



USA GYMNASTICS®

WEBINARS

Men's Program Updates

with Michael Serra and Marcus Yancey

Men's Jr. Olympic Changes
How to Start a Boy's Program
Essential Elements

Major Changes in the 2017 Men's Program from the Previous Quad.

1. Age determination date
2. Introduction of divisions within the compulsory program
3. Introduction of the Junior Developmental Optional program
4. Level 8 structural changes



Age Group Competition Program Age Determination

Age Determination and Competition Level:

The Junior Olympic competitive season is defined as September 1st – May 31st. For all aspects of the Men's Junior Olympic Age Group Program, a ***gymnast's competitive age throughout the entire competitive season is determined by the age he will be on May 31st*** of the current competitive season.

** This also includes competitions through P&G Championships to September 1st of the next starting season.*



Age Group Compulsory Program

3 Developmental Pathways

- ★ **Junior Elite Program** – Future Stars
- ★ **Levels 4-7 Division I** – Allows Bonus skills directed at Optional Development
- ★ **Levels 4-7 Division II** – Basic Compulsory Routines aimed at fundamental development
- ★ No “age bumping” is allowed in the AGCP



Age Group Competition Program Division I & II

- ★ The two division system for compulsory levels developed out of our mission to grow the men's program through accessibility and retention.
- ★ The two division system offers an attractive alternative for athletes and programs who are not ready to compete the routines with all the bonus skills.
- ★ It keeps them “relevant” in competition by establishing a more peer-to-peer competitive environment



Age Group Competition Program Junior Developmental Division II

- ★ Men's gymnastics increases in difficulty so dramatically it's important to cultivate the stronger base of recreational enjoyment
- ★ This is similar to the path of growth forged in the women's program but in a construct that may work better for the boys program
- ★ Very important to address the time investment and cost of involvement



Age Group Competition Program Junior Developmental Division II

- ★ All routines scored the same way:
 - 9.5 Base execution + (.3) Virtuosity +
 - (.2) Stick = 10.0
- ★ Identified Virtuosity only
- ★ Gymnasts can be designated by Division
 - Both Divisions I & II can compete at same time, the separation shows up only in the scoring system you use



Age Group Competition Program Compulsory Levels: Division I & II

AGE GROUP DESIGNATIONS:

1. **Must be 6 years old – Level 4**
2. **Level 5 starts at age 7**
3. **Level 7 starts at age 10-11 years. Bonus allows preparation for optional**
4. **Two Division system – same base routines for both.**
5. **No “Age Bumping” is allowed**

Age Group Competition Program Table - Compulsory Levels								
All Events Except Vault								
Level	Age Group	Highest Competitive Qualification	Scoring					
			Base Score	Identified Virtuosity	Stick Bonus	Div. II Max Score	Specified Bonus (SB)	Div. I Max Score
4	6	STATE	9.5	0.3	0.2	10.0	1.0	11.0
	7-8							
	9-10							
	11 & Over**							
5	7-8	REGIONAL	9.5	0.3	0.2	10.0	1.5	11.5
	9-10							
	11 & Over**							
6	8-9	REGIONAL	9.5	0.3	0.2	10.0	1.5	11.5
	10-11							
	12 & Over**							
7	10-11	REGIONAL	9.5	0.3	0.2	10.0	2.0	12.0
	12 & Over**							
Vault								
4	See age groups above	STATE	9.5	0.3	0.2	10.0	None	10.0
5	See age groups above	REGIONAL	9.5	0.3	0.2	10.0	None	10.0
6	See age groups above	REGIONAL	9.5	0.3	0.2	10.0	None	10.0
7*	See age groups above	REGIONAL	9.0 - 9.5*	0.3	0.2	9.5	None	10.0*
**18 year maximum age		*See Chapter 6 – Level 7 Vault for Division I base score options						



Age Group Competition Program Junior Developmental Division I & II

- ★ Each compulsory level offers Division I & II
 - Mobility to go up a Level or up a Division
- ★ Combined with single age categories this can offer four different subsets of ability within each compulsory level.
- ★ Tailored to fit each community



Age Group Competition Program Junior Developmental Division I & II

- ★ Gymnasts can be designated in **ProScore** by level as 5-1 or 5-2 meaning Division I or II to tell the judge and the score program what division within the level he is.
- ★ *For Junior Developmental Optional the gymnast can be designated as **JD**
- ★ Possible to have optional gymnasts in a squad that are Level 8, 9, 10 and JD designated on your rotation schedule



Age Group Competition Program Junior Developmental Division I & II

- ★ Currently USAGym database identifies gymnasts by numerical numbers indicating their level ... **the database format will be updated in the next few months to include all divisions**
- ★ You can still download gymnasts into the program. Go into the program change their designation manually



Age Group Competition Program Junior Olympic Division I

- ★ Same basic routines as Division II
- ★ Add any Bonus Skills per level
- ★ Athletes are higher level talent, stronger, more capable of advancing skill
- ★ Program very similar to existing curriculum
- ★ Levels 6 & 7 begin preparation for optional with bonus skills



Age Group Competition Program Junior Olympic Division I

Scoring Elements	Score Values
Base Score – Performance criteria	9.5
Identified Virtuosity – (+0.1) each	0.3
Stick Bonus – Landing (FIG requirement)	0.2
Specified Bonus (SB) – (+0.5) each	1.0 to 2.0 by level
Total Maximum Score	11.00 to 12.00 by level

