To: Coaches of national team and invited pair/groups  
From: Youri Vorobiev, Vladi Vladev, Carisa Laughon, Luan Peszek, Amy White  
RE: Acro National Team Training Camps and February 2017 Camp Info  
Date: December 12, 2016

**General Information regarding National Team Camps**

As we head into the new year we should all be proud of our program’s 2016 accomplishments, it was truly a year of advancement, as we worked together to achieve many honors for the first time!!! We are also excited and looking forward to a strong group of athletes preparing for our next WAGC/WCH cycle and some of our sports biggest events along the way (World Games and Youth Olympic Games). As an acro community, we must continue to work even harder toward program growth and excellence at our elite levels. As a start, we have added a second National Team Training Camp to our 2017 calendar. In 2017, there will be a NT camp in February and October, giving coaches and athletes more opportunities to train with our National Coaching Staff and other clinicians. There will also be other changes at camp that will help to better identify talent, track progress, provide more focused training and education, and ultimately, better prepare our coaches and athletes for elite competition. These changes include:

1) Each training camp will have a specific focus, including goals and expectations set for the camp. The National Coaching Staff is responsible to develop the goals and expectations and will communicate them to participating coaches ahead of camp. Coaches should prepare their athletes to come to camp ready to work hard and meet the expectations of the camp. If for some reason a pair/group is unable to meet the set expectations at camp, the Program Director and National Coaching Staff should be notified in advance.

2) Required strength, flexibility, and skills ability testing will be conducted at the beginning of each camp. This testing will help the coaching staff and clinicians gain a better understanding of the current abilities of the athletes and to group them appropriately for camp. The strength, flexibility, and skills goals are also meant to aid conditioning and basic skill development in the home gym. Coaches should be working with their athletes on these critical, fundamental areas. These basic strength, flexibility, and skill goals should easily be met before more advanced skills can be achieved. The National Coaching Staff will communicate ability testing goals prior to camp. Abilities testing will be recorded at each camp. Some pair/groups with substantial history and longevity in the same partnership may be exempt from the ability testing at a given camp. The National Coaching Staff will notify exempt pair/groups individually.

3) Open training during the first day of camp will be conducted under the supervision of the National Coaching Staff and used to set training groups for camp. The National Coaching Staff will watch the physical and skills testing and open training and determine Red and Blue...
training groups for each camp. During the open training, each pair/group should be prepared to show a variety of their balance and dynamic skills. The red group will primarily work with the national coaching staff (Youri & Vladi) and the blue group will work with other camp clinicians. Determinations for training groups are based on the following criteria:

a. Age eligibility for the 2017 and 2018 seasons
b. Current level of preparation for the level/age group planning to compete – solid skill technique and execution, skill development and variety, physical preparation (strength, flexibility and conditioning), etc.
c. Must be qualified (passed skills testing) to work at a given level/age group during camp (e.g., a WP must pass skills testing to 13-19 to work in the 13-19 group at camp, otherwise the WP will work with 12-18 group)

February 2017 National Team Camp

Dates: February 2-5, 2017

Location: National Team Training Center (454 Forest Service Road #200, Huntsville, Texas, 77340)

Costs: USA Gym pays for Senior athletes and coaches - flight and accommodations
Junior athletes (room, board and registration fee $400)
Junior coaches (room, board and registration fee $300)
Observing coaches ($250 registration fee – must stay off site)
You must cancel by Jan. 6 for full refund.

Invited participants who can go online and register include:

- 2016-2017 SNT, JNT, and 11-16 AGT members
  o athletes may be in the same partnership or in a new partnership
  o athletes may be working at the same level/age group or at a higher level/age group
  o alternates are also invited
- 2016 WCH or WAGC team pair/groups
  o athletes may be in the same partnership or in a new partnership
  o athletes may be working at the same level/age group or at a higher level/age group
  o alternates are also invited
- Any/all mixed pairs meeting age for 2018 Youth Olympic Games

Coaches of athletes in these categories below should send a request to Carisa and Luan -- Do NOT register until you are approved for camp

- Additional junior (12-18 or 13-19) and senior pair/groups
If any remaining space is available (after entries for the above pair/groups are confirmed), additional pair/groups who are planning to compete at junior elite (12-18 or 13-19), or senior elite for the 2017 season may request to participate at camp.

Please note that any pair/groups making this request must already be skills tested to the desired level, must be prepared to meet the physical abilities and skills testing requirements and run routines, as defined below in the camp expectations.

If a pair/group would like to be considered, video must be submitted to Carisa Laughon (gearycm@yahoo.com) or 317-418-5253 and copy Luan Peszek (lpeszek@usagym.org) for review by the national coaching staff. The video should include all three routines (full routines with skills) OR video of at least 2 balance skill sets and 3 dynamic skill sets.

