

## SECTION VI: JUNIOR NATIONAL TEAM PROGRAM

**New additions are highlighted**

### **Position Statement on Banned Substances, Drugs and Doping Control \***

USA Gymnastics agrees that drugs and alcohol have no place in sports. We support the philosophies of the IOC, FIG, and USOC in trying to rid sports and society of harmful drugs and we agree to follow all rules and regulations set forth by these agencies of sport to accomplish that end. We also acknowledge that our athletes, as well as our coaches, officials, employees, administrators and agencies must support a drug and alcohol free sports environment and ethically and morally endorse these principles in the best interest of our sport, our federation and the athletes we serve.

\* This is an excerpt. For a copy of the complete Position Statement, please contact USA Gymnastics.

#### **I. Purpose**

The USA Gymnastics Junior Elite National Team Program has two goals. One is the recognition of competitive excellence through national team participation and the other is 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. **Identifying** the competitive path for our junior elite athletes and elevating the importance of successful competition.
- B. Creating an educational and evaluation system that emphasizes international competitiveness.
- C. Involve the personal coaches in overall program planning and organization as well as individualized athlete planning.
- D. The education of the basic principles of coaching and the **overall** development of the elite athlete.

#### **III. Training Camp Program Goals**

- A. Train basics, skills, sequences, half routines and routines.
- B. Evaluate skill and routine development.
- C. Assist direction of training programs throughout the year.
- D. Provide educational clinics for the gymnasts **and** coaches.
- E. Evaluate athlete progress through intra-squad meets.
- F. Bring foreign coaches to the training camps to exchange information and knowledge with American gymnasts and coaches.

#### **IV. Junior Elite and Junior National Team Composition**

The Junior National and Junior Elite National Teams are comprised of 28 athletes, ages **11** to 18, selected at either the Junior Olympic National Championships or the U.S. Championships. All Team Members must meet the qualifications set by the Senior Director of the Men's Program, his designee and the Junior National Coaching Staff. USA Gymnastics will pay travel and training camp expenses to and from the designated training camps for all Junior National

Team Members. Team members must pay their own travel and room and board for the Junior Olympic National Championships and/or the U.S. Championships.

## V. Junior Elite and Junior National Team Responsibilities

- A. A National Team Member must attend all USA Gymnastics scheduled training camps. Members may be excused for emergency situations, but the nature of the emergency must be communicated to USA Gymnastics.
- B. A Junior National Team Member MUST attend any event, competition, etc., assigned by USA Gymnastics.
- C. Based on observations at training camps, a Junior National Team Member MUST maintain a good attitude toward training and must not present any undue problems, psychological or otherwise.

## VI. Junior Elite and Junior National Team Selection

The selection procedures listed below are subject to change by either the Men's Program Committee or Junior Olympic Program Committee based on the competition schedule or other National Team program factors. Coaches are encouraged to review posted MPC & JOPC minutes and specific event information for up to date selection procedures.

- A. Junior Elite Age 17 – 18 and Junior Elite Age 15 - 16
  - 1. Seven gymnasts, ages 17-18, and seven gymnasts age 15 – 16, will be selected based on placing in the Junior Elite Division at the U.S. Championships. ~~To be eligible for the Junior Elite Division at the U.S. Championships a gymnast may not turn 19 years of age during the year of that U.S. Championships (i.e., not eligible for the 2013 U.S. Championships if turning 19 in 2013.)~~
  - 2. Qualification to the U.S. Championships will be determined by the Men's Program Committee each year and posted no less than 90 days prior to the U.S Championships.
  - 3. Athlete's age is determined according to the current Junior Olympic Age Group Program rules that 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 have qualified.~~
  - 4. The Junior Elite Division at the U.S. Championships will use FIG scoring, with any MPC published modifications.
- B. Junior National Age 11 - 12 and 13 - 14
  - 1. The top 7 Level 8 ages 11 - 12 gymnasts, and the top 7 Level 9, ages 13 – 14 gymnasts rank order all-around, from the Junior Olympic National Championships will comprise the Junior National Team.
  - 2. Qualification to the J.O. National Championships will be through the normal USAG Age Group Competition Rules.
- C. Additional Athletes

The Junior National Coaching Staff has the ability to place up to three additional athletes onto the Junior National or Junior Elite National teams based on unusual or extenuating circumstances.

