



2025-2026

Region 3 Elite Team Program

Revised January 1, 2026

Preface

The Region III Elite Team Program has been patterned after the USA Gymnastics Junior National Team Program. The Region Elite Team Program ultimately exists for the specific purpose of enhancing Coaches Education, and Athlete Development who are on the ELITE PATH. Its effect helps to facilitate Regional and National Team Membership with regard to coaches and athletes within Region III.

The Region Elite Team Program addresses many levels of coach's education and athlete development. It has, as its main focus:

The identification of talented Coaches and Athletes. The education of talented Coaches and Athletes through Camps, Clinics, and Workshops Assist Athletes and Coaches with Regional and National abilities.

A Region III Elite Coaching Staff will be formed to help administer and communicate directives and technical material stemming from National Team Camps and the National Coaches Council with regard to Coaches Education, and Athlete Development.

The working relationship between the Region Elite Coaching Staff and the Regional / State Chairman's Committee is similar to that of the National Coaches Council and Men's Development Program Committee. This however is conducted at a regional level. This will also serve as a template for any and all State Coaching Staffs and State Teams that stem from the Region Elite Team Program.

In most cases the policies stated by the National Team Program have been adopted in this manual. Most policies are similar however there are some that relate specifically to Region III.

This Manual provides the Region III Coaching Staff and Coaching Community a working document that helps to communicate the Regional Team Program. It is refined each year and up-dated to reflect the needs and direction of Region III.

When answers regarding Coaches Education and Team Training Camp Policies are not presented here as part of the Regional Team Program, the reader must please refer to the National Team Program for possible solutions.

Region III Regional Team Program 2025-2026

Section I: Mission Statement and Regional Coaching Staff Objectives

Mission Statement

The mission of the Regional Coaching Staff is to help identify, provide, and facilitate both training and education for coaches and athletes that have demonstrated promising ability both regionally and nationally.

Regional Coaching Staff Objectives

The Regional Coaching Staff objectives are both educationally general and specific. These relate to the following areas:

Facilitate Coaches Education

Monitor and Evaluate Athletic Ability

Assist coaches with specific needs

Administer any and all Region Team Camps along with assistance where needed at the State Team Camps.

Conduct and provide educational opportunities through Training Camps, Workshops, and Clinics.

Provide strategic direction and recommendations for Region III.

Section II: Region III Regional Coaching Staff

Region III Coaching Staff Structure

The Region III High Performance Director along with the Regional Board will approve the Region Elite Coaching Staff based on names recommended by the Region Elite Team Program Coordinator.

Requirements and Procedures

Region Elite Coaching Staff Requirements:

Has placed an athlete on the Regional / National Team in the past 3 years.
Has participated as a Clinician in State, Regional, or National Workshops/Clinics.
The prospective candidates must be approved by the Region III Board.

Advisory Coaching Staff

It must be recognized that individuals from time to time will be placed on the Regional Coaching Staff as Advisory Members. These Coaches and their Athletes have a primary responsibility to the National Team Program and may not be able to fully participate in the Region Elite Team Program. Individuals may be placed on the Region Elite Coaching Staff in an advisory capacity by virtue of placing an Athlete on the Junior or Senior National Team.

Region Elite Team Coaches and Athletes

Region Elite Team Coaches are encouraged to attend and participate in Region Elite Team Camps and Coaching Clinics, at the State, Regional and National levels. These individuals are part of the educational focus of the Region Elite Coaching Staff. Information regarding the latest trends, training-plan development, and technical skill development are afforded each Regional Team Member and his Coach through Region Elite Team Training Camps and Regional Workshops/Clinics.

Region III Elite Team Staff Meetings

The goal of the Region III Coaching Staff is to try to meet during the following events:

Region III Coaching Clinic (FALL)

Region III Future Stars Evaluation (Oct)

Region III Regional Championships (Apr)

Region III Development Program Nationals Preparation Camp (April)

Region III Developmental Training Camp (July)

***Athletes MUST attend Training Camps to be considered for any and all Region Team Competition Functions

Region III Elite Team Coaching Staff Duties and Responsibilities

The Duties and Responsibilities of the Region Elite Coaching Staff will be determined by the event administrator and/or Region Elite Team Director. The objectives of the event will be determined and the best possible solution in terms of duties and responsibilities will be divided among the assigned staff.

Members of the Region Elite Coaching Staff may also comprise the Region Elite Team Selection Committee in the event the Region is asked to send a team to a selected event.

