

## Talent Opportunity Program (TOPS) Program

The Talent Opportunity Program (TOPS) is under the direction of the International Elite Committee (IEC). This program provides early screening and identification of talented athletes, along with educational programming for coaches.

**WHO:** To participate in the TOPS program, an athlete must meet the below criteria:

- Ages 8, 9 and 10. The age cutoff and breakdown for TOPS for the 2024 season is listed below:
  - o Athletes born in 2016= 8-year-olds
  - o Athletes born in 2015= 9-year-olds
  - o Athletes born in 2014= 10-year-olds
  
- The age determination date for athletes is December 31, 2024

**PURPOSE:** The purpose of the TOPS National Program is to build physical abilities and technically sound fundamentals for 8-10 year old female athletes. While strength and flexibility continue to develop, the athletes will learn compulsory routines which include the root skills required for elite level development. Form, execution, and shapes are the primary focus of this program.

**GOALS:** The TOPS Program is the beginning of the path for an elite athlete. Whether an athlete chooses the elite path or the Development Program path, the TOPS program will assist in developing a well-prepared athlete as she moves forward.

**EXPECTATIONS:** Eligible athletes and coaches can expect to participate in the below events during a TOPS season:

- Physical abilities testing
  - o To take place from August to October for the 2024 season. Starting in 2025 these will be taking place in June and July. Evaluations will take place virtually by Zoom. These dates are set by USA Gymnastics can be found in meet reservation and on the TOPS website page.
  - o The below dates are the testing dates for the 2024 season and can be found in meet reservations under virtual sanctions.
    - August 17<sup>th</sup>
    - September 28<sup>th</sup>
    - October 5<sup>th</sup>
    - October 19<sup>th</sup>
  
- Skills & routine testing
  - o Will only take place at National testing, the next National testing will be October of 2025.
  
- TOPS National Testing:

- To take place in October of the respective TOPS season, both physical abilities and skills & routine testing.
- Both physical abilities and skills / routines will be re-evaluated by Women's Program National Staff along with TOPS rated judges.
- Only athletes named to the TOPS National Team will be invited to attend TOPS Training Camp.
- TOPS Training Camp
  - Based on the results from TOPS National Testing, athletes will be invited to attend either TOPS A or TOPS B camp (pending participation numbers)
  - This camp will provide hands-on training for both athletes and coaches to help each athlete reach their potential.

### **Quick Links**

- [Program Updates](#)

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### **Chain of Command & Contacts**

- TOPS State Managers
- [WAG State & Regional Chairs](#)
- National Office – [women@usagym.org](mailto:women@usagym.org)