VIRGINIA MEN'S GYMNASTICS

State Handbook

2026-2027

(updated 10/23/26)

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. 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.

GYMNASTICS WEBSITES	
USA Gymnastics	https://usagym.org
Region 4 Men's Gymnastics	http://region4mensgymnastics.com
Virginia Men's Gymnastics	http://www.vamensgymnastics.com

USA GYMNASTICS

USAG 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

Vice President of the Men's Program	Jason Woodnick jwoodnick@usagym.org
Men's Senior Program Manager	Amber Viles
High Performance Director	Brett McClure bmcclure@usagym.org
Development Program Director	Raj Bhavsar rbhavsar@usagym.org
State and Region Accountant	Hillary Quick stateandregion@usagym.org (317)829-5654

Regional Board

Region 4 Director	Kevin White kevnastics1@aol.com
JRDTD	Tim Michaels tim.michaels12@gmail.com
MDPC Jr. Coaches Representative	Matt Henry mhenry@gymtekacademy.com
Region 4 Elite Team High Perf. Dir.	Billy West west4bill@gmail.com
Region 4 Elite Team Coordinator	Jorge Valdes Bboy2011.jv@gmail.com
Region 4 Dev. Team Coordinator	Nick Kosteski

	nickkosteski@gmail.com
Alabama State Director	John "JR" Zeringue jr@zeesgymnastics.com
Florida State Director	Josh Bittner j_bittner0205@yahoo.com
Georgia State Director	Dav Pierre haitiandav@gmail.com
Mississippi State Director	Kevin White kevnastics1@aol.com
North Carolina State Director	Benji Stern ncmensgymnastics@gmail.com
South Carolina State Director	Tony Ivey iveygym@bellsouth.net
Tennessee State Director	Lucas Mendonca LTTmendonca@hotmail.com
Virginia State Director	Brett Lydon vamensgymnastics@gmail.com
METRO Judges Association Dir.	Joe Rank 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.

2026-2027 VIRGINIA MEN'S GYMNASTICS COMMITTEE		
Position	**Name**	**Email**
State Chairman	Brett Lydon	vamensgymnastics@gmail.com
Vice-Chairman	Kareem Phillips	coachkareemphillips@gmail.com
Treasurer	Cindy Walker	gyminfo@williamsburggymnastics.com
Secretary	Char Aitken-Cade	caitkencade@staffordcountyva.gov
Legal Advisory	Spencer Watkins	classicsgymteam@gmail.com
Non-Voting Members		
Member-at-Large	Tim Kappel	tim@puregymnastics.com
Member-at-Large	Viorel Popescu	popescu.gym@gmail.com
Club Program Director	Greg Patterson	highbar_pro@yahoo.com

Committee Members - State Chairman shall serve a two-year term and will be elected every even year. All other members shall serve a two year term and will be elected every odd 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 Virginia 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 Meetings, 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.

4. Maintain open communication with all the members of the State Committee.

5. Maintain the Virginia Men's Gymnastics 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, Clinics 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 link will be provided for virtual attendance.

Yearly Registration 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 Yearly Registration Fee (New verbiage as of 10/23/2025) for the 2026-2027 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. January 15, 2027 is the deadline for any level or division changes for the 2026-2027 season. Changes must be made to the Gymnastics club's roster in USAG (athlete profile). Additionally, the change must be made in the USAG Meet Reservation system. These changes include level 10 JN and JE as well as the athletes age groupings Jr (16-17yrs), Sr (18-19yrs). Changing level and or division in one system does not make the adjustment in the other. Again, the level in the Club's USAG roster must correspond to the State Championship meet reservation level and division that the athlete wishes to compete at the 2026-2027 Virginia men's Gymnastics State Championship. Additionally, please communicate any change and/or questions regarding Level or division to the State Chairman (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:
  - athletic attire such as a warm-up suit
  - polo shirt or t-shirt/hoodie with club/team logo
  - athletic footwear (no street or dress shoes)
  - long athletic style pants or shorts (i.e. golf shorts)
  - no sleeveless shirts
  - no hats
  - no denim style pants
  - no cargo style shorts

- 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.

<u>Enact the "Chain of Command" within the Gymnastics Community</u>

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 2027season is 17 years old. Further, if the season's competitions began in December of the previous

year (i.e., 2026) but the championship for that season is held in 2027, the athlete's age is his age as of the year 2027.

