



Region 7 Elite Team Program

Junior National Coaching Staff:

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State Directors / Personal Coaches

Below is the link to upload to the Region 7 Dropbox your Technical Sequence Routines for each athlete.

<https://www.dropbox.com/request/oR4lpgHFk8JfpilVpjfv>

Please format your file(s) as follows:

ATHLETE_NAME_EVENT_DIVISION.MP4

**example: JONNY_LUCAS_FLOOR_11-14.MP4

Notes:

- **To convert your files to MP4 you can use this free website: <https://cloudconvert.com/mov-to-mp4>
- There should be 6 files per athlete.
- Please make sure you use the USA Gymnastics camera angle guidelines, as shown in the virtual handbook that USA Gymnastics posted.
- Submissions must be in no later than March 28th.

Thanks, and please e-mail me if you have any questions.

Kevin