

2016 Men's National Coaches Workshop

November 10 - 13

United States Olympic Training Center

The 2016 USA Gymnastics Men's National Coaches Workshop will be held November 10 - 13, at the United States Olympic Training Center in Colorado Springs, Colorado. The Men's National Coaches Workshop is the premier educational event for the men's program and will once again be held in conjunction with the Future Stars National Championships. The workshop will feature lectures, technical presentations, hands-on coaches' sessions with Future Stars participants, and viewing of the Future Stars National Championships. Presenters include special guest coaches, sports science personnel, Junior National Coaching Staff members, National Team coaches and USOC staff. Make plans to attend now!

Workshop Director:

Dennis McIntyre, Vice President of Men's Program

For more information contact the Men's Program at USA Gymnastics

317/237-5050 phone; 317/237-5069 fax; lmendel@usagym.org

Site:

United States Olympic Training Center

1 Olympic Plaza

Colorado Springs, CO 80909

Registration Fee:

Early Bird Registration: October 2 and before

- **USA Gymnastics Members:** **\$100**
Must be a CURRENT Professional Member at time of registration.
- **Non-Members:** **\$150**

Late Registration: October 3 and later

- **USA Gymnastics Members and on-site registrations:** **\$150**
Must be a CURRENT Professional Member at time of registration.
- **Non-Members and on-site registrations:** **\$200**

Coaches who qualify an Athlete to the 2016 Future Stars Championships (one coach per athlete):

No Fee

Coaches who want housing at the USOTC must register for the Coaches Workshop even if the coach has qualified an athlete to the Future Stars Championships. Coaches who have qualified an athlete to the Future Stars Championships (1 coach per athlete), will have their Coaches Workshop registration fee refunded upon verification of regional results. If a club sends more than 1 coach per athlete, the extra coach must pay the Coaches Workshop fee per above plus the housing fee if housing is requested.

Olympic Training Center Housing & Meals: **\$180.**

Housing, meals and Colorado Springs Airport transfer is available for \$180, which will cover housing from Thursday November 10 through Sunday November 13. No housing or USOTC check-in is available prior to November 10 and check out is required by 9:00 AM on November 13. The charge for housing at the Olympic Training Center is a flat fee of \$180 regardless of arrival or departure date. Housing is limited and will be filled on a first come, first serve basis. Only coaches who have registered for the Coaches Workshop are permitted to stay at the Training Center. No Future Stars athletes will be allowed USOTC housing.

If registering for the Coaches Workshop and USOTC housing is not available on-line, then housing is full. If you would like to be placed on a wait list, please send an email with the request to Lisa Mendel at lmendel@usagym.org. If you are a non-member who would like to register for the Coaches Workshop, please contact Lisa Mendel as well.

Registration Process

All participating coaches must register through the on-line process for the Coaches Workshop. **Registration is also required in order to be eligible for housing at the Olympic Training Center.** Any coach registered for the Coaches Workshop who qualifies an athlete to the Future Stars Championships will have his Coaches Workshop registration fee refunded after verification of the Regional Future Stars results – one coach's complimentary registration per athlete.

How to register a coach for the 2016 Men's National Coach's Workshop if you are a **Club Administrators**:

- Log into your Club's USA Gymnastics Membership record
- Click on "Member Services" at the top of the web page
- Click on "Club Administration" – a drop down will show
- Click on "Group Processing"
- Click the drop down in the middle of the page and choose "Register for a Camp or Competition"
- Click the next drop down and choose "M412: Men's USA Gymnastics National Coaches Conference"
- Look for your name on the list and choose the options you would like to register for. If your name is not lit in an active state, this means that your professional membership is not active.
- Click "Submit" - From here, it will take you to the payment site.

How to register for the 2016 Men's National Coach's Workshop if you are a **Professional Member**:

- Log into your Club's USA Gymnastics Membership record
- Click the drop down in the middle of the page and choose "Register for a Camp or Competition"
- Click the next drop down and choose "M412: Men's USA Gymnastics National Coaches Conference"
- Look for your name on the list and choose the options you would like to register for
- Click "Submit" - From here, it will take you to the payment site.