- Athletes whose competitive age is 6 years must reach their 5th birthday before they are allowed to compete level 3. Example: If the athlete's 5th birthday is December 10 he can not compete until after December 10 even though he would be a 6 year old for the Competition season.
- In Virginia, for an athlete to become eligible for the State Championships he must compete in one sanctioned meet prior to the State Competition. 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 Championship is the primary showcase of our State Program. It is the last State function of the year and a highlight for parents and athletes. The 2026-2027 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 by 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 prior to the January 15, 2027 Deadline.**

   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 MRS reservation page - All of this is described in the appendix document. The printed registration (hard copy), must include the pages with the Team Name, Gym Contact information, Meet Contact information, athletes, and coaches registered to attend the event.

   D. Remit Payment
      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, 2027.** There will be a late fee of $25 per athlete Level Change after the deadline and before February 1, 2027. After February 1, 2027 **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 Championships registration fee for 2026-2028 will be $165 per athlete (no additional fee for Elite Athletes performing Technical Sequences requiring two days of competition. 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 to the level change deadline at the level and division he wishes to compete at the State Meet. **The qualifying procedure for the 2026-2027 Competitive season we be as follows:** In an effort to provide all of the Virginia Men's Gymnastics Athletes the opportunity to compete in a Championship meet they must have competed in at least one "in-State" invitational at the level and division for which they expect to compete at the Championships (This does not include an "In-House" event). For extenuating circumstances such as illness, injury or questions regarding the process, please contact the State Chairman at vamensgymnastics@gmail.com

- **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) 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.

  All VA Clubs will need to have an account with Stampli in order to receive refunds. The VA Treasurer will submit the refund to USA Gymnastics through Stampli. Once the invoice is submitted, if the club does not have an account with Stampli an invitation to set up an account with Stampli will be sent from Stampli. USAG requires every vendor to have a W-9 on file in order to remit payment The invitation will be sent to the email that the gym has provided on their Meet reservation unless other arrangements are made with the Treasurer. Once the account is set up refunds will be sent. Please see Appendices 4. Any questions regarding your Stampli account should be addressed to:

  Hillary Quick - **State and Region Accountant**
  stateandregion@usagym.org
  (317)829-5654

- **Injury Petition to State Championships** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from https://static.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, 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/. Parents must fill the "Graduating senior" form and submit their athlete's photo by February 15. Pictures are submitted to vamensgymnastics@gmail.com.

- **Regional Qualifiers** Regional qualifying scores and procedures will be posted on vamensgymnastics.com.

    - 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.

    - Please strike through any athlete that regardless of qualification will not be attending Region Championships.

    - 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.

    - 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://static.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.

- 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

- Compete sanction and return within 72hrs
- Send $3.00 per athlete to the National Gymnastics foundation. USA Gymnastics Foundation has added a payment portal for meet directors to pay the Men's Fund Contribution online, so nothing to mail. Unfortunately, it is not easy to find. (information is provided in the appendix 3).
- Send $2.00 per athlete to the State treasurer within 72 hrs of the competition.
  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.

2026 - 2027 VA Elite Team Coordinators:

VA Men's Gymnastics State Chair:

- Brett Lydon (Williamsburg Gymnastics)
  - vamensgymnastics@gmail.com

VA Elite Team Coordinator:

- Andrew Geldreich (Gymstrada Gymnastics)
  - andrewgeldreich@gmail.com

2026 - 2027 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)
- Preston Krah (Dynamic)

Tentative- State Elite Team Selection Process

*** Determined by All – Around placement at the 2027 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 (needs to be updated)

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 and Elite Camp #1: June 11-13, 2027 (@ Williamsburg Gymnastics)
VA State Elite Camp #2: September 11-12, 2027 (Tentative)

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**	**Transport-ation**	**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 $300	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then $75 per day	To be approved by Committee	National / Regional / Men's Workshops/ Congress/ Judges Courses/ Other events upon approval of State Committee
Comm. Members	Will be provided an honorarium for organized events such as clinics, camps and competitions up to but not exceeding the amount paid to the event coaches	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then $75 per day	To be approved by Committee	National and Regional events upon approval of State Committee
Clinicians	To be approved by Committee	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then $75 per day	To be approved by Committee	N/A
Coaches in clinic setting/ Event Coaches	$300 Clinician fee	if traveling more than 90 miles to event - State will set up room blocks and pre pay rooms unless otherwise stated.	IRS Standard Rate	If food not provided at event, then $75 per day	To be approved by Committee	N/A
Who	**Event**	**Rental**	**Hospitality**			
Facility Host	Clinics, testings, meetings	$1000 per day; $500 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 $75 per day ($15 breakfast, $25 lunch, $35 dinner)

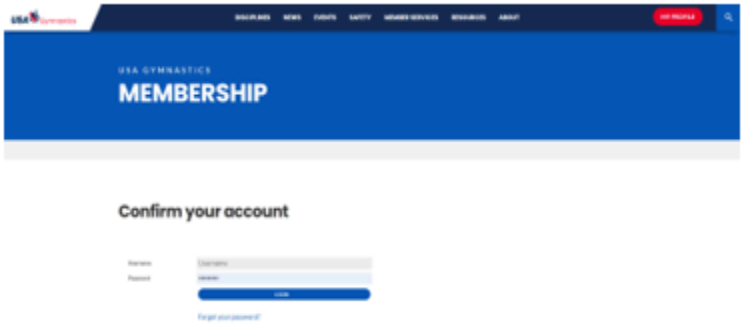
Appendix 1

Virginia Men's Gymnastics

Meet & Event Athlete Registration Procedures

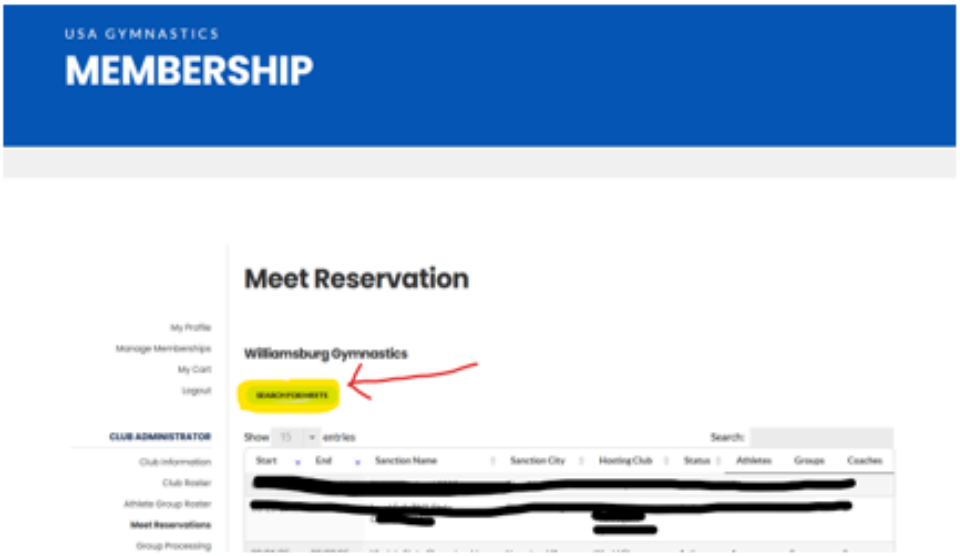
Here is a step by step process for registering your club athletes into clinics, camps, and state championships for the VA Men's Gymnastics programs:

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

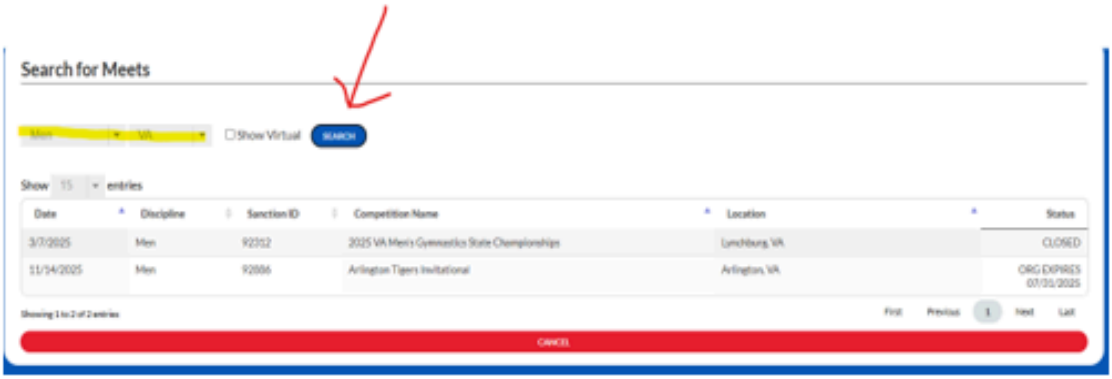


2. Go to the Meet Reservations tab on the left and click on the words "Meet Reservations"

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

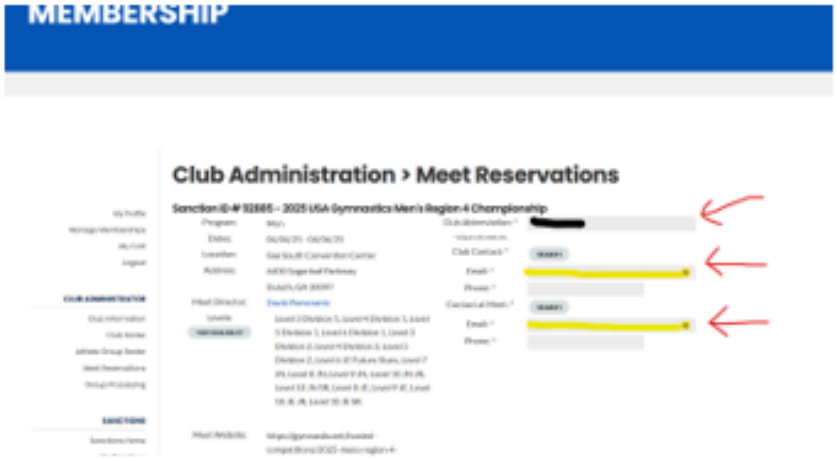


4. In the 1st box click and selecet "Men"
5. In the 2nd box click on the state the sanction is located (ex. State Championships are in VA so select VA)



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

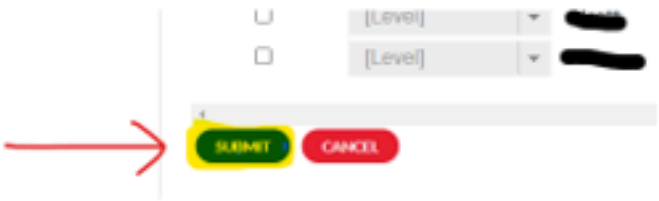
7. The Club Administration – Meet Reservation form will populate on the screen. This will show you all of the meet information needed to register your athletes. You need to fill in the **Club Contact** info2rmation and the **Meet Contact** information first.



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

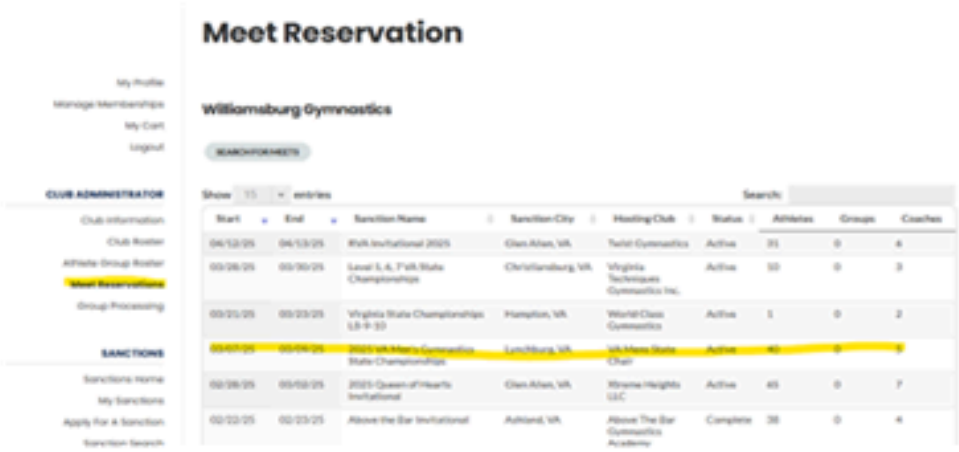
9. Scroll to the bottom and select the coaches that will be attending the meet.

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

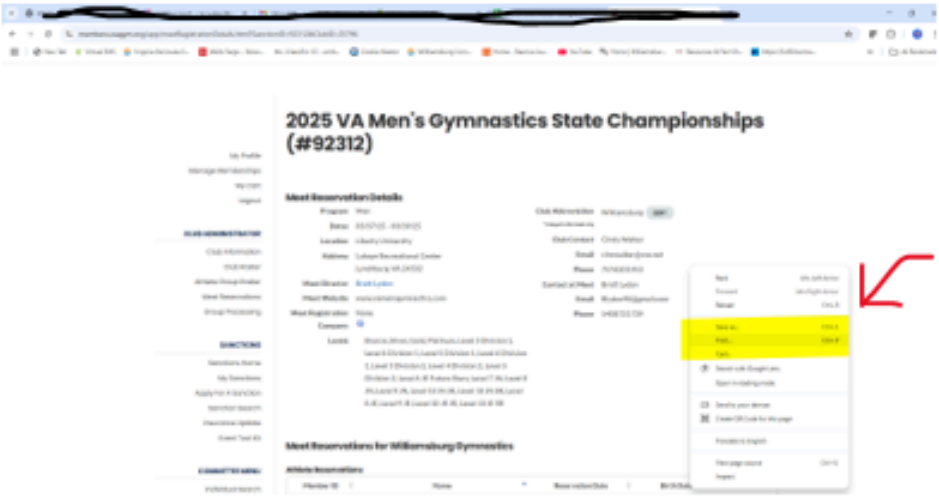


11. Make sure to complete the confirmation page to secure your changes or they will not be made in the MRS.

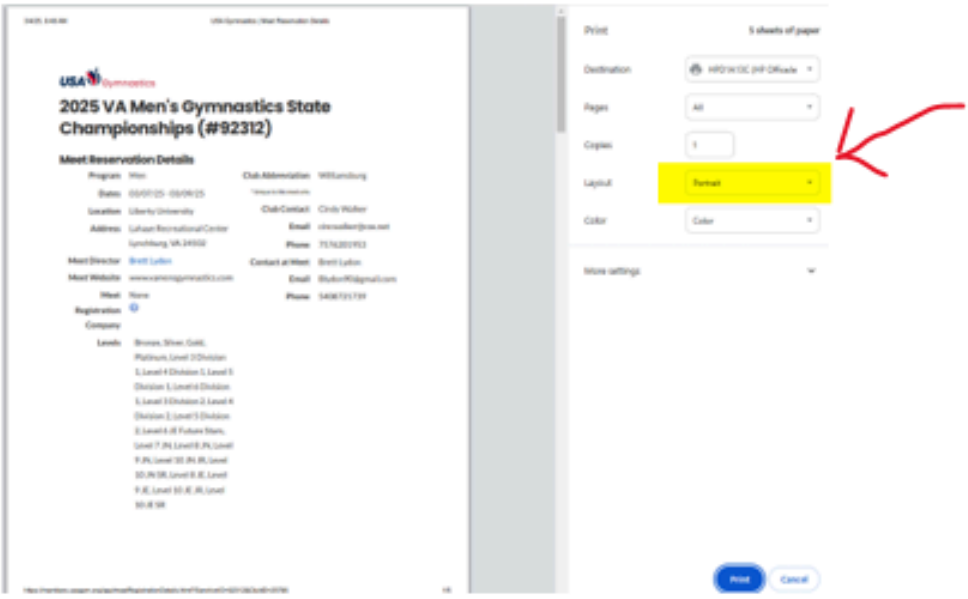
12. Print meet registration:
    a. Click the meet reservations tab on the left (see step #2)
    b. Click on the meet that you are working on:



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 Tewning Rd
Williamsburg, VA 23188

Appendix 2

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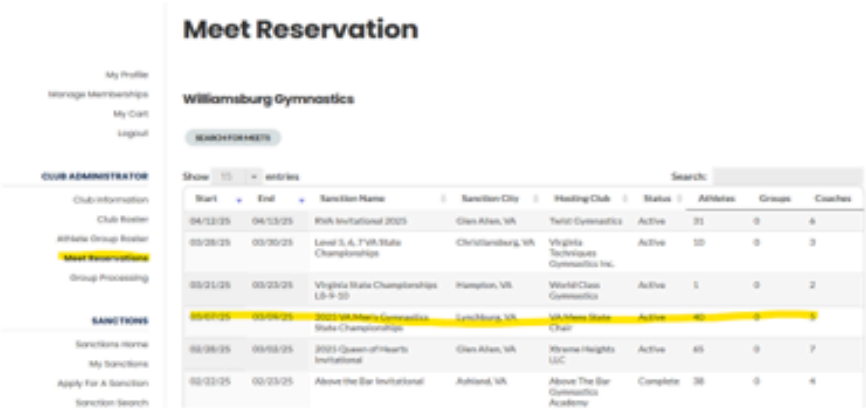
Virginia Men's Gymnastics

