

# VIRGINIA MEN'S GYMNASTICS

## State Handbook



**2024-2025**

*(updated 3/4/25)*

## **Mission Statement**

The mission of the Virginia State Board is to provide leadership, explore ways to promote current educational efforts, support a safe environment, enhance participation in Men's gymnastics statewide, and abide by the USAG, SafeSport and Virginia Rules and Policies.

## **General Information**

### **USA Gymnastics Professional Membership**

To participate at any USA Gymnastics sanctioned event or meeting, a coach/official must have a men's professional membership, a background check, SafeSport, the Fundamentals of Gymnastics Course in USAG University (U100) and a current safety certification. New Course requirements 2021-2022 the U112: Tough Coaching or Emotional Abuse course and the U113: USA Gymnastics Safe Sport Policy course. Applications for membership and instructions for taking the national safety certification course and the Fundamentals of Gymnastics Course can be found online at [www.usagym.org](http://www.usagym.org). Additionally, all athletes must be registered with the USAG and a registered member of the Virginia Men's Gymnastics association to participate at any sanctioned event.

### **National Rules and Policies**

USA Gymnastics is the governing organization for our sport and follows the National Men's Rules and Policies document. This document can be downloaded from the USA Gymnastics website. It is the responsibility of every coach to be familiar with and abide by these policies. The National Men's Program Rules and Policies can be downloaded from the National USAG website at: [http://usagym.org/pages/men/pages/rules\\_policies.html](http://usagym.org/pages/men/pages/rules_policies.html).

<b>GYMNASTICS WEBSITES</b>	
USA Gymnastics	<a href="https://usagym.org">https://usagym.org</a>
Region 4 Men's Gymnastics	<a href="http://region4mensgymnastics.com">http://region4mensgymnastics.com</a>
Virginia Men's Gymnastics	<a href="http://www.vamensgymnastics.com">http://www.vamensgymnastics.com</a>

# USA GYMNASTICS

## Men's Program Directory

USA Gymnastics  
132 E. Washington St., Suite 700,  
Indianapolis, IN 46204

Phone: (317) 237-5050; Fax (317) 237-5069; Member Services: (800) 345-4719  
[www.usagym.org](http://www.usagym.org)

<b>Vice President of the Men's Program</b>	Jason Woodnick <a href="mailto:jwoodnick@usagym.org">jwoodnick@usagym.org</a>
<b>Men's Program Manager</b>	Lisa Mendel <a href="mailto:lmendel@usagym.org">lmendel@usagym.org</a>
<b>High Performance Director</b>	Brett McClure <a href="mailto:bmcclure@usagym.org">bmcclure@usagym.org</a>
<b>Development Program Director</b>	Raj Bhavsar <a href="mailto:rbhavsar@usagym.org">rbhavsar@usagym.org</a>

## Regional Board

<b>Region 4 Director</b>	Kevin White <a href="mailto:kevnastics1@aol.com">kevnastics1@aol.com</a>
<b>JRDTD</b>	Tim Michaels <a href="mailto:tim.michaels12@gmail.com">tim.michaels12@gmail.com</a>
<b>MDPC Jr. Coaches Representative Region 4 Elite Team Coordinator</b>	Matt Henry <a href="mailto:mhenry@gymtekacademy.com">mhenry@gymtekacademy.com</a>
<b>Alabama State Director</b>	John "JR" Zeringue <a href="mailto:jr@zeesgymnastics.com">jr@zeesgymnastics.com</a>
<b>Florida State Director</b>	Greg Weller <a href="mailto:gwgymnast1@yahoo.com">gwgymnast1@yahoo.com</a>
<b>Georgia State Director</b>	Dav Pierre <a href="mailto:haitiandav@gmail.com">haitiandav@gmail.com</a>

**Mississippi State Director**

Kevin White  
[kevnastics1@aol.com](mailto:kevnastics1@aol.com)

**North Carolina State Director**

Benji Stern  
[ncmensgymnastics@gmail.com](mailto:ncmensgymnastics@gmail.com)

**South Carolina State Director**

Tony Ivey  
[iveygy@bellsouth.net](mailto:iveygy@bellsouth.net)

**Tennessee State Director**

Lucas Mendonca  
[LTTmendonca@hotmail.com](mailto:LTTmendonca@hotmail.com)

**Virginia State Director**

Brett Lydon  
[vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com)

**METRO Judges Association Dir.**

Joe Rank  
[metrogymnasticsjudges.org](http://metrogymnasticsjudges.org)

## Virginia Men's Gymnastics Committee

**Purpose:** Sharing the workload, improving communication and accountability, and to further develop the men's gymnastics program in Virginia. The State Committee members must be actively involved in all aspects of state affairs. Presently, including the State President, there are 6 member positions and 4 non-voting members. The State President has the right to expand or limit the number of Executive Committee Members at will. Additionally, in the event of a voting tie the President will cast the deciding vote.

<b>2024-2025 VIRGINIA MEN'S GYMNASTICS COMMITTEE</b>		
<b>Position</b>	<b>Name</b>	<b>Email</b>
President (State Chairman)	Brett Lydon	<a href="mailto:vamensgymnastics@gmail.com">vamensgymnastics@gmail.com</a>
Vice-President	Kareem Phillips	<a href="mailto:coachkareemphillips@gmail.com">coachkareemphillips@gmail.com</a>
Treasurer	Cindy Walker	<a href="mailto:gyminfo@williamsburggymnastics.com">gyminfo@williamsburggymnastics.com</a>
Secretary	Char Aitken-Cade	<a href="mailto:caitkencade@staffordcountyva.gov">caitkencade@staffordcountyva.gov</a>
Legal Advisory	Spencer Watkins	<a href="mailto:classicsgymteam@gmail.com">classicsgymteam@gmail.com</a>
<b>Non-Voting members</b>		
Member-at-Large	Sonja Clark	<a href="mailto:sonjaelark@aol.com">sonjaelark@aol.com</a>
Member-at-Large	Tim Kappel	<a href="mailto:tim@puregymnastics.com">tim@puregymnastics.com</a>
Member-at-Large	Viorel Popescu	<a href="mailto:popescu.gym@gmail.com">popescu.gym@gmail.com</a>
Club Program Director	Greg Patterson	<a href="mailto:highbar_pro@yahoo.com">highbar_pro@yahoo.com</a>

**Committee Members** - shall serve a two-year term and will be elected every odd year. All other members shall serve a two year term and will be elected every even year. There is no limit to the number of consecutive terms any given committee member may serve. To be eligible a person must be a professional member, safety certified and properly credentialed by USAG University and reside in the Commonwealth of Virginia. The professional members within the Commonwealth shall nominate and elect the State Chairman. The Chairman shall serve as a member of the Committee for a term concurrent with his term on the Virginia Men's Gymnastics Committee. The Chairman must have been a member of the Committee for at least two years (one term) before being elected to serve as State Chairman for the next term.

Virginia will elect the Chairman at the Level 4-10 State Championships (Spring State Meeting). All voters must be current men's professional members with a valid safety certification.

