



USA GYMNASTICS Member News

Begin Here. Go Anywhere.

Issue: #10

March 3, 2009

IN THIS ISSUE

2009 Collegiate Gymnastics Championships Schedule

[Feature: Collegiate
Gymnastics
Schedule](#)

Women

[April 4 - NCAA Regional Championships](#)

[Central](#)- Ohio State University (Columbus, OH)

[North Central](#)- University of Iowa (Iowa City, IA)

[Northeast](#)- University of Alabama (Tuscaloosa, AL)

[South Central](#)- University of Arkansas (Fayetteville, AK)

[Southeast](#)- N. C. State University (Raleigh, NC)

[West](#)- University of Washington (Seattle, WA)

[April 9-11 - USA Gymnastics Collegiate Championships](#)

Southern Connecticut State University (New Haven, CT)

[April 16-18 - NCAA Women's Gymnastics National Championships](#)

University of Nebraska (Lincoln, NE)

[Update your contact
information](#)

[Sanction Checklist](#)

[2009 National
Congress -
Registration Open](#)

[2009 Tyson Fitness
Challenge](#)

[Olympians Promote
Safety Education](#)

Men

[March 27-29 - USA Gymnastics Collegiate Championships](#)

College of William and Mary (Williamsburg, VA)

[April 16 - National Qualifying Meet](#)

University of Minnesota (Minneapolis, MN)

[April 17-18 - NCAA Men's Gymnastics National Championships](#)

University of Minnesota (Minneapolis, MN)

[National Nutrition
Month - March](#)

[Celebrate National
Nutrition Month -
here are a couple
resource links to
get you started:](#)

[American Dietetic
Association](#)

[USDA - My
Pyramid](#)

Don't miss your chance to see exciting gymnastics action in your area. Refer to the USA Gymnastics website for more information including times, ticket info, qualification process and more. Information will be posted soon.

[Collegiate Gymnastics Website](#)

Resources

EDUCATION EVENTS*

click course title to
register

Safety Certification

Mar 23 - Lower
Burrell, PA
Mar 29 - Millstone
Twp, NJ
Mar 29 - El Paso,
TX
Apr 11 - Hilliard,
OH
Apr 25 - Wheaton,
IL
Jun 13 - Tulsa, OK
Jun 14 -
Jacksonville, FL
Jun 25 - Coralville,
IA

Preschool Fundamentals Pt. 2: Hands on Training

May 3 - Puyallup,
WA
Jun 14 - Tulsa, OK
Jun 14 -
Jacksonville, FL
Jun 28 - Coralville,
IA

** ** * * * * *

National Congress and Trade Show

August 13-15, 2009
- Dallas, TX

Update your contact information

Attention All USA Gymnastics Members!!

USA Gymnastics is reaching out to all USA Gymnastics members to ensure that we have the correct contact information on file. It is vitally important that USA Gymnastics be notified of changes in your personal and club information.

You may miss important member benefits and updated membership information if your contact information is not up-to-date. Your information can easily be updated on line by following the steps below.

Steps to update individual contact information:

1. Visit the [Member Services](#) page.
2. Click on the blue membership button located on the left-hand side.
3. Select your membership type and select the update Personal information.
4. The username is your member number and the password is your 8 digit date of birth.

Steps to update club contact information:

1. Visit the [Member Services](#) page.
2. Click on the blue Member Club button located on the left hand side.
3. Select [Update Club Information](#).
4. Enter your username (club number) and club password.

You may also contact Member Services via phone at 800-345-4719 or via email at to update your contact information.

Regional

Congresses

Region 8: Jun 12-14
Jacksonville, FL

Region 4: Jun 26-28
Coralville, IA

Region 6: July 30-
Aug 2 Newton, MA

Region 1: Aug 21-
23 Santa Clara, CA

Region 5: Sept 18-
20 Schaumburg, IL

Region 2: Oct 9-11
Seattle, WA

Region 7: Oct 23-25
Virginia Beach, VA

*please check the
schedule online to verify
course dates and times

Sanction Checklist

Your sanction request has been submitted, what's next?

