

ATHLETE DEVELOPMENT COMMITTEE

April 17, 2009

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	Kelly Pitzen
	Chris Burdette
National Team Coord	Martha Karloyi
Vice President Program	Kathy Kelly
Elite Program Manager	Gary Warren

The following recommendations were made to the ADC through various meetings conducted at the National Team Training Center during the March National Team Training Camp

1. TOPs Physical Abilities changes (effective for the 2009 season) and Elite Compulsory changes (effective immediately)
Recommendation the following changes to the TOPs Physical Abilities and Elite Compulsory for the 2009 season

1) Eliminate the sheep jump in the Elite Compulsory Floor routine. Reason: the criteria in the new code to get credit for this move is extremely difficult and it is felt that constant training of this skill for many body types will not be productive.

ADDENDUM (4/26/2009): A Split Jump will replace the Sheep Jump.

2) For the bridge test in the TOPS program, two tape marks will be placed on the floor that are just 12" apart (measured from the inside of both tapes) and the athlete being tested **MUST** place their hands inside and not touching these tape marks when performing the back bridge test. Reason: a beam is only 4" wide and many of the athletes are using an extremely wide arm placement in performing and getting good scores on this test by having wide arms. Fingers must remain pointed forward and arms completely straight, as previously specified.

3) The TOP cast handstand tests should be changed to:

7-8 Year Olds -- 5 attempts are given and if they reach a body angle of between 90 and 45 degrees they receive one point, if they go above 45 degrees they receive two points --- the body must be in a straight or hollow shape, if there is any pike or arch in the body the score is a zero regardless of the angle of the cast.

9-11 Year Olds -- 5 attempts are given using the same criteria stated above except they must cast a minimum of 45 degrees to receive one point and to within 15 degrees of a handstand to receive the maximum of two points per attempt.

Motion Valeri Liukin
Second Steve Rybacki
PASSED