



USA GYMNASTICS®

RHYTHMIC

2019 Event/Camp Structure Update

USA Gymnastics Rhythmic Program

List of National Competitions

- ▶ Rhythmic Challenge & Invitational (*Completed for 2019*)
- ▶ Level 9 Classic & Regional Team Championship
- ▶ Elite Qualifier
- ▶ Junior Olympic Championships
- ▶ Open Championships
- ▶ USA Gymnastics Championships

Rhythmic Challenge & Invitational

Indianapolis, IN

February 22-24, 2019



- ▶ The top 12 Juniors and top 12 Seniors from the Elite National Championship are eligible to compete at the Rhythmic Challenge.
- ▶ All FIG level groups must attend the Rhythmic Challenge as a first step to advance to the Elite Championships.
- ▶ Invitational for Level 9/10 with qualification requirements
- ▶ All participants in the Challenge must be citizens of the United States. Non-citizens and athletes who have represented another country in international competition, regardless of citizenship (Foreign Athletes) are ineligible to participate.

Level 9 Classic & Regional Team Championship

Lake Placid, NY

April 12-14, 2019

- ▶ Open to all level 9 Athletes
- ▶ Qualification Opportunities
 - ▶ To the **Elite Qualifier**
 - ▶ Top 40 Juniors
 - ▶ Top 25 Seniors
 - ▶ To **USA Gymnastics Championships** as Level 9s
 - ▶ Top 70 Juniors
 - ▶ Top 20 Seniors
 - ▶ Note: Additional athletes below 70th place in the Junior division and 20th place in the Senior division should be prepared to attend if level 9s who placed above them at this event qualify as Elite or Level 10 competitors to USA Gymnastics Championships. **A list of level 9 qualifiers to USA Gym Champs will be published after the Elite Qualifier.**



April 12-14, 2019 • Lake Placid, NY

Level 9 Classic & Regional Team Championship

Lake Placid, NY

April 12-14, 2019

- ▶ This event will also serve as the Regional Team Championship for Level 9.
- ▶ All athletes from each region will have the opportunity to contribute to the team score.
- ▶ The team score will be comprised of:
 - ▶ Top 6 Junior AA Scores from each Region
 - ▶ Top 3 Senior AA Scores from each Region
- ▶ The 9 athletes from each region who contribute to the team scores will be awarded as the Regional Team. Junior and Senior Teams will be ranked/awarded separately.



April 12-14, 2019 • Lake Placid, NY

Elite Qualifier

Lake Placid, NY
May 18-19, 2019



- ▶ Eligible Participants:
 - ▶ All level 10/Elite athletes
 - ▶ Top 40 Juniors from the Level 9 Classic
 - ▶ Top 25 Seniors from the Level 9 Classic
 - ▶ All FIG Groups (Note: If a Senior FIG-level group has been assigned to an official FIG international competition following the 2019 Rhythmic Challenge, this group is not required to attend the Elite Qualifier)
 - ▶ Non-citizens may participate, but will be awarded separately. They may qualify to level 10 and may advance to the USA Gymnastics Championships as level 10 competitors, but not as Elite competitors.
- ▶ Registration Deadline: **April 15, 2019 (Immediately after Level 9 Classic)**

Elite Qualifier

Lake Placid, NY
May 18-19, 2019



► Qualification Opportunities

- Any Level 9 Juniors ranked in the top 40 become level 10
- Any Level 9 Seniors ranked in the top 30 become level 10
- Top 25 Juniors advance to USA Gymnastics Championships as ELITE competitors
- Top 20 Seniors advance to USA Gymnastics Championships as ELITE competitors
- Next 15 Level 10 Juniors advance to USA Gymnastics Championships as Level 10
- Next 30 Level 10 Seniors advance to USA Gymnastics Championships as Level 10
- The top 2 Junior Groups advance to the USA Gymnastics Championships
- The top SR Group from the Elite Qualifier advances to the USA Gymnastics Championships along with the Senior FIG level group that has been assigned to official FIG international competition for 2019.

