



Attention Parents & Gymnasts!

Looking for that perfect gift or training aid for your gymnast?

**Click
HERE**
to view all
products

The Most Important Job In The World

Item Number: 6119 • Price: \$20.00

Get the DVD that contains the Top 10 things you need to know when parenting your young athlete.

Runtime: 59 minutes

12 Week Mental Toughness Training Workbook

Item Number: 6115 • Price: \$35.00

This workbook is designed for the optional gymnast who is serious about her training and ready to be the best she can be.

Head Games Visualization CD Gymnastics

Item Number: 6112 • Price: \$25.00

We all know that what you think is what you do. These three "mental adventures" will help the gymnast perform with more confidence and consistency, by overcoming fear and doubt. Each visualization has a separate theme that targets a unique aspect of women's gymnastics.

The Athlete Warrior

Item Number: 6114 • Price: \$50.00

This workbook is for the optional gymnast who is ready to take their mental training to the next level. They should already be familiar with sport psychology and enjoy thinking "deep".

Nutrition Readiness DVD

Item Number: 2444 • Price: \$4.95

This DVD is part of the "3 to Get Ready" series. It gives nutritional guidance and recommendations for gymnasts. Approximate running time: 15 mins.

Physical Preparation DVD

Item Number: 4004 • Price: \$25.00

This DVD has over 300 exercises and variations for strength, power, flexibility, body positions, etc.

Your Best Meet Ever

Item Number: 1027 • Price: \$19.95

Attention all athletes! As with any activity in life, "it is not what you do, but how you do it" that is important. This 190 page book will help you with your goal setting, focus, attitude and more. Written by Rita Brown and Rik Feeney.

The Fifth Event – A Conditioning Plan

Item Number: 3613 • Price: \$12.50

This booklet was designed by Dr. Bill Sands and is a comprehensive conditioning plan that consists of a callisthenic strength program, a flexibility program, an injury prevention program and a training planner.



Order online at www.usagym.sportgraphics.biz

** Please remember when mailing or faxing an order to use the order form available for download on this site. Be sure to include Name, Personal Member Number, Address (no P. O. Box please for Ship to), Telephone Number, Credit Card Number, Expiration Date and Signature, Merchandise Description including Item Number, Quantity and Price. Include Shipping and Handling and applicable Sales Tax. Orders shipping to P.O. Boxes, or outside the US must be ordered over the phone.*

ADDITIONAL ORDERING OPTIONS



order by phone

Call our toll free line at
(800) 345-4719
choose "Option 1"



order by mail

USA Gymnastics
P.O. Box 361147
Indianapolis, IN
46236-5323



order by fax

Fax your order to
(317) 899-7496