Region III Board

Name & Position	Contact Info
Mike Pena Interim Region Chairman	region3men@gmail.com
Chris Rippy Arkansas	Chrisrippy6@gmail.com
Kyle Fillatreault Kansas	kyle@abodevenue.com
James Clement Louisiana	Gymna1@gmail.com
Mike Filla Missouri	Mike_filla@hotmail.com
Ben Fox Oklahoma	bhf1161@aol.com
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Tom Meadows

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Region 3 High Performance
Director

Wayne Thompson

wayne@gulfgymnastics.com

Region Education Director

Travis Blue

blue.travis@gmail.com

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Region III Elite Team Coaching Staff

Name	EMAIL	State
Eric Marburger	wemarby@gmail.com	Texas
Glenn Morris	Morrisglenn@msn.com	Texas
Igor Vernyi	vigorgym@yahoo.com	Texas
Ivan Ivankov	ivanivankov283@gmail.com	Texas
Sam McArthur	Sam.mcarthur@ymail.com	Texas (JNCS)
Kyle Fillatreault	kyle@abodevenue.com	Kansas
Hunter King	<u>Hunterkingarmory@gmail.com</u>	Texas
Tom Meadows	<u>Tluvgymcoach@gmail.com</u>	R3 High Performance Director(HPD)
Jeremy Kramb	Tx.kramb@gmail.com	Texas
David Finning	pridegymnasticsacademy@gmail.com	Oklahoma

Region III Elite Team Cup Selection Committee (ETCSC)

*****TERM 2025-2026**

Name	EMAIL	Position	State
Mike Pena VOICE, NO VOTE	region3men@gmail.com	REGION 3 Chairman	Texas
Tom Meadows	<u>Tlavgymcoach@gmail.com</u>	R3 HPD	Texas
Amanda Stroud-Gagnon	ajsgym@hotmail.com	Junior National Team Selection Committee Chair	Texas
Glenn Morris	morrisgym@gmail.com	Junior National Team Selection Committee	Texas
Kyle Fillatreaut	kyle@abodevenue.com	Region 3 Board Member	Louisiana
Brandy Wood	<u>bihibar1@msn.com</u>	JNCS/Jr National Team Coach	Texas

Section III: Region III Future Stars Preparation Camp and Coaches Workshop

State Teams & Clinics

It is suggested that the other states in Region 3 begin the development of State Teams at younger ages to encourage the use of the Future Stars Program in order to help facilitate the education and development of the more talented athletes and coaches into the Elite Path.

Region III Clinic

This clinic is open to boy's Level 8 and higher. This event has is organized and run by the Education Director. It is typically in the middle of the region and hosted in the Fall. It is recommended that members of the Regional Elite Coaching Staff along with visiting coaches from around the country be used in order to provide the best information for our athletes and coaches.

This is an event that should eventually be expanded to include a Regional Future Stars Preparation Clinic as well. Athletes preparing for the Regional Evaluation can attend for a fully interactive clinic to help more fully prepare for the Evaluation. Members of the Junior National Coaching Staff are suggested to attend so that information that will be used at the National Future Stars can be communicated well in advance.

Section IV: Region III Championships

A. See Rules and Policies – USA Gymnastics Online

Section V: Region Team Qualification

Level 4-5 Region Elite Team Camp (@36 athletes)

Level 4: 18 Athletes

Level 5: 18 Athletes

***ALL ATHLETES MUST HAVE A PERSONAL COACH ATTEND

2 1/2 Day Camp- Recommended Friday Evening - Sunday afternoon (4 Training Sessions)

\$250 Fee for athletes - Parents Chaperone athletes to camp

Location & Date: Highland Park High School- July 31st - August 2nd

\$250 fee for visiting coaches not having an athlete

LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 4 Division 1	7–8 Year-Old Combined	Top 3 All Around	2026 Region 3 Championships
Level 4 Division 1	ALL AGES COMBINED	Top 15 All Around remaining athletes	2026 Region 3 Championships
Level 5 Division 1	8-9 Year-Old Combined	Top 3 All Around	2026 Region 3 Championships

Level 5 Division 1	ALL AGES COMBINED	Top 15 All Around remaining athletes	2026 Region 3 Championships
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Level 6 & 8 Region Elite Team Camp (@24 athletes)

