



Interested in hosting an educational course at your gym? HERE'S HOW ...

Thank you for your interest in hosting a USA Gymnastics course. Following is information you need to get started.

Host Club Benefits:

- There is no charge to the host club. (minimum registration must be met)
- Avoid travel fees and other expenses by hosting education for your entire staff locally.
- Host clubs will receive complimentary registration when minimum number of paid participants is met. Complimentary registrations are applied after minimum requirements are met and individuals receiving complimentary registrations MUST be pre-registered for the course.

Host Club Considerations:

- Close to large population of other gym clubs
- Easy travel access to host club
- Near restaurants or able to coordinate lunch/dinner accommodations for attendees.
- Air Conditioned and/or heated facility

Host Club Requirements

- Must be a Member Club with USA Gymnastics in order to host this sanctioned educational event.
- Must not have any other "conflicting" activities during the course.
- Provide access to facility and equipment needed for the course.
- May need to assist with transportation for the course instructor to and from the airport, hotel and course.

Minimum age for participation is 15 years old at the time of the course.

USA Gymnastics offers the following courses that clubs can host: *(see page 2 for details)*

- **R102 Preschool FUNDamentals:** Hands on Training (HOTPS): This course is a must for preschool and recreational gymnastics instructors.
- **R103 School Age: Hands on Training (HOTSA):** This course is designed for beginning or experienced recreational coaches who work with students ages 6 and up.
- **W200 Development Coaches Course:** Hands on Training (HOTD): This course is designed for Level 1 -4, pre-team and recreational coaches focusing on the Junior Olympic Level 1-4 skills for women's artistic gymnastics.
- **M200 Development Coaches Course:** Hands on Training (HOTD): This is a live, six-hour, hands-on training course developed for pre-competitive, level 1-3 (age 4-10) boys coaches and even school age recreational coaches. Course topics include warm ups, conditioning, lesson planning, games, hands-on spotting and lecture for all Men's Olympic events. This is a great hands-on experience of set-ups, drills and skill progression with instructors demonstrating practical examples of coaching boys gymnastics.
- **B414 Managers Course Hands on Training:** This course explores the role and responsibilities of bringing out the "SUPER" in every supervisor. Whether you were promoted over your peers (always a tough change!) or brought in from the outside (a completely different kind of challenge!), these leadership techniques will help to increase your credibility with employees and ease your transition into a management role.

Scheduling a Course

- Courses must be scheduled with USA Gymnastics at minimum four weeks prior to the date of the course.
- To schedule a course please email USA Gymnastics directly at education@usagym.org
- USA Gymnastics will work with the course instructor and host club to promote the course via phone calls, e-newsletters, website, and email blasts! We also need your help in promoting the workshop among your staff and with other clubs in your area.
- The instructor will file the necessary paperwork for the course with USA Gymnastics.
- A signed agreement is required.
- USA Gymnastics will provide an event sanction for the course.
- USA Gymnastics has the right to cancel an educational course for any reason.

Registration Requirements

- If there are less than the required pre-registrations for the course, the course will be cancelled. Cancellations will be determined following the online registration deadline, which is one week prior to the course.
- All attendees should pre-register with USA Gymnastics. Pre-registration is important to ensure the course can be held!
 - The registration deadline for mailed registrations is two weeks prior to the course.
 - The on-line registration deadline is 48 hours prior to the course.
 - Payment for the course is due at the time of registration.
 - Pre-registration should also be done for your complimentary registrants. Send in registration with "Free for Host Gym" written in the payment section.



USA Gymnastics University: Hosting an Educational Course Information

R102 Preschool FUNDamentals: Hands on Training (HOTPS)

Time needed: 4-5 hours

Minimum registration: 10 paid participants

Equipment needed: Computer (laptop). LCD projector and screen or wall space for projection, white board or flip charts and markers. Props such as parachute, scarves, Frisbees, bean bags, balls, hoops, and jump ropes. The course instructor may be able to supply some of these items; but may also need assistance from the host Club.)

Club benefit: Two complimentary registrations

Pricing:

Members: \$65 Online • \$70 In-house

Non-members: \$80 Online • \$85 In-house

Member Clubs*:

No. of registrants	1	2-6	7-11	12-19	20+
Price per person	\$65	\$59	\$55	\$49	\$45

Additional on-site/Late fees: \$25

R103 School Age: Hands on Training (HOTSA)

Time needed: 5-6 hours

Minimum registration: 20 paid participants

Equipment needed: Floor space, skill cushions, panel mats, skill builder shapes, four single bars, four low beams, trampoline

Club benefit: Five complimentary registrations

Demonstrators: 15-20 level 4/5 athletes

Pricing:

Members: \$65 Online • \$70 In-house

Non-members: \$80 Online • \$85 In-house

Member Clubs*:

No. of registrants	1	2-6	7-11	12-19	20+
Price per person	\$65	\$59	\$55	\$49	\$45

Additional on-site/Late fees: \$25

W200 Development Coaches Course: Hands on Training (HOTD)

Time needed: 6-7 hours

Minimum registration: 20 paid participants

Equipment needed: Floor space, spring board, level 4 mat system, four single bars, four low beams, skill cushions

Club Benefit: Two complimentary registrations

Demonstrators: 5-20 level 4/5 athletes

Pricing:

Members: \$65 Online • \$70 In-house

Non-members: \$80 Online • \$85 In-house

Additional on-site/Late fees: \$25

M200 Men's Development Coaches Course: Hands on Training (HOTD)

Time needed: 6-7 hours

Minimum registration: 20 paid participants

Equipment needed: Mushroom, Set of Rings on Straps, Single and/or Uneven Bars, Parallels, Panel Mats, Mats (various heights). Wedge Mat

Club benefit: Two complimentary registrations

Demonstrators: 5-10 level 4/5 athletes

Pricing:

Members: \$65 Online • \$70 In-house

Non-members: \$80 Online • \$85 In-house

Additional on-site/Late fees: \$25

B414 Managers Course Hands on Training (HOTM)

Time Needed: 5-6 Hourse

Minimum Registration: 15 paid participants

Equipment Needed: LCD projector and screen or wall space for projection, white board flip chart and markers

Club Benefit: Two complimentary registrations

Classroom setting

Pricing:

Members: \$65 Online • \$70 In-house

Non-members: \$80 Online • \$85 In-house

Additional on-site/Late Fees: \$25

Please visit usagym.org/education or contact member services for more information.

* Same prices for members and non-members of USA Gymnastics who are registered under a member club.