Because space is limited, the National Coaching staff is placing priority on pair/groups who may be age eligible for junior and senior competition at the 2018 WAGC/WCH, are currently at a strong level of skills development and preparation, and are strong potential for national team in the coming season.

Registration:
Registration will be open from Dec 13 (9amEST)-20, 2016. Registrations will be date stamped and prioritized in the order received. There is limited availability for camp. National team and WAGC/WCH team members should register and book flights.

Registrations for additional junior and senior pair/groups will be confirmed by Dec. 21. If you are in this category, please wait until your registration is confirmed before making flight arrangements.

General Schedule
Thurs., Feb 2 (Day 1) – Arrival (MUST arrive at the NTTC by 5:30 PM for required welcome meeting an open training/abilities testing starting at 6:00 PM. This means your flights should arrive no later than 3:00 PM.)
Open training and skills/ability testing per schedule
Fri., Feb 3 (Day 2) – Two athlete/coach training sessions (morning and afternoon/evening)
Sat., Feb 4 (Day 3) - Two athlete/coach training sessions (morning and afternoon/evening)
Sun., Feb 5 (Day 4) – Morning training (ending by noon)
Departure (flights scheduled anytime after 3:00 PM)

Goals for the February Camp include:
• More detailed preparations for upcoming season, especially heading into Vegas Acro Cup (national qualifier) and looking ahead to WCH/WAGC 2018 preparations
• Work on routine preparation, with focus on artistry, composition
• Continue work on skill development and technique/execution

Expectations for the February camp include [all participants are expected to be prepared for these training activities, unless otherwise notified]:


• Physical Abilities Testing, conducted at the first training session (Day 1) (see details below)
• Be prepared to show routines with music for two exercises (of coaches'/athletes’ choice), which meet the difficulty targets below. Routines should be full routine or close to that. May leave out one skill, if target difficulty is met. Routines will be done on training days 2 & 3.
  o 11-16 – 0.5 difficulty for all routines
  o 12-18 – 70 difficulty for both routines
  o 13-19 – 90 difficulty for a balance or dynamic routine, 100 for combined routine
  o Senior – 130 difficulty for balance or dynamic routine, 160 for combined routine
• For 12-18, 13-19, and senior – be prepared to show third routine as a sequence of skills
  o Short stop between skills, not a break
  o No individual elements
  o No choreography or music required
• MXPs eligible for YOG – not required to meet all skills/ability testing requirements, but should be working toward these goals. Must be able to show controlled skills, clean technique of skills that they currently have. Not asking for full difficulty.
• Tariff sheets for all exercises should be given to National Coaching Staff for review. Tariff Sheets can be uploaded to OTSM (Feb NT Camp folder).

**Acro Physical Abilities and Skills Check Testing Requirements**

• Skills – tops only
  o 11-16:
    • 2 presses up from straddle to handstand then press down to straddle. No hold, but must show control and finish the motions
    • 2 different handstand positions (per the FIG CoP)
  o 12-18 & 13-19:
    • 5 presses up from straddle to handstand then press down to straddle. No hold, but must show control and finish the motions
    • 2 different handstand positions (per the FIG CoP)
  o Senior:
    • 5 presses up from straddle to handstand then press down to straddle. No hold, but must show control and finish the motions
    • 2 different handstand positions (per the FIG CoP)
    • 1 planche position
• Strength test (all athletes)
  o 10 push-ups in 10 seconds
  o 10 V-ups in 10 seconds
  o Handstand walks – 30 feet (one fall allowed)
• Flexibility test (all athletes)
  o Forward bend – feet together, legs straight, wrists flat on floor (hold 10 seconds)
  o Backbend/bridge – flat wrists on the floor (hold 10 seconds)
Splits – two of the splits (right, left, middle) by choice, hands raised from floor (hold 10 seconds)

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<tr>
<th>Front flexibility – forward bend</th>
<th>Back flexibility - Bridge</th>
<th>Splits</th>
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<tr>
<td><img src="image1" alt="Forward Bend" /></td>
<td><img src="image2" alt="Bridge" /></td>
<td><img src="image3" alt="Splits" /></td>
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Coaches Reminders and Additional Education

- All coaches will meet following training for the day to debrief, allow time to speak with the National Coaching Staff, ask questions, etc.
- A few lecture educational sessions may be presented during camp. These will be listed on the final schedule.
- All training MUST follow the schedule. Pair/groups must participate with their assigned groups at assigned times.
- Coaches MUST be in the gym with your athletes. It is important for the personal coaches to be involved with the training sessions and on the floor with the athletes and clinicians.

Remember, if you request a deviation from the training camp expectations or unable to attend, please contact Carisa Laughon in advance of the training camp.