SB Skills per Level	SB Points Available
Level 4 – 2 skills	1.0 bonus maximum
Level 5 – 3 skills	1.5 bonus maximum
Level 6 – 3 skills	1.5 bonus maximum
Level 7 – 4 skills	2.0 bonus maximum



Age Group Competition Program Compulsory Division - Summary

- ★ Divisional system is our opportunity for growth
 - Junior Development Div. II – ‘recognition’
 - Junior Olympic Div. I – ‘greater ability level’
- ★ Building Grass root system base
 - “Play the Game” - Essential Elements
- ★ Recognition by providing a level playing field
Peer vs. Peer competitive field– allows time to develop, progress, & experience success

Age Group Competition Program

Optional Levels 8-9-10 & JD

Age Group Competition Program Table - Optional Levels							
Level	Age Group	Highest Competitive Qualification	Score Components				
			Number of Skills	Element Groups	Dismount	Stick Bonus	Execution Bonus
Junior Olympic – Optional Routines Only							
8	12	NATIONAL	8	2.0*	A = 0.5	A = 0.1	+ 0.1 If execution deductions = 0.0 - 0.8
	13-14	REGIONAL	(7 + dismount)				
9	13-14	NATIONAL	8	2.0	B = 0.5 A = 0.3	B = 0.1	
	15-16	REGIONAL	(7 + dismount)				
10	15-18	NATIONAL	10 (9 + dismount)	2.0	C = 0.5 B = 0.3 A = 0.0	C = 0.1 D = 0.2	
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	A = 0.1	+ 0.1 If execution deductions = 0.0 - 0.8
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5 A = 0.3	B = 0.1	
10	15-16	NATIONAL	10	2.0	C = 0.5 B = 0.3 A = 0.0	C = 0.1 D = 0.2	
	17-18		(9 + dismount)				
Junior Developmental – Optional Routines							
	12-14	REGIONAL	6 (5 + dismount)	None Required	A	0.1	+ 0.1 If execution deductions = 0.0 - 0.8
	15-18	REGIONAL	6 (5 + dismount)	None Required	A	0.1	



Age Group Competition Program Junior Developmental Optional

★ Junior Developmental Optional (JD)

- starts at age 12 and continues to age 18
- Simplified rules of routine construction
 - No FIG Element Groups
- JO bonus does not apply
- All ages use pommels
- Only competes through Regional level
- Mobility between JD and JO programs
- A positive option for athletes to get into or stay in the sport at a more recreational level of involvement



Age Group Competition Program Optional Level 8

- ★ Junior Olympic Level 8 starts at Age 12
 - *This age can qualify to JO Nationals*
 - *Age 11 may do optional during season in preparation for JE qualification*
- ★ Junior Elite = Age (11-12)
 - *Parallels the Future Star Program as determined by May 31st date*
 - *This age can qualify to JO Nationals*



Age Group Competition Program Optional Level 9

- ★ Junior Olympic Level 9 = Age (13-14)
- ★ Junior Elite Level 9 = Age (13-14)
 - Both divisions can qualify to JO Nationals
- ★ *Junior Olympic Level 9 Age (15-16)*
 - Can only go to Regional Championships
 - *No 17-18 division*



Age Group Competition Program Optional Level 10

- ★ Junior Olympic Level 10 = Age (17-18)
- ★ JE & JO Level 10 = Age (15-16)
- ★ Junior Elite Level 10 = Age (17-18)
 - Can be 19 in both divisions if you are still in High School ... refer to R&P



Age Group Competition Program Optional Level Summary

- ★ Major Change is adding Junior Developmental Division – 3rd pathway
- ★ Promote growth and retention by providing a legitimate division for these athletes
 - Tailored to more recreational participation
 - Less hour and cost commitment – same benefits
- ★ Divisional Continuum is consistent with age transitions (JE, JO, JD) ... Entry to Optional Level is at an appropriate time for each division



Age Group Competition Program Optional Level Summary

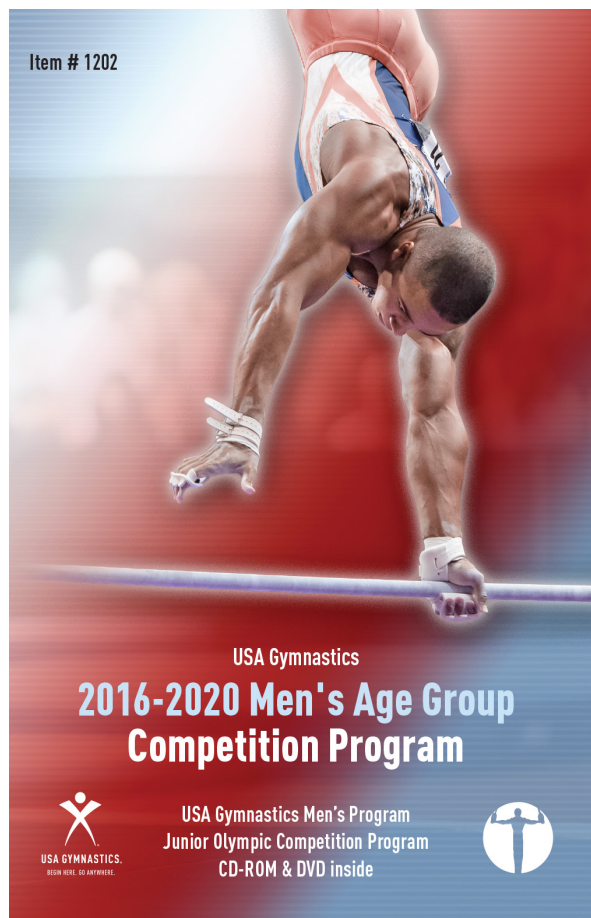
- ★ Always have mobility to divisions or levels
- ★ This will be a factor for each athlete
 - Where does he belong on the developmental continuum?
 - Where can he have the most success?
 - Coaches have choices ... flexibility
- ★ Retention of athletes & a place for everyone within the optional program