# **Virginia Men's Gymnastics Committee Job Descriptions**

## **President (State Chairman)**

1. Attend all State Meetings.
2. Maintain an open line of communication between their office and both the Regional and National offices. The State Chairman shall actively gather information regarding men's gymnastics in their state throughout the year.
3. Establish and implement a State Championship bidding process.
4. Conduct the USA Gymnastics State Championship and ensure that all official rules and regulations are met. Provide meet results to the Regional Chairman and Regional meet director and financial reports to the National Office.
5. Conduct the annual State Clinic(s). The specific content of the clinic and the clinician(s) shall correspond with the gymnastics priorities in the state.
6. Will work to align state matters in concurrence with the Regional Director. Develop policies and procedures, governing activities and events in the state.
7. Plan and conduct annual Coaches Business Meetings.
8. Meet with the Treasurer to review financial reports. Oversee the State account finances managed by the Treasurer.
9. Attend the Regional Championships, Regional Meeting, National Championships and National Meetings.
10. Relay Regional and National Information to VA USAG professional members.
11. Approve and submit petitions to the Regional Championships.
12. Maintain an updated list of all gymnasts in Virginia. This document will be used in the planning of State Clinics and State meets.
13. Coordinate Virginia Elite and Development Team

## **Vice-President**

1. Attend all State Meetings.
2. Oversee the updating and maintenance of the Virginia Men's Gymnastics Handbook.

3. Assist the State Chairman in coordinating the State Clinic.
4. Assist the State Chairman in coordinating the State Championship.
5. Assist the State Chairman in fulfilling his duties as deemed necessary and gain a general understanding of how the State operates.

### **Treasurer**

1. Attend all State Meetings.
2. Manage the Virginia Men's Gymnastics financial accounts, keeping an accurate ledger of Gymnastics income and expenses.
3. Provide a balance for the Virginia Men's Gymnastics professional members at all State Meetings or upon written request.
4. Help to set and maintain the VA Men's Gymnastics Budget for the year.
5. Assist the State Chairman in coordinating the Annual State Business Meeting.
6. Assist the State Chairman with the Financial aspects of running the State Championships
7. In coordination with the State Treasurer, it is the State Chairman's job to provide a yearly financial report of the State's bank activity. A concise record must be kept and made available to include: monthly bank statements, deposit and withdrawal statements, copies of sanctioned meet forms, receipts for purchased goods, travel vouchers, and check ledger. Financial reports will be made at the Spring and Fall State meetings and made available to Virginia Men's Gymnastics professionals upon written request.

### **Secretary**

1. Attend all State Meetings and write a clear summary of each meeting.
2. Send out all State Meeting Minutes and all communications to the Virginia Men's Gymnastics professional members. Communicate all applicable information on the state social media outlets.
3. Obtain all men's professional members and men's gymnastics club information and compile. Provide a contact list for the Virginia Men's Gymnastics professional members and the Webmaster for the Virginia Men's gymnastics website [vamensgymnastics.com](http://vamensgymnastics.com).

4. Maintain open communication with all the members of the State Committee.
5. Maintain website and ensure it is up-to-date (including State competition calendar and State, Regional, National and Future Star competition information).
6. Send out newsletters and important updates to State membership via MailChimp.
7. Maintain and monitor the state Facebook page, email newsletters (MailChimp)

### **Members at Large**

1. Attend State Meetings.
2. Attend Board Meetings if possible.
3. Complete agreed upon tasks that are assigned to position.

## **Virginia Men's Gymnastics Fees**

Virginia Men's Gymnastics hosts a State Meeting in the Fall and again in the Spring in conjunction with the State Meet. It is mandatory that every club will have a representative present at these meetings. It is highly recommended that gym administrators (Men's team point of contact) who will be registering athletes for Camps, Clinic and Championship competitions be in attendance. These meetings are a primary avenue in the dissemination of important information to the State Clubs in Virginia. **Failure to have club representation at these meetings will result in a \$50 penalty to the club.** When possible a zoom like will be provided for virtual attendance.

Assessments and Head Tax Fees provide Virginia Men's Gymnastics the funds for ongoing operating expenses for the State. This includes clinics/workshop stipends, state board member travel expenses, board meeting expenses, website maintenance, legal and accounting fees, all state meeting expenses..

1. The Athlete State Assessment Fee for the 2025-2026 season.
  - Fee: \$25.00 per USAG registered Athlete
  - Fees and a complete roster of athletes and levels are due no later than the Fall State Meeting. **A Late fee of \$100 will be assessed for late registrations paid after the State Meeting.** If not paid by the time the State entry fees are due, no athletes from that gym will be entered into the State Championships.
  - One check per team made out to **"Virginia Men's Gymnastics."**



- Mail the Assessment to: **144-A Tewning Rd. Williamsburg, 23188**
- Any athlete joining the club after the payment of the assessment should pay the fee to the State. If an athlete has already paid his fee and transfers to another club within Virginia they are not required to pay an additional fee.
- Boys may move up or down a level or division throughout the year determined by the coach. Please communicate any change in Level or division to the State Chairman and Treasurer ([vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com)) so the Virginia Athlete list can remain up to date.
- Each gym should appoint a contact person or responsible party to organize and register the athletes and teams for meets. There should only be one point of contact between the State Director and your gym.

## **Virginia Men’s Gymnastics Membership Responsibilities**

**Coaches:** Coaches should always be professionally dressed. It is our obligation as professionals to look, act and dress the part. The following dress code has been outlined by USAG and will be enforced at all sanctioned meets. Please help our sport look professional.

- Professional attire includes:
  - o athletic attire such as a warm-up suit
  - o polo shirt or t-shirt/hoodie with club/team logo
  - o athletic footwear (no street or dress shoes)
  - o long athletic style pants or shorts (i.e. golf shorts)
  - o no sleeveless shirts
  - o no hats
  - o no denim style pants
  - o no cargo style shorts
  - o backpacks should remain in the competitor seating areas off the floor and may not be worn by coaches on the competition floor

Violators will be asked to leave the competition floor.

### **Enact the “Chain of Command” within the Gymnastics Community**

USA Gymnastics, like any professional organization, has a chain of command that should be followed. The chain starts with the gymnast and his parents and ends with the USAG Men’s Program Director. It is important that coaches remember that they are a liaison for their team parents and athletes. Parents should never be allowed to take their concerns

and problems directly to the top. Further, at no time should parents be allowed to approach judges in a competition. The proper chain of command is as follows: Gymnast/Parent» Personal Coach »Meet Director/Judge/State Chairman »Regional Director »Men's Junior Development National Program Director »Men's National Program Director. It is imperative that this process be followed and the chain of command be respected.

### **Approaching Judges during competition**

It is highly recommended that Compulsory coaches take the Junior Development Judging course and Optional Coaches take both the Junior Development Judging Course and the National Judging Course. However, any coach wishing to approach a judge during competitions may do so. The Judge is to be approached in a non-confrontational way and at an appropriate time. To keep meets moving along please take concerns to the meet referee or ask questions to the judge after the competition (if possible).

