

National Elite Program Committee Conference Call February 6, 2007

The meeting was called to order 11:00 am by Gary Anderson, National Elite Program Chairman.

I. Roll Call:

Chairman	Gary Anderson
Region I	Jack Carter
Region II	Brad Loan-absent
Region III	Chris Burdette
Region IV	Greg LaFleur-absent
Region V	Mary Lee Tracy
Region VI	Barbara Tiess
Region VII	Jen Bundy
Region VIII	Toni Rand
WPD	Gary Warren

II. TOP Task Force

Gary Warren explained to the committee that a TOP Task Force of Gary Warren, Gary Anderson, Marta Karolyi, Tammy Biggs and Tami Davis met in Indianapolis on January 8, 2007 to develop proposed changes to the TOPs program. The National Elite Program Committee (along with several TOP coaches) was given several weeks to review the proposed changes. The committee reviewed the proposed changes and made revisions to the proposals. The following is the final version of the TOP changes for the 2007 season.

III. Physical Abilities Testing

Recommendation to accept the following changes to the TOP Physical Abilities testing for the 2007 season:

TOP Physical Abilities

1. Eliminate the "Active Shoulder Flexibility" Test
2. Introduce a "Bridge" test for shoulder and back flexibility
 - a. Points will be awarded for positions attained
 - b. Max points awarded will be 5
3. Eliminate the current "Leg Flexibility" Test
4. Introduce the current National Team Leg Flexibility Test
 - a. Kick front, side and back (each legs)
 - b. Hold front, side and back (each legs)
 - c. Points will be awarded for certain positions attained.
 - d. Leg Flexibility test will be worth 15 points total
5. Change the Leg Lift Test to the following:
 - a. Leg Lifts are to start and finish in a horizontal position, toes must touch or pass under the bar
 - b. A maximum of 20 Leg Lifts are to be completed (not for time)
 - c. Deductions will be taken for improper form
6. Rope Climb
 - a. Athlete MUST start the Rope Climb with her feet off of the mat (high V). Heels or the back of the legs touching the mat upon starting the test will result in a "false start." Only one false start is permitted.
7. Excessive coaching or giving technical corrections will not be permitted by the coach once the test has begun. Cheering and encouragement will be permitted.
8. No "retests" will be permitted (except where specified in the description of the test)

Motion: Chris Burdette
Second: Jen Bundy
PASSED

IV. TOP Skills Testing

Recommendation to accept the following changes to the TOP Skills testing for the 2007 season:

TOP Skills

1. Vault
 - a. 9 year old
 - i. RO, FF up on to stacked mats (using a vaulting board)

1. Land on feet
 2. 120-125 cm high
 - ii. Trampoline layout $\frac{1}{2}$ or 1/1
 - b. 10 year old
 - i. Yurchenko timer (land on feet)
 1. On vault table @ 125 cm
 2. Mats stacked at height of vault table (or higher) in the landing area behind the table
 - ii. Trampoline layout 1/1
 - c. 11 Year old
 - i. Yurchenko vault (any body position)
 1. On vault table at 125 cm
 2. In to loose foam (or resi) pit with mats at floor level
2. Bars
 - a. 9 year old
 - i. 2 glide kip cast to 45 degrees or higher, with legs together on the glide and the cast
 - ii. Cast, 1 clear hip circle or toe circle around the bar
 - iii. 3 tap swings with $\frac{1}{2}$ turn on 3rd swing
 - iv. 1-3 back giants
 - v. Layout flyaway (from cast or giant)
 - b. 10 year old
 - i. 3 consecutive tap swings or giants with $\frac{1}{2}$ turn on each swing
 - ii. 2 consecutive clear hips circle and/or toe circles and/or stalder circles, one must be to handstand
 - iii. Giant $\frac{1}{2}$ turn (blind change) to front giant (Front giant can be done separately)
 - iv. Long hang, kip cast to handstand (legs together), 2 giants to layout flyaway
 - c. 11 year old
 - i. National Elite Testing Low Bar sequence
 - ii. National Elite Testing High Bar sequence
 - iii. Double salto dismount any position (prefer a double back)
 - iv. "One" of the following release moves
 1. Low to high
 2. High to low
 3. Same bar release (will receive added credit)
3. Beam Acro ** Note: ALL beam skills are expected to be done on a high beam (mats allowed up to 10 inches under the bottom of the beam) in order to receive full credit for any beam skill. Low beam will have mats stacked to the BOTTOM of the beam.
 - a. 9 year old
 - i. Scale to handstand hold
 1. Legs together 2 seconds
 2. Legs apart 1 sec (split position)
 3. Step down to lunge
 - ii. Back walkover to lunge
 - iii. Front handspring or front walkover
 - iv. Front to back cartwheel to lunge
 - v. Back handspring step out, land in lunge
 - vi. Cartwheel (or better) to back salto dismount
 - b. 10 year old
 - i. Scale to handstand hold
 1. Legs together 2 seconds
 2. Legs apart 2 seconds
 3. Step down to lunge
 - ii. Front Walkover, or front handspring or front Aerial
 - iii. Flip flop series
 1. 1st FF is step out
 2. 2nd FF allowed with legs step out or legs together
 - iv. Standing back tuck
 - v. Round off or back handspring to salto dismount (any position)
 - c. 11 year old
 - i. Front aerial or front tuck
 - ii. Side aerial or side somi
 - iii. Flip flop series
 1. 1st FF is step out
 2. 2nd FF allowed with legs step out or legs together
 - iv. Standing back tuck or pike (land on 2 feet)
 - v. FIG salto EGR
 1. Acro series with 1 element being a salto
 - vi. Dismount of at least a layout – from either a round off, round flip flop or flip flop series
4. Beam Dance
 - a. 9 year old

