

In the TOP's Program, there are 9 testing stations that the gymnasts are evaluated on...

Vertical Jump
Handstand Hold
Press to Handstand
Leg Lifts
Cast to Handstand
Bridge (a.k.a. backbend)
Splits
Sprint Run
Rope Climb

TOP's Program Director:

Hiedi Dudley

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Hiedi moved to the Tri-Cities in 1998 from Western Washington with her husband and two daughters. Her daughters are both involved in our recreational program at MCGA. Hiedi is Safety Certified through USA Gymnastics. She also attended and coached at a TOP's National Training Camp at Bella Karoli's Ranch in Texas in 2009 with many Olympic Level Coaches from around the world. Hiedi's favorite part of coaching is "seeing the pride and confidence gained when a child has worked hard toward a goal, and the sense of accomplishment on their face when they reach that goal!"



Mid-Columbia **Gymnastics**



TOP's Program

Talent Opportunity Program

~For Girls Ages 5-11 Years!~

What is TOP's?

The Talent Opportunity Program (TOP's) is offered in gyms across the country through USA Gymnastics, the governing body for gymnastics in the U.S. TOP's is a talent search and educational program for female artistic gymnasts and coaches. We have taken many elements from this national testing program and modified it to meet the needs of gymnasts at MCGA. Our coaches focus on the basics of gymnastics/ general fitness: strength, flexibility and correct body alignment. These are the fundamentals that will help gymnasts learn more advanced gymnastics skills in the future. TOP's is a pre-team program and is intended for girls who have the desire to be on one of our competitive gymnastics teams in the future.

Who can be in TOP's?

This program is available for girls between the ages of 5-11 years who love gymnastics, have a strong desire to learn, and have the ability to practice several hours per week (multiple days).

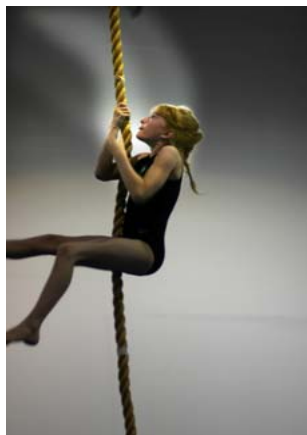
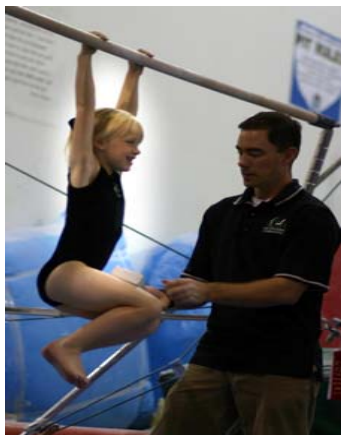
How does my daughter get into TOP's?

This is a by invitation program. Some girls will be invited by our TOP's coaching staff. We also offer free TOP's Evaluation Clinics several times per year. If you are interested in having your child in TOP's, please contact Hiedi via the contact information on the back of this brochure.

Do TOP's kids compete?

TOP's Teams practice year round and compete in six, fun TOP's meets here at MCGA— one meet every two months. The kids are randomly placed onto teams. There are 9 stations set up to test the kid's physical fitness abilities. Every milestone of each student is celebrated by our staff, parents and other gymnasts! This is a great way for the gymnasts to get a taste of competition and to feel good about their accomplishments. Awards are based on personal achievement!

We LOVE TOP's!



What expenses can we expect? In addition to monthly tuition, competition fees are charged for the six, in-gym mini-meets. Each gymnast is required to have at least one TOP's leotard (\$35 plus tax each). MCGA has a great parent run Booster Club. Fundraising is available to pay expenses (excluding tuition).



Benefits of the TOP's Program...

Increased Strength & Flexibility

Goal Setting

Time Management Skills

Improve Posture & Alignment

Meet Lots of New Friends

Responsibility, Teamwork

Boost Self Confidence

Great Physical Fitness

(Beat the boys at pull ups!)

It's A Lot of FUN!

Mid-Columbia Gymnastics Academy

735-3861 www.mcga.org