Notes Regarding Competition Hosting

- ★ Meet host can keep levels together and simply designate their division
 - ★ e.g. Within the Level 5 session, athletes can be designated as 5-1 or 5-2 to reflect their division
- ★ JD optional age divisions can be adjusted by the host as he or she sees fit
- ★ JD optional athletes can compete in the same session with the JO optional athletes of similar age
- ★ There will be more awards divisions, but perhaps fewer awards given out within each division
- ★ We anticipate about a 25% increase in awards expenses, which should be in the range of 2% of the meet budget.
 - ★ A small price to pay for higher numbers in the sport.



2016-2020 Men's Jr. Olympic Program



Item Number: 1202

Price: \$69.95



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Essential Elements 1-2-3

**Starting a Boys' Program
And
Training Instructors**



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Program Mission

The Essential Elements program focuses on both athletes and coaches becoming more proficient with their ability to move freely through a number of foundational areas of boys' gymnastics.

In other words, this curriculum provides the opportunity for and coach to learn how to set up a program, apply it to a team structure and become well-versed in teaching boys gymnastics.

This can be an invaluable resource for clubs who are always searching for boys coaches or simply would like to start a program but do not have a boys coach.

Our mission is to provide the opportunity for clubs to initiate and grow a boys' gymnastics program while at the same time helping to train coaches to the discipline of boys' gymnastics.

We are providing an opportunity to do this in a way that is cost effective for both the club and the participant, flexible in terms of space and equipment, and at the same time interesting and fun for all!



How It Works

Levels 1 & 2

Here is how the program works - each coach can set up their own lesson plan by choosing 4-8 stations known as 'boxes' that coordinate with the 14 or more key "Essential Elements" for that level (Levels 1 & 2).

Week after week, they can select different boxes to introduce new drills, progressions and challenges. The boxes can be used for individual stations or included in a circuit or obstacle course.

The students' progress may be tracked daily or they may perform skills every 6,8 or 10 weeks depending on which time frame best fits with the club program.

Students may also keep a record of their own achievements in all of these areas as an ongoing system of peer recognition.



Curriculum

The program curriculum is arranged in a 'plug and play' format so that class instructors can combine any of the parts freely and keep each class different and interesting from one day to the next.

An effort is made to allow the boys to have as much play time with each box as possible and to combine them in a way that is fun to do.

The students themselves sign up for a session to learn gymnastics. Of course, we want to make it fun, interesting, safe and challenging. Thus the program is designed to be flexible and creative.

The instructor can actually change the environment or playground as well as the curriculum for every class. It can always be something different either by using different skills or by presenting them in a different format.



Learning through “Play”

THE MAIN GOAL OF THE PROGRAM IS FOR THE BOYS TO HAVE FUN.

They will have the opportunity to experiment with and learn many body positions, elemental fitness movements, and progressions to foundational skills for boys' gymnastics on all apparatus.

In the process, they will also gain fitness, strength, and flexibility in a healthy activity.

It is important to understand that boys learn most effectively by

“PLAYING THE GAME”.

Boys DO NOT learn effectively by practicing skills until they are mastered, and then performing before an audience.

THEY LEARN SKILLS, WHILE THEY “PLAY THE GAME”!



How it Works

Level 3 “Performance”

Once the students achieve a majority of the Essential Elements they have been exposed to in all of the categories in Levels 1 & 2, they can move on to learning to perform sequences in the Level 3 performance model.

In this program, two different approaches to ‘learning a routine’ are used.

First, we offer a whole group of tables from Essential Elements Program from which the students themselves can select from a variety of skills that they can do and arrange in an order of their choosing to create a performance routine.

Involving the boys in their own creative design is essential to inspiration and reinforcing their understanding of gymnastics.



Level 3 and Beyond

In the second case, we also provide the Level 3 compulsory routine model that is also listed in the USA Gymnastics Age Group Program Manual.

These routines are often used to establish pre-team programs or simply to provide context for exhibition programs or 'all-comers' events.

From Level 2 or 3, they can also move to a variety of different choices in the developmental path that is most interesting to them including but not limited to:

- *Level 3 (Pre-team programs)*
- *Age Group Competition Level 4*
- *Trampoline & Tumbling programs*
- *Sports Cross-Fit programs*
- *Recreational Demo Team (In-House League or exhibition team)*
- *Sports Acrobatic programs*



Program Mission Review

Our mission is to provide the opportunity for clubs to initiate and grow a boys' gymnastics program while at the same time helping to train coaches to the discipline of boys' gymnastics.

