National Congress & Trade Show
Hartford • 2013

- 2013 USA Gymnastics Hall of Fame Inductees
- A Four-Phased Approach to Mental Skill Usage
2013

JUNE
4 – 10 U.S. Rhythmic Championships (Open, JO, Elite) Orlando, FL
7 – 9 2013–21 JO Compulsory National Workshop — West (W) Reno, NