



Region 7 Future Stars & Junior Elite Program

Junior National Coaching Staff:

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Region 7 Director:

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2018 Future Stars & Junior Elite Testing

Sunday, September 30th, 2018 at Montgomery County Gymnastics

- Registration Fee:
 - o \$100.00 for Future Stars Athlete (8-13)
 - o \$50.00 for Junior Elite Athlete (11-14, 15-18)
- Future Stars Athletes will compete all 9 events across (2) sessions
- Junior Elite Athletes will compete 6 events across (1) session
- Athletes may perform on as many events as they would like to accommodate for those new to the program
- The Region offers both a JE Session and 13 yrs Future Stars Testing for Technical Sequence Preparation; it is recommended that current & new JE athletes attend for athlete accountability of long term technical sequence development
- **Deadline for registration will be September 18th**, using USAG's meet reservation system. Send payment to Richard Pulsfort, C/O Surgent's Elite Gymnastics, 256 West Westfield Ave. Roselle Park, NJ 07204

Event Planning:

Notes: We plan on running a similar format to last season. There will be 3 sessions of competition, with all Future Stars athletes competing in (2) of the sessions. One session will run the traditional events, the overlap session will run the special events (Trampoline, PB Strength, Flexibility). Times to be determined by the # of entries.

Session 1: 8 yrs, 9 yrs, 10yrs (FX, PH, SR, V, PB, HB)

Session 2: 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs (TR, PB Str, Flex)

Session 3: 11 yrs, 12 yrs, 13 yrs, 11-14 TS, 15-18 TS (FX, PH, SR, V, PB, HB)