



## COACHES

### GENERAL INFO

1. To participate in the TOPS program, an athlete must have achieved a minimum score of 36.00 in a Level 3 or higher USAG sanctioned event in the past or current season.
  - o Proof of athlete's score of 36.00 (meet results or link) must be sent to Christy Naik at [cnaik@usagym.org](mailto:cnaik@usagym.org) the week of their physical abilities testing.
2. Skills testing eligible athletes can be found [HERE](#). These athletes will be allowed to participate in the skills testing phase from January - April at invitational competitions.
3. The registration fee is \$75/sanction for any TOPS athlete to participate in an approved skills testing. Athletes may compete in as many testings as they like. Collection of this fee is the Meet Director's responsibility, and the entry is paid to the host of the competition.
4. TOPS athletes may also participate in any invitational at their designated Development program or Xcel levels at the same competition. The TOPS session will be a separate sanction to allow Dev or Xcel athletes to also test TOPS (Meet Reservation will not allow an athlete to be entered in with two different levels in one sanction).

### NATIONAL TOPS TESTING

1. Once skills testing is complete in April, athletes will be ranked accordingly and invited to participate in National TOPS Testing in Houston, TX. Check the [current calendar](#) on the USA Gym website for dates.
  - o Athletes will test physical abilities and skills at National TOPS Testing.

### TOPS A & B CAMP

1. TOPS A and TOPS B team will be determined, and invitations sent within 7-10 days upon completion of National TOPS Testing.