



## U100 – Fundamentals of Gymnastics Instruction course

Member Clubs will be registered for this course for the continual period of your 12 month membership upon registering/renewing the Member Club membership. This course is available to print in progressive segments, making this a perfect companion to your training regimen. The topics of coaching principles, basic safety and risk management, communication, supervision and instruction, teaching gymnastics skills, athlete development and preparation, and more are covered in this comprehensive introductory course. Each unit contains a “Coaches Clinic” segment with common terminology as well as video demonstrations of beginning recreational skills and progressions. (Member Club access to this course is intended for training purposes only. Individuals must register online to gain certification.)

**Certification:** [CLICK HERE](http://www.usa-gymnastics.org/pages/education/courses/U100/) ([www.usa-gymnastics.org/pages/education/courses/U100/](http://www.usa-gymnastics.org/pages/education/courses/U100/))

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## B101 – Business Foundations course

Member Clubs receive 3 free registrations for the B101 Business Foundations course. This introductory course covers valuable information including the scope and major components of our industry (instruction, education and child care, and entertainment!), an overview of the “Magic 8” business success components (overall management, marketing, people management, information management, financial systems, facilities management, risk management, and inspiration), how program managers fit into the system, and personal organization and effectiveness. The Level 1 course provides a great foundation for training current or prospective Program Managers.

**READ MORE** ([www.usagym.org/PDFs/Member Services/Education/Level\\_1\\_BizCourse-3rd\\_Level.pdf](http://www.usagym.org/PDFs/Member%20Services/Education/Level_1_BizCourse-3rd_Level.pdf))

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## Member Club Tier Pricing available for:

- **R102 – Preschool Fundamentals: Hands on Training (HOTPS) – [CLICK HERE](http://usagym.org/pages/membership/education/courses/fundamentalsPreschool.html)**  
(<http://usagym.org/pages/membership/education/courses/fundamentalsPreschool.html>)
  - **R103 – School Age/Recreational: Hands on Training (HOTS) – [CLICK HERE](http://usagym.org/pages/membership/education/courses/r103.html)**  
(<http://usagym.org/pages/membership/education/courses/r103.html>)
  - **U310 – Regional Congress – [CLICK HERE](http://usagym.org/pages/membership/congress/regional.html)**  
(<http://usagym.org/pages/membership/congress/regional.html>)
  - **U410 – National Congress – [CLICK HERE](http://usagym.org/pages/membership/congress/index.html)**  
(<http://usagym.org/pages/membership/congress/index.html>)
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**Not a Member Club? [CLICK HERE](http://www.usa-gymnastics.org/PDFs/Member%20Services/ms_memberclubform.pdf)** to register.

([www.usa-gymnastics.org/PDFs/Member%20Services/ms\\_memberclubform.pdf](http://www.usa-gymnastics.org/PDFs/Member%20Services/ms_memberclubform.pdf))