Junior Olympic Championships

Lake Placid, NY

May 29-June 2, 2019



▶ Participants

- ▶ Top 20 Level 6 from each Regional Championship
 - ▶ Plus 48 All Stars allocated by percentage based on registration numbers for each regional championship. The number of All Star places for each region will be published in mid-April.
- ▶ Top 14 Level 7 from each Regional Championship
- ▶ Top 14 Level 8 from each Regional Championship
- ▶ All Junior Olympic Groups (Beginner, Intermediate, Advanced)

▶ Awards

- ▶ Individual awards are given by age groups (determined by USA Gymnastics)
- ▶ Regional Team awards given here for level 6-8

Junior Olympic Championships

Lake Placid, NY

May 29-June 2, 2019



▶ Qualification Opportunities

- ▶ Top 22 Level 7, regardless of age, advance to USA Gymnastics Championships
- ▶ Top 22 Level 8, regardless of age, advance to USA Gymnastics Championships

▶ Event Structure

- ▶ May 29-30 - Level 6 Competition (4 events in 1 day)
- ▶ May 31 - JO Group Competition, Coach/Judge Education, Future Stars Testing
- ▶ June 1-2 - Level 7/8 Competition (2 events per day)

Junior Olympic Championships

Lake Placid, NY

May 29-June 2, 2019



▶ Registration

- ▶ Registration will be available soon through Meet Reservations
- ▶ There will be a separate coach registration for the competition and the clinic.
- ▶ Coaches should be prepared to confirm whether or not their athletes will attend the JO Championships at the conclusion of their regional championships.
- ▶ Regional Chairs will re-allocate the qualification place for any gymnast(s) not attending to the next gymnast in rank order prior to the registration deadline (for some regions this is a very tight timeline)
- ▶ Music and D forms will be uploaded through the USA Gymnastics website for this competition - the D form upload feature should be ready by Monday, April 1st.

USA Gymnastics Championships

*Des Moines, IA
July 2-6, 2019*



- ▶ Refer to USAGymChamps.com as the main source of information for this event.
- ▶ Participants
 - ▶ 25 Elite JR (from Elite Qualifier) - ARENA
 - ▶ 20 Elite SR (from Elite Qualifier) - ARENA
 - ▶ 15 Level 10 JR (from Elite Qualifier)
 - ▶ 30 Level 10 SR (from Elite Qualifier)
 - ▶ 70 Level 9 JR (from Level 9 Classic)
 - ▶ 20 Level 9 SR (from Level 9 Classic)
 - ▶ 22 Level 8 (regardless of age from JO Championships)
 - ▶ 22 Level 7 (regardless of age from JO Championships)

Open Championships

Indianapolis, IN

June 13-16, 2019

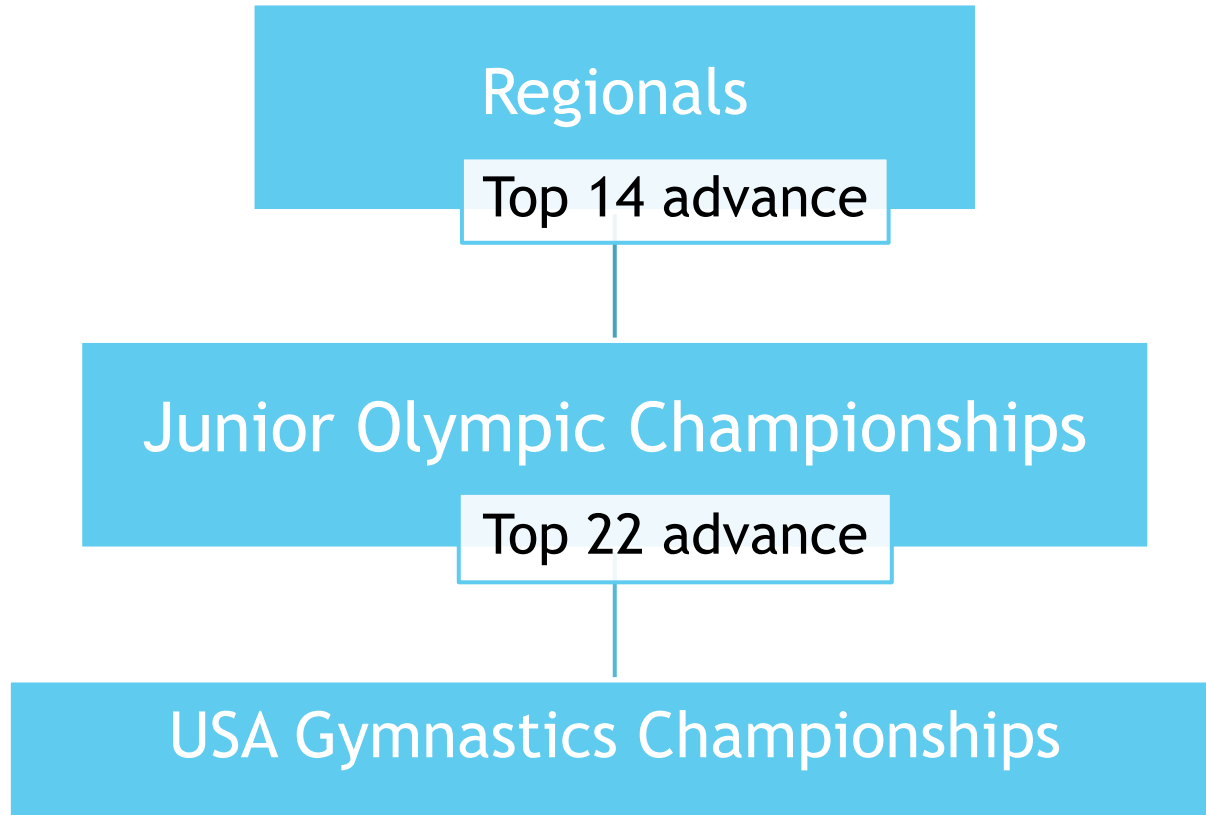
- ▶ Open to all Level 4, 5, and Xcel athletes with a maximum number of registrants
- ▶ In a central location for 2019 to allow easy access for all regions.
- ▶ Schedule:
 - ▶ June 13-14 - Level 5 Competition
 - ▶ June 15-16 - Level 4/Xcel/HUGS Competition
- ▶ Future Stars Testing will be held in conjunction with this event on Friday, June 14th or Saturday, June 15th, depending on the number of level 4 vs level 5 competitors registered.
- ▶ Individual and Team awards will be presented.
- ▶ **Registration Deadline April 5, 2019**