How to Modify a Meet & Event Athlete Registration Procedures

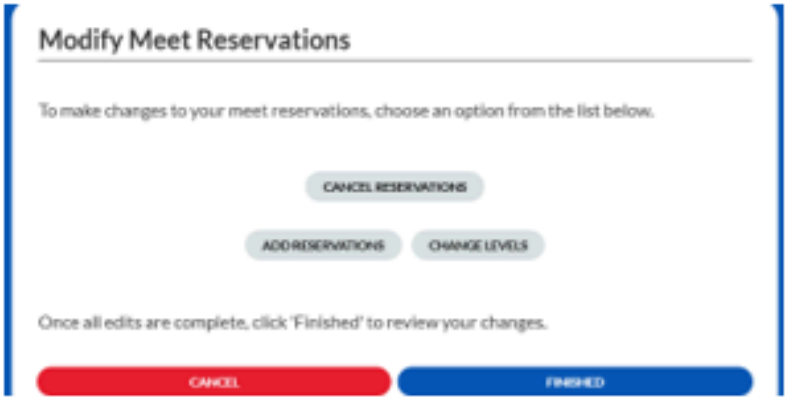
1. To Modify a registration (cancel/adjust levels/add an athlete or coach) Repeat the process for logging into USAG and scroll down to the Meet Reservations tab on the left just you would for registering for a new meet reservation. Once there you will look for the meet already listed that you want to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



2. Click on the meet that you want to modify.

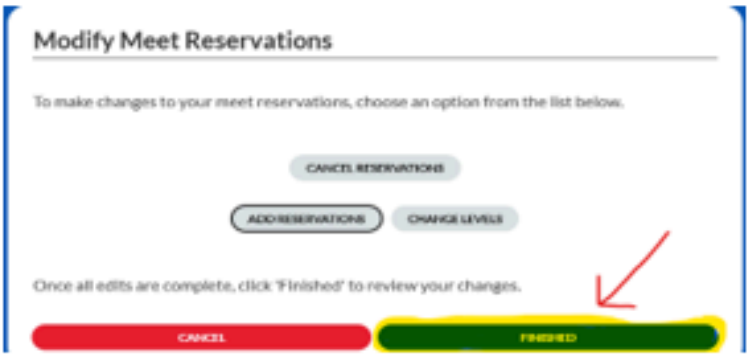
3. Once there you can adjust your registration for your team (if the meet host has the sanction Open), by clicking on the Modify button at the bottom of the page.

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



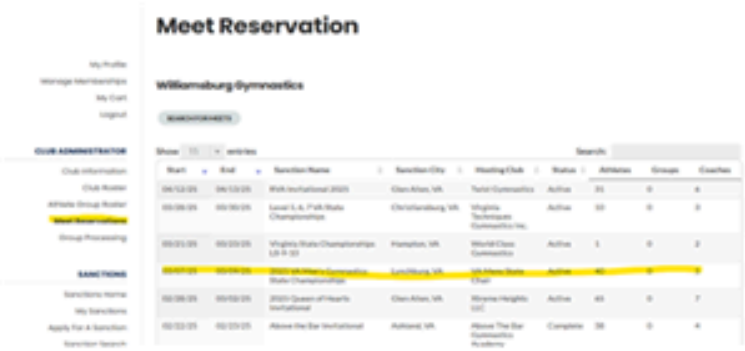
5. You need to make sure that you click the box next to the individual's names and adjust their level as well. Once done click submit.

