



2023 Region 4 Elite Team Cup Selection Procedures

June 15, 2022

Introduction: The purpose of this document is to outline the process that will be used by Region 4 ETC Staff to nominate athletes to the 2023 ETC competition. Site TBD by USA Gymnastics. ETC will be February 23-26, 2023.

Delegation size and Financial Considerations:

The maximum number of athletes is six, plus two alternates. The competition format is 6-5-4 for the Team Competition.

The Region 4 Delegation will be comprised of:

***Maximum of 8 Athletes (Including 2 travel alternates)**

***2 Team Coaches**

***1 Team Delegation Leader (usually the Region 4 Chair)**

Athletes will travel and room with parents for the event. Region 4 will pay up to \$350 per athlete for travel to event city. Region 4 will reimburse 50% of hotel cost for each athlete. Hotel reimbursement will be from when head coach/ delegation leader decides which day to start to end of event finals (normally, day before practice, practice day, competition day, finals day). All participants **MUST** stay at same hotel. Region Delegation leader/ head coach will choose hotel. Region 4 will pay for a minimum of three team meals during the week. A schedule of the team meals will be sent out from head coach prior to departure. Parents are responsible for all other gymnast meals. Region 4 will supply transportation to and from hotel to practice site and venue. Region 4 will pay for 2 coaches and delegation leader expenses for entire competition. If a personal coach attends, he/she will be responsible for all their expenses. Region 4 will pay for athlete and delegation apparel.

Key Dates:

*July 24-28, 2022	Region 4 Camp (University of Nebraska)
*October 22-23, 2022	Region 4 Clinic (Wisconsin/ Location TBD)
*January 14-15, 2023	Region 4 Selection Competition (University of Iowa)
*January (TBD) 2023	Final Region 4 ETC Team Selection (ETC Staff)
*February 23-26, 2023	ETC Competition (Location TBD by USA Gym)

Eligibility:

Gymnast must be in high school and competing in the 2022-2023 USAG Junior Development or Junior Elite competition program.

ETC Camp selections are based on the rank order from 2022 Region 4 Championships. Additional athletes are considered with petition.

A point chart will determine the rank of the athletes during each phase. Spencer Johnson and Kostya Kolesnikov will maintain the point chart. Athletes who compete in USA Championships will receive 40% for competing.

Level 9 and 10 gymnast who attend camp will receive points. Gymnast will receive points from camp by the staff for three skill sequence performed successfully on Monday at camp. Sequences will add up difficulty of highest three skills performed with NO major deductions. Dismounts can be done on soft landing surface. Vaults can be done on soft landing surfaces. Floor-3 passes including non-acro skills. Additionally, gymnast may get credit for a fourth Bonus skill performed during the week at camp for each event. This skill can be upgraded through the week.

Gymnast must participate in the Region 4 Fall Clinic to receive more points. Points at the fall clinic will be given for performing 5 skills plus dismount with less than 1.2 in deductions. Dismount and vaults will be done on soft landing mats. Each gymnast will be given up to 3 attempts at each event.

Final points will be given for performance at the 2023 Iowa Gymnastics Invitation.

Points will guarantee the top two all around gymnast in the Region. The staff will use the point chart to determine the best fit of the next four gymnast by event. The alternates will be decided by the Region 4 ETC Staff. Injury petitions will be reviewed by the ETC staff if the gymnast has been injured during any part of the process. Gymnast coach MUST submit an official USAG injury petition form along with Dr. notes to the Region Chair for review by the ETC Staff.

Region 4 ETC Staff:

Region 4 Chairman	Dale Bullivant
Jr Nat Coach	Chuck Chmelka
Jr Nat Coach	Spencer Johnson
Jr Nat Coach	Kostya Kolesnikov
Region Coach	Paul Schumacher
Region Coach	Scott Zymball
Region Coach	Bob Gauthier
Region Coach	Andrei Kan

