



# **USAG Development Program Gymnastics**

## **Addendum: Makings of a Team Member 2024-25**

**(Confidential documentation – may not be copied or reproduced without the expressed written permission of the Directors/Owners of California Sports Center)**

# **Training Schedules for All Boys Teams**

**Last Update 2/22/24 cbd**

- Prices will be adjusted annually in the fall or as needed and announced. Times, fees, and coaching assignments are subject to change any time. Fees are generally updated every August/September for all programs.
- The following are our planned and approved schedules for training. While subject to change, consistency for staffing and athletes is the goal season by season. Planned changes usually happens following season, and shortly before or after season end awards banquet(s),
- 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 24-25 season, CSC’s Boys Team Program will continue working collaboratively as “Two Sites, One Team”. Collectively, we remain committed to:

- Training and competing together (though not exclusively) for the social, learning, and competitive benefits to our athletes.
- Collaborating on athlete training plans and athlete development across groups and locations, utilizing the experience, skills, and passions of all our coaches, plus outside experts.
- Providing regular 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, showing through our actions a commitment to handle unexpected changes and challenges positively and with as little strife and disruption to our athletes and families as possible.

### **About training at different CSC locations:**

We encourage our coaches to have team groups from our different gyms train together, either periodically or even as a regular part of training. This is particularly true with our highest levels athletes, which builds team unity and allows our athletes to get additional input, feedback, and support from coaches and teammates.

Occasionally, athletes or families may be interested in transferring to another CSC location. This can be ok, especially if the coaches at both sites agree it is in the best interest of the athlete, long-term. **However, in most cases, we would first hope to work through challenges or ongoing issues before deciding to make a change.** Please talk to your Head Coach, your Site Manager, or Boys Team Manager Christopher Brown if you are contemplating a move. In rare cases, your Head Coach may recommended a move, and it's not impossible that a move may be required, to maintain the program structure and provide the best coaching season to season.

In cases where a gym switch occurs, we hope you will support the manner in which we teach our athletes to \*end\* a commitment. It's every bit as important as the start. As a life skill, working through uncomfortable moments and moving on gracefully is something to practice at every opportunity. **All of us at CSC are 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.

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. Both sites provide support to the transition.

## About Our Training Schedules

Training and competition seasons should be similar, though not always identical, at all CSC locations. Staffing, gym space availability, and number of athletes will sometimes result in adjustments, seasonally or yearly. The overall hours our athletes 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 competition or still in competitive season, we'd like you to take that time off. Recovery is important.

High-level athletes are trained using periodization, and they will go through periods of high intensity and lower intensity, by design, which may include extra, or reduced, workout time. There may also be days off provided to our athletes following competitions.

### RACE ST. (RA)

2024-25 Training **Effective April 29, 2024**

Head Coach: Thomas

Coaches: Sage / Ethan / Christopher

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 PreTeam	Invite only age 5+	Tue/Thu 3:30-5:30pm/Sat 8:30-10:30am	6.0
USAG DP Boys Level 3	Level 3	Tue/Thu 3:30-5:30pm Saturday 8:30-10:30am	6.0
Level 4 PREP Day	Level 3 (optional & invite ONLY)	Mondays 3:30-5:30pm	+ 2.0
USAG DP Boys Level 4	Level 4	Mon/Wed/Fri 3:30-5:30pm Saturday 8:30-11:30am	9.0
Level 5/6 PREP Day	Level 4 (optional & invite ONLY)	Mondays & Fridays 5:30-6:30pm	+2.0
USAG DP Boys Level 5/6	Level 5/6	Mon/Weds/Fri 3:30-6:30pm Saturday 8:30-11:30am	12.0
Level 6/7/8 PREP Day	Level 5/6 (optional & invite ONLY)	Tuesdays 5:30-7:30pm	+2.0
USAG Boys Level 6/7/8	Level 6/7/8	Mon/Tue/Thu/Fri 5:30-8:30pm Saturday 12:00-3:00pm	15.0*
USAG Boys Level 9/10	Levels 9/10	Mon-Fri 5:30-8:30pm Saturday 12:00-3:00pm	18.0*

\*coaches may allow earlier starts to practices to complete pre-workout assignments.

**CAMBRIANNA (CA)**  
**Summer & School Year Training**

**Head Coach: Thomas**  
**Coach: TBD**

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

**GREAT OAKS (GO)**  
**2023-2024 School Year Training Effective April 8, 2024**

**Head Coach: Tyler**  
**Coaches: Andrew / Ryan / Nolan**

Class Name	Training Level(s)	Day & Times of Training	Approx. Hrs/Wk
Boys SuperKids	Invite only age 5-7	Mon/Wed 3:30-4:25	2.0
Boys HotShots	Invite only age 5-8	Mon/Wed 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 3:30-6:30pm Sat: 9:00-11:55am	9.0
USAG Boys Level 5/6	Level 5/6	Mon/Wed/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*

\*coaches may allow earlier starts to practices to complete pre-workout assignments.

**MORGAN HILL (MH)**  
**Summer & School Year Training**

**Head Coach: Tyler**  
**Coach:Katie**

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