



## Georgia State Elite Team Camp Optionals - Levels 8 through 10

### Purpose of Camp

#### 1. Identify State Weaknesses

- Attack State Weakness
- Educate athletes and coaches on methods for improvement of said weaknesses
- Educate coaches on best practices regarding routine construction

#### 2. Refine Technical Execution of Skills

- Utilize camp staff to help resolve technical issues specifically related to Technical Sequences:
  - Floor: Arabian, FHS Bounder Diveroll, Turnover Handspring/Whip
  - Pommels: Moore to DSA, DSB to dismount
  - Rings: Turnover Swings, Front and Back Giants
  - Vault: How to go from Yamashita to FHS Pike
  - P-Bars: Giant/Peach with no execution error
  - High Bar: Pirouetting to HS

#### 3. Develop new skills

- Set specific goals on each event for new skills to be developed/achieved during the weekend, for upcoming season, and for long-term development

#### 4. Focus on Presentation

- 100% of time focused on the "look" of a Georgia Athlete:
  - Team Line Up
  - Body Language throughout training
  - Eye contact when being given a correction
  - Respectful attitude to all coaches, and an open mind regarding corrections
  - Always helping adjust equipment, move mats etc.
  - Encouraging and Motivating to teammates

#### 5. Build Team Unity

- We encourage all our visiting athletes to stay at the host hotel.
- Saturday night we will be taking the athletes on an outing. Dinner will be provided for all coaches and athletes at the event. Parents are welcome to attend.

## General Structure and Schedule of Camp

### Each day will consist of:

1. **Team Warm-up** - Based on the Region Elite Warm Up and modified to target our state's weaknesses, and to focus on what our athletes individually need.
2. **Basic Tumbling** - Our focus is on how basic tumbling transfers to high level skills, and the coordination between those skills.
3. **Training Blocks** - This time will be used to work through our basic list, but our main focus will be on the difficulty upgrades.
4. **Strength/Flexibility Testing** - Testing will be done during the last training session of the weekend. Testing is used as a transparent way for coaches to track progress, and athletes to be able to clearly see improvement in these areas.

## Strength Testing List

### Optional

- PB Strength Sequence
  1. V Straddle Press HS
  2. Lower to L
  3. Pike Press
  4. Lower to Straddle L
  5. Straddle Planche for Time
- Straddle Press Facing away from wall
- Manna/Press Through Strength
- Ring Strength Sequence
  1. Muscle Up
  2. L Hold
  3. Press to Straddle Planche
  4. Lower to L or Straddle L Hold
  5. Press to HS Hold
  6. Lower to Support
  7. Lower through or Hold Cross
- 30 Second Ring HS (No Cables)
- Straight Arm Press
- Rope Climb for Time
- Floor Mushroom Circles over Single Pommel
- Max Leg Lifts
- Max HS Push Ups w/ Parallettes (freestanding)
- Max Pull Ups
- Max 'L' Hold
- Max Straddle Planche Hold

### Ongoing Evaluations:

Presentation

Overall look of Team and Athlete's Attitude and Presentation

Strength

Evaluation of Overall Strength & Flexibility Level

## **ATHLETE AND COACH RESPONSIBILITIES:**

### ***Team Leader Responsibilities:***

- Organize the Squad
  - Line up at each event
  - Hold Team accountable to training standards and goals
  - Information for that event – Goals and skills in Training
- Coordinate the Coaches in the Squad
  - Debrief the day at evening meeting (with your group coaches)
  - Plan for next day training
  - Determine who is the event leader for each event the next day – lead daily clinics

### ***Athlete Responsibilities:***

- Growing the culture of Georgia Boys Gymnastics.
- Train with an energy that promotes excellence.
- Figure out what your comfort zone is, and smash through it.
- Celebrate improvement, no matter how small, but never be satisfied. Progress not perfection.
- Be quick to build your teammates back up. Don't allow negativity to become part of our training.
- Cell phone usage limited to recording of skills
- Never leave the training gym building during scheduled workout time

### ***Coaches Responsibilities:***

- Growing the culture of Georgia Boys Gymnastics.
- To work with all athletes within assigned group
- To attend all team and staff meetings.
- To be open to ideas and input from other coaches.
- Participate in all camp discussions and planning sessions.
- Avoid all disagreements and conflicts in the training area, when around the gymnasts. These can be discussed at coaches' meetings after training sessions have concluded.
- No working out on equipment during training times.
- Discuss all problems at the staff meetings.
- Be positive and motivational to all gymnasts in the camp.
- No physical or verbal abuse will be tolerated.
- Must adhere to all USAG Rules and Policies
- Ask questions and make an effort to grow as a coach. Everyone has something to learn.

### ***Required Training Camp Apparel:***

#### **Athletes:**

ONLY Competitive Shorts, Pants, or workout shorts are allowed for training.  
Only gymnastics event specific shirts or competitive tops will be allowed during training

#### **Coaches:**

Apparel must meet National Level apparel standards with the following exceptions  
Athletic shoes – no sandals or slides allowed  
Warm-up pants, hemmed shorts, workout type shorts, cargo shorts (No Denim shorts will be allowed)  
Collared shirts, gymnastics t-shirts, or workout type apparel  
No hats during training sessions

**ANY DISCIPLINE PROBLEMS WILL BE HANDLED BY THE CAMP DIRECTORS AND CAN LEAD TO IMMEDIATE DISMISSAL FROM CAMP.**