The Essential Elements 1-2-3 Program is providing an opportunity to do this in a way that is cost effective for both the club and the participant, flexible in terms of space and equipment, and at the same time interesting and fun for all!



The “Essential Elements” Environment

BOYS LEVEL 1-2-3 Equipment & Space Requirements

The Essential Elements program allows each environment to be constructed differently based upon the boxes selected for the class, space available and equipment available that can be utilized for the curriculum.

It is a modular concept that can be built with available resources. Many of the exercises and games are designed with cost and space in mind to make it easier to introduce boy’s gymnastics programs into the business model.

It encourages instructors to use their imagination in building their ‘playgrounds’ with safety and access in mind.



SOME SAMPLE MODULAR EQUIPMENT ENVIRONMENTS PICTURED



Utilize available equipment and space and be creative in building your playground for boys to experience the various movements and progressions in each category.

Existing Matting and Equipment Can Be Used for the Boys' Play Environment



Panel Mats for Parallel Bars



Single Rail for Horizontal Bar



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SAMPLE FLOOR, VAULT, OBSTACLE COURSE CIRCUITS SHOWN

Set an environment that can accommodate multiple boys, all learning at the same time utilizing circuits and obstacle course designs that are fun as well as challenging. It's important that the boys have the chance to experience as many repetitions as possible.





The “Essential Elements” Program Curriculum Model

Element Categories

Each category contains up to 12 or more Essential Elements of boys gymnastics and contains up to 30 numbered boxes that contain skills that are progressions to acquiring more advanced skill aptitude.

These progressions are on a continuum so that each student may progress at his own rate and tracks his own progress. It is not a requirement that they be achieved in any particular order.

A category consists of a particular type of fitness skill or body movement that typically is a foundation element in boys gymnastics. The student will build a comprehensive foundation of movement skills through this approach.

In the process, the student, and the coach for that matter, will learn along the way the names and core abilities that are important in gymnastics.



The “Essential Elements” Program Curriculum Model

Element Categories (cont.)

Rather than following gymnastics events, this approach signifies a category of movement that may be important for development on several events.

The student has the opportunity to progress through a wider variety of types of skills than the linear model would require.

Exploration and repetition becomes the key to acquiring ability. These abilities are then applied to learning higher level skills.

And all this is done in a fun, free and adventurous environment that appeals to boys' innate desire to challenge themselves with new activities.



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The “Essential Elements” Program Curriculum Model

Category Tables

Similar to the rules of gymnastics known as the FIG *Code of Points*, *this program is arranged in the same way with each category signifying an “Element Group” that is essential to the acquisition of gymnastics skills. These categories are listed as follows:*

Category 1 – Warm up, Flexibility and Body Shapes

Category 2 – Swings and Hangs

Category 3 – Supports and Strength

Category 4 – Runs, Jumps, and Springs

Category 5 – Games, Races, and Courses

The categories can be summarized in the following manner. Each element has 4 different boxes associated with it that lists the skills for Level 1 and Level 2. In most cases they represent a progression from easy to moderate ability. They can, however, be done in any order depending on a student’s ability.



Category Tables

CATEGORY 1: (FLEXIBILITY, BODY SHAPES, STRETCH, BALANCE)

14 OR MORE Essential Element groups in 3 different Tables with 4 boxes each

Static Flexibility: Body Shapes: Dynamic Flexibility & Balance:

- Pancake Tuck/Pick Wrist/Neck/Shoulders
- Pike Hollow/Arch Stomach/Back/Hips
- Bridge/Shoulders Candle/Straddle Legs/Ankles/Feet
- Leg Flexibility/Splits Layout/Prone Scales/Arabesque
- Center Splits Lunge/Straddle Stand



Category Tables

CATEGORY 2: (SWINGS & HANGS – RINGS, P-BARS, LOW BAR)

14 OR MORE Essential Element groups in 3 different Tables with 4 boxes each

Rings: Low Bar: P-Bars, Blocks, or Mat Stack:

- Vertical Hangs Pullovers Support Swings
- Inverted Hangs Casting Hanging Swings
- Swings Hip Circles Upper Arm Swings
- Dismounts Glides/Sole Circles Travels/Dismounts
- Kip/Jams
- Long Hang Swings



Category Tables

CATEGORY 3: (SUPPORTS/STRENGTH – RINGS, P-BARS, FLOOR)

14 OR MORE Essential Element groups in 3 different Tables with 4 boxes each

Low Rings: P-Bars/Parallette: Floor:

- Support Holds Support Holds Upper Body Strength
- Chin-ups/Rope Climb Support Walks Core Strength
- Push-up/Planche Straddle & V-supports Tripod, Headstand, Press
- Head/Shoulder Stands Support Hops Handstand, Wall Holds
- Partner Strength
- Lower Body/Leg Strength



Category Tables

CATEGORY 4: (RUNS, JUMPS, SPRINGS – VAULT, TUMBLE TRAMP)

14 OR MORE Essential Element groups in 3 different Tables with 4 boxes each

Vault: Tumbling/Floor: Trampoline:

- Runs Forward Rolls Bounces/Safety Stop
- Hurdle Backward Rolls Jumps
- Rebounds Handstands Seat Drops
- Jump Skills Cartwheels Doggy/Stomach Drops
- Round-offs Back Drops
- Forward Head & Handsprings



Category Tables

CATEGORY 5: (GAMES, CONTESTS, COURSES – FLOOR & EQUIP.)

