

# ELITE / TOP NEWSLETTER

## 2005 SUMMER SEASON

4/ 24 /05

### T O P S

**CHANGES!!**

**Handstand Hold**

The athlete kicks up into a handstand using a hard or padded non spring floor, a padded spring floor, a low beam or a high beam. The handstand CANNOT be performed on parallettes. She must hold the handstand without any walking of the hands during the handstand. 7-9 year olds will hold the handstand for a maximum of 30 seconds and 10-11 year olds will hold the handstand for a maximum of 60 seconds. If the athlete falls (or there is hand walking) within the first 5 seconds for a 7-9 year old or the first 10 seconds for a 10-11 year old, she may have a second attempt. Once 5 or 10 seconds have passed, the handstand test must continue and a second attempt will NOT be given. A "start value" will be given for the amount of time the handstand is held. Deductions will be taken for:

- **Body piked = 1, Body arch = 1, Arms bent = 1, Head out = 1, Bouncing during handstand = 1, Legs bent = 1, Feet not pointed = 1**

**Forward Splits-Left and Right**

Two regulation vaulting boards (20-22 cm at the crown of the board) are placed low end to low end. The gymnast begins by placing herself into a split position with one leg on the front board and the other leg on the back board. The upper torso should be directly over where the two boards meet. The gymnast must go down on the boards as far as possible. Her hands cannot touch the floor or the vaulting boards during the actual evaluation. Deductions will be made from 15 points using the following criteria:

Height off of the boards: 0 - 5 points  
 0"=0, 1"=1, 2"=2, 3"=3, 4"=4, 5"=5

Squared Hips: 0 - 4 points  
 0°=0, <22°=1, 45°=2, 67°=3, >67°=4

Squared Shoulders: 0 - 2 points  
 0°=0, <22°=1, >22°=2

Body Posture: 0 - 2 points  
 Back slightly arched=1, Back arched=2

Leg Form: 0 - 2 point  
 Leg Form=1, Leg Alignment=1

**SUMMER REGIONAL COMPETITIONS FOR TOPS**

<a href="#">Region V</a>				
June 4	TOP Testing	<a href="#">Rochester Hills, MI (GTC Classics)</a>	<a href="#">Lynda Rourke</a>	248-852-8494
June 18	TOP Testing	<a href="#">Westmont, IL (IGI)</a>	<a href="#">Doug Miller</a>	630-325-3333
June 18	TOP Testing	Vienna, OH (Olympic Dreams)	<a href="#">Dawn Toussaint</a>	330-539-6767
June 24-	Elite Regional	Joliet, IL (Arena Gymnastics)	<a href="#">Mary Lee Tracy</a>	513-860-

25	(International)			3082
June 25	TOP Testing	<a href="#">Louisville, KY (Champion Gymnastics)</a>	<a href="#">Scott Austin</a>	502-809-1386
June 26	TOP Testing	<a href="#">Cincinnati, OH (Cincinnati Gymnastics)</a>	<a href="#">Enrique Trabanino</a>	513-860-3082
July 15	TOP Testing	<a href="#">Broadview Heights, OH (Gym World)</a>	<a href="#">Dawn Toussaint</a>	330-539-6767
July 16	TOP Testing	<a href="#">Cincinnati, OH (Cincinnati Gymnastics)</a>	<a href="#">Enrique Trabanino</a>	513-860-3082
July 23	TOP Testing	<a href="#">Indianapolis, IN (DeVeau's Gymnastics)</a>	<a href="#">Don Gibson</a>	317-849-7744
July 30	TOP Testing	<a href="#">Westmont, IL (IGI)</a>	<a href="#">Doug Miller</a>	630-325-3333

## NATIONAL QUALIFIER

Best Western - Willis - 20 miles from camp 12323 - I45 North Willis, TX 936-856-1906	Comfort Inn - Conroe - 25 miles from camp 1115 League Line Road Off of Interstate 4 -exit #91 Conroe, TX 936-890-2811	La Quinta – Conroe – 25 miles from camp 4066 Sprayberry Lane League Line Road off of Interstate 45–exit #91 Conroe, Texas
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### Schedule of Events:

