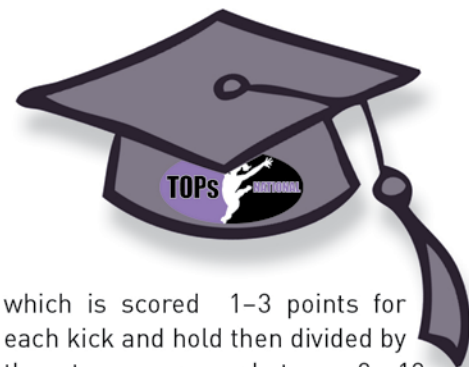


TOPs 101



The Talent Opportunity Program (TOPs) enters its 22nd year as one of the most successful programs at USA Gymnastics. TOPs is often the first step in a gymnast's journey to becoming an elite athlete. TOPs is a program developed within USA Gymnastics' women's program to search for young talent and to educate the coaches. The TOPs program is governed by the International Elite Committee.

Female athletes ages 7 – 10 participate in TOPs within their own gymnastics clubs, usually in addition to their own Junior Olympic level or team training. The age determination is the same as the elite athletes, which is based on their age on Dec. 31 in the year of their testing.

During June and July, the TOPs gymnasts are tested locally within their states at TOPs State Testing. State testing is set up by the TOPs State Managers within each of the states. Some states do not have state managers due to clubs not participating in TOPs in that state. TOPs State Managers are selected by the Managing Director of Athlete and Coaching Programs each year in January. There

is a TOPs State Managers list on the USA Gymnastics website, www.usagym.org, which includes their e-mails. Contact your nearest TOPs State Manager for future TOPs information, as they are very helpful and quick to respond.

The TOPs State testing dates and sites are listed on the USA Gymnastics

website in May for registration. Registration for TOPs testing is \$50.00 per test and can be done through USA Gymnastics Club Registration online. There is a late fee of \$25.00, if you do not register one week prior to the test. Gymnasts are able to sign up for multiple tests and do not have to test within their state. Gymnasts must be accompanied for testing with a coach in good membership standing with USA Gymnastics.

During State testing, athletes are scored on both physical abilities and basic skills based on their age group. Both physical abilities and skill requirements by age are listed on the website in the Women's Program under TOPs. Physical abilities testing includes rope climb, leg lifts, handstand holds, cast to handstands on uneven bars, press handstands and flexibility testing, including both kicks and holds. Descriptions and videos of each physical abilities test can be found under the TOPs section on our website.

Each physical abilities test is scored from 0 to 10 points, with 10 points being the highest. The only exception is the flexibility kick/hold test

which is scored 1–3 points for each kick and hold then divided by three to earn a score between 0 – 12 points.

Seven-year-old athletes test only physical abilities; they do not have skill testing at the State level. These younger athletes are not eligible for National TOPs Testing since there is no skill testing. The testing scores of physical abilities are collected and sent to the national office. The top 50 highest scoring totals among 7-year-olds are named to the TOPs Diamond Team. Each TOPs Diamond team member will receive a TOPs Diamond jacket and t-shirt.

The State skill testing is done by age groups, ages 8 –10. The descriptions and videos of these sequences of skills can be found on the TOPs section of our website. Vault is not tested at the State level for TOPs. Scoring on each event is 0 –12. TOPs State Managers apply the appropriate scores to all physical abilities testing and add the skill test scores for the final scores. All test results are sent to the national office where they are verified by hard copies of State testing sheets.

The State testing scores are weighted with 40% of the final score from physical abilities and 60% of the final score from skill testing. The gymnasts with the top 100 total adjusted scores in each age group qualify for TOPs National Testing at the USA Gymnastics National Team Training Center at the Karolyi Ranch, a U.S. Olympic Training site in



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TOPs 101



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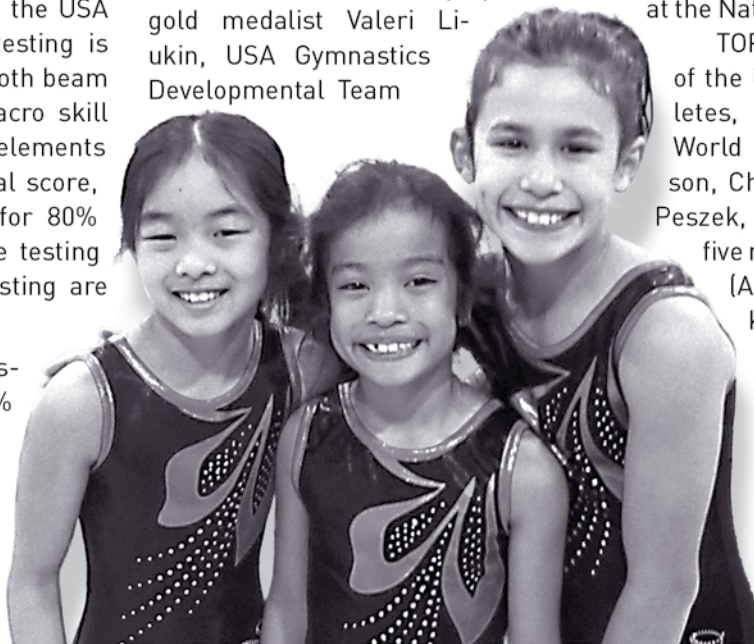
Huntsville, Texas. National TOPs testing takes place late September or early October.

At TOPs National testing, athletes are tested both on physical abilities and skills. The physical abilities testing and scoring is the same as the State testing. The skill testing is different than the State testing per age group, and vault is tested at the National testing. The national skill testing requirements can be found under the TOPs section within the Women's Program on the USA Gymnastics website. Skill testing is scored from 0 – 10 points. Both beam and floor have dance and acro skill requirements. The dance elements count 20% for the event final score, and the acro skills count for 80% of the event final score. The testing scores at TOPs National testing are weighted as follows:

- 8 Year Olds — 50% Physical Abilities and 50% Skills
- 9 Year Olds — 40% Physical Abilities and 60% Skills

- 10 Year Olds — 30% Physical Abilities and 70% Skills

All the final adjusted scores from National TOPs testing are combined together regardless of age group. The first 50 gymnasts are named to the TOPs National A Team. The next 60 athletes are named to the TOPs B Team. Each team member earns a spot to attend a camp at the National Training Center in early December. At the TOPs camp, the athletes train under the direction of 1988 Olympic gold medalist Valeri Liukin, USA Gymnastics Developmental Team



Coordinator, along with the National Coaching Staff. Each camp features two-a-day training sessions and coaches educational lectures after each training session. All TOPs National A and B team members receive apparel from GK Elite.

Gymnasts attending TOPs A and B camps can earn an invite to the Developmental Invite Camps the following year in May and August or they can earn an invite to the Developmental Training camps held 6 – 7 times a year at the National Team Training Center.

TOPs alumni includes some of the U.S.'s most successful athletes, including Olympic and World Champions: Carly Patterson, Chellsie Memmel, Samantha Peszek, Alicia Sacramone, and all five members of The Fierce Five™

(Aly Raisman, Jordyn Wieber, Kyla Ross, McKayla Maroney and Gabby Douglas). TOPs where dreams of being an Olympian take flight!

For more information on TOPs contact your nearest TOPs State Manager or Kim Riley at kriley@usagym.org.