14 OR MORE Essential Element groups in 6 different Tables with 4 boxes each

Circuits: Relays: Obstacles: Fitness: Tramp: Games:

- Floor Speed Relays Floor Course Push-up Game Add-on 4 Ships & Sailor
- Vault Skill Relays Equipment Stick Contest Add-on 6 Mat Pushes
- Bar Slider Races Rope Climbs Add-on 8 Soccer Game
- Challenges



Category Tables

Instructors may select from any one of these categories and any number of element boxes to schedule their lesson plans. Lesson plans can be created for daily, weekly, and full term according to each individual club's need.

It is part of the coaches training that they become familiar with the names of the elements and element groups as building blocks for a boys gymnastics foundation. In this way, they can also begin to understand the format and design of competitive gymnastics as well and even translate that to the young gymnasts in their care for future development.

The category system makes it easy to individualize the program to the ability of each student no matter what the body type or ability is. The format of the program also will allow individual programs to add boxes for further curriculum as the need arises. You have the ability to tailor this program to your club structure.



BOYS LEVEL 1 & 2 ELEMENT BOX FORMAT

THE FOLLOWING PAGES CONTAIN EXAMPLES OF THE ESSENTIAL ELEMENTS PROGRAM CATEGORY AND BOX GRIDS THAT CAN BE USED FOR CREATING LESSON PLANS AND PLANNING YOUR CURRICULUM.



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CATEGORY 1 ~ WARM-UPS (FLEXIBILITY/BODY SHAPES/STRETCHES)

STATIC FLEXIBILITY	LEVEL 1 SKILL BOXES		LEVEL 2 SKILL BOXES	
1. Pancake (Straddle 90°) Video Available	1.1.2 Hands out front	1.1.3 Elbows on ground	1.1.4 Nose on ground	1.1.5 Chest on ground
2. Pike (Legs together) Video Available	1.2.2 Hands on ankles	1.2.3 Hands grasp feet	1.2.4 Nose on knees	1.2.5 Chest on knees
3. Bridges/Shoulders Video Available	1.3.2 Push up to bridge/static shoulder stretch	1.3.3 Bridge with feet together straight arms and legs	1.3.4 Sit and rock back to bridge on tootsie roll (BHS Prep)	1.3.5 Reverse walk down wall with hands to bridge
4. Leg Flexibility Splits (Right, Left) Video Available	1.4.2 Front leg straight, back leg bent (hurdler stretch)	1.4.3 Bent leg splits (R & L)	1.4.4 Left leg split	1.4.5 Right leg split
5. Center Splits Video Available	1.5.2 Center split – 'Froggy' stretch	1.5.3 Hold with hands out in front on the floor Straddle stand stretch	1.5.4 Hold on elbows Straddle stand stretch	1.5.5 Full Center split



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CATEGORY 2 ~ SWINGS/HANGS (RINGS/P-BARS/LOW BAR)

Note: Skills may be performed on low hanging rings attached to bars or mini-ring tower if available

LOW RINGS	LEVEL 1 SKILL BOXES		LEVEL 2 SKILL BOXES	
1. Vertical Hang Video Available	2.1.2 Straight body hang (5 seconds)	2.1.3 Tucked "L" hang	2.1.4 Piked "L" hang (3 sec.)	2.1.5 Chin hang hold
2. Inverted Hangs Video Available	2.2.2 Inverted hang position	2.2.3 Piked inverted hang	2.2.4 Skin-the-Cat to German hang	2.2.5 Tucked inverted hang extend to back lever
3. Swings Video Available	2.3.2 Small tucked swings with spot	2.3.3 Swings unassisted (5 swings in a row)	2.3.4 Swing forward to inverted hang position	2.3.5 Turnover Swings with rings turned out
4. Swing Dismounts Video Available	2.4.2 Swing to Skin-the- Cat tucked & release to stand	2.4.3 Swing to pike Skin- the-Cat release to stand	2.4.4 Swing to tucked back flip to stand	2.4.5 Swing to pike back flip to stand



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CATEGORY 3 ~ SUPPORTS/STRENGTH (RINGS/P-BARS/FLOOR)

LOW RINGS	LEVEL 1 SKILL BOXES		LEVEL 2 SKILL BOXES	
1. Support Holds (Low hanging rings) Video Available	3.1.2 Support hold tucked assisted	3.1.3 Tucked "L" hold unassisted	3.1.4 "L" hold assisted	3.1.5 Tuck hold extend to "L" support and return
2. Chin-ups/Rope Climb Video Available	3.2.2 Rope Ladder climb, chin ups with feet	3.2.3 Rope climb with feet	3.2.4 Chin-ups without feet tuck or straight	3.2.5 Rope climb without feet
3. Push-up/Planche Position (low rings) Video Available	3.3.2 Push-up position (planche) with legs supported	3.3.3 Series of Push-ups (planche) with legs supported	3.3.4 Tuck planche hold assisted on low rings	3.3.5 Tucked planche hold unassisted
4. Headstand/Shoulder Stand (low rings) Video Available	3.4.2 Headstand assisted on low rings with mat and feet supported inside bars or straps	3.4.3 Headstand unassisted on low rings with mat and feet supported inside bars or straps	3.4.4 Shoulder stand assisted	3.4.5 Press to Shoulder stand unassisted low rings



CATEGORY 5 ~ ACTIVITIES (GAMES/CONTEST/COURSES):

This category contains many suggestions or samples of various activities that can be used to stimulate excitement in the classes and to make gymnastics “fun” for the boys at any level of ability.

