



Virginia State Future Stars

Program Director:

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VA State Director:

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Purpose of Clinics/Testing:

1. Educate Coaches and Athletes interested in pursuing the Future Stars/National Developmental Team/Junior Elite Program
2. Build Team Unity across the State of Virginia as Team USA
3. Future Stars Routine/Technical Sequences-Establish Basics Refinement and Execution
4. Progressions of Identified Skills-Establish National Team Goals
5. Act as a support system for all coaches and athletes in Virginia-Establish Coaching Consistency

Apparel for Clinics:

Competitive Gear only. Long competitive pants required for Pommel Horse. No long shorts/street clothes/t-shirts, etc...

Athlete Responsibilities:

- Arrive 10 minutes early to all meeting times
- Wear proper apparel
- Never leave the practice area without permission
- No cell phones
- Treat all coaches and athletes with respect

Coaches Responsibilities:

- All coaches must set a good example and follow USAG competition guidelines for conduct and attire at all times
- Assist all gymnasts with respect and permission of their personal coach
- Be positive, outgoing, and motivational to all gymnasts in the clinic

Junior National Team Warm Up – Please practice prior to clinics

This is the current warm up for the USA Junior National Team. Ideally, the beginning of this warm up will be performed while moving in a circle around the perimeter of the floor exercise mat. An athlete will lead the warm-up each day. The objective is to learn the National Team warm-up as well as initiate younger and newer future stars' team members into the team activities and build team unity. Coaches are asked to assist athletes who have special needs or do not have a partner.

1. Walking with wrist rolls – 5 to 8 seconds
2. Walking with mild wrist and shoulder stretches – 3 to 4
3. Single arm circles forward, both arms, while walking – 6 to 8 each side
4. Single arm circles backward, both arms, while walking – 6 to 8 each side
5. Double arm circles forward and backward while walking – 6 to 8
6. Side torso twists while walking – 8
7. Alternate walking on tip toes and heels – 10 to 15 steps each position
8. With hands on hips, walk with feet facing out, feet facing in, and then with arms out at horizontal walk on tip toes – 5 to 6 steps in each position and perform whole sequence twice
9. Knee lift walk – 10 to 12
10. Mild leg kicks keeping good leg form and presentation – 6 to 8 kicks with each leg
11. Pike walk with hands on floor – 15-20 steps

Note: *The next section contains more vigorous movement to increase core temperature*

12. 30 seconds of jogging/light running
13. Side chasse left and right with good presentation – 6 to 8 repetitions on each side followed by light jogging for a few seconds before beginning the next exercise
14. Single leg high hurdles with pointed feet – 8 repetitions to jog
15. Double leg hurdles – 8 repetitions

Note: *The next section should ideally be done in a circle at team meets and will be done in lines across the floor at team clinics*

16. Tuck jumps to stick landing x4. Emphasize deep tuck position, a strong opening, and good presentation on landing
17. Tuck rebounds x6. Again, emphasize deep tuck position, a strong opening and good presentation on landing of 6th tuck jump
18. Flying pushups x10. Emphasize hollow body during flight phase
19. V ups to side roll and V up – 8 total V ups. Begin first roll to the left and then alternate the direction of roll. Legs straight, feet pointed
20. Neck rolls – 5 to 10 seconds
21. Side torso lunge – 2 each side using four count stretch. Maintain good presentation positions, start on left side
22. Arm swing to forward lunge stretch – 2 each side using four count stretch
23. Hip area mild ballistic stretch – using four count stretch
24. Front pike compression using good presentation – 6 seconds reaching
25. Front pike compression using good presentation – 6 seconds pulling
26. Pancake with 90 degrees leg opening using good presentation – 6 seconds

27. Pancake with wider leg opening using good presentation – 6 seconds
28. Left side split warm up – stretch knee lunge to personal range of motion – 6 seconds
29. Slide to left leg split, arms horizontal – 6 seconds
30. Right side split warm up – stretch knee lunge to personal range of motion – 6 seconds
31. Slide to left leg split, arms horizontal – 6 seconds
32. Turn to center split, hold arms down for 3 to 4 seconds and then arms up for 3 to 4 seconds
33. “long hang” shoulder stretch – 6 seconds
34. Shoulder stretch series with partner – hold each position 6 seconds
 - a. Arms overhead
 - b. Arms to side
 - c. Hands behind head
35. El-grip shoulder stretch with partner. Partner must make sure to keep the athlete’s back straight with arms shoulder width apart and work to rotate the wrists to El-grip – 6 seconds
36. Bridge with partner (can use hands on ankles) – 6 seconds
37. Handstand hold for 6 seconds with good presentation x 3
38. Back tuck to stick landing x 3

Team Leaders – Responsibilities

- Organize the Team
 - a. Line up at each event – talk to gymnasts about goals and work ethic
 - b. Hold Team accountable to training standard
 - c. Give information for that event – goals and skills in training
- Coordinate the Coaches in the Team
 - a. Debrief the day with your group of coaches at the end of training
 - b. Plan for the next day of training

Each event starts with all Team members training the same skill or basic (unless doing routines). Designated Future Stars/National Team Development goals may be specified on each event.

- Offer technical input during the training of that skill. *Please clear with personal coaches to offer input. Coaches should discuss the goals, direction, and philosophy prior to determining the training plan.*
- Work with the coaches of the athletes to accomplish the teaching of selected skills.

Basic Tumbling – Be prepared to perform

1. Stretched forward roll, pike up to HS and roll-out to pike up to HS + full pirouette and roll-out with straight legs – present
2. Back extension rolls to hollow prone position, lower slowly to the floor
3. Back extension roll HS (BER) x 2, BER to half pirouette, Roll through center split
4. Endo rolls through HS
5. From jump/hurdle Handspring step out to handspring (add) bounder
6. Run Punch tuck front; (add) pike front
7. Slow cartwheels with Plie (no sound)
8. Standing round off (arms down at horizontal)
9. From stand (no jump) round off + one/two BHS (long turnover)
10. From stand (no jump) round off + whip
11. From hurdle round off, BHS, tuck-open/pike-open – stick

Pommel Horse Single Leg Sequence

- Reverse Scissor Drill – Straddled pendulum swings on pommels x 3 + undercut to bottom foot on horse in straddle (90 degrees or greater) + drop to pendulum swing in stride support rearward x 3 + leg cut rearward to foot on horse and drop into back scissor (may use foot on the horse – 90 degrees or greater, hips facing front).

Endurance Test

1. Maximum number of circles – floor mushroom, standing mushroom, single pommel mushroom, any loop in cross support (front, saddle, back)
2. Maximum number of press handstands – PB for 8yr, 9 yr. SR for Older
3. Press to planche lower to L, press to HS, lower to L - Maximum number of times
4. Rope Climb, no legs for time
5. Pike press on PB

Everything contained in this document has been derived from the USAG National Development Team Program. As our Future Stars/Elite program in Virginia grows and expands to include more coaches and athletes, this document will expand as well to meet the needs of our State in compliance with our Regional and National Development programs.

Please use this document as reference material to help you be better prepared for future camps and clinics. We hope to be using this guide as part of our clinic formats in the years to come.

