

# All Around News



## New TOPs Testing Information and Schedule

*Toni Rand, RECC*

This year we will do the **TOPs testing** a little different than has been done in the past. We will offer a variety of testing sites and dates throughout the region. By doing this we hope that this will make it easier for more athletes to participate and we will be moving toward the way that most of the other regions do this. In addition, **we will not be offering a TOPs clinic with any of these testings.** We encourage athletes to attend the Future Stars camp or any of the other Regional training camps that they are qualified for. We will also review the TOPs program at our regional congress and at National congress.

### **Please select a site and date that you wish to test.**

Athletes may test more than once. The required paperwork is only required for your first test.

The regional entry fee of **\$35.00** is required for **EVERY test that you sign up for.**

The highest ranking regional test will be used by the National office to rank the athletes.

Send your check for **\$35.00 per test to the SITE(s) THAT YOU WISH TO TEST** or address listed for that site.  
**The Check should be made out to Region 8.**

With your check you must attach the required forms **filled out completely.**

**Athletes will not be allowed to test until all forms are received.** This includes the Medical form.

There may not be any blank spaces on the forms. Forms are available at the USAG national website.

**Advanced sign up for each test is REQUIRED.** You may not just show up for a test  
No exceptions will be made to this.

The Deadline for each test will be 3 weeks prior to the test date. Entries received after the deadline date may be denied.

### **General Information:**

- Each athlete testing must be between the ages of 7-11 years old in 2004
- Each athlete must test the age that they will be as of December 31, 2004
- Each athlete must have a current USA Gymnastics Athlete Membership
- All Coaches must have a current USA Professional membership and be safety certified
- Regional testing does NOT include any skill testing (this will be done at the National testing in October if your athlete qualifies)
- Athletes will be tested on the following only:
  - Active shoulder flexibility test
  - Leg lifts (total in 30 seconds)
  - Push Ups (total in 60 seconds)
  - Vertical Jump
  - Rope Climb (7 & 8 yrs-6 feet) (9-11yrs-12feet)
  - Right and Left forward splits
  - Pull Ups (total with no time limit)
  - 20 Meter fun for time (65.5 feet)
  - Press Handstands

The new **2004 TOPs manual** is available for purchase from USA Gymnastics Merchandise Department or you may go online at USAG website and download the manual. We highly recommend that you have this manual. You can call 1-800-345-4719 to order a manual. For additional TOPs information, please go to [www.usag-gymnastics.org](http://www.usag-gymnastics.org), then go to womans program and then TOPs.

**TESTERS:** If any of the coaches attending would like to be considered to help test the athletes on an event, please indicate this on your entry form. We will be encouraging all Directors to use attending coaches or other TOPs coaches in the area. You will be notified if needed. There will be a small fee paid for your time if selected. You will need to be at the site one hour prior to the start of the test. Thank you

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## 2004 REGION 8 TOPS TESTING SCHEDULE

<u>DATE</u>	<u>Time</u>	<u>SITE</u>	<u>CONTACT</u>	<u>Phone</u>	<u>Email</u>
May 29	1:00pm	<b>American Elite</b> 3442 Battlefield Pkwy., Ft Oglethorpe, GA 30742	<i>Rebekah Reyher</i>	706-861-4500	<a href="mailto:AmericanElite9@aol.com">AmericanElite9@aol.com</a>
June 12	1:00pm	<b>Charleston Twisters, SC</b> 9549 Hamburg Road, Ladson, SC 29456	<i>Davita Ivey</i>	843-875-5489	<a href="mailto:iveygym@bellsouth.net">iveygym@bellsouth.net</a>
June 12	1:00pm	<b>Park Avenue, FL</b> 12239 SW 53 St., Cooper City, FL 33330	<i>Kathy Semok</i>	954-434-0099	<a href="mailto:ksemok@juno.com">ksemok@juno.com</a>
June 12	1:00pm	<b>Ultimate Dream, GA</b> 403 McDonough Pkwy., McDonough, GA 30253	<i>Tara Wallace-Boone</i>		<a href="mailto:BTBOONE8@aol.com">BTBOONE8@aol.com</a>
June 13	10:00am	<b>Elite Gym, LA</b> 8321 Bluebonnet Blvd., Baton Rouge, LA 70810	<i>Kristie Phillips/Johnny Moyal</i>	225-766-0312	<a href="mailto:iamolympian@aol.com">iamolympian@aol.com</a>
June 26	3:30pm	<b>In-flight Gymnastics, NC</b> PO Box 4501 Statesville, NC 28117	<i>Kristie Phillips</i>	704-506-4197	<a href="mailto:kristiepb@yahoo.com">kristiepb@yahoo.com</a>
June 26	1:00pm	<b>JFK Elite</b> 3314 Old Columbiana Rd., Hoover, AL 35216	<i>Kathy Chambers</i>	205-979-7969	<a href="mailto:Kathy@JKJElite.com">Kathy@JKJElite.com</a>
July 9	9:00am	<b>Lightning City, FL</b> 14214 N Nebraska Ave., Tampa, FL 33613	<i>Toni Rand</i>	954-755-1750	<a href="mailto:AmTwist@aol.com">AmTwist@aol.com</a>
July 10	1:00pm	<b>Georgia Gymn. Acad., GA</b> 98 Patterson Rd., Lawrenceville, GA 30044	<i>Judy Prestigiacom</i>	770-962-5867	<a href="mailto:Gpresto@bellsouth.net">Gpresto@bellsouth.net</a>
July 11	2:00pm	<b>Elite Gym, MS</b> 2845 Southland Drive, Tupelo, MS 38801	<i>Kristie Phillips/Metry McGaughy</i>	662-840-9228	<a href="mailto:elitegymnastics2@yahoo.com">elitegymnastics2@yahoo.com</a>
July 23		<b>TAG, TN</b> 6242 Perimeter Dr., Ste. 102, Chattanooga, TN 37421	<i>Emily Hubbuch</i>	423-894-3910	<a href="mailto:esh813@comcast.net">esh813@comcast.net</a>

### TOPs CLINIC

Gymnastics Academy of Atlanta - 3126 Cobb Parkway, Kennesaw, GA  
**MAIL FORM TO: Toni Rand**, 6805 Lyons Technology Circle, Coconut Creek, FL 33073  
**September 11-12, 2004**

Cost Per Gymnast: \$60.00      Cost Per Coach Without Registered Athlete \$60.00

### ELITE / TOPs CLINIC

American Twisters Gymnastics • Coconut Creek, FL  
**December 18-19, 2004**

Our Region will host our annual Elite Clinic on December 18 & 19, 2004 at American Twisters Gymnastics in Coconut Creek, Florida. The Clinic and/or Testing competition will not start before 1:00 pm on Saturday. We will try to be done by 3:00 pm on Sunday so everyone can make travel plans home. We will present any changes that have been made to the *Code of Points* and offer practice judging and review sessions for judges invited to the Brevet Courses.

Cost Per Gymnast: \$100.00      Cost Per Coach Without Reg. Gymn.: \$60.00  
 Cost Per Judge Attend Practice / Review: \$ 60.00      Brevet Judges Invited to the Course FREE