

TOPS

NATIONAL TEAM



Tops A National Team

The USA Gymnastics TOPs program (talent opportunity program) is in its 17th year and continues to identify talented gymnasts who go on to be World and Olympic medalists. The Program was developed by USA Gymnastics in 1992 as a way of finding talented young gymnasts in order to identify them early and provide education to the gymnast and her coach. The program is definitely working as evidenced by the number of former TOPs gymnasts making the USA National Team.

Gary Warren is the USA Gymnastics Elite Program Director and oversees the TOPs program. Warren said, "We monitor the TOPs program and make minor changes from time to time. It is exciting to watch these young TOPs gymnasts develop into amazing athletes and win medals at the international level. It shows the program is working and is headed in the right direction."

TOPs Regional testing took place throughout the summer of 2008 and approximately 2400 gymnasts participated. From those who participated, the top athletes were named to the 7-8 year old National Team, called the Diamond Level. Of the 9-11 year

olds, more than 300 were invited to National Testing and 78 made the TOPs National Team. The National Testing was held in Houston, Texas, in October at the Women's National Team Training Center.

At National Testing the gymnasts perform physical abilities tests including pull-ups, leg lifts, flexibility, sprint, rope climb, vertical jump, push-ups and press handstands as well as the required skills on each of the events including vault, uneven bars, balance beam and floor exercise. The scores are tallied and the top gymnasts in each age division were named to the TOPs National Team.

The camp was held in December and was comprised of three days of educational opportunities for both the athlete and her coach on basics, sports science and general development of these talented young athletes. USA Gymnastics' National Coaching staff, along with coaching support personnel and sport science professionals, conducted the camp. An additional "B" camp was held for the next level of gymnasts at their own expense, also in December.

The TOPs program has shown dramatic success over the last 17 years and continues to be a big part of the success of the USA women's program.



2008 Averages and National Best

Physical Abilities	7 yr. Reg	8 yr. Reg	9 yr. Reg	9 yr. Nat	10 yr. Reg	10 yr. Nat	11 yr. Reg	11 yr. Nat
Shoulder Flexibility-Average 4.95		4.44	4.64	4.66	4.95	4.72	4.99	4.71
National Best	5.000	5.000	5.000	5.000	5.000	5.000	5.000	5.000
Right Leg Split-Average	10.42	11.06	11.28	9.76	11.65	10.46	11.77	10.49
National Best	15.00	15.00	15.00	15.00	15.00	14.00	15.00	14.00
Left leg Split-Average	9.88	10.48	10.84	8.96	11.20	9.662	11.25	9.48
National Best	15.00	15.00	15.00	14.00	15.00	14.00	15.00	14.00
Leg Lifts-Average	12.51	13.88	14.81	18.32	15.46	18.67	15.93	17.70
National Best	20.00	20.00	20.00	20.00	20.00	20.00	20.00	20.00
Cast Handstand-Average	0.62	1.27	3.12	5.80	4.13	6.90	4.60	7.40
National Best	5.000	5.000	10.00	10.00	10.00	10.00	10.00	10.00
Vertical Jump-Average	12.24	13.62	15.40	15.67	16.49	16.30	17.69	17.33
National Best	17.00	20.00	24.25	20.75	24.00	19.50	24.00	22.50
Press Handstand-Average	1.43	2.09	3.89	6.91	4.86	7.91	5.47	7.39
National Best	5.000	5.000	10.00	10.00	10.00	10.00	10.00	10.00
Handstand Hold-Average	7.32	12.57	16.70	26.04	33.33	48.71	40.42	47.66
National Best	30.00	30.00	30.00	30.00	60.00	60.00	60.00	60.00
20 Meter Sprint-Average	3.75	3.59	3.42	3.28	3.32	3.19	3.23	2.85
National Best	3.13	2.91	2.79	2.88	2.75	2.95	2.69*	2.66*
Rope Climb-Average	6.80	5.36	12.90	10.04	11.08	9.17	9.95	8.60
National Best	1.75	1.59	5.10	5.23	4.42	4.83	3.17	5.04
PA Total-Average	44.26	50.41	50.90	61.32	55.25	67.37	58.74	63.98



2008 TOP Averages and National Best

Skills	9 yr. Nat	10 yr. Nat	11 yr. Nat
Vault	7.66	8.46	8.26
National Best	9.40	9.50	9.60
Bars	6.92	7.21	7.11
National Best	9.40	9.70	9.00
Beam Acro	8.22	8.34	7.82
National Best	9.80	9.50	9.50
Beam Dance	7.71	7.86	7.51
National Best	9.60	9.50	9.50
Floor Acro	7.58	8.34	7.10
National Best	9.50	9.30	9.60
Floor Dance	8.24	8.48	8.34
National Best	9.60	9.60	9.60
Skills Total	30.41	32.28	29.68
National Best	37.38	37.80	36.66
Overall Adjusted Total	72.87	78.84	69.86
Overall Adjusted National Best	89.50	91.79	90.13



Tops B National Team