



---

*Region 7 Elite Team Program*

---

Junior National Coaching Staff:

Kevin Preston

[jncsregionvii@gmail.com](mailto:jncsregionvii@gmail.com)

Region 7 Director:

Rich Pulsfort

[region7chairman@yahoo.com](mailto:region7chairman@yahoo.com)

**Elite Team Camp**

**October 12<sup>th</sup>, 2019 at Williamsburg Gymnastics**

- 20 (Level 10) Athletes were chosen based on results from 2019 Regionals, JO Nationals, and placement on the 2019 Junior National Team. 10 (Level 9) Athletes were chosen for experience in future Elite Team Cup selections. 5 (Level 8) athletes were chosen based on results at both Nationals and Future Stars Nationals. (see Attachment A) *If your (Level 10 only) Athlete was NOT listed, and you think he should attend this camp, send in your registration and he will be placed in the appropriate group.*
- Elite Team Cup will most likely take place in February this year.
- *It is strongly suggested that you and your athlete attend this camp in order to be considered for a possible spot on this and future Elite Team Cups.*
- Athletes will be showing 2-3 skill sequences on EACH event, plus their planned competitive vault for the season (into foam pit).
- Registration Fee is \$75.00
- **Deadline for registration will be September 21<sup>st</sup>, 2019.**
- Send all registrations to:  
Paragon NTC  
c/o Kevin Preston  
7190 Oakland Mills Rd  
Suite 4  
Columbia MD, 20146
- **Make check payable to "USA Gymnastics - Region 7"**
- **See Attachment A for \*\*Tentative Schedule\*\***
- **See Attachment B for Athlete List**



**Future Stars & Technical Sequence Testing**  
**October 13<sup>th</sup>, 2019 at Williamsburg Gymnastics**

- Testing is OPEN to all AGE ELIGIBLE athletes from Region 7, and will run on October 13<sup>th</sup>.
- There will be an OPEN training on Saturday night for 2 hours, times to be announced at a later date.
- Schedule is subject to change based on the number of entries.
- It is planned to have the 10,11,12 Future Stars go in the morning session with any Technical Sequence athletes, followed by the 8-9 Future Stars in the afternoon.
- Registration Fee is \$100.00
- **Deadline for registration will be September 21<sup>st</sup>, 2019.**
- Send all registrations to:  
Paragon NTC  
c/o Kevin Preston  
7190 Oakland Mills Rd  
Suite 4  
Columbia MD, 20146
- **Make check payable to "USA Gymnastics - Region 7"**
- **See Attachment A for \*\*Tentative Schedule\*\***