



2019 Future Stars National Championships

U.S. Olympic Training Center
Colorado Springs, Colorado
November 14-17

Competitive Entry Form

The following are due to your **Regional Chairman** at the conclusion of the Regional Evaluation:

- **Competitive Entry Form**
- **\$150 Entry Fee**
– no refunds are issued for scratches
- **GK Elite Sizing Chart**

Hotel recommendations:

Holiday Inn Express: 105 N. Spruce St.
DoubeTree, 1775 E. Cheyenne Mountain Blvd.
Hilton Garden Inn, 1810 Briargate Pkwy.

Regional Chairmen: Submit a check request for one amount for all qualifiers payable to USA Gymnastics

ATHLETE INFORMATION

USAG # _____ Athlete Name _____

Date of Birth _____ U.S. Citizen? Yes _____ No _____

Age Division: 10 Yr Old 11 Yr Old 12 Yr Old

Home Address _____

City _____ State _____ Zip _____

Father's Name _____ Cell Phone _____

Mother's Name _____ Cell Phone _____

Email Address - REQUIRED _____

Foreign Athletes may participate in the Future Stars Program but are not eligible for membership to the Future Stars Development Team.

COACH / CLUB INFORMATION

Coach's Name _____ Pro # _____

Club: _____ Club Address: _____

City _____ State _____ Zip _____

Club Phone _____ Cell Phone _____

Coach's email address - REQUIRED _____

ADDITIONAL COACHES ATTENDING

* **One coach per athlete may receive a complimentary Coaches Conference & Workshop entry. Additional coaches are required to pay the Coaches Conference & Workshop registration fee. For Coaches Conference & Workshop Housing, visit the Men's Program Event page to register online - https://usagym.org/pages/men/events/program_events.html. If registering through the Coaches Conference & Workshop Online Registration process, please write in "Online Registration" on the CC number line.**

Name _____ Pro # _____ Exp. _____ Safety _____ Bkgrnd _____

Name _____ Pro # _____ Exp. _____ Safety _____ Bkgrnd _____

By providing my credit card information and signature, I agree to have \$225/per additional coach for the Men's National Coaches Workshop.

Credit Card Number: _____ **Exp. Date:** _____

Printed Name: _____ **Signature of card holder:** _____



GK SIZE REQUEST FORM

Name: _____

Club Name: _____

Check One: Coach Athlete Jr. Coaching Staff

Measurements:

Warm-up Jacket Size: _____ Warm-up Pants Size: _____

Comments: _____

Warm-Up Jacket and Pants Size Chart

	CXS	CS	CM	CL	AXS	AS	AM	AL	AXL	2AXL	3AXL	4AXL
CHEST	22-24	24-26	26-28	28-31	31-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48
WAIST	22-23	23-24	24-25	25-26	27-29	30-31	32-33	34-35	36-37	38-39	40-41	42-43
HIP	22-24	24-26	26-28	28-30	30-32	32-34	34-36	36-38	3-40	40-42	42-44	44-46
INSEAM	21	23	25	28	30	31	32	33	33	33	33	33

How to Measure:

1. Chest Measurement:	Taken with a deep breath, arms held out at shoulder height
2. Waist Measurement:	Taken at the natural waistline
3. Hip Measurement:	Taken around the fullest part of the buttocks
4. Torso Measurement:	Taken from the center of the shoulder, down the front, through the crotch, and up the back to the starting point
5. Inseam Measurement:	The length of the leg from the crotch to one inch above the floor – measure in stocking feet

Athletes who earn a position on the 2019-2020 Future Stars Development Team & the athlete's named coach receive a team warm-up. These athletes and coaches will not be determined until after competition has concluded.

Regional Chairman - Return this form with Competitive Entry Form to:

USA Gymnastics
Attn: Lisa Mendel
130 E. Washington St., Suite 700
Indianapolis, IN 46204

or Scan & Email to: lmendel@usagym.org



2019 Men's National Coaches Conference & Workshop & Future Stars National Championships



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