Level 6: 15 Athletes

Level 8: 15 Athletes

*****ALL ATHLETES MUST HAVE A PERSONAL COACH ATTEND**

**3 1/2 Day Camp- Recommended Thursday Evening - Sunday afternoon (6 Training Sessions)
TBD**

\$350 Fee for athletes - Parents Chaperone athletes to camp

Location: Houston Gymnastics Academy – June 18th - 21st

\$350 fee for visiting coaches not having an athlete

LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 6 Division 1	ALL AGES COMBINED	Top 6 All-Around athletes	2025 Region 3 Championships
Level 6 Junior Elite	10-year-old – Top 2AA 11-year-old – Top 2 AA 12-year old – 2 Top 2 AA All ages combine – Top 3 AA		2025 Region 3 Championships

Level 8 Junior Elite	12-Year-Old	Top 5 All Around TS + Opt Combined	2025 Region 3 Championships
Level 8	ALL AGES COMBINED	Top 10 All Around remaining athletes Optional only	2025 Region 3 Championships

Level 8 13-year-old JE, 9-10 Region Elite Team (@34 athletes)

Level 8 JE 13y.o.: 6 Athletes ***Each LEVEL 8 athlete MUST have a personal coach in attendance

Level 9: 14 Athletes

Level 10: 14 Athletes

6 Day camp

Location: University of Oklahoma – May 31-June 5

\$650 fee for athletes (includes all housing, meals, training) TBD based upon camp. This is typical 6-day camp (\$300 for Level 8)

\$650 fee for visiting coaches not having an athlete (includes all housing, meals, training)

LEVEL	AGE	PLACEMENT	QUALFYING EVENT
Level 8 Junior Elite	13-Year-Old	Top 6 All-Around Opt + TS Combined	2026 Region 3 Championships
Level 9 Junior Elite	ALL AGES COMBINED	Top 4 All Around TS + Opt Combined	2026 Region 3 Championships

Level 9 Junior National/ Junior Elite	ALL AGES & DIVISIONS	Top 10 All Around remaining athletes Optional only	2026 Region 3 Championships
Level 10 Junior Elite	ALL AGES COMBINED	Top 10 All Around TS + Opt Combined	2026 Region 3 Championships
Level 10 Junior National	ALL AGES COMBINED	Top 4 All Around remaining athletes Optional only	2026 Region 3 Championships

***Region 3 Elite Team Coordinator has ability to invite additional athletes as approved by Region 3 Chair

*****Level 8 athletes will depart Wednesday, after morning training.**

OTHER ATHLETES TO BE INVITED:

All Junior, Senior Development or Senior National Team Members

Section VI: Elite Team Cup Selection Procedures

Eligibility

- Athlete must be a member of the current Region 3 Team.
- Any Region 3 Elite Team athlete who is age 14-19 is eligible for Elite Team Cup Selection.
- In order to be selected for the team, athletes must attend the Region 3 Team Camp. In the event the athlete is representing the USA as a part of the National Team in any capacity, on the date of the camp, or any other circumstances such as injury, illness, etc., this requirement will be waived by the Region Elite Team Coordinator.
- In the event an athlete did not qualify to the Region Elite Team and wants to be eligible for selection for the Elite Team Cup, his coach must submit written inquiry with reasoning why he was not a part of the Region Elite Team and his ability to help the Region for the Elite Team Cup.

Selection

The named Elite Team Cup Selection Committee (ETCSC) will select the Team that will represent Region 3 in any and all competitions. This committee will be picked by the Region Team Coordinator and approved by the Region 3 Board. Standing on the committee, the Region 3 Chairman and the Region Team Coordinator will also serve in this selection, having only a voice, no vote.

Athlete Selection Guidelines

1. 2026 Elite Team Cup Team: 8-8-6 + 2 Reserve athletes
2. Region 3 will always strive to place the best team possible at the competition in which the team is selected for.
3. Number 1 priority will be Team Placement. No Individual success will be taken into account.

4. The ETCSC will also select 2 reserve athletes, based upon what members may need to be replaced.

5. Team Selection will be based upon all data gathered with Start Values, USAG IE Bonus inserted, execution scores calculated to receive Final Scores.

a. Highest SV will be used per judgement.

b. E Panel – Drop high and low and average middle 2 E-Panel

c. Combine D + E Panel to come up with Final Score

i. Top 2 athletes counting on the most events based upon 6 scores with 2026 Junior IE Bonus, will be automatic selections. Top 2 athletes counting on the most events based upon 6 scores without bonus, will be automatic selections.