### **Confrontation with Judges during competition**

Argumentative confrontation with judges will not be tolerated during or after a competition. Judges will give one warning to the coach, if the coach continues in any way, the judge will deduct .3 from the coach's team or gymnasts all-around score. If a coach persists in confronting a judge after being given the .3 deduction, the Meet or State Director will remove the coach from the competition floor for the remainder of the competition.

### **Athlete:**

- Per USAG, the competitive age determination is based on birth year. For all levels of competition in each of the three tracks an athlete's year in which the championship for that competition program is held. For example, if a championship at any level is held in the year 2026 regardless of what month it is held in, the athlete's competitive age is his age as of December 31st of that year. For example, if an athlete was born in 2010 then his age for the 2026 season is 16 years old. Further, if the season's competitions began in December of the previous year (i.e., 2025) but the championship for that season is held in 2026, the athlete's age is his age as of the year 2026.
- As soon as that boy reaches his 6th birthday he becomes eligible for competition. In Virginia, for an athlete to become eligible for the State Meet he must compete in one sanctioned meet prior to the State Meet. If he cannot meet that requirement he will not be eligible for the State Meet.

### **Attire:**

- All athletes must compete in a Team jersey.

- Long solid colored gymnastics pants, socks and or gymnastics shoes, and gymnastics competition jersey on Pommel Horse, Rings, P-Bars and High Bar. The FIG “dark pants” rule is NOT in effect.
- On Floor Exercise and Vault the gymnast may compete in shorts with or without footwear or as he would for the other events. However, if he wears long pants he must have footwear on.
- Gymnasts may not compete with body piercings or tongue studs.
- Gymnasts may not compete with jewelry to include rings, chains, anklets, and decorative wristbands or watches.
- Gymnasts are required to wear a shirt at all times during warm ups and competition.
- Gymnasts are required to be in full uniform for awards.

Failure to comply with the above rules will result in a .3 deduction taken from the gymnast's score one time during competition.

## Virginia State Championships

The Virginia State Championships are the primary showcase of our State Program. It is the last State function of the year and a highlight for parents and athletes. The 2025-2026 State Championships for ALL levels will be held on the same weekend in the same venue.

- **Preliminary meet information:** will include site location, hotel accommodations, meet dates, equipment, and contact information as soon as the bid process is finalized. Meet information will be posted on the State website as well emailed to the gyms in the state
- **Meet registration** will be opened in October of each year. All registrations will occur through USAG Meet reservations (MRS).

### How to Register

1. All Registrations **MUST** be made through the USAG MRS.
  - A. **If a team representative or Gym Admin is completing the registration, it is the coaches responsibility to ensure accuracy of athletes registration and level designation within USAG.**
  - B. Please see the appendices at the end of the hand book for the “How to Register” Pages. You **MUST** follow the steps for registering athletes to ALL Virginia Championships, Clinics or events.

- C. Once all steps have been followed you need to print a copy of your team's USAG - All of this is described in the appendix document. The printed registration (hard copy) which includes the pages with the Team Name, Gym Contact information, Meet Contact information, athletes, and coaches registered to attend the event.
- D. Remit Payment if needed
- a. One Check per gym
  - b. Made out to VA Men's Gymnastics
- E. Place it in an envelope with payment and send to:
- VA Men's Gymnastics  
c/o Brett Lydon  
VA Men's State Director  
144 A Tewning Rd  
Williamsburg, VA 23188

**\*\*Do not send a customized registration form - Too often there are discrepancies between those forms and what was registered in USAG.\*\***

- **The Level Change deadline will be January 15, 2026.** There will be a late fee of \$25 per Level Change after the deadline and before February 1. After February 1, there can be no level or division changes as per USAG (THERE ARE NO EXCEPTIONS).
- **The final competition schedule:** will not be available until after all entries have been received (3 weeks before the meet).
- **Fees:** The State is permitted to charge up to \$135 per athlete and up to \$160 per athlete for Junior Elite (Tech Sequences). One check from each club made payable to: Virginia Men's Gymnastics. There will be a late fee of \$25 per athlete if the State Registration is postmarked after the stated deadline.
- **Qualifying Procedure to State Meet:** A gymnast must compete in at least one sanctioned Virginia meet prior at the level and division he wishes to compete at the State Meet. It is our hope to provide a culminating championship meet for as many athletes as possible. **As of the 2025-2026 Competitive season the Qualification Procedure will be:** In an effort to provide all of the Virginia Men's Gymnastics Athletes the opportunity to compete in a Championship meet the qualification for the Virginia State Championships will be to have competed in at least one "in-State" invitational at the level and division in which he will compete at State Championships (not an "In-House" event). The qualifying event may occur after the deadline for entry into the State Championships.

- **Refunds for scratched entries:** Entered athletes may be scratched from the meet with no penalty up until the entry deadline. Scratches due to injury which are received in writing/ email ([vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com)) from the entry deadline until two weeks prior to the meet will be refunded. There will be no refunds for any scratches after two weeks prior to the meet.
- **Injury Petition to State Championships** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from <https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf> and must be submitted to the State Chair with a physician's statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the state entry fee and coaches should include these athletes on their State entry form with the words "Petition Pending by their name. The State Chairman will contact the individual coaches with the decision.
- **Team Awards** Team Banners are to be given for each level where there are two full teams. At least 50% of the teams in each group will receive awards. Team awards are based on the top 3 scores from each event.
- **Individual / All-around Awards:** will be the standard USAG state medal and will be presented to the top finishers in each event and All-Around.
- **Senior Recognition:** Special recognition awards will be presented at the conclusion of the "Optional" Competition, to all graduating high school seniors in the men's program. All coaches must submit The names of their senior(s) to [vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com), by January 1st and provide their graduating senior's parents with the link to the "Graduating Senior form found on the State website [vamensgymnastics.com/forms/](http://vamensgymnastics.com/forms/). Parents must fill the "Graduating senior" form and submit their athlete's photo by January 15. Pictures are submitted to [vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com).
- **Regional Qualifiers** Regional qualifying scores and procedures will be posted on [vamensgymnastics.com](http://vamensgymnastics.com). Beginning in 2024-2025 Virginia will become part of Region 4 Championships (South East Region).
  - o Each Club will bring a copy of their State Meet Registration printed from the USAG MRS. It is the same Registration page that was sent in with their State registration. **Region Championship qualifiers will be taken from JDP levels 3-10, Compulsory, JN and JE.**
  - o Please strike through any athlete that regardless of qualification will not be attending Region Championships.
  - o At the conclusion of each session of State Championships the coach will go to the head table and register those athletes from that session who

qualify for and will attend Region Championships. Striking through any athlete who does not qualify.