Coaches who are **not** USA Gymnastics Professional Members should contact Lisa Mendel directly for registration at lmendel@usagym.org.

U.S. Olympic Training Center Forms

U.S. Olympic Training Center forms will be emailed to each participant to complete. The forms will come directly from the U.S.O.T.C. Please watch for the email, including checking your spam folder. If you have not been to the Olympic Training Center in 2016, you are required to submit the e-forms in order to participate in the Men's National Coaches Workshop. **Be sure that the email address provided in your USA Gymnastics Member Profile is correct, as this will be the email used for all event communication and to send your USOTC forms.**

Transportation:

If you receive USOTC housing, transportation will be provided to and from the Colorado Springs Airport if you submit your flight itinerary to USA Gymnastics by **Monday October 24**. If your itinerary is not received by that time, you will have to provide your own transportation to the U.S. Olympic Training Center. **When making flight arrangements, please note that NO USOTC transportation is provided after 10:00 p.m.**

Host Hotel:

DoubleTree by Hilton Colorado Springs
1775 E. Cheyenne Mountain Blvd.
Colorado Springs, CO 80906
\$119+ tx/night + 20% off of breakfast
Book thru NTS: www.ntssportstravel.com or call 888/603-8747

2016 Men's National Coaches Workshop & Future Stars National Championships

Competition & Workshop Schedule

TENTATIVE AND SUBJECT TO CHANGE

Thursday 11/10

| | |
|-----------------------|---|
| 1:00 p.m. – 7:00 p.m. | Open Training for Future Stars Participants - Sports Center |
| 6:00 p.m. | Thursday Workshop Session I |
| 7:00 p.m. | Technical Meeting for Future Stars Coaches - Sports Center |

Friday 11/11

DISCLAIMER: *Please note that due to the possible number of entries, the tentative Future Stars competition schedule could be modified greatly.*

Future Stars Session I: 10-Year Old Division

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|------------------------|---------------------|
| 8:00 a.m. to 8:25 a.m. | Open Warm-up |
| 8:25 a.m. to 9:55 a.m. | Timed Warm-up |
| 9:55 a.m. | Assemble & March in |
| 10:00 a.m. | Competition Begins |
| 1:15 p.m. | Awards |

Future Stars Session II: 11-Year Old Division

| | |
|------------------------|---------------------|
| 2:00 p.m. to 2:25 p.m. | Open Warm-up |
| 2:25 p.m. to 3:55 p.m. | Timed Warm-up |
| 3:55 p.m. | Assemble & March in |
| 4:00 p.m. | Competition Begins |
| 6:00 p.m. | Awards |

Future Stars Session III: 12 & 13-Year Old Division

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|------------------------|---------------------|
| 6:30 p.m. to 7:45 p.m. | Open Warm-up |
| 7:45 p.m. | Assemble & March in |
| 8:00 p.m. | Competition Begins |
| 9:30 p.m. | Awards |

Note: Friday Workshop Sessions will be held during warm-up times of each Session

Saturday 11/12

Workshop for Coaches, Parents & Athletes – Topic & exact schedule will be posted at a later date

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|-------------------------|---|
| 9:00 a.m. to 12:00 p.m. | Saturday Workshop Session I |
| 2:00 p.m. to 5:00 p.m. | Saturday Workshop Session II |
| 5:00 p.m. | Workshop ends for parents and athletes |
| 6:30 p.m. to 9:00 p.m. | Saturday Workshop Session III – Coaches Only |

Sunday 11/13

Workshop for Coaches – Topic & exact schedule will be posted at a later date

| | |
|-------------------------|---------------------------|
| 8:00 a.m. to 11:00 a.m. | Sunday Workshop Session I |
| 11:00 a.m. | Workshop ends |