition Awards will be presented to athletes who qualify for the Future Stars Nationals. Awards will be in the form of a Commemorative Certificate and should be presented in an awards ceremony to be conducted immediately following competition.
2. Future Stars National Championships - Participation awards will be given to all participants in the Future Stars Championships. Awards will be presented in an awards ceremony to be conducted immediately following competition.

VI. The Future Stars Event Rotation Order

The order of events for Regional and National evaluation will be as follows: Floor, Horse, Rings, SR Strength, Vault, Parallel Bars, PB Strength, Horizontal Bar, and Flexibility. If trampoline is held as an exhibition event it will follow Flexibility and come before Floor, in the rotation order.

Section VI: State and Regional Clinic

State and Regional educational clinics have always been used as a fundamental medium for the education and exchange of ideas for coaches, judges and athletes. Under the National Team Program, the Junior National Coaching Staff will attempt to provide greater educational leadership by helping State and Regional Chairmen to provide their coaches, judges and athletes with an even more productive clinic environment with a national emphasis.

- A. State and Regional Educational Clinics - Each year it will be the responsibility of the Junior National Coaching staff to provide State and Regional Chairmen with an emphasis for each clinic along with the education and presentation materials to support that emphasis. These clinics should be participatory in nature involving both gymnast and coach in a "hands on" educational medium. A "one day" clinic format will be assumed. Beyond the emphasis topics provided by the National Coaching Staff, each State and Regional Chairman should design his individual clinic to meet the specific needs of his state or region.
- B. Regional Educational Clinics should also include the Regional Evaluation for the 8-9, 10, 11 and 12 year old divisions and qualification to the Future Stars National Championships (unless an alternate date has been approved by USAG). Specifics of the Regional Evaluation are found in Section VII.
- C. Regional Clinics should be held no later than 21 days before the beginning of the Future Stars National Championships.
- D. State Clinics should be held in late September to early October.

Section VII: Future Stars Routines

The Future Stars Routines are arranged by event, and then by age group. The Trampoline Routines and Program can be found in Section VIII.



Routines and Sequences

Age Divisions 8-9, 10, 11, and 12

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