

Olympic Development Program



The Trampoline and Tumbling Olympic Development Program (ODP) is intended to act as a bridge between the Junior Olympic and Junior Elite levels. The program will provide a training camp, coaches' education and an ODP team named from the qualification camp. The ODP Team will be invited to an international competition and may be included in some elite training camps and/or competitions.

ODP is for:

- Athletes who are currently competing Level 10 and are 9-14 years of age (as of December 31, 2009), who qualified for and entered Level 10 trampoline and/or tumbling at 2009 J.O. Championships
- Athletes who are currently competing Level 9 or 10 and are 9-12 years of age (as of December 31, 2009), who qualified for and entered Level 9 trampoline and/or tumbling at 2009 J.O. Championships
- Junior Elite athletes are not eligible for ODP.

Following the 2009 ODP Camp, the ODP committee will select the 2010 ODP Team, as follows:

1. Trampoline – 8 boys and 8 girls
Tumbling – 8 boys and 8 girls
2. Level 9 and 10 athletes will be ranked together.
3. The top-ranked boy and top-ranked girl from each age group (9-10, 11-12, 13-14), based on the physical abilities testing and competition at the camp, will be named to the team.
4. Positions 4-8 on the team will be named from the remaining athletes in rank order from the camp, regardless of age.

ODP will have modified elite routines/passes, which will be used at the 2009 camp and possibly at other competitions TBD. The ODP Team will be allowed to compete in the Olympic Development Program while still retaining their status at their current level. That is, an ODP athlete will be allowed to compete the ODP routines at certain competitions, but still compete at Level 9 or 10 and qualify to J.O. National Championships.

Olympic Development Program

Routines/Passes

TRAMPOLINE

First Optional

1. 1 10-skill routine
2. 2 skills with no twist or rotation
3. 1 skill to front or back
4. 1 skill in combination with requirement # 3 from front or back
5. 1 skill with 360° of rotation combined with 360° of twist
6. No repeated skills

Second Optional

1. 1 10-skill routine
2. DD cap per skill - 1.6
In the event an athlete exceeds the DD cap of 1.6, the entire routine will receive no score.

TUMBLING

First Optional – Straight Pass

1. 1 8-skill pass
2. All skills are non-twisting.
3. DD cap per skill 2.4
In the event an athlete exceeds the DD cap of 2.4, the entire pass will receive no score.

Second Optional – Twisting Pass

1. 1 8-skill pass
2. DD cap per skill - 2.6
In the event an athlete exceeds the DD cap of 2.6, the entire pass will receive no score.
3. The last skill must contain a minimum of 360° of twist (full)



USA GYMNASTICS
TRAMPOLINE & TUMBLING



2009 ODP QUALIFICATION CAMP

- DATE:** December 10-13, 2009
- VENUE:** American Powerhouse
1091 Tinker Rd Ste 300
Rocklin, CA 95765
- SCHEDULE:** Plan to arrive in Rocklin on December 10 in time for registration at 4:00 pm and the first session at 5:00 pm. Depart after 2:00 pm on December 13. The camp includes fitness testing, four training sessions and a competition. The 2010 ODP Team will be named following the camp.
- TRAVEL:** **Athletes and coaches are responsible for all expenses related to the camp.** Call National Travel Systems, 888-603-8747, for hotel reservations or visit their web site at <http://www.ntssportstravel.com/index.shtml>. The nearest airport is Sacramento International, approximately 18 miles from the American Powerhouse gym.
- REGISTRATION FEES:** **\$150 per athlete (includes camp t-shirt)**
No charge for coaches (includes camp t-shirt)
- Fax or e-mail form to: 317-237-5069, callen@usa-gymnastics.org
- Or** Mail form and fees to:
USA Gymnastics
132 E Washington St Ste 700
Indianapolis IN 46204-3723
- DEADLINE:** **November 23**
- COACHES:** **Athletes are required to have a coach from their gym** in attendance at the camp. The Program Office and the National Coaching Staff feel that it is not beneficial to the athlete to attend a camp without their coach. A gym may send additional coaches, if desired.
- PARENTS:** While we encourage you to be involved in your child's Trampoline and Tumbling activities, this camp will be work-intensive. Consequently, during all training sessions you will be required to stay in the designated seating areas and will have limited access to your athlete. A trainer will be at all training sessions.
- CAMP RULES:** **Training Attire:** Athletes are required to wear competition attire at all training sessions.
- Girls:** Leos with or without sleeves for all training sessions. No shorts allowed.
- Boys:** Leos without sleeves and competition pants or competition shorts with no more than 5" inseam.
- Coaches:** Warm-ups and team t-shirts or polos, with gym shoes. Coaches will receive a camp t-shirt, if pre-registered by the deadline.
- Items to Bring:** Journal or notebook to use for a journal, money for meals each day, competition attire.

Fitness Level: All athletes must be physically and mentally prepared to participate at the camp. All athletes are expected to participate in physical abilities testing and train twice per day on basics and the new ODP routines.

Competition: The competition at the camp will use the ODP Routines/Passes attached. All athletes will compete together with the only division being male and female. Athletes who decide not to stay for the competition will not be eligible for the team.

**USA Gymnastics
Trampoline & Tumbling
ODP QUALIFICATION Camp
Registration**

(Use this form for both athletes and coaches, one form per person. Copy as needed.)

Type of Participant (circle) Athlete Coach

Name _____ Gender (circle) M F

Address _____

City, State, Zip _____

E-mail _____ Cell Phone _____

Team _____

Athletes – Coach attending with you _____

T-shirt Size (circle) YS YM YL YXL AS AM AL AXL AXXL

Registration must be received on or before November 23. If paying by check, payment must be mailed to arrive on or before November 23.

Please provide payment by check or credit card. Make checks payable to USA Gymnastics.

Fax or e-mail form to: 317-237-5069, callen@usa-gymnastics.org

or

Mail form and fees to:
USA Gymnastic
132 E Washington St Ste 700
Indianapolis IN 46204-3723

Credit Card Information

Type of card Visa Other _____

Name (as it appears on card) _____ Amt. Charged _____

Card Number _____ Exp. Date _____

Signature _____



USA GYMNASTICS
TRAMPOLINE & TUMBLING

2009 ODP QUALIFICATION CAMP



TENTATIVE SCHEDULE

A detailed schedule will be available after the registration deadline.

Thursday, December 10

4:00 pm – 5:00 pm Registration
5:00 pm – 8:00 pm Physical abilities testing

Friday, December 11

2 Training sessions, body posture and strength and fitness workshop, classroom session

Saturday, December 12

2 Training sessions, body posture and strength and fitness workshop, classroom session, prepare for competition

Sunday, December 13

Competition using ODP Routines/Passes

The ODP Team will be announced via e-mail and the USA Gymnastics web site as soon as possible after the camp.