

## Team Louisiana Concept and Mission

To provide gymnasts, coaches, and judges another facet for education, discussion, progression, competition and sportsmanship within rules and policies of USAG, FIG and the Louisiana Men's Gymnastics community.

## Team Louisiana Selection Process

Team Louisiana is to be a selection of the top ranked gymnasts from Levels 5, 7-8 and 9-10 age groups. The McDonald Invitation hosted by New Heights in New Iberia will act as a qualifier for Team LA. Following the competition and posted scores, the top twelve gymnasts from the 7-8 and 9-10 age groups from level 5 qualify for the Team LA Training Camp. The Team LA training camp is a final evaluation to select six gymnasts that will comprise the Team LA competitive team and the Team LA coach. The selected six team members will compete at the 2008 Houston National Invitational. Although only six gymnasts will comprise the competitive team, all twelve gymnasts will train together.

## Testing site

A Team Louisiana testing site will be chosen and conducted following the McDonalds Invitational. A final training camp will be held for all Team LA members and the Team LA coach. This final camp is to be held no later than one month from the Houston National. Testing will include but is not limited to routines, behavior, attitude, work ethic, and teamwork.

- Team Louisiana 2007-2008 will include level 5, 7-8 and 9-10 age groups only. Excluding the 11 and older age group.
- The top 6 gymnasts from the testing will comprise the base team. Only the number needed to successfully comprise a team at a given competition will be selected for that competition. This team will represent Louisiana and its clubs respectively. After the TL competition is complete, the team will be chosen again through a training camp to allow uncompetitive TL gymnasts a chance to be selected for the next competition.

## Coaches selection process

The TL coaching staff will consist of the Team LA coach, State Director, Judging Director, and home coaches of the gymnasts selected. These individuals will work together in the benefit of TL.

In the event of competitions for TL where a minimal coaching staff would be monetarily beneficial, only the Team LA coach will accompany the team. Any available TL Staff member can travel with the team at their own expense. Only the Team LA coach and Team LA gymnasts will be on the floor at any competition. The TL staff will nominate and vote to select who amongst themselves

will travel with the team. With each selection of a new team, there will also be a selection for the team's coach.

The gymnast's home coach can attend camps and competitions but only at his/her own monetary expense. This is because it is not financially beneficial to pay the travel expenses for all the coaches. The TL coaching staff will make all decisions for the training, education, progression, and competition aspect of TL and will be immediately monitored by the Team LA coach, State Director and Judging Director.

### Team Louisiana Requirements & Benefits

Team Louisiana gymnasts will receive training supplies and apparel as long as they complete all T.L. requirements. Requirements are:

- Gymnast must appear and train at all LMG/T.L. camp sessions. (unless excused by State or Judging Director)
- Gymnast must wear competition shorts and long pants to all camp training sessions.
- Gymnast is encouraged to wear T.L. t-shirt once per week to gym.
- Gymnast must keep a weekly training log (levels 9 and 10)
- Gymnast must compete in at least 1 out of state meet with T.L. (in the event that a coach with a TL gymnast is competing his club team at a scheduled TL competition, the TL gymnast must compete with TL.
- Gymnast must maintain an attitude, behavior and qualities fitting to good sportsmanship according to USAG, FIG, and LMG.
- Gymnast must maintain a 'C' average grade point average to qualify and maintain his TL status. It is the responsibility of the home coach to review grade point averages.

### Team Louisiana Home Gym Coach Responsibilities

Team Louisiana home gym coaches will have responsibilities toward the T.L. program. Home gym coaches will be responsible for continuing the training of the T.L. concept and mission. The coach will be responsible for insuring that his gymnast is prepared in all aspects of sportsmanship and gymnastics.

### Breakdown of fees and expenses

Maintaining a program this size will incur expenses that LMG will not be able to cover entirely. Therefore, it is reasonable for selected T.L. athletes to cover a portion of fees and expenses.

Items entirely covered by LMG (but hopefully a generous sponsor):

- Team Louisiana athlete t-shirt (sponsor)

- Team Louisiana athlete bag with name and logo.(sponsor)
- Team Louisiana in/out -of -state competition *individual* and *team* entry fees.(sponsor)

Items that will be covered entirely by T.L. athletes:

- Travel expenses such as: plane, hotel, food, etc.
- LMG TL Training Camp entry fees (\$\$ to be set later) This cost is to cover gym operating expenses.

Items that will be partially covered by LMG (50%), the remainder are covered by athletes:

- Team Louisiana uniforms: long pants, shorts, competition top and warm-up uniform\*.