- i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 - b. 10 year old
 - i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 - 1. will perform a full turn instead of the releve hold (leg position optional)
 - c. 11 year old
 - i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 - 1. will perform a full turn instead of the releve hold (leg position optional)
- 5. Floor Acro
 - a. 9 year old
 - i. 2-3 running steps, front handspring step out, front handspring, front tuck salto
 - ii. Jump hurdle from board, round off 3 flip flops to layout, rebound
 - iii. Standing back tuck or pike
 - iv. Back extension roll (with straight arms) to handstand
 - b. 10 year old
 - i. 2-3 running steps, front handspring step out, front handspring, front salto (tuck, pike or layout)
 - ii. Jump hurdle, round off 3 flip flops to layout salto, rebound
 - iii. 2-4 running steps, round off, flip flop layout 1/1 salto
 - iv. Back extension roll with ½ turn to handstand
 - c. 11 year old
 - i. From a front handspring or a run punch, perform a front salto with 1/1 twist (any position)
 - ii. Run to round off, 1-2 flip flops to layout salto with 1 ½ twist
 - iii. FIG double salto EGR (Acro series with 2 elements being a salto)
 - iv. Double salto (forward or backward) from flip flops or front handspring or punch (performed into a resi pit surface at floor height)
- 6. Floor Dance
 - a. 9 year old
 - i. Pas Marche
 - ii. Full turn (leg position optional)
 - iii. Split jump, straddle jump, tuck jump (any order)
 - iv. Run in to 3 split leaps in a row
 - b. 10 year old
 - i. 1/1 turn
 - ii. FIG B leap or hop
 - iii. ERG dance passage
 - 1. A dance passage with at least 2 dance elements with 1 of the elements being a 180 degree split taking off of 1 foot and landing on 1 foot
 - c. 11 year old
 - i. 1 ½ turn (or more) leg position optional
 - ii. FIG C leap or hop
 - iii. ERG dance passage
 - 1. A dance passage with at least 2 dance elements with 1 of the elements being a 180 degree split taking off of 1 foot and landing on 1 foot
- 7. Skills testing notes
 - a. Each Event will be given a value of 10 points
 - b. Each skill within the event will be given a value to add up to 10 points
 - c. Elements (or combinations) on any event will be given ½ credit if spotted or touched during the performance
 - d. Beam elements will be given ½ credit if performed on low beam
 - e. There will be a .5 deduction from the skill for any retests.
 - f. Retests will be offered at the discretion of the evaluator only. The athlete and coach will be given the opportunity to accept or decline the retest.

Motion: Toni Rand
 Second: Mary Lee Tracy
 PASSED

V. TOP Video and Manual

Gary Warren informed the Committee that a new TOP Video and Manual will be created and should be available to the gymnastics community by the first of April, 2007.

Meeting adjourned 12:15 pm.

Motion: Jack Carter
 Second: Barbara Tiess