



2012 - 2016 Junior Olympic Competition Program Workshops

**May 13-14 • May 19-20 • June 2-3
Cincinnati, Los Angeles and Houston**

The 2012 - 2016 Junior Olympic Competition Program Workshops will introduce the new programs and new routines for the 2012 - 2016 quadrennium at three different National Age Group Competition Program Workshops in the months of May and June. These Workshops will cover all aspects of the 2012 - 2016 Age Group Competition Program including compulsory routines, the new Technical Sequences and optional level rules. The 2012 - 2016 National Team Program - including the Future Stars, Junior National and Junior Elite aspects – and the 2013 FIG Code of Points update will also be covered in the Workshop. There will also be special presentations on other aspects of training and athlete development.

Presenters will include members of the Age Group Competition Committee, members of the Junior National Coaching Staff and guest presenters.

The first Competition Program Workshop will be held in Cincinnati, Ohio May 13 – 14 and will begin at the conclusion of the 2012 Junior Olympic National Championships. The dates and sites of the other two regional workshops are listed below. Plan now to attend one of these important workshops and get a head start on the 2012 – 2016 Age Group Competition Program.

May 19 -20 Los Angeles, CA

June 2 - 3 Houston, TX

The new Age Group Competition Program materials will only be available before June 11, 2012 through workshop registration. On June 11, the Age Group Competition Program manual will be available for order through USA Gymnastics.

Registration information including Workshop cost, hotel information and site information for both Los Angeles and Houston will be available very soon. Sites for the Los Angeles and Houston workshops will be airport friendly for LAX and Houston Intercontinental airports.

Registration will be online and there will be a discount for Early Registration for all Workshops.

Please watch the Men's page of the USA Gymnastics website for complete Age Group Workshop information.

<http://usagym.org/pages/men/pages/index.html>

Schedule: The basic schedule for the Age Group Workshops appears on the following page.



2012 - 2016 Age Group Competition Program Workshop Schedules *Tentative times*

Workshop #1

- Cincinnati, Ohio (following the 2012 Junior Olympic National Championships)

Tentative Schedule:

**Sunday
May 13**

5:00 p.m. Early Registration
6:00 p.m. Session I:
9:00 p.m. Session I ends

**Monday
May 14**

8:00 a.m. Registration
9:00 a.m. Session II: Age Group Competition Program/ Events
12:00 p.m. Lunch (on your own)
1:00 p.m. Session III: Team Program/ Future Stars/ Strength Development
5:00 p.m. Conclusion

Workshops Numbers 2 and 3:

- Los Angeles, CA – May 19 & 20
- Houston, TX – June 2 & 3

Saturday

8:00 a.m. Registration
9:00 a.m. Session I: Age Group Competition Program/ Events
12:00 p.m. Lunch (on your own)
2:00 p.m. Session II: Team Program/ Future Stars/ Strength Development
6:00 p.m. Dinner Break
7:30 p.m. Open Discussion - State/Regional breakout meeting time available

Sunday

9:00 a.m. Session III:
12:00 p.m. Conclusion and Departure