6. Click on the Finished tab

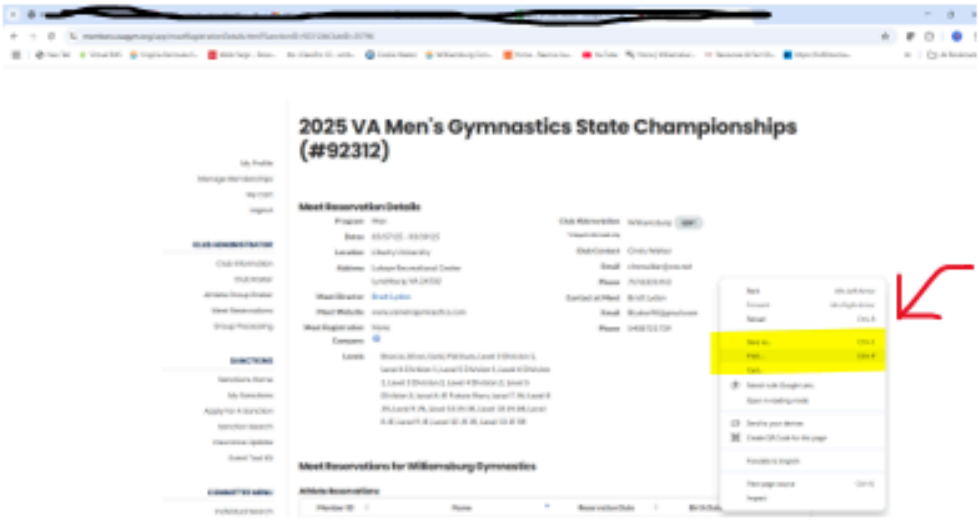


7. Make sure to complete the confirmation page to secure your changes or they will not be made in the MRS.

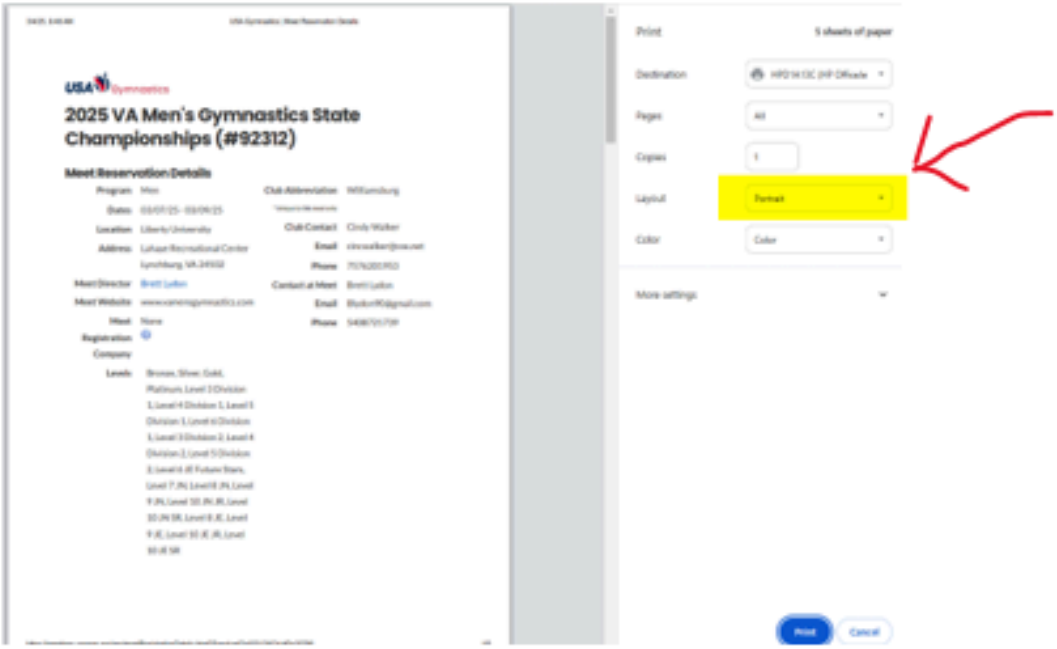
8. Print meet registration:
    a. Click the meet reservations tab on the left (see step #2)
    b. Click on the meet that you are working on:



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



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

Appendix 3

USA Gymnastics Foundation has added a payment portal for meet directors to pay the Men's Fund Contribution online, so nothing to mail. Unfortunately, it is not easy to find.

