



Attention Coaches & Instructors! Materials for Men's Gymnastics!

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products

2012-2016 Men's J.O. Age Group Competitive Program

Item Number: 1202 • Price: \$69.95

The 2012-2016 The complete Men's Junior Olympic program materials.

Basic Skills Achievement Program Kit

Item Number: 51 • Price: \$35.00

The Men's Basic Skills Achievement Program (BSAP) is a valuable resource for beginner boys gymnastics. It includes basic skills, drills, conditioning exercises, and serves as a progressive curriculum for beginning boys gymnastics. This kit includes the BSAP DVD, booklet and wall chart.

Basic Skills Achievement Program (BSAP) DVD

Item Number: 52 • Price: \$20.00

Video of basic boys skills, drills, and conditioning. Part of the Basic Skills Achievement Program (BSAP) kit.

Basic Skills Achievement Program (BSAP) Booklet

Item Number: 55 • Price: \$15.00

This booklet is an additional resource for the BSAP DVD with descriptions and technique tips for the skills shown on the DVD. Part of the Basic Skills Achievement Program (BSAP) kit.

Boys Level 1 Manual

Item Number: 1005 • Price: \$34.95

The Boys Level 1 Gymnastics Coaching Manual covers all aspects of gymnastics at the Level 1 Level. Specifically it includes safety awareness information, coaching skills as they pertain to the Men's Artistic Level 1, progression charts, lesson plans, accountability charts, skill evaluation forms, legal responsibilities, glossary of terms.

Dynamic Stretching DVD

Item Number: 2425 • Price: \$20.00

The Dynamic Stretching DVD, presented by Megan Gearhart, PT, OCS, is approximately 18 minutes in length, but if completed with recommended repetitions, the workout would comprise a 30-minute dynamic warm-up.

Enhance your coaching through these books! (\$39 each)

- *Sport Mechanics for Coaches*
- *Sport Psychology for Coaches*
- *Sport Physiology for Coaches*

Guidelines for Foam Pits Poster

Item Number: 6107 • Price: \$10.00

This colorful poster includes numerous safety tips for use of foam pits. Tips for both coaches and athletes are provided, as well as pictures of correct usage. Hang these posters throughout your gym to encourage safe usage of foam pits. Included with the poster is a black and white handout page. Poster ships in a tube.

Trampoline Drills for Men's Artistic Gymnastics by Joy Umenhofer ~ Vault & Floor

Item Number: 2447 • Price: \$25.00

Trampoline Drills for Vault and Floor provides trampoline drills to support the correct development of skills containing rotation and twist. These drills will also correct common mistakes such as: twisting too soon, burying head at take-off, lack of block off floor, etc. Mistakes that often prevent continued skill development. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on.

Trampoline Drills for Men's Artistic Gymnastics by Joy Umenhofer ~ Release Skills and Dismounts

Item number: 2448 • Price: \$25.00

Trampoline Drills for Vault and Floor provides trampoline drills to support the correct development of skills containing rotation and twist. These drills will also correct common mistakes such as: twisting too soon, burying head at take-off, lack of block off floor, etc. Mistakes that often prevent continued skill development. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on.

Critical Drills for Skill Development & Challenging Skills to Coach, by Joy Umenhofer

Item Number 2451 • Price: \$35.00

Instruction on most efficient, quick, and mechanically sound ways to teach front and back twisting up through multiple somersaults with and without twist. These skills, drills, and progressions contain critical concepts on flipping and twisting to teach at the beginning level and are imperative for future training growth. Please visit the website for more information.

Order online at www.usagym.sportgraphics.biz

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