



USA
GYMNASTICS

In cooperation with Region 5 presents the



2010 Region 5 Congress GENERAL INFORMATION

DATE/SITE:

Region 5 September 10 – 12, 2010 Itasca, IL The Westin Chicago Northwest

PURPOSE OF REGIONAL CONGRESSES:

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

REGION 5 EDUCATION:

Over 75 Sessions covering the following areas:

Coaches Education – Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

Recreational Education – A recreational track covering programs for tots through teens; be the best instructor in your gym!

Business Education – Sessions covering marketing, managing your business, staff retention and more.

Judges Education – Sessions covering compulsory, optional and elite judging criteria, technique and more.

Other – Men's, Rhythmic, Sports Science and more.

Registration will begin on January 25, 2010. Online Registration will be available for members and printable forms will be available for all others at <http://www.usa-gymnastics.org/membership/congress/regional.php>

<u>COST</u>	<u>Early Bird (Ends July 10th)</u>	<u>Regular Price (Ends Aug. 27th)</u>	<u>On-site Registration</u>	<u>Full Dinner Banquet</u>
Professional, Jr. Pro & Instructor Members	\$145.00	\$175.00	\$200.00	\$25.00
Other Member Types and Non – Members	\$175.00	\$205.00	\$230.00	\$25.00
Member Clubs*	1st – \$145.00 2nd - \$135.00 3rd - \$125.00 4th - \$115.00 5th - \$105.00 6th or more - \$100.00	1st – \$175.00 2nd - \$165.00 3rd - \$155.00 4th - \$145.00 5th - \$135.00 6th or more - \$125.00	N/A	\$25.00/ea
One Day Price**	Friday - \$75.00 Saturday - \$75.00 Sunday - \$50.00	Friday - \$100.00 Saturday - \$100.00 Sunday - \$75.00	Friday - \$125.00 Saturday - \$125.00 Sunday - \$100.00	

*This offer is only available to Pro, Jr. Pro & Instructor Members affiliated with a Member Club.

**One day registration prices do not apply to multiple days. It is intended for one day only.

HOUSING

A block of rooms has been reserved. Call by August 9, 2010

National Travel Systems Sports Travel Team

6502 Slide Rd/Suite 404

Lubbock, TX 79424

Toll Free: 1-888-603-8747; Main Line: 806-794-3135

Email: sportsinfo@nationaltravelsystems.com website: www.ntssportstravel.com

Single/Double Rate of \$94.00

Any reservations after the cut-off date will be based strictly on availability.

The Westin Chicago Northwest

400 Park Boulevard

Itasca, IL 60143

Please check the USA Gymnastics website – www.usa-gymnastics.org for a detailed daily schedule/speakers – coming soon.

Minimum age for Congress attendees is 16.

There is a \$30.00 cancellation fee up until Aug. 27th. No refunds after Aug. 27th. (Substitution of participants will be allowed until Aug. 27 if submitted in writing.)