- o At the conclusion of the last session the coaches will come to the head table and provide one check made out to: VA Men's Gymnastics in the amount equal to the number of athletes and their level and division.
- **Injury Petition to Regional** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from <https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf> and must be submitted to the State Chair with a physician's statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the regional entry fee and coaches should include these athletes on their Regional entry form with the words "Petition Pending by their name. The State Chairman will contact the Regional Chairman for final approval. Once approved, the State Chairman will contact the individual coaches with the decision.
- **Eastern National Championships and National Development Championships:** National Fees will be paid for by the state of Virginia if the funds are determined to be available.
- Petitions (see above)

## Hosting Meets in the State of Virginia

### Pre-Meet

- Determine date
- Secure sanction
- Secure judging from metro judging association
- Contact State Director to add to the State Calendar

### Post Meet

- Complete sanction and return within 72hrs
- Send \$3.00 per athlete to the National Gymnastics foundation (information included with sanction packet).
- Send \$2.00 head tax per athlete to be sent to the State treasurer within 72 hrs  
**Make checks out to Virginia Men's Gymnastics**  
**Send to: Cindy Walker, 144 A Tewning Rd., Williamsburg, VA 23188**
- Send \$1.00 head tax per athlete to be sent to the Metro Judges Association (to be determined the night before the meet - scratches may not be subtracted from the number the day of the meet).  
**Make checks out to Metro Judges Association and give check to head judge prior to the end of the meet.**

- Email final results to State Director within 72hrs

## **VIRGINIA MEN'S ELITE & DEVELOPMENT TEAM**

The Virginia Men's Gymnastics State Elite Team is a competitive program that showcases the top gymnasts from Virginia. The team focuses on developing elite skills and routines, emphasizing teamwork, discipline, and sportsmanship. The VAET has been created in alignment with Region 4 and National Team models. Members train rigorously to compete at state, regional, and national levels, aiming to foster athletic excellence and personal growth.

### **Vision Statement:**

To increase the competitive opportunities and success of Virginia's Athletes and Coaches utilizing the design of both the Regional Elite Team and National Team Programs.

### **Mission Statement:**

The mission of the Virginia Elite Team Program is to educate and assist in the development of both the coaches and athletes of Virginia that show potential to perform and represent Virginia both Regionally and Nationally.

VA Elite Team Coaches and Athletes are encouraged to attend and participate in the State Elite Team Camps and Regional Camps as these are the main source of education and advancement as well as evaluation.

### **2025 - 2026 VA Elite Team Coordinators:**

#### **VA Men's Gymnastics State Chair:**

- Brett Lydon (Williamsburg Gymnastics)
  - [vamensgymnastics@gmail.com](mailto:vamensgymnastics@gmail.com)

#### **VA Elite Team Coordinator:**

- Andrew Geldreich (Gymstrada Gymnastics)
  - [andrewgeldreich@gmail.com](mailto:andrewgeldreich@gmail.com)

### **2025 - 2026 VA Elite Team Staff:**

- Renato Araujo (Capital Gymnastics)
- Alex Chiriboga (Capital Gymnastics)
- Diego Deville Lozano (Arlington Gymnastics)
- Mario Gorosito (Arlington Gymnastics)
- Stephen Patterson (Classics Gymnastics)
- Viorel Popescu (Above the Bar Gymnastics)

- Pete Walker (Williamsburg Gymnastics)
- Chris Yurek (Dynamic)

## State Elite Team Selection Process

**\* Determined by All – Around placement at the 2025 Virginia State Championships\***

### Virginia Developmental Elite Team

#### Will Consist Of:

- Top 6 – Level 3 Division 1 - (7-9 - Year-Old)
- Top 5 – Level 4 Division 1 - (8-10 -Year-Old)
- Top 4 - Level 5 Division 1 - (9-11 - Year Old)
- Top 3 - Level 6 Division 1 - (10-13 -Year-Old)
- Top 2 - Level 6 JE - (10-12 -Year-Old)

### Virginia Elite Team

#### Will Consist Of:

- Top 2 – Level 7 - (12-13 -Year-Old)
- Top 1 - Level 8 JN - (12-13 - Year-Old)
- Top 1 – Level 8 JE - (12-13 - Year-Old)
- Top 6 – Level 9 JN - (14-15 - Year-Old)
- Top 4 - Level 9 JE - (14-15 - Year-Old)
- Top 7 - Level 10 JN - (16-17 - Year Old)
- Top 7 - Level 10 JE - (16-17 - Year Old)
- Top 4 - Level 10 JN - (18-19 - Year Old)
- [Non-Graduating Senior]
- Top 2 - Level 10 JE - (18-19 - Year Old)
- [Non-Graduating Senior]

Petitions will be evaluated on a case-by-case basis, considering the details, context, and implications of the request. This approach ensures a thorough and fair assessment tailored to the unique circumstances of each situation. To submit a petition, please fill out the following form:

<https://forms.gle/pDcdb2chizDrnHF59>

## Camps and Clinics

The VA Elite Team Members will attend 3 camps to work together with the VA Elite Coaching staff; the VA State Clinic and an exclusive Elite Team Clinic. Camps will focus on developing strong techniques of basic skills, increasing difficulty on optional skills, as well as an introduction to the technical sequence aspect of the Junior Elite (JE) path. The dates and cost of the camps are TBD based on the timeline for the roll out of the new USAG Men’s Development program later this Spring.

### Dates for Camps:

- VA State Clinic:** June 13-15, 2025
- VA State Elite Camp #1:** August X
- VA State Elite Camp #2:** September X

**VA Elite Team Members are expected to attend all camps**

### Cost Breakdown: TBA

Covers Camp, Elite Staff, some meals, elite team apparel (All will receive t-shirt)



**Registration:** We will use an online registration that will be sent out to all families at a later date.

Personal coaches who have athletes on the team are encouraged to attend the camps to learn and get hands-on knowledge from the Elite Team Coaching Staff.

## **Policies and Expectations**

### **Commitment and Dedication**

- **Training Attendance:** Gymnasts are expected to attend all scheduled training sessions unless otherwise excused for legitimate reasons (e.g., illness, family emergencies).
- **Performance Goals:** Set individual and team goals with coaches and regularly assess progress.
- **Focus and Attitude:** Maintain a positive and focused mindset during training, minimizing distractions.

### **Conduct and Sportsmanship**

- **Respect:** Treat coaches, teammates, competitors, and officials with respect at all times
- **Integrity:** Compete fairly and uphold the integrity of the sport.
- **Team Support:** Encourage and support fellow gymnasts, fostering a positive team environment.

### **Safety and Health**

- **Physical Health:** Report any injuries or health concerns immediately to coaches and follow recovery protocols.
- **Mental Well-Being:** Engage in mental health practices and seek support when needed. Prioritize psychological well-being as much as physical training.
- **Nutrition:** Follow a balanced nutrition plan to support training and recovery. Consult with nutritionists as necessary.

### **Training Environment**

- **Respect for Facilities:** Maintain the gym and equipment, using them appropriately and safely.

### **Communication**

- **Open Dialogue:** Encourage open communication between gymnasts and coaches regarding training, performance, and personal issues.
- **Feedback:** Be open to constructive criticism and feedback, using it as a tool for improvement.

### **Parent and Guardian Involvement**

- **Supportive Role:** Parents should support their gymnasts' commitment and respect coaches' decisions. Communication should remain constructive and positive.

