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.

### 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.

**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:**
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- 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.

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 online 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.

**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.

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

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<th>No. of registrants</th>
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<td>$59</td>
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Additional on-site/Late fees: $25

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**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*:  

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</tr>
</tbody>
</table>

Additional on-site/Late fees: $25

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**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

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**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

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**B414 Managers Course Hands on Training (HOTM)**

Time Needed: 5-6 Hours  
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

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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.