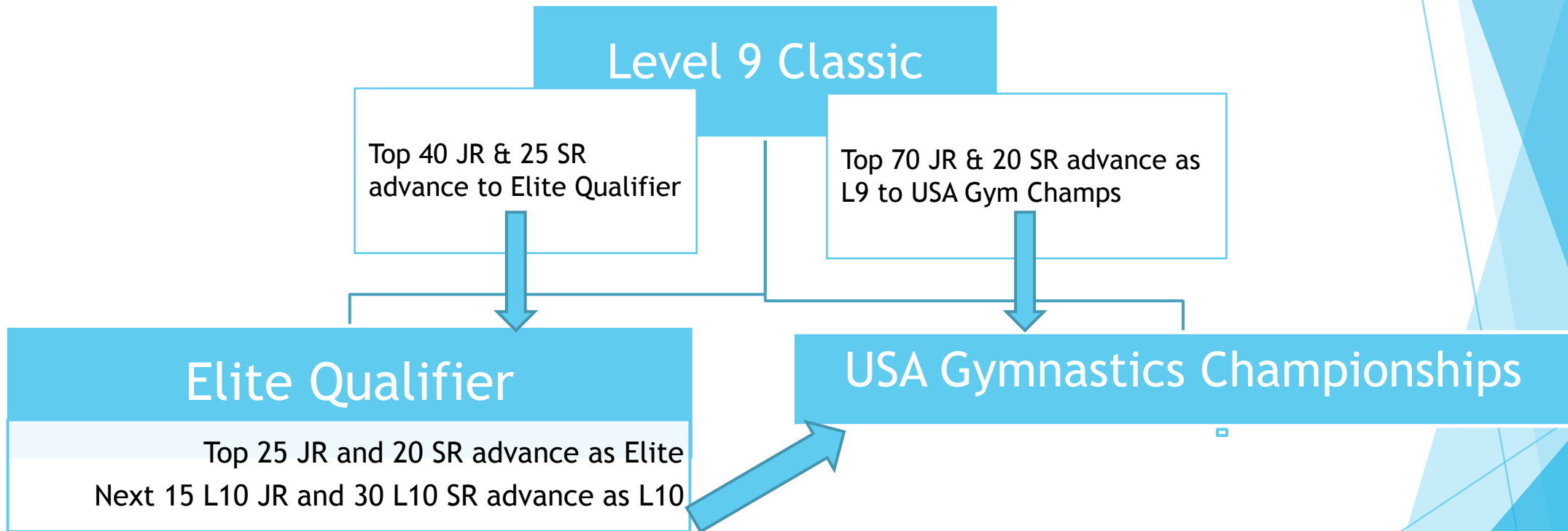
Recap: Level 6 Qualification Path



Recap: Level 7/8 Qualification Path



Recap: Level 9 Qualification Path



Recap: Level 10 Qualification Path

Elite Qualifier

Top 25 JR and 20 SR advance as Elite
Next 15 L10 JR and 30 L10 SR advance as L10

USA Gymnastics Championships

Developmental Camp Structure

- ▶ New for 2019!
- ▶ All qualification now by RESULTS, not by selection.
- ▶ Note: this is a new structure and may be evaluated/tweaked as needed after this year.



