

# Junior Olympic Program Q and A

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# The good and the bad (in my humble opinion.)

- It gets kids into competition and teaches them to compete.
  - can become overly competitive and that hurts late bloomers
- Fairly easy to understand
  - because parents can mostly understand it, they can get too involved.
- Makes kids strive to reach perfection.
  - slows progress for some kids

# The Basics

- Levels 1,2. Some people do it. We do level 2 "in house" and maybe a fun meet.
- Level 3 first real year
- Level 4
- Level 5
- Level 6, basic optional
- Level 7, beginner optional
- Level 8, intermediate optional
- Level 9, intermediate/adv optional
- Level 10, advanced optional

The problems, if you spend a year at each level, you will be too old by the time you reach level 10

How I use it

- Level 2. In house. Still focused on level 3. This is our pre-team.
- Level 3, level 4, 1 year each.
- Level 5, level 6, both levels in one year.
- Level 6, level 7, both levels in one year
- Level 8, 1 (+) year. Also train for international elite level
- Level 9, could be 2 or even 3 years. Some kids will move to elite, some will move to level 10.
- Level 10, need to be here to be looked at by any D1 school. By 14 years old.

Have Requirements  
that exceed the code

# Vault

- Level 6 Handspring to stand mats height if table. Tsuk, Yurchenko Timer.
- Level 7. Flipping Vault into Pit (99% Yurchenko)
- Level 8. Compete Flipping Vault
- Level 9. Layout Tsuk, Yurchenko. HS Front
- Level 10. HS Front Pike, Twisting Yurchenko, Tsul

# Bars

- Level 7. Clear hip/ toe hand/ stalder giant to fly away
- Level 8. 1/2 pirouette, clear hip/ toe hand/ stalder Toe on around low bar Giant Flyaway (double)
- Level 9 A- jump to High bar, kip cast (giant or clear hip) Over shoot (pak). Clear hip/ toe hand/ stalder- Toe shoot to High Bar Giant (blind change front giant) double
- Level 9 B- 1/2 pirouette to overshoot (Pak), clearhip, toe handstand, stalder toe shoot to high bar, giant, blind change to double (open) double layout