**July 2 – Sat.**                      Compulsory Competition

#### Host and Competition Site Club:

USA Gymnastics Women’s National Team Training Center  
Karolyi Gymnastics Camp  
454 Forest Service Road #200  
Huntsville, TX 77340  
Phone: 936-291-0007 or 936-291-3314  
Fax: 936-291-3314

12:00 PM – General Stretch  
12:30 PM – Warm-up first event  
Competition is Warm-up/Compete Format  
Training Available  
7:00 PM – 9:00 PM

**July 3 – Sun.**

Optional Competition  
10:00 AM – 10:30 AM – General Stretch  
10:30 AM – 11:30 AM – Timed Warm-ups  
11:30 AM – 2:30 PM – Competition

# REGIONAL QUALIFIER

**Arena Gymnastics 2701 Black Road Joliet, IL 60435**

**Phone:** 815/730-7453

**Fax:** 815/531-1007

**Contacts:** Daniel & Beth Miller

**Email:** [aerialarena@peoplepc.com](mailto:aerialarena@peoplepc.com)

## Hotel Information

Best Western  
4380 Enterprise Dr  
Joliet, IL 60431  
815-730-7500

**When:** June 24<sup>th</sup>

**Time:** Optionals 10:00 am / Compulsories 1 ½ hours following Optionals

**Entry Form:** [www.cincinnati-gymnastics.com](http://www.cincinnati-gymnastics.com) (elite)

**This will be the only regional qualifier for the 2005 Classic**

## CLASSICS

(last update 04/08/05)

### 2005 US Classic/Challenge

International Elite and Pre-Elite Level Qualifiers

July 22-24, 2005

Virginia Beach Pavilion Convention Center

#### **Host Club:**

Excalibur Gymnastics  
5816 Arrowhead Drive, Suite 102  
Virginia Beach, VA 23462  
757-499-8258 Phone  
757-499-8451 Fax

#### **Host Hotel:**

Double Tree Hotel  
1900 Pavilion Drive  
Virginia Beach, VA  
757-422-8900 Phone

### TENTATIVE SCHEDULE

July 22 - Fri.

#### **TRAINING GYM**

Challenge Physical Abilities Testing

Warm-up @ 8:00 AM, Competition @ 8:30 AM

#### **COMPETITION GYM**

International Training (Jr and Sr) 8:00 am - 10:30 am (structured)

Junior International Training 1:00 PM - 4:00 PM (structured)

Senior International Training 4:00 PM - 7:00 PM (structured)

**TRAINING GYM**

Challenge Compulsory  
5:00 PM Pre Elite Coaches Orientation Meeting  
Warm-up @ 5:00 PM, Competition @ 5:30 PM  
Warm-up - Compete format

**DOUBLE TREE HOTEL**

US Classic Coaches Orientation Meeting @ Double Tree Hotel – 9:00 PM

**July 23 – Sat.**

**COMPETITION GYM**

Senior International Training 8:00 AM - 10:00 AM

**COMPETITION GYM**

Junior International Warm-up 11:00 AM - 1:00 PM  
Junior International Competition 1:00 PM - 4:00 PM

**COMPETITION GYM**

Senior International Warm-up 5:00 PM - 7:00 PM  
Senior International Competition 7:00 PM - 10:00 PM

**TRAINING GYM**

Challenge Training  
9:00 AM – 1:00 PM & 4:00 PM – 6:30 PM

**July 24 - Sun**

**COMPETITION GYM**

Challenge Optionals Warm-up 11:00 AM - 1:00 PM  
Challenge Optionals Competition 1:00 PM - 4:00 PM

**MEET DIRECTORS:**

**Gustavo Moure & Dena Walker —**  
[information@excalibur-gymnastics.com](mailto:information@excalibur-gymnastics.com)

**Please send entry forms to and direct all inquiries to:**

Excalibur Gymnastics  
5816 Arrowhead Drive  
Virginia Beach, VA 23462 USA  
Gym (757) 499-8258 Fax (757) 499-8451

**NEW CODE**

! Xjrm! cf! jo! fggfdu! gpmmpxjoh! uif! 3116! Xpsme! Dibnqjpotijqt!  
Boz! rvftujpot! qmfbtf! dpoubdu! Nbsz! Mff! Usbdz! 624.971.4193! ps!  
[vtbnmuAbpmqpn](http://vtbnmuAbpmqpn)