These activities can be modified in any way a coach might choose based upon the equipment, space, and time available. Use your imagination to design more activities and enter them into the boxes below. These are some samples to get you started.

ACTIVITY SUGGESTIONS	ACTIVITY NAME	ACTIVITY NAME	ACTIVITY NAME	ACTIVITY NAME
1. Circuits Video Available	5.1.2 Basic FX tumbling circuit	5.1.3 Basic vaulting circuit	5.1.4 Rings circuit	5.1.5 Parallel bar and mat circuit
2. Relay Races Video Available	5.2.2 Skills race (floor)	5.2.3 Slider races	5.2.4 Running Races	
3. Obstacle Courses Video Available	5.3.2 Obstacle course for time (floor only)	5.3.3 Obstacle course for time (with equipment)		
4. Fitness Contests Video Available	5.4.2 Push-up Games	5.4.3 Stick Contests	5.4.4 Rope climb for time and distance	5.4.5 'Personal best' for time or repetitions (any)
5. Trampoline Video Available	5.5.2 Add-on game to 4 skills	5.5.3 Add-on game to 6 skills	5.5.4 Add-on game to 8 skills	
6. Games Video Available	5.6.2 Ships & Sailors	5.6.3 Mat Pushes		



BOYS LEVEL 1 & 2 ELEMENT BOX LESSON PLANS

THE FOLLOWING PAGES OFFER TEMPLATES AND A SAMPLE FOR SUGGESTED LESSON PLANS THAT CAN BE INDIVIDUALIZED FOR EACH CLASS OR TERM



MEN'S PROGRAM



LESSON PLAN

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BOYS LEVEL 1-3 "ESSENTIAL ELEMENTS" PROGRAM

Class Name: _____ Level: _____ A/B Week: _____

Duration of Class: _____ Instructor: _____ Sub Teacher: _____

Date: Week of _____

Objective

A brief description of the focus and objectives for today's lesson . . .

Task

CATEGORY 1 (Warm up) 15 minutes/ 10 minutes

- Essential Elements: _____

CATEGORY 2 or 3 (Swings & Hangs/Supports & Strength) 15 minutes / 20 minutes

- Essential Elements: _____
- Boxes Selected: _____
- Equipment Needed: _____

CATEGORY 4 (Runs, Jumps & Springs) 15 minutes / 20 minutes

- Essential Elements: _____
- Boxes Selected: _____
- Equipment Needed: _____

CATEGORY 5 (Games, Contests & Courses) 15 minutes / 20 minutes

- Essential Elements: _____
- Boxes Selected: _____
- Equipment Needed: _____

Draw Plan:

Self-Evaluation/Comments:



HOW TO USE THE PROGRAM TO MANAGE WEEKLY CLASSES AND SESSION TERMS

Weekly Class Structures

All programs have different approaches to a system of beginning, intermediate, advance and pre-team type classes for their students.

The recommended class structure in this manual is a sample for designing the curriculum program around that class structure. This may be arranged to fit your particular class time or length of term.

Most recreational students or students with little or no gymnastics experience sign-up to attend no more than one or two classes per week. These are usually about one hour in length.



HOW TO USE THE PROGRAM TO MANAGE WEEKLY CLASSES AND SESSION TERMS

Weekly Class Structures

Our suggested template matches this time frame. Obviously with this approach, the more time that can be scheduled for access to the gym the more involved the students will be with the experience and usually learn faster.

Providing access to open gym time or additional training opportunities is one solution to engaging and motivating boys. This is also a way to provide a “team atmosphere” for the boys as the social component of their experience is very important.

Sample Typical Essential Elements Class (1 hour):

<i>15 minutes</i>	<i>Category 1 (Warm-ups)</i>
<i>15 minutes</i>	<i>Category 2 or Category 3 (Alternate from week to week)</i>
<i>15 minutes</i>	<i>Category 4 (Runs, Jumps, Springs)</i>
<i>15 minutes</i>	<i>Category 5 (Games, Contests, Courses)</i>



HOW TO USE THE PROGRAM TO MANAGE WEEKLY CLASSES AND SESSION TERMS

Weekly Class Structures

How the instructor mixes the use of his boxes from day-to-day, class-to-class, or week- to-week has a lot to do with not only providing the variety that keeps the class interesting but also adds to the cross-training of skills among the different events.

For instance, Category 5 may entail strength contests or stick contests that relate to the skill curriculum in the other categories or they may simply be games that are fun and add to the students agility and coordination.

At the same time, Category 4 which is a staple of gymnastics, may alternate in different fashions from Vault to Trampoline to Tumbling. In essence, there are an unlimited combination of options that an instructor can utilize.



HOW TO USE THE PROGRAM TO MANAGE WEEKLY CLASSES AND SESSION TERMS

Session or Term Structures

As mentioned, it is preferable if boys are assigned to their classes as part of a “team” program. This could be based upon the day they attend or simply the gym as a whole if numbers are small.