Every year USA Gymnastics sanctions over 3500 meets. Yet, not all meet directors are fully aware of all of the responsibilities of properly completing the sanctioning procedures.

Below is a checklist of duties with regards to sanctioning reporting procedures.

- Sanction request placed to USA Gymnastics at least 30 days prior to the event.
- Meet Director ensures that everyone attending the meet is a current USA Gymnastics member with the appropriate requirements.
- Sanction report form sign-in sheet has the signatures, member number, safety & background check expiration dates of every coach and judge that participated in the sanctioned event.
- Sanction report form contains the signatures of both the meet director and the meet referee.
- Copy of sanction report form returned to the regional or state committee chairman and any applicable competition fees within 48 hrs of completion of the meet.
- Original Sanction report form returned to USA Gymnastics no later than 7 business days after the event.

By fully completing all of the items on the above checklist you will ensure that your sanctioned has been fully reported.

Please note that USA Gymnastics verifies the memberships of every member listed on a sanction report form to ensure that the membership was current at the time of the sanctioned event. The respective program is notified of anyone listed on a sanction that is not current at the time of the sanctioned event.

Failure to comply with all sanctioning procedures is a violation of sanction. Sanction violations may result in a fine, voiding of the meet and the results, loss of sanctioning privileges, and/or the loss of secondary insurance coverage.

For more information regarding sanctioning procedures please refer to your particular program's rules and policies book. The rules and policies are available to view on the USA Gymnastics website (click on the program button above, then Rules, Rules and Policies).

2009 National Congress - Registration Open

Registration for the 2009 National Congress is now open. We want to see you there - [register today!](#)

USA Gymnastics National Congress is a three-day educational event open to the entire gymnastics community. Held in conjunction with the 2009 Visa Championships, National Congress provides a unique opportunity to attend presentations, demonstrations and educational seminars on a variety of topics within the sport - all in one location. With sessions taught by nationally recognized professionals from all areas of gymnastics, National Congress not only provides valuable information covering every discipline - Women's, Men's, Rhythmic, Acrobatics, Trampoline and Tumbling, and Group Gymnastics - but also preschool/recreational education, sport science, fitness and business management.



Additional educational opportunities, such as Safety Certification, Preschool Fundamental Hands-On Training, Business Conference and judging exams are available as pre and post-congress events and are at an additional fee (see the complete schedule for details). Participation at National Congress provides participants USA Gymnastics University credits and/or CPE credits for judges.

Along with the educational experience, registrants also have an opportunity to visit the Trade Show Hall, which includes over 200 booths of products and information from over 85 different vendors from the gymnastics industry. Special events, such as mega-raffles and giveaways, take place daily in the exhibit hall.

- **Early bird discounts are available now through May 15. [Register now and save!](#)**
- Special group pricing for Member Clubs.
- Member discounts for Professional, Instructor, and Athlete (must be at least 15 years old to attend) members.
- New for 2009: special congress price for Introductory Coach members (must register as an

individual, not with club/group rate).

- Congress attendees receive special all-session ticket pricing for Visa Championships.
- Registration now open - [register online](#), by fax or mail.

2009 Tyson Fitness Challenge

Every day we pick up the paper and read an article or hear a story on the news about the need to increase fitness opportunities for America's youth. We are constantly reminded of the challenges that our youth face fighting the sedentary lifestyle that is a consequence of computers, video games, TV and other technologies. USA Gymnastics believes it can be part of the solution with the help of its gymnastics clubs.

For the fourth straight year, USA Gymnastics and Tyson Foods are proud partners of the Tyson Fitness Challenge, an eight-session fitness initiative geared to help today's youth achieve healthy, active lifestyles. The program is not about teaching gymnastics skills; it is about gymnastics clubs helping kids increase their flexibility, strength and endurance, as well as learn about the importance of a well-balanced diet.

A gymnastics club is like a fitness center for kids-a safe place where they participate in fun and entertaining activities that serve as the beginning of healthy lifestyle habits that will last for a lifetime.