***In the event the same athletes take both spots, remaining eligible spots will be selected based upon discretionary criteria.

iii. Remaining athletes will be selected by the ETCSC based upon the given data and discretionary criteria*** to determine the best 6 scores among an 8-man lineup.

6. ETCSC will recommend the 10-man team to the Region 3 Board for approval.

7. All selected athletes will be required to pay Region 3 \$650.00 for travel and competition expenses.

*****Discretionary Criteria:**

Rankings within National Championship events

National & International experience – the athlete has represented Region 3 Nationally or USA Internationally or the athlete needs to gain international experience representing Region 3 Nationally to prepare for future opportunities. This includes past ETC experiences and other leadership roles.

Overall competitiveness (D, E, and final scores) with top National athletes across major junior national events in 2024 and 2025.

Major junior national events include but are not limited to the following competitions: MDP National Championships, US Championships and all International National Team Events.

Region 3 Elite Team Cup Athlete Selection Timeline and Procedures:

- (1) Preliminary Pool of athletes approved by the Region 3 Board based upon following metrics:
 - (a) All Region 3 Level 10 athletes qualified to the 2025 US Championships.
 - (b) Top 6 Highest 1 Day All-Around from the 2025 DP National Championships regardless of age or division not already qualified.
 - (c) All Level 9 2025 Junior National Team Members who will be Junior FIG Age Eligible.
 - (d) Any athletes recommended by State Chairs that are not qualified by above metrics.
- (2) **September 30, 2025:**
 - (a) List of preliminary pool sent to personal coaches to review for removal of any athletes. Personal Coaches will also upload planned routines with Jr. FIG Start Values to the Region 3 2026 ETC Selection folder via Google Drive.
- (3) **October 3, 2025:**
 - (a) 2026 ETC Selection Pool finalized.
- (4) **December 1, 2025:**
 - (a) 1st Set of Videos Submitted to the 2026 ETC Folder on Google Drive from any USAG Sanctioned Competition or In-House competition up to November 30, 2025.. Must be competition height surfaces and can use with extra matting. Camera Angles must be in accordance with the “Video Submission Guidelines” as listed below. No Videos will be judged without correct Camera Guidelines and Routine Submissions for the December 1 upload.
 - (b) Region 3 ETC Judging panel will evaluate and judge routines.
 - (c) Scores with and without the IE Bonus will be compiled onto the 2026 ETC Selection score sheet.
- (5) **December 7, 2025:**

(a) Personal Coaches, ETCSC, submit 8 names to determine 2026 ETC Semi-Finalist Selection Pool based upon scores from the videos submitted. The top 'X' guys will make up the 2026 ETC Final Selection Pool.

(6) **January 19, 2026:**

(a) Up to 2 Competition Videos Submitted from any USAG Sanctioned Competitions between **December 2, 2025 – January 18, 2026**, to the 2026 ETC Folder on Google Drive. No Videos will be judged without correct Camera Guidelines and Routine Submissions for the December 1 upload.

(b) Region 3 ETC Judging panel will evaluate and judge routines.

(c) Scores with and without the IE Bonus will be compiled onto the 2026 ETC Selection score sheet.

(d) ETCSC submits 8 names based upon scores from the videos submitted to determine 2026 ETC Final Selection Pool.

(7) **January 26, 2026:**

(a) ETCSC is required to submit recommendations of a 10-man team based upon all scores from the videos submitted from **December 1, 2025 to January 19, 2026**.

(b) Region 3 Chair will recommend Head and Assistant Coach based upon the athletes who are named to the 2026 ETC team.

(c) Region 3 Board will vote to approve the 2026 ETC team, using the ETCSC recommendations.

(8) **February 17, 2026:**

(a) Final 8 man competing Team named by the Elite Team Cup Coaching Staff by the Preliminary Deadline to turn in Lineup as defined by the 2025 ETC Workplan.

(b) 2 Reserve athletes and personal coaches will travel when possible.

(9) **February 21, 2025:**

***Elite Team Cup Coaching Staff will work together to produce the FINAL Team Lineup to be submitted by timeline set in the 2026 Elite Team Cup Work Plan.

2025 Elite Team Cup Judging Panel:

Amanda Stroud Gagnon, Brandon Kays, Cameron Sweney, Chris Muenz, Jerit Pogue