In either case, the goal is for the gymnasts to learn the sport and ultimately show off their skills by performing after they have acquired sufficient basic abilities. Thus, the Level 3 options within the Essential Elements program are a goal for every student just like preparing for a competition is for the team program.

Whether the gym employs an 8, 10 or 12 week term or simply operates from month-to-month, instructors should be able to track their students progress and plan for activities that allow their budding gymnasts the opportunity to perform.



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HOW TO USE THE PROGRAM TO MANAGE WEEKLY CLASSES AND SESSION TERMS

Performing can be a Friday night exhibition, an 'All-comers' fun meet, a show for parents, or simply a day to observe classes that the boys prepare for during the term.

They are going to put their Level 3 routines together on one or two or more events and perform them at some point. In this program, spotting and assistance is encouraged.

The goal really is to have fun, experience self-confidence, and learn the satisfaction of achievement even if achievement is measured by simply creating your own routine and remembering it!

Ability is not the issue. The important aspect of the term experience is being part of something, being part of the group, being part of the team.



SAMPLE PROGRESS TRACKER TEMPLATE

UTILIZE THE PROGRESS TRACKER TO RECORD STUDENT'S LEARNING



Essential Elements Program Progress Report

Athlete Name: _____

Date	Essential Elements Events	Boxes Introduced	Shows Progress	Satisfactory	Exceptional Performance
Category: 01 Warm-up: Flexibility, Body Shapes, Stretches & Balance		1 skill completed	2 skills completed	3 skills completed	4 or more skills completed
<input type="checkbox"/> _____	1. Low Rings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. P-Bars, Blocks or Mat Stack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Low Bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	4. Mushroom, Buck or Panel Mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category: 02 Swings & Hangs					
<input type="checkbox"/> _____	1. Low Rings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. P-Bars, Blocks or Mat Stack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Low Bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	4. Mushroom, Buck or Panel Mat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category: 03 Supports & Strength					
<input type="checkbox"/> _____	1. Low Rings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. Paralletes, P-Bars, Mats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category: 04 Runs, Jumps & Springs					
<input type="checkbox"/> _____	1. Vault	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. Tumbling (Floor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Trampoline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category: 05 Activities: Games, Races, Contests, Courses					
<input type="checkbox"/> _____	1. Circuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. Relay Races	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Obstacle Courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	4. Fitness Contests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	5. Trampoline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	6. Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Department (Behavior):					
<input type="checkbox"/> _____	1. Listening Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	2. Attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	3. Sportsmanship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> _____	4. Considerate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



HOW TO BUILD THE PROGRAM AND AUGMENT EXISTING EQUIPMENT

One of the biggest hurdles a gym owner has to overcome is justifying the expense of purchasing competitive boys equipment.

Essential Elements program has been designed to utilize existing equipment most facilities might have at their disposal.

A good strategy would be to utilize inexpensive equipment options to build numbers and stimulate excitement and growth in the program until revenue can support buying more equipment.

To assist coaches and gym owners alike we have identified a strategy for different equipment package options that can fit into your budget.



HOW TO BUILD THE PROGRAM AND AUGMENT EXISTING EQUIPMENT

These also have the added advantage of not requiring a lot of additional space.

Most equipment manufacturers in the United States offer very similar equipment in the package categories listed below. In addition, they are also very similar in price and affordability.

These options can be custom tailored to your budget and needs. Most equipment companies will work with you on this design.

The following are examples of an Essential Elements equipment strategy:

HOW TO BUILD THE PROGRAM AND AUGMENT EXISTING EQUIPMENT

PACKAGE # 1: ACCESSORY ITEMS (*Low cost items to supplement existing equipment*)

- Rings and ring straps for hanging on an available bar
- Parallettes – can be purchased or made from own supplies
- P-Bar rails for mat stack – offered for both folding mats and P-Bar blocks
- Rope ladder – can be hung from any bar or wall mount
- Climbing rope – clamps are also sold to attach to beam
- Targets – great for designating landing spots or organizing class

PACKAGE # 2: MAT PACKAGES (*Low cost multi-use mats*)

- Cartwheel/Round-off mats – showing hand placements
 - Panel Mats – have multiple uses on all events
 - Blocks – can be spotting boxes, vaulting boxes, etc. and come in all sizes
 - Wedges – useful for obstacle courses, circuits and basic tumbling
 - Tootsie Rolls/Barrel mats - useful for obstacle courses and basic tumbling
 - Handspring trainers – specialized mats that make spotting easier
 - Swedish box mats – can be placed in various configurations
 - Small 4” safety mats (4x6) – space saving and more versatile than larger mats
 - Small 8” Safety cushions - space saving and more versatile than larger mats
 - Tumbling mat rolls 6x42 – economical and can be used in place of floor



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HOW TO BUILD THE PROGRAM AND AUGMENT EXISTING EQUIPMENT

PACKAGE # 3: EQUIPMENT PACKAGES – *(Build as budget allows)*

- Mini Ring Tower – space saver and great for ages 5 through 12
- Mini P-Bars – can be added to existing mat stacks or blocks
- Low Bar System – any type of rails are suitable, quad system or free-standing bar
- Mini Tramps – many different sizes are available in spring or air-filled
- Spring Boards – many different uses and types available
- Floor Mushroom – can be made from supplies or purchased
- Small Trampoline – enables you to connect more than one trampoline together



The Essential Elements Performance Model

HOW TO UTILIZE YOUR BASIC ELEMENTS TO FORM ROUTINES

The goal of every student, coach and program is to eventually matriculate to another level. Part of the process is looking forward to the next challenge.

