

USA GYMNASTICS WEBINAR

# HOPES

Athlete Developmental Pipeline

USA GYMNASTICS

Women's Program



- ▶ Journey to becoming a national team member and representing USA Gymnastics in an international competition

ATHLETE DEVELOPMENTAL PIPELINE

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- ▶ TOPS Program
- ▶ Developmental Program
- ▶ Hopes Program
- ▶ Elite Program

ATHLETE DEVELOPMENTAL PIPELINE

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- ▶ INTERNATIONAL ELITE COMMITTEE (IEC)
  - ▶ TOPS PROGRAM
  - ▶ DEVELOPMENTAL PROGRAM
  - ▶ HOPES PROGRAM
  - ▶ ELITE PROGRAM

ATHLETE DEVELOPMENTAL PIPELINE



# ▶ VALERI LIUKIN

- ▶ DEVELOPMENTAL TEAM COORDINATOR
  - ▶ TOPS PROGRAM
  - ▶ DEVELOPMENTAL INVITE CAMPS
  - ▶ DEVELOPMENTAL CAMPS

DEVELOPMENTAL PROGRAM

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- ▶ Talent Opportunity Program
- ▶ Testing – State and National
- ▶ 7 to 10 year old gymnasts
- ▶ Physical Abilities and Basic Skill Testing
- ▶ To identify young athletes who are excelling at their level

TOPS PROGRAM

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- ▶ TOPS Webinar in February 2015
  - ▶ USA Website – Webinars
    - ▶ Archived Webinars

# TOPS PROGRAM

- ▶ Developmental Camps
- ▶ Developmental Invite Camps

DEVELOPMENTAL PROGRAM

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- ▶ DEVELOPMENTAL CAMPS

- ▶ 7X YEAR AT THE NATIONAL TRAINING CENTER
- ▶ INVITE ONLY FROM VALERI LIUKIN AND THE NATIONAL OFFICE
- ▶ 5 DAY CAMP
  - ▶ PHYSICAL ABILITIES TESTING
  - ▶ VERIFICATION OF ROUTINES AND SKILLS
  - ▶ TWO-A-DAY TRAINING
  - ▶ COACHES LECTURES
  - ▶ CAMP FEES FOR ATHLETES AND COACHES PAID BY USA GYMNASTICS

# DEVELOPMENTAL PROGRAM

- ▶ DEVELOPMENTAL INVITE CAMPS
  - ▶ 3X YEAR AT THE NATIONAL TRAINING CENTER
  - ▶ INVITE ONLY FROM VALERI LIUKIN AND THE NATIONAL OFFICE
  - ▶ 4 DAY CAMP
    - ▶ PHYSICAL ABILITIES TESTING
    - ▶ VERIFICATION OF ROUTINES AND SKILLS
    - ▶ TWO-A-DAY TRAINING
    - ▶ COACHES LECTURES
    - ▶ CAMP FEES COVERED BY ATHLETES AND COACHES

# DEVELOPMENTAL PROGRAM

## ▶ INVITE TO THE CAMPS

- ▶ TOPS TESTING AND TOPS A AND B CAMPS
- ▶ HOPES AND ELITE COMPETITIONS
  - ▶ NATIONAL QUALIFIER
  - ▶ CLASSICS AND CHAMPIONSHIPS
- ▶ JO NATIONALS – LEVEL 9 EAST AND WEST CHAMPIONSHIPS
- ▶ LARGE INVITATIONAL MEETS
- ▶ VIDEO SUBMISSIONS BY COACHES/CLUBS
  - ▶ RULES AND POLICIES – ELITE SECTION

## DEVELOPMENTAL PROGRAMS

# HOPES

Athlete Developmental Pipeline

USA GYMNASTICS

Women's Program




# HOPES PROGRAM

- ▶ PRE-ELITE PROGRAM
  - ▶ ELITE COMPULSORY
  - ▶ OPTIONALS



# HOPES PROGRAM

- ▶ HOPES COMPETITION SEASON
    - ▶ January – Hopes Championships
    - ▶ Friday, June 3<sup>rd</sup> in conjunction with the Secret Classic
- 
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# HOPES PROGRAM

## ▶ HOPES ATHLETES

- ▶ Compete as a Junior Olympic Gymnast
- ▶ Hopes athlete during the elite season
  - ▶ IN THE SAME YEAR!

# HOPES PROGRAM

## ▶ HOPES AGE GROUPS

- ▶ 10-11 YEAR OLDS

- ▶ 12-13 YEAR OLDS

- ▶ AGE GROUP BASED ON AGE ON 12/31 OF COMPETITION YEAR



# HOPES PROGRAM

- ▶ ELITE COMPULSORY

- ▶ USA Gymnastics Website

- ▶ Text & Video

- ▶ Q&A

# HOPES PROGRAM

## ▶ ELITE COMPULSORY ROUTINES

▶ Must compete each year

▶ 10-11 year olds    32.00 at qualifiers

▶ 12-13 year olds    33.00 at qualifiers

# HOPES PROGRAM

## ▶ ELITE COMPULSORY

### ▶ Vault

- ▶ Any salto vault – tuck, pike or layout w/o twist 10. SV

### ▶ Bars

- ▶ Glide kips, cast to handstand, circles, giants, pirouettes, layout flyaway dismount

### ▶ Beam

- ▶ Kicks, hold, sissones, turns, switch leap, standing back tuck, split jump, BWO, FWO or FHS, BHS/BHS series, RO or BHS into dismount

