



# **USAG Development Program Gymnastics**

## **Addendum: Makings of a Team Member 2023-24**

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# **Training Schedules for All Boys Teams**

**Last Update 7/14/23 cbd**

- Prices will be adjusted annually in the fall or as needed and announced. Times, fees, and coaches are subject to change any time. Fees are generally updated every August/September for all programs.
- The following are our approved schedules of training. In order for us to plan our staffing, training schedules must be consistent until your athletes level changes, or the times or days are changed for his level. This usually occurs shortly after a season has completed and awards and recognition has occurred.
- We do not allow athletes to have “make ups” of any missed training outside of your planned schedule, unless planned for an entire group in advance through CSC (not just the coach arrangement). Add-ons must also officially be in our Jackrabbit system and with a roll sheet.

## **Moving Forward: Our Boys Team Program**

For the 23-24 season, CSC’s Boys Team Program will work more collaboratively as “Two Sites, One Team”. Collectively, we are committed to more often...

- Training and competing together, for the social, learning, and competitive benefits to our athletes.
- Collaborating on athlete training and development across groups and locations, utilizing the experience, skills, and passions of all involved, including outside experts.
- Providing more communication and clarity to - and guidance for - our athletes and families about gymnastics development, year-to-year and over a long career.
- As a staff, show through our actions, a commitment to positively handle unexpected changes and challenges - with as little strife and disruption to our athletes and families as possible.
- Developing our assistant team and rec coaches as a team effort, planned and executed to the same degree as our athletes. The goal is gaining technical and teaching skills faster in support of all boys gymnastics, at CSC and beyond.

## About training at different CSC locations:

Be aware that we encourage our coaches to have team groups from our different gyms train together, either periodically or even as a regular part of training. It builds team unity and allows our athletes to get more varied coaching. With several locations serving various team levels, we also occasionally get athletes interested in transferring to other CSC location. This is ok, especially if the coaches at both sites agree it is in the best interest of the athlete, long-term. In some cases, a move may be required in order for an athlete to continue at a higher level. For instance, a HotShots or Pre-Team athlete at a CSC site not having a team may need to transfer to join a Level 3 team at another CSC location.

Whenever a training location or level change occurs, your current Head Coach and Office Coordinator will need to assist in the process. A "change" form will need to be completed, or an email confirmation that you understand the changes and agree to them. **We highly recommend that a family meet with their current coach to work through challenges or ongoing issues before deciding to move gyms, or at least to clarify the reasons for a transfer.**

Indeed, we hope you agree that the way we teach our kids and athletes to \*end\* a commitment is every bit as important as the start. It's a life skill, working through uncomfortable moments and moving on gracefully. **All CSC staff are truly here to assist in the developmental process, support, and long-term success of all athletes**, even when it involves making an un-anticipated change of level, group, or location.

## About Training Schedules

The hours we train weekly are averages, spread out over the year. There are 4 weeks of official CSC closures each year, and unless your athlete has an upcoming season or in the middle of season, we'd like you to take that time off. Recovery is important.

Higher level athletes are trained using periodization, and they will go through periods of high intensity and lower intensity. There may be days off provided to our athletes following competitions, and sometimes there may be extra opportunities to stretch or train provided.

### RACE ST. (RA)

2023-24 School Year Training **Effective: See Below**

Head Coach: Christopher

Coaches: Thomas / Ethan

Class Name	Training Level(s)	Times of Training	Average hrs/wk
Boys SuperKids	Invite only age 5-7	Tue/Thu 3:30-4:25pm	2.0
Boys HotShots	Invite only age 5-8	Tue/Thu 3:30-5:25pm	4.0
Boys Pre-Team	Invite only age 5+	Tue/Thu 3:30-5:30pm Saturday 8:30-10:30am	6.0
USAG Boys Level 3	Level 3	Tue/Thu 3:30-5:30pm Saturday 8:30-10:30am	6.0
USAG Boys Level 4 <b>Effective JULY 31</b>	Level 4	Mon/Wed/Fri 3:30-5:30pm Saturday 8:30-11:30am	9.0
USAG Boys Level 5/6 <b>Effective JULY 31</b>	Level 5/6	Mon/Weds/Fri 3:30-6:30pm Saturday 8:30-11:30am	12.0
USAG Boys Level 6-8 <b>Effective JULY 31</b>	Level 7+	Mon/Tue/Thu/Fri 5:30-8:30pm Saturday 12:00-3:00pm	15.0
USAG Boys Level 9-10 <b>Effective JULY 31</b>	Levels 9-10	Mon-Fri 5:30-8:30pm Saturday 12:00-3:00pm	18.0

# GREAT OAKS (GO)

2023-2024 School Year Training **Effective August 1, 2023**

Head Coach: Tyler

Coaches: Thomas / Christopher / Ryan

Class Name	Training Level(s)	Day & Times of Training	Approx. Hrs/Wk
Boys SuperKids	Invite only age 5-7	Mon/Thu 3:30-4:25	2.0
Boys HotShots	Invite only age 5-8	Mon/Thu 3:30-5:25	4.0
Pre-Team / USAG Boys Level 3	PT / Level 3	Mon/Wed/Fri 3:30-5:30pm	6.0
USAG Boys Level 4	Level 4	Tue/Thur 3:30-6:30 Sat: 9:00-11:55am	9.0
USAG Boys Level 5/6	Level 5/6	Tue/Thur/Fri 3:30-6:30pm Sat: 9:00-11:55am	12.0
USAG Boys Level 7/8	Level 7/8	Mon/Tue/Wed/Fri: 5:30- 8:30pm Sat: 12:00-3:00pm	15.0
USAG Boys Level 9/10	Levels 9/10	Mon-Fri: 5:30-8:30pm Sat: 12:00-3:00pm	18.0

# MORGAN HILL (MH)

Summer & School Year Training **Effective June 5, 2023**

Head Coach: Tyler

Coach: Chris

Class Name	Training Level(s)	Times of Training	Approx. hrs/wk
Boys SuperKids	Invite only age 5-7	Tue/Thu 3:30-4:20pm	2.0
Boys HotShots	Invite only age 6-8	Tue/Thu TBD	4.0