



2019 Men's National Coaches Conference & Workshop

November 14-17

United States Olympic Paralympic Training Center

The 2019 USA Gymnastics Men's National Coaches Conference & Workshop will be held November 14 - 17, at the United States Olympic Training Center in Colorado Springs, Colorado. The Men's National Coaches Conference & 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 event 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 USOPC staff. Make plans to attend now!

Site: U.S. Olympic Paralympic
Training Center
1 Olympic Plaza
Colorado Springs, CO 80909

Workshop Director: Dusty Ritter
JO Program Coordinator

For More Information: Lisa Mendel, Men's Program Manager
317/829-5664
lmendel@usagym.org

Registration Fee:

- **USA Gymnastics Members and on-site registrations:** \$225
Must be a CURRENT, VALID Professional Member at time of registration
- **Olympic Training Center Housing & Meals (optnl.)** \$270
- **No refunds for cancellations made after 10/25/19**

Coaches who qualify an Athlete to the 2019 Future Stars Championships (one coach per athlete):

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

Olympic Paralympic Training Center Housing & Meals: \$270.

Housing, meals and Colorado Springs round trip airport transfer (Colorado Springs Airport only) is available for \$270, which will cover housing from Thursday November 14 through the Sunday November 17 departure. No housing or USOPTC check-in is available prior to November 14 and check out is required by 9:00 AM on November 17. The charge for housing at the Olympic Paralympic Training Center is a flat fee of \$270 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 Workshop are permitted to stay at the Training Center. Only USA Gymnastics Professional Members with the required SafeSport certification will be allowed USOPTC housing. No Future Stars athletes will be allowed USOPTC housing or meals.

If registering for the National Coaches Conference & Workshop and USOPTC 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.

Registration Process

ONLINE REGISTRATION IS NOW OPEN.

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

Coaches Conference & Workshop Registration: [Click Here to register](#)

USOPTC Housing/Meals: [Click Here to register](#)

U.S. Olympic Paralympic Training Center E-Forms

U.S. Olympic Paralympic Training Center forms will be emailed to each participant to complete. The forms will come directly from the U.S.O.P.T.C. under the premise of **@assuresign**. Please watch for the email, including checking your spam folder. If you have not been to the Olympic Paralympic Training Center in 2019, you are required to submit the e-forms in order to participate in the Men's National Coaches Conference & 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 USOPTC e-forms.**

Transportation:

If you receive USOPTC housing, transportation will be provided to and from the Colorado Springs Airport. To be included in airport transportation, email your flight information (arrival/departure date/time, airline, & flight number) to Lisa Mendel at lmendel@usagym.org by **Friday October 25**. If your itinerary is not received by that time, you will have to provide your own transportation to the U.S. Olympic Paralympic Training Center. **When making flight arrangements, please note that USOPTC transportation is provided only to/from the Colorado Springs Airport and no USOPTC transportation is available after 10:00 p.m.**

Hotel Recommendations:

[Holiday Inn Express](#)

105 N. Spruce St.
Colorado Springs, CO 80905
719-424-4300

[DoubleTree by Hilton Colorado Springs](#)

1775 E. Cheyenne Mountain Blvd.
Colorado Springs, CO 80906
719-576-8900



2019 Men's National Coaches Conference & Workshop

Competition & Workshop Schedule

(Tentative & subject to change based on entry numbers)

Thursday 11/14

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 11/15

Tentative & subject to change based on entry numbers.

Future Stars Session I: 10-Year Old Division

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

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 11/16

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

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 11/17

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