### ▶ Floor

- ▶ FHS Series, FHS layout to a second front pike or layout or punch layout front to a second front pike or layout, RO to two whips, rebound, RO Layout  $\frac{1}{2}$  or  $1\frac{1}{2}$ , Switch Leap, Tour jete, Turn, Ring Kick, Jump 1/1, Split Jump to Straddle Jump

# HOPES PROGRAM

- ▶ **OPTIONALS**

- ▶ **Compete FIG Rules with Modifications**

- ▶ Modifications on our website TOPS/Hopes

- FIG Code of Points

- FIG Website

- Code of Points

- Help Desk



# HOPES PROGRAM


## ▶ HOPES MODIFICATIONS

- ▶ Composition Requirements – specific to each event
  - ▶ Listed on our website

# HOPES PROGRAM

## ▶ HOPES MODIFICATIONS

### ▶ BARS– FIG Rules

- ▶ 2 release skills
  - ▶ Minimum of one front or L grip element and a back circle element (one being a close bar element)
  - ▶ 180 degree non-flight turn
  - ▶ Minimum B Dismount
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# HOPES PROGRAM

- ▶ HOPES MODIFICATIONS
    - ▶ BALANCE BEAM – FIG Rules
      - ▶ Minimum C Dismount
- 
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# HOPES PROGRAM

- ▶ HOPES MODIFICATIONS

- ▶ FLOOR EXERCISE – FIG RULES

- ▶ Minimum C Dismount

- ▶ FIG Corner Deduction

- ▶ Hopes can stand in the corner with both feet

- ▶ Not longer than a second



# HOPES PROGRAM

## ▶ HOPES MODIFICATIONS

### ▶ National Qualifier Technical Packet

- ▶ Vault Boards

- ▶ Additional Matting

- ▶ Coaches – Bars – Vault and Beam Dismounts


- ▶ Bonus Stick in affect for Hopes

# HOPES PROGRAM

## ▶ HOPES OPTIONAL ROUTINES

- ▶ 10-11 year olds 47.00 at qualifiers
- ▶ 12-13 year olds 48.00 at qualifiers

# HOPES PROGRAM

- ▶ QUALIFICATION to Hopes Classic
    - ▶ National Qualifiers
    - ▶ Hopes National Qualifier - Auburn, Washington
      - ▶ Compulsory
      - ▶ Optionals
- 

# HOPES PROGRAM

## ▶ QUALIFICATION TO HOPES CLASSIC

- ▶ 10 -11 year olds

  - ▶ 32.00 Compulsories

  - ▶ 47.00 Optionals

12- 13 year olds

33.00 Compulsories

49.00 Optionals

# HOPES PROGRAM

- ▶ HOPES CLASSIC

- ▶ May 14, 2016

- ▶ National Training Center, Karolyi Ranch

# HOPES PROGRAM

## ▶ HOPES CLASSIC

- ▶ One day competition – optionals only
- ▶ Top 18 gymnasts in each age group qualify to Hopes Championships
  - ▶ Must have the qualification score to move on

# HOPES PROGRAM

## ▶ HOPES CLASSIC

- ▶ If one age group does not fill out the 18 spots for their age group, the other age group will fill in the spots in rank order as long as they have met the qualifying score.

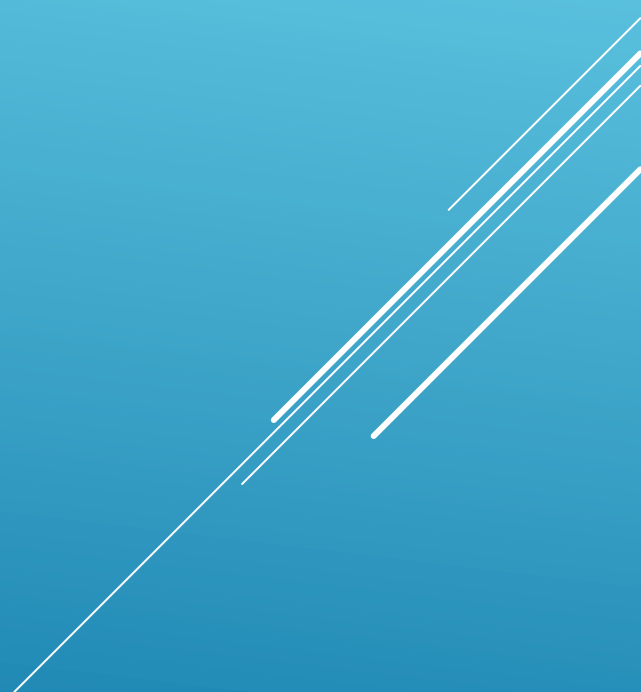
# HOPES PROGRAM

- ▶ HOPES CHAMPIONSHIPS

- ▶ 36 ATHLETES

- ▶ In conjunction with Secret U. S. Classic

- ▶ Podium Competition





# HOPES PROGRAM

- ▶ Hopes Championships
    - ▶ Two age groups
    - ▶ Top 6 gymnasts per age group in All-Around
      - ▶ Awarded GK Elite Hopes Championships Jacket
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# HOPES PROGRAM

- ▶ HOPES CHAMPIONSHIPS
  - ▶ 2007 Gabby Douglas
  - ▶ 2010 Simone Biles

# HOPES PROGRAM

- ▶ HOPES CHAMPIONSHIPS 2015
    - ▶ Kylie Coen – Empire Gymnastics
    - ▶ Sunisa Lee – Midwest Gymnastics
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# HOPES PROGRAM

- ▶ HOPES CHAMPIONSHIPS 2016
  - ▶ Hartford, Connecticut
  - ▶ June 3, 2016

# CONTACT

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