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

- TOPS Program
- Developmental Program
- Hopes Program
- Elite Program
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
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 Webinar in February 2015

USA Website – Webinars

Archived Webinars
Developmental Camps
Developmental Invite Camps
DEVELOPMENTAL PROGRAM

- 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 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 PROGRAM

- PRE-ELITE PROGRAM
  - ELITE COMPULSORY
  - OPTIONALS
HOPES COMPETITION SEASON

- January – Hopes Championships
- Friday, June 3rd in conjunction with the Secret Classic
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 info 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 ½ or 1 ½, Switch Leap, Tour jeté, 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
HOPES PROGRAM

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

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

- HOPES CHAMPIONSHIPS 2015
  - Kylie Coen – Empire Gymnastics
  - Sunisa Lee – Midwest Gymnastics
HOPES PROGRAMES

HOPES CHAMPIONSHIPS 2016

Hartford, Connecticut
June 3, 2016
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