Long before gymnastics became a highly regimented process, boys had to make up their own routines based upon skills that they acquired at any stage of the process.

Part of doing routines is just being able to remember them along with the names of the skills. This process also lends to the pride of the gymnast in expressing his own individual style as well as stimulating creative growth.



The Essential Elements Performance Model

The Essential Elements program can offer two options for this in our Level 3 Performance model.

One is a template of skill tables that the student can pick from using a few basic rules to create a routine sequence.

The second is the option of “compulsory routines” that are also offered in the USA Gymnastics Age Group Competition Program Manual. These can be used to build a pre-team program or simply to prepare boys to enter the age group competitive program at Level 4.

The first option might be more useful for some of your older boys who simply want to show off their skills and tailor their routines to their own strengths. As an instructor, you can guide each individual boy in the direction that best motivates him.



BOYS LEVEL 3 ELEMENT BOX TABLES

THE FOLLOWING PAGES OFFER TEMPLATES FOR SUGGESTED SKILL SELECTION TO PUT TOGETHER PERFORMANCE ROUTINES FOR EACH INDIVIDUAL STUDENT

- *May use ribbons to signify achievement – any group of colors*
- *Certificate of Achievement or similar award may be used to recognize performance*
- ***A note about Performance Routines – Level 3 is different than normal Age Group Competitive routines.***
- *We encourage spotting where needed and the gymnast can feel free to use different pieces of equipment or mount and re-mount as necessary.*

There are no rules for putting routines together. Just perform!



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ESSENTIAL ELEMENTS FLOOR EXERCISE & TUMBLING

Elements	Skill Element	Skill Element	Skill Element	Skill Element	Skill Element
Positions/Shapes	Candle	Headstand	Straddle Stand	Scale	Lunge
Flexibility	Pancake	Split	Center split	Y-scale	Pike
Supports	Prone Support	Rear Support	Bridge	Handstand	"L" or Tuck "L"
Tumbling	Cartwheel	Forward roll	Backward roll	Headspring	Round-off
Transitions	Choose Transition elements from Category 1 – 15 boxes for change of direction				



MEN'S PROGRAM

MATS – BLOCKS – PARALLEL BARS

Perform 6 skills in a row with at least one from each category.

- *You can stand on the floor, mat or box in between skills if necessary*
- *Finish the routine with the last skill from the dismount category and show presentation.*

• *Note: Gymnast may be spotted on any of the skills*

Elements	Skill Element	Skill Element	Skill Element	Skill Element
Swings	Support swing	$\frac{3}{4}$ Handstand swing	Swing to rear support	Swing to Prone support
Supports	Tuck "L" support	"L" support	Straddle "L" or "V"	$\frac{1}{2}$ turn support
Travels	Straddle swings	Shoulder roll straddle	Stiff arm walk	Hop travel
Hangs (P-Bars)/Upper Arm	Long Hang swing	Glide swing	Upper arm swing	Upper arm uprise
Dismounts	Swing to dismount	Swing to Handstand off	Shoulder roll to stand	Presentation



Awards and Certificates

Boys crave immediate success and a sense of personal achievement.

They will perform and learn in order to gain recognition, reward for their efforts, and admiration from their peers

The Essential Elements 1-2-3 Program provides several templates for award certificates to be used to motivate the athletes and challenge them to learn more.



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High Five

This Certificate is Awarded to:

For



Coach

Date

Way to Go!



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This Certificate is Presented to:

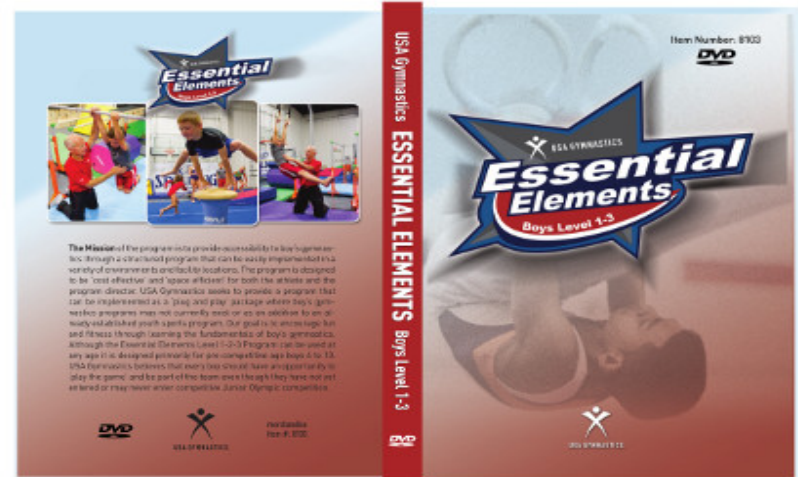
**In Recognition for Successful
Completion of**

Coach

Date



Technical Materials Store USAGym.org



Item Number: 8103
Price: \$39.95



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