In addition to getting children physically fit, the Tyson Fitness Challenge has a second goal: raising monies to benefit Children's Miracle Network. Since partnering in 2001, USA Gymnastics and its gym clubs across the country have raised more than \$1 million for Children's Miracle Network through a variety of activities. [Click here](#) to learn more about raising money for Children's Miracle Network.

Explore TysonFitnessChallenge.com to find out more information about the Tyson Fitness Challenge. If you have any questions, contact Loreé Galimore, USA Gymnastics' Director of Club Services, at 317-829-5654 or by [email](#).

Why sign up?

- It's FREE!
- All participants that sign up can instantly view the program materials online at no cost.
- USA Gymnastics Member Clubs will also receive a hard copy of the program materials (poster, administrator's guide, and DVD of the exercises and cardio games).
- Non-member clubs, schools and organizations can purchase the program materials for just \$29.95.

- By signing up online, you will begin receiving weekly fitness tips to pass along to your clients in your gym.

What do Members Clubs receive by registering online? This year's Tyson Fitness Challenge features updated cardio games, stretching techniques and strength exercises, as well as important nutrition information. Included in the updated 2009 Tyson Fitness Challenge program kit are:

- Administrator's handbook
- Promotional Tyson Fitness Challenge poster
- DVD of fun cardio games and exercises for strength and flexibility

Also new for 2009, those who sign up for the Tyson Fitness Challenge will receive weekly fitness tips for club owners and administrators to share with their members.

After signing up your club to learn more about the Tyson Fitness Challenge, you will receive login information for the "Administrator's Login" area of TysonFitnessChallenge.com to access content from the Administrator's Handbook. USA Gymnastics Member Clubs will receive a free Tyson Fitness Challenge program kit, which will be mailed as soon as they register for the Tyson Fitness Challenge.

Can non-member clubs participate?

Non-member clubs can still participate in the Tyson Fitness Challenge without purchasing the materials. Non-member clubs can purchase the Tyson Fitness Challenge Administrator's Handbook, poster and companion DVD for \$29.95 by filling out and sending in the [order form](#) or by calling 317-829-5654. If you would like to become a Member Club, [click here](#).

Note: If you represent an organization that is not a gymnastics club, but would like to participate in the Tyson Fitness Challenge, contact Loreé Galimore, USA Gymnastics Director of Club Services, at 317-829-5654 or by [email](#).

[Click HERE](#) to sign up for the Tyson Fitness Challenge!



Safety Matters: Olympians Promote Safety Education

Olympians Shannon Miller and John Macready along with 2007 National Champion David Durante have joined with USA Gymnastics to create a new safety education video. The video - *Safety First, Second and Always* - applies to athletes and other participants in the gymnastics environment and conveys basic safety and injury prevention information. The video is a tool that can help gymnasts understand their role as part of the "Safety Team" in the gym.

Shannon's, John's, and David's involvement help to emphasize the importance of safety in the gymnastics setting. It is important to educate gymnastics participants at all levels regarding safety. Athlete safety responsibilities include: preparation for gymnastics participation, dressing properly, communicating clearly with coaches and instructors, being supervised, checking equipment and apparatus, practicing safe landing positions, and others.



The Safety First, Second, and Always video, along with additional materials will be provided on a DVD to Member Clubs as part of their 2009 Marketing Kit. Non-member clubs and others will be able to purchase the video through the online store once it is available.

Our sincere thanks go out to Shannon, John, and David for their leadership and efforts in this important area. We also appreciate the help of our demonstrators: Seth, Bailey, and Sam and the host club: Geist Sports Academy.



USA Gymnastics is a non-for-profit organization which is the sole national governing body (NGB) for the sport of gymnastics in the United States. Our mission is to increase public awareness of, and encourage participation in, all aspects of gymnastics, and to support athletes in their pursuit of competitive excellence.

Tell us what you think! We'd like to hear from you about what information you'd like to see in Member News. Contact us by [clicking here](#).

| [USA Gymnastics home](#) | [Past Member News](#) | [Contact Us](#) | [Member Services](#) | [Education](#) | [Events](#) |