**These policies and expectations aim to create a structured environment where gymnasts can thrive athletically and personally. Regular review and**

**adaptation of these policies will ensure they meet the evolving needs of the team and individual gymnasts.**

## **Fee payment schedule and reimbursement for services provided to VA Men's Gymnastics**

Fee Schedule						
Who	Event	Hotel	*Mileage (if over 30 miles)	*Per Diem	Transportation	Registration
State Director	Will be provided an honorarium for organized events such as clinics and camps up to but not exceeding the amount paid to the Clinician plus 50%. State Championship honorarium \$200	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Committee	National / Regional / Men's Workshops/ Congress/ Judges Courses/ Other events upon approval of State Board
Comm. Members	To be approved by Committee	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Committee	National and Regional events upon approval of State Board
Clinicians	To be approved by Committee	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Committee	N/A
Coaches in clinic setting/ Event Coaches	\$200 Clinician fee	if traveling more than 90 miles to event - State will set up room blocks and pre	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Committee	N/A

		pay rooms unless otherwise stated.				
Who	Event	Rental	Hospitality			
Facility Host	Clinics, testings, meetings	\$500 per day; \$250 per ½ day (up tp 5 hrs)	To be determined by the State Director and Treasurer with event host			

All fees are based upon Committee approval.

**\*IRS mileage rate** (round trip from starting destination to venue. Must provide google map print out of route. Any alterations due to rerouting to be discussed with State Director and Treasurer.)

**\*Per diem:** may or may not be provided during clinic. Meal options will be detailed in event information packet. If food not provided \$55 per day (\$10 breakfast, \$15 lunch, \$20 dinner)

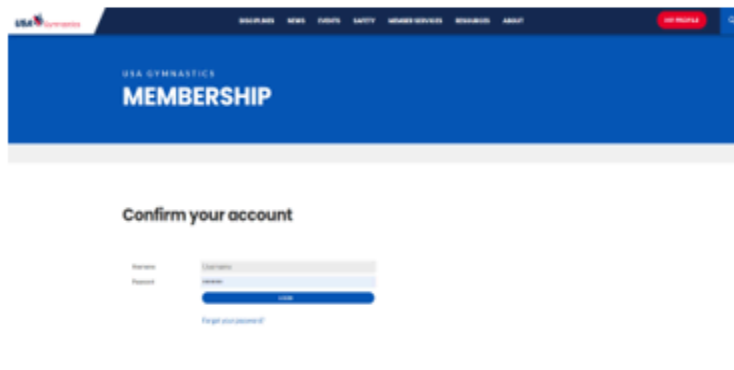
# Appendix 1



## Virginia Men's Gymnastics Meet & Event Athlete Registration Procedures

Here is a step by step process for registering your club athletes into clinics, camps, and state championships for the VA Men's Gymnastics programs:

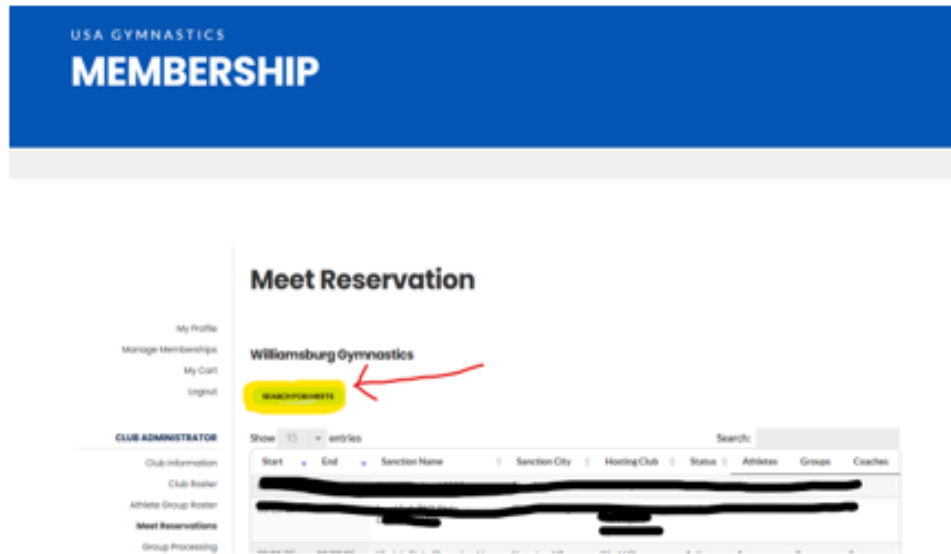
1. USAG Website
  - a. Login into the gym's USAG account



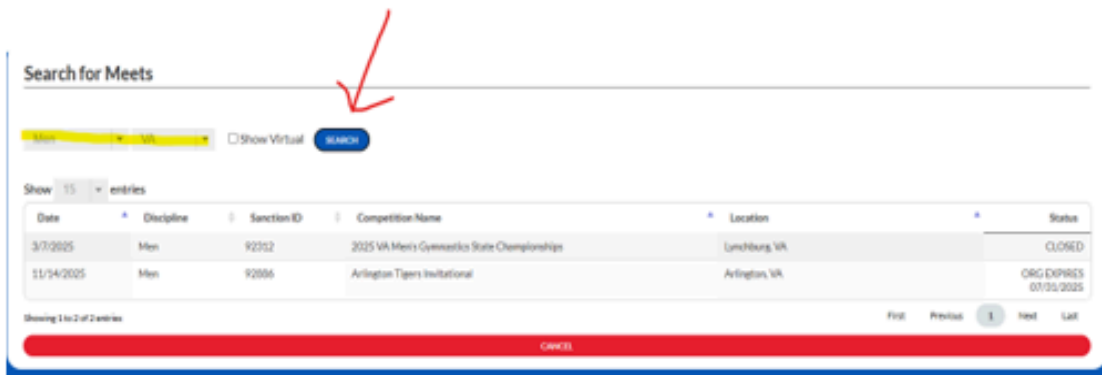
2. Go to the Meet Reservations tab on the left and click on the words "Meet Reservations"



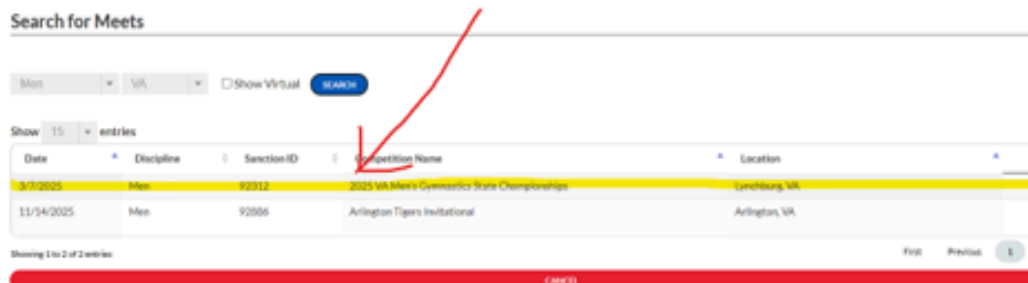
3. Go to the Search for Meets tab and click on that tab



4. In the 1<sup>st</sup> box click and select "Men"
5. In the 2<sup>nd</sup> box click on the state the sanction is located (ex. State Championships are in VA so select VA)



6. Scroll down the list of meet options and click on the Meet or event that you wish to register your athletes.



- The Club Administration – Meet Reservation form will populate on the screen. This will show you all of the meet information needed to register your athletes. You need to fill in the **Club Contact** information and the **Meet Contact** information first.