## VII. Junior National Developmental Team Selection

- A. Selection - The Junior National Development Team will be selected from the 10, 11, 12 and 13 year old age divisions at the Future Stars National Championships/Evaluation every Fall.

The gymnasts perform compulsory routines composed of about ten basic skills and are also evaluated on trampoline and on their performance of prescribed flexibility, strength and body positions. A Junior National Coaching Staff member and an NGJA judge will evaluate the routines and the additional requirements and jointly produce scores based on technique and execution.

B. The following athletes will make up the Junior National Development Team from the Future Stars National Championships competition in rank order all-around scores:

- 10 year olds – top 16
- 11 year olds – top 16
- 12 year olds – top 12
- 13 year olds – top 6

These athletes will receive a National Development Team warm-up that identifies them as team members.

D. The following athletes, selected in rank order, and their coaches will be invited to attend a Junior National Development Team training camp the following summer:

- 10 year olds – top 8
- 11 year olds – top 8
- 12 year olds – top 6
- 13 year olds – top 3

USA Gymnastics will provide the athletes and coaches with room and board during the camp.

## VIII. Junior National Team Training Camps

The goal of the Junior National Team Training 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. The Junior National Camps will feature the following:

- A. Coaches will work primarily with their own athletes. Junior National Coaching Staff and guest staff will work with groups of coaches.
- B. The athletes are divided into groups and a designated Team Leader (one of the personal coaches) will be assigned to each group by the National Team Coordinator (NTC).
- C. All staff and coaches will discuss the camp's progress each day. This will include athlete evaluations. They will also carefully cover the next day's plans and activities.
- D. Coaches will meet individually with the National Team Coordinator to discuss long-term development, goals and workout plans. These meetings will also be used to set individual goals for the next camp.
- E. Evaluation on all or some of the following: team presentation and warm-up, basic tumbling, individual presentation, individual skill development, strength, flexibility, optional routine development.
- F. The setting of specific goals for the next camp.
- G. Educational support materials for both the athlete and coach.

Contact USA Gymnastics Merchandising for the Age Group Competition Manual, videos and other materials.

## **IX. Junior National Coaching Staff**

### **Mission Statement of the Junior National Coaching Staff**

The mission of the Junior National Coaching Staff is to help properly prepare our junior gymnasts to perform at the highest level in international competition.

In support of this mission statement the Junior National Coaching Staff will:

1. Take a leadership role in coaches and athlete education.
2. Design and facilitate the implementation of programs and curriculum that support proper development of all athletes.
3. Pursue international educational and competitive opportunities for junior athletes and coaches.
4. Assist in the identification and selection of athletes and coaches for international competitions.
5. **Assist** in the direction and content of all junior national team training camps.

In support of the mission statement and the goals identified within that statement the Junior National Coaching Staff pledges to:

- Conduct itself in a professional manner
- Work for the advancement of all athletes and coaches within the men's gymnastics community.
- Research and pursue the most contemporary technical information.

## **X. Junior National Coaching Staff Responsibilities**

The Junior National Coaches Staff is responsible for providing the leadership in technical development and execution to the Junior Program of the USA Gymnastics Men's Program. Selection to the Junior National Coaching Staff is a singular honor and is a responsibility that requires attendance at training camps, coach's staff meetings and the USA Gymnastics National Congress. The Junior National Coaching Staff members are available as a resource for the states and regions. They have demonstrated by their talents and successes that they are leaders in the sport.

### **A. General**

1. Work with the Men's Program Manager, National Team Coordinator, and other staff members in a professional manner.
2. Perform the position's required administrative and coaching duties.