Short cut:

- Click on this link: https://usagymfoundation.givevirtuous.org/donate/meet-directors-page
- Complete the page as follows:
    - You will click on Men's Fund Contribution in the first dropdown
    - Enter the amount - $3 per athlete
    - Enter the sanction number
    - For "Host Club", enter the name of the competition
- When it takes you to the payment page, click on the box "Cover the processing fee so that 100% of my donation goes to the cause"
- Click on the Contribute Here! button and you your payment is complete.
- Email me a copy of your Men's Fund Contribution form (copy attached and in your sanction packet)

Long route:

- Got to USAG website and click on Resources, then USA Gymnastics Foundation on the dropdown menu
- Click on Donate Now in the upper right corner
- A pop-up box opens. You will need to scroll down on this box
- Click on Meet Directors Only
- A new window will open and here you will:
    - You will click on Men's Fund Contribution in the first dropdown
    - Enter the amount - $3 per athlete
    - Enter the sanction number
    - For "Host Club", enter the name of the competition
- When it takes you to the payment page, click on the box "Cover the processing fee so that 100% of my donation goes to the cause"
- Click on the Contribute Here! button and you your payment is complete.
- Email me a copy of your Men's Fund Contribution form (copy attached and in your sanction packet)

Information provided via email from Lisa Mendel on 10/23/25.

Appendix 4

Stampli Vendor Information

USA Gymnastics uses a system called Stampli as their accounts payable system. This system allows USA Gymnastics to review and issue payments.

Stampli also provides a free vendor portal where invited vendors can:

1. View the status of their invoices

2. Update their profile The stampli vendor portal process begins with being invited to Stampli's vendor portal by the accounting team.

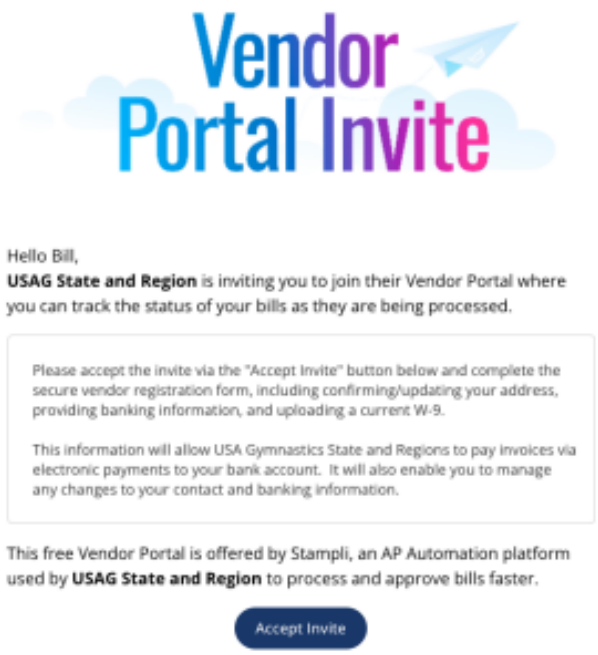
An invite will come to the vendor's email address once an invoice has been added into stampli by a state or region chair.

In some cases, vendors may be invited to the Stampli portal before an invoice has been entered.

The vendor portal invite will come from do-not-reply@stampli.com. It will look like the screenshot below.

Please complete the following steps from a computer and not on a mobile device.

Once you receive this email, please click on 'accept invite'.



You will then need to register with Stampli's vendor portal.

Once you are registered, Stampli will take you to the onboarding screen.

On the onboarding screen, please complete all the * fields. This includes:

- Phone Number
- First Name
- Last Name
- Address
    - o Please only use the state abbreviation.
    - o For example, if you live in Texas, only put TX.
- If you prefer an ACH payment, please list bank account information including account number, rou+ng number, and account number.
    - o Currently, USA Gymnastics is still mailing checks if you would prefer to have a check mailed to you instead of an ACH payment.

o Please note, at some point payments will be issued only by ACH.

- The exact timing of this change is to be determined.

- Uploading a completed W-9 form

o You can use the USA Gym Blank W-9 form if needed or you can upload a completed copy that you have saved on your computer.

- If you are using a completed copy that you have saved, please make sure it includes your current address

o Please note the completed W-9 form must the following boxes completed:

- Box 1 – This must be your legal name.
- Box 3
- Box 5
- Box 6
- Social security number if you have checked individual under box 3
- Employer identification number if you are a business

Once the onboarding information is submitted it will be reviewed by USA Gymnastics' accounting team within 7 business days. Once it is approved, you will have the capability to view the status of your invoices.

If your invoice is listed under 'processing', that means your invoice has been received and sent to the accoun+ng team for approval.