**MEMBERSHIP**

**Club Administration > Meet Reservations**

**Sanction ID # 30885 - 2025 USA Gymnastics Men's Region 4 Championship**

Program	Men	Club Information *	[Redacted]
Event	06/06/25 - 06/06/25	Insurance *	[Redacted]
Location	San South Convention Center	Club Contact *	[Redacted]
Address	4400 Tupper Lake Parkway	Phone *	[Redacted]
	SAULT STEARNS	Phone *	[Redacted]
Meet Director	Event Personnel	Contact at Meet *	[Redacted]
Levels	Level 3 Division 1, Level 3 Division 2, Level 3 Division 3, Level 3 Division 4, Level 3 Division 5, Level 3 Division 6, Level 3 Division 7, Level 3 Division 8, Level 3 Division 9, Level 3 Division 10, Level 3 Division 11, Level 3 Division 12, Level 3 Division 13, Level 3 Division 14, Level 3 Division 15, Level 3 Division 16, Level 3 Division 17, Level 3 Division 18, Level 3 Division 19, Level 3 Division 20, Level 3 Division 21, Level 3 Division 22, Level 3 Division 23, Level 3 Division 24, Level 3 Division 25, Level 3 Division 26, Level 3 Division 27, Level 3 Division 28, Level 3 Division 29, Level 3 Division 30, Level 3 Division 31, Level 3 Division 32, Level 3 Division 33, Level 3 Division 34, Level 3 Division 35, Level 3 Division 36, Level 3 Division 37, Level 3 Division 38, Level 3 Division 39, Level 3 Division 40, Level 3 Division 41, Level 3 Division 42, Level 3 Division 43, Level 3 Division 44, Level 3 Division 45, Level 3 Division 46, Level 3 Division 47, Level 3 Division 48, Level 3 Division 49, Level 3 Division 50, Level 3 Division 51, Level 3 Division 52, Level 3 Division 53, Level 3 Division 54, Level 3 Division 55, Level 3 Division 56, Level 3 Division 57, Level 3 Division 58, Level 3 Division 59, Level 3 Division 60, Level 3 Division 61, Level 3 Division 62, Level 3 Division 63, Level 3 Division 64, Level 3 Division 65, Level 3 Division 66, Level 3 Division 67, Level 3 Division 68, Level 3 Division 69, Level 3 Division 70, Level 3 Division 71, Level 3 Division 72, Level 3 Division 73, Level 3 Division 74, Level 3 Division 75, Level 3 Division 76, Level 3 Division 77, Level 3 Division 78, Level 3 Division 79, Level 3 Division 80, Level 3 Division 81, Level 3 Division 82, Level 3 Division 83, Level 3 Division 84, Level 3 Division 85, Level 3 Division 86, Level 3 Division 87, Level 3 Division 88, Level 3 Division 89, Level 3 Division 90, Level 3 Division 91, Level 3 Division 92, Level 3 Division 93, Level 3 Division 94, Level 3 Division 95, Level 3 Division 96, Level 3 Division 97, Level 3 Division 98, Level 3 Division 99, Level 3 Division 100	Phone *	[Redacted]
Meet Website	https://www.usagym.com/competitions/2025-meetregion4		

- You will scroll down to the area for the athletes. You will select the following items:
  - The box next to each athlete that will be attending the meet/event
  - Verify that they are listed in the correct level and division**

**Men Level 3 Division 1**

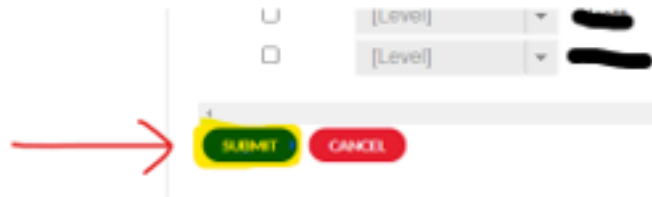
Attending	Level	First Name	Last Name	Member ID	Birth Date
<input checked="" type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	Level 3 Division 1	[Redacted]	[Redacted]	[Redacted]	[Redacted]

- Scroll to the bottom and select the coaches that will be attending the meet.

**Coaches**

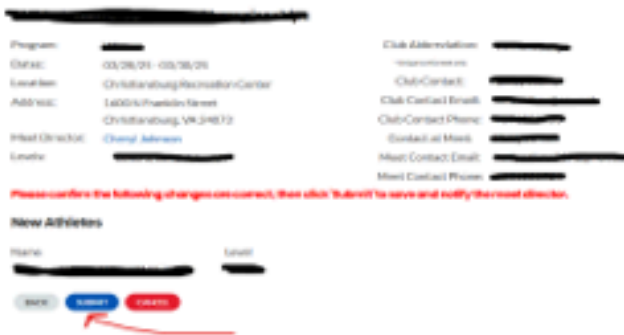
Attending	First Name	Last Name	Member ID
<input checked="" type="checkbox"/>	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	[Redacted]	[Redacted]	[Redacted]
<input type="checkbox"/>	[Redacted]	[Redacted]	[Redacted]