### **B. Specific**

#### **1. Required Event Attendance**

- a. Be prepared to attend at least one Junior National Team Training Camp per year as assigned by the National Team Coordinator. In addition:
  - i. Be prepared to carry out assigned duties in such areas as coaching, group leader, supervisor and resource person for other coaches.
  - ii. Attend all camp staff and coaches meetings.
- b. Attend Future Stars National Championships and National Coaches Workshop and be prepared to:
  - i. Evaluate the Future Stars National Championships.
  - ii. Participate as a presenter, lecturer and/or a coach at the National Coaches Workshop.

- c. Attend USA Gymnastics National Congress and be prepared to participate as a presenter or lecturer as requested.
  - d. Attend scheduled Junior National Coaching Staff meetings: USAG National Congress, Junior Olympic National Championships, and Future Stars National Championships.
2. Duties at the Regional and State level
    - a. Junior National Coaching Staff members are charged with the responsibility of planning and directing the technical aspects of regional camps and coaches workshops. Toward that end, Junior National Coaching Staff members must work with the Regional Chairman of the staff member's home region to develop and carry out a Regional Clinic within the needs and realities of that region.
    - b. Junior National Coaching Staff members are charged with the responsibility of planning, approval and, whenever possible, directing the technical aspects of state camps and coaches workshops. Toward that end, Junior National Coaching Staff members must work with the State Chairmen of the staff member's home region to develop and carry out a State Clinic within the needs and realities of that state.
    - c. Attend and oversee the Regional Future Star's evaluation in the staff member's home region.
  3. Serve as a resource person for the community.
    - a. Be willing to work with and serve as a technical resource to coaches within their region and to national team member's coaches.
    - b. Be willing to draft and submit technical articles for publication in a timely manner when requested.
  4. Miscellaneous: Junior National Coaching Staff members should attempt to make themselves available, whenever possible, for the following when requested:
    - a. Attend other training camps as requested by the Men's Program Manager.
    - b. Conduct other regional clinics or camps.
    - c. Attend domestic or international events as assigned.
    - d. Attend FIG Solidarity Courses as assigned.

## **XI. Junior National Coaching Staff Selection**

- A. Application: Interested applicants may, at any time, send a request for appointment and a complete resume to the Men's Program Director. The Men's Program Director will review the application, consult with the National Team Coordinator and the Junior National Coaching Staff and then determine appointments to the staff based on:
  1. Professional membership in the Men's Program.
  2. Involvement in the junior program on the local, regional and national level.
  3. Demonstrated interest in the national program through attending clinics, training camps and USA Gymnastics National Congress.
  4. Perceived ability to integrate into the Junior National Coaching Staff.
  5. Technical knowledge of gymnastics.
  6. Competitive experience.
  7. Education.
- B. Term: The term for a Junior National Coaching Staff position is four years. The initial year of the four-year term shall be probationary and the Men's Program Director may elect to terminate a Junior National Coaching Staff appointment at the end of the first year. There is no limit to the number of consecutive terms.
- C. Removal from the Junior National Coaching Staff: Failure of a Junior National Coaching Staff member to follow the USAG Code of Ethics or to meet the obligations set forth in this document and the mission statement may result in suspension or termination of a Junior National Coaching Staff appointment by the Men's Program Director.

## **XII. Current Junior National Coaching Staff**

**Chairman: National Team Coordinator, Kevin Mazeika**

Mike Naddour, Region 1

Yoichi Tomita, Region 1

Vince Miller, Region 1

Tom Meadows, Region 3

Yuejin Sun, Region 3

Chuck Chmelka, Region 4

Kelly Crumley, Region 5

Gene Watson, Region 5

Juha Tanskanen, Region 5

Lorenzo Macaluso, Region 6

Jim Hisey, Region 8

Brandy Wood, Region 9

Nancy Spielkamp - Dance and Presentation Specialist

Joy Umenhofer - Trampoline Specialist