2019 Developmental Camp Qualification

- ▶ **National Elite Squad:**
Level 9/10 combined: (those who remain Juniors for the next year): Top 20 combined result of the Elite Qualifier and USA Gymnastics Championships
 - ▶ 2019 National Team members will participate in National Team Camps, not Developmental
- ▶ **Elite Squad:** based on the results of the Junior Olympic Championships
Level 7: (younger**): Top 10
Level 8: Top 22
- ▶ **Squad:** based on the results of the Junior Olympic Championships
Level 7: (older**): Top 12
Level 6: Top 18
- ▶ **Future Stars:** by testing at the Open and Junior Olympic Championships

**The top 22 Level 7s, regardless of age, will then be divided by age into the above noted groupings for Elite and Squad camps

2019 Camp Schedule and Objectives

- ▶ All camps are developed to provide athletes with a positive, inspirational, focused learning environment and the coaches with professional feedback and stimulation in a collaborative setting.



Future Stars Camp

Lake Placid, NY
July 25-29, 2019

- ▶ **TECHNIQUE:** the primary focus of this camp will be body and apparatus technique, with an emphasis on team-building



Elite Squad Camp

Lake Placid, NY

September 22-26, 2019



Squad Camp

Lake Placid, NY

September 26-30, 2019



- ▶ **TECHNIQUE:** the primary focus of these camps will be body and apparatus technique: ballet, body technique, apparatus handling and technique, strength and conditioning, and mental skill development
- ▶ The first practice of each camp will include a strength and conditioning testing with score evaluation and medals awarded

National Team High Performance Training Camp

Lake Placid, NY; November 7-11, 2019

- ▶ Includes:
 - ▶ JR/SR Individual National Team Members
 - ▶ Senior Group National Team

Elite High Performance Training Camp

Lake Placid, NY; November 11-15, 2019

- ▶ Includes:
 - ▶ Junior Group National Team
 - ▶ Elite Qualifiers to USA Gym Champs (non-NT)
 - ▶ All other L10 Juniors
- ▶ The focus of these camps will be **SPORT PERFORMANCE & WELLNESS**

SPORTS PERFORMANCE AND WELLNESS:

- ▶ This is a new initiative designed to further improve the health and performance of our athletes in an era of continual progression at all levels of the Rhythmic Program.
- ▶ The primary focus of this camp is ballet technique, jazz and modern dance, mental skill training, and recovery techniques, with a specific focus on sleep and nutrition, cross training, sports performance programming, and injury prevention.
- ▶ There will also be some time for traditional, independent training.
- ▶ Camp goals include: Instruction on dance technique and how this should be incorporated as an **injury prevention activity and sports performance activity**
 - ▶ Opportunities to try different types of dance and movement patterns that may have relevance for routines and the artistic component
 - ▶ Education on overall health related to time management, nutrition, sleep patterns, and coping techniques
 - ▶ Incorporation of mental training to improve performance
 - ▶ Instruction on how to implement cross training into the yearly schedule to help decrease injury rates and improve performance
 - ▶ Athlete screenings for imbalances that may lead to injury or impair performance with developed individualized programs for each athlete

Rhythmic Open Camp

Lake Placid, NY; November 15-19, 2019

- ▶ This camp provides an open opportunity for gymnasts and coaches to participate in a technique-based training camp at an Olympic Training Center with National staff

Junior National Team Camp

Lake Placid, NY; December 2-6, 2019

National Elite Squad Camp

Lake Placid, NY; December 6-10, 2019

- ▶ COMPOSITION REVIEW AND FEEDBACK with judges and staff



Review of 2019 Dates:

- ▶ April 12-14 - Level 9 Classic & Regional Team Championships
- ▶ May 18-19 - Elite Qualifier
- ▶ May 29-June 2 - Junior Olympic Championships & Future Stars Testing
- ▶ June 13-16 - Open Championships & Future Stars Testing
- ▶ July 2-6 - USA Gymnastics Championships
- ▶ July 25-29 - Future Stars Camp
- ▶ September 22-26 - Elite Squad Camp
- ▶ September 26-30 - Squad Camp
- ▶ November 7-11 - National Team High Performance Camp
- ▶ November 11-15 - Elite High Performance Camp
- ▶ November 15-19 - Open Camp
- ▶ December 2-6 - Junior National Team Camp
- ▶ December 6-10 - National Elite Squad Camp
- ▶ *2020 January - Senior National Team Camp*