10. Once done you will scroll down and click on the Submit button

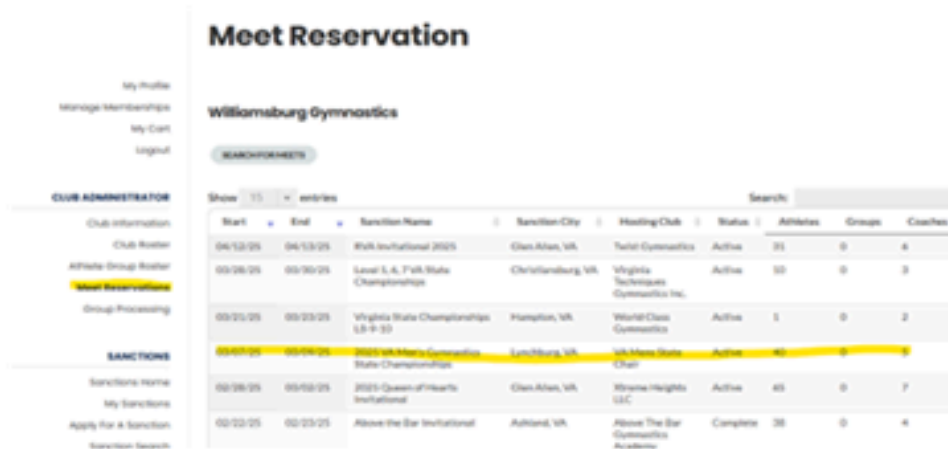


11. Make sure to complete the confirmation page to secure your changes or they will not be made in the MRS.

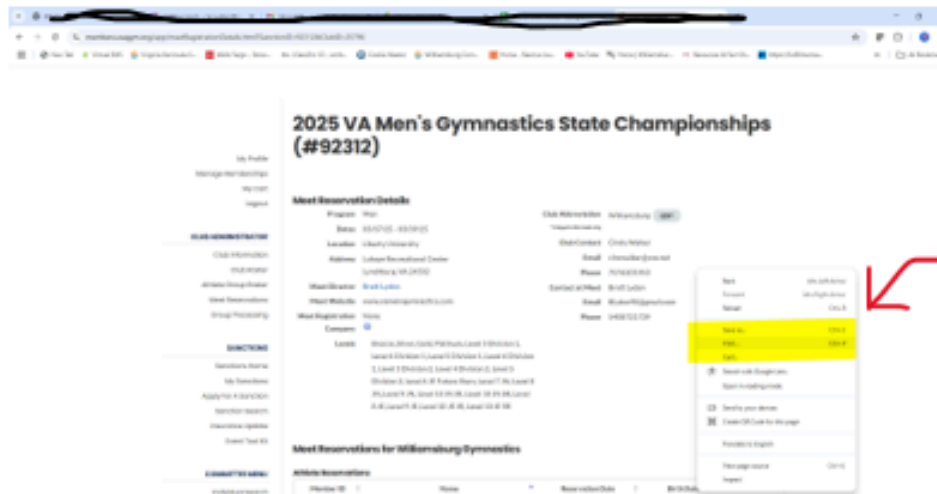
### Confirm Meet Reservation Changes



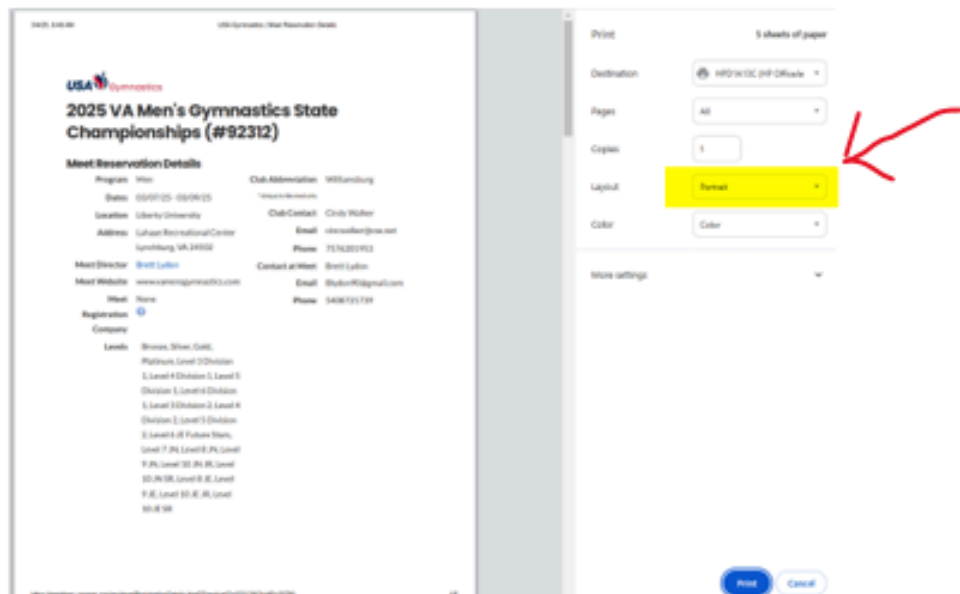
12. Print meet registration:
  - a. Click the meet reservations tab on the left (see step #2)
  - b. Click on the meet that you are working on:



13. Right Click (on your mouse or touch pad)



14. Click on Print – The format should look like this: Make sure that it is Portrait Layout



15. Make sure to print all the pages.

16. Remit Payment

- a. One Check per gym
- b. Made out to VA Men's Gymnastics

17. Place it in an envelope with payment and send to:

VA Men's Gymnastics  
c/o Brett Lydon  
VA Men's State Director  
144 A ~~Tawning~~ Tawning Rd  
Williamsburg, VA 23188



## Appendix 2



### Virginia Men's Gymnastics

#### How to **Modify** a Meet & Event Athlete Registration Procedures

1. To Modify a registration (cancel/adjust levels/add an athlete or coach) Repeat the process for logging into USAG and scroll down to the Meet Reservations tab on the left just you would for registering for a new meet reservation. Once there you will look for the meet already listed that you want to adjust.

Start	End	Sanction Name	Sanction City	Hosting Club	Status	Athletes	Groups	Coaches
04/13/25	04/13/25	PAK Invitational 2025	Glen Allen, VA	Twin Gymnastics	Active	31	0	4
05/26/25	05/30/25	Level 5, 4, 7 VA State Championships	Christiansburg, VA	Virginia Techniques Gymnastics Inc.	Active	50	0	3
05/21/25	05/23/25	Virginia State Championships LB-9-10	Hampton, VA	WorldClass Gymnastics	Active	1	0	2
05/01/25	05/04/25	2025 VA Men's Gymnastics State Championships	Lynchburg, VA	VA Men's State Chair	Active	40	0	0
05/06/25	05/09/25	2025 Queen of Hearts Invitational	Glen Allen, VA	Wyona Heights LLC	Active	45	0	7
02/23/25	02/23/25	Above the Bar Invitational	Ashland, VA	Above The Bar Gymnastics Academy	Complete	38	0	4

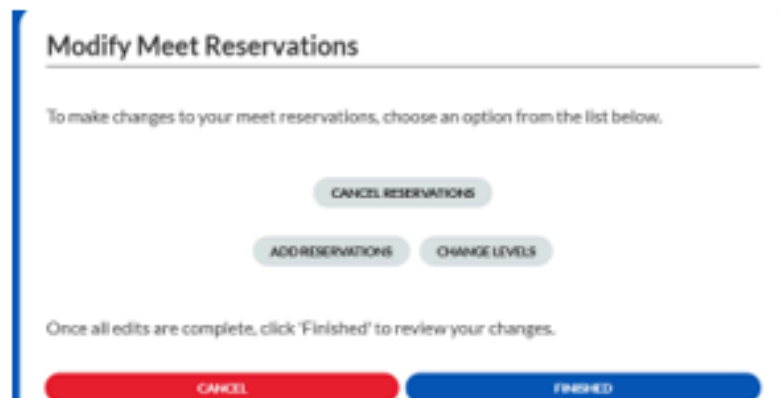
2. Click on the meet that you want to modify.
3. Once there you can adjust your registration for your team (if the meet host has the sanction Open), by clicking on the Modify button at the bottom of the page.

Athlete ID	Name	Registration Date	Registration Status
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open
[REDACTED]	[REDACTED]	05/01/25	Open

Coach ID	Name	Registration Date	Cancel/Withdraw Status
[REDACTED]	[REDACTED]	05/01/25	
[REDACTED]	[REDACTED]	05/01/25	
[REDACTED]	[REDACTED]	05/01/25	

4. You choose what you would like to do: add an athlete, change an athlete's level, or scratch (cancel) an athlete.



**Modify Meet Reservations**

To make changes to your meet reservations, choose an option from the list below.

CANCEL RESERVATIONS

ADD RESERVATIONS CHANGE LEVELS

Once all edits are complete, click 'Finished' to review your changes.

CANCEL FINISHED

5. You need to make sure that you click the box next to the individual's names and adjust their level as well. Once done click submit.



<input type="checkbox"/>	[Level]	[Redacted]	02/20/1986
<input type="checkbox"/>	[Level]	[Redacted]	05/22/2017
<input type="checkbox"/>	[Level]	[Redacted]	03/21/2010
<input type="checkbox"/>	[Level]	[Redacted]	06/14/2016
<input type="checkbox"/>	[Level]	[Redacted]	10/31/2014
<input checked="" type="checkbox"/>	Level 5	[Redacted]	09/20/2015
<input type="checkbox"/>	[Level]	[Redacted]	12/15/2017
<input type="checkbox"/>	[Level]	[Redacted]	11/01/2017

CANCEL SUBMIT

6. Click on the Finished tab



**Modify Meet Reservations**

To make changes to your meet reservations, choose an option from the list below.

CANCEL RESERVATIONS

ADD RESERVATIONS CHANGE LEVELS

Once all edits are complete, click 'Finished' to review your changes.

CANCEL FINISHED

7. Make sure to complete the confirmation page to secure your changes or they will not be made in the MRS.

### Confirm Meet Reservation Changes

**Program:** [REDACTED]  
**Date:** 03/26/24 - 03/28/24  
**Location:** Christening Recreation Center  
**Address:** 14000 Preston Forest  
 Christening, VA 23032  
**Head Director:** Christ Manning  
**Levels:** [REDACTED]

**Club Identification:** [REDACTED]  
**Club Contact:** [REDACTED]  
**Club Contact Email:** [REDACTED]  
**Club Contact Phone:** [REDACTED]  
**Contact at Meet:** [REDACTED]  
**Meet Contact Email:** [REDACTED]  
**Meet Contact Phone:** [REDACTED]

**Please confirm the following changes are correct, then click "Submit" to save and notify the meet director.**

**New Athletes**

Name: [REDACTED] Sport: [REDACTED]

8. Print meet registration:
  - a. Click the meet reservations tab on the left (see step #2)
  - b. Click on the meet that you are working on:

### Meet Reservation

Williamsburg Gymnastics

Start	End	Section Name	Section City	Meeting Club	Status	Athletes	Groups	Coaches
03/12/24	04/12/24	2024 National 2025	Chesapeake, VA	Talent Development	Auditor	25	0	0
03/26/24	03/28/24	Level 3, 4, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100	Christening, VA	Virginia Technological Community VA	Auditor	50	0	0
03/23/24	03/23/24	Virginia State Championships US 9-12	Pinebluff, VA	World Class Community	Auditor	1	0	0
03/23/24	03/23/24	2024 VA Men's Gymnastics State Championships	York County, VA	VA State	Auditor	100	0	0
03/26/24	03/28/24	2024 Queen of Hearts International	Chesapeake, VA	Virginia Heights Int'l	Auditor	45	0	7
03/23/24	03/23/24	Above the Bar Invitational	Arlington, VA	Above the Bar Gymnastics Academy	Complete	28	0	4

9. Right Click (on your mouse or touch pad)

2025 VA Men's Gymnastics State Championships (#92312)

**Meet Reservation Details**

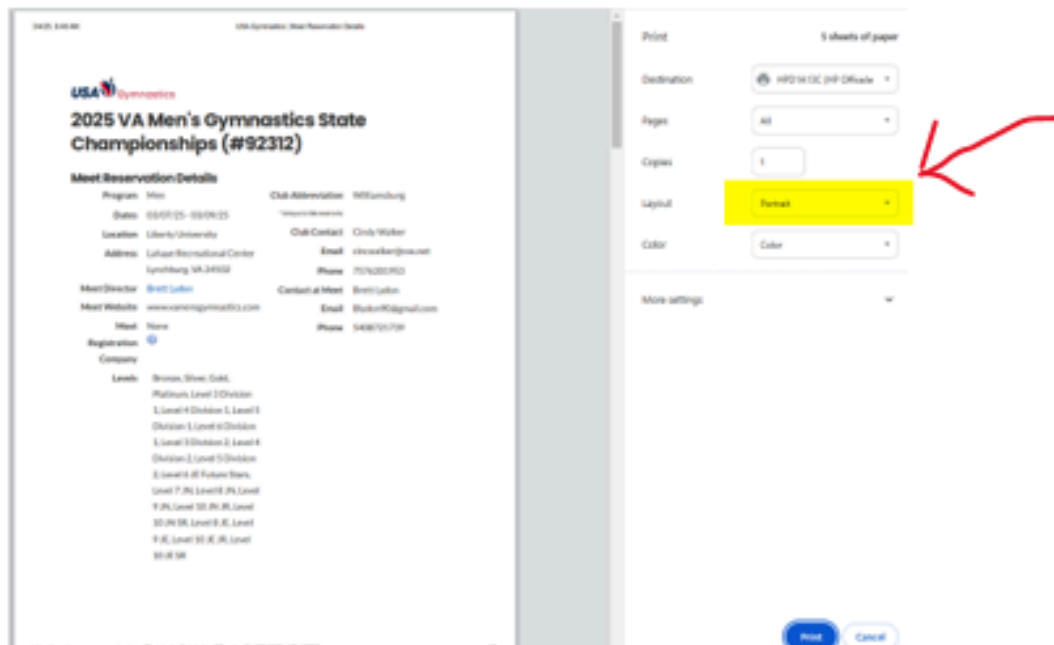
**Program:** [REDACTED]  
**Date:** 03/27/24 - 03/29/24  
**Location:** Cyber Recreation Center  
 Springfield, VA 22150  
**Head Director:** Scott Larkin  
**Head Website:** www.christening.org/RSVP  
**Meet Registration:** [REDACTED]  
**Levels:** [REDACTED]

**Club Identification:** [REDACTED]  
**Club Contact:** Christ Manning  
**Email:** christening@comcast.net  
**Phone:** 757-633-9100  
**Contact at Meet:** Scott Larkin  
**Email:** slarkin@christening.org  
**Phone:** 757-633-9100

**Meet Reservation for Williamsburg Gymnastics**

Athlete Reservations

10. Click on Print – The format should look like this: Make sure that it is Portrait Layout



11. Make sure to print all the pages.

12. Remit Payment if needed

- a. One Check per gym
- b. Made out to VA Men's Gymnastics

13. Place it in an envelope with payment and send to:

VA Men's Gymnastics  
c/o Brett Lydon  
VA Men's State Director  
144 A ~~Tewning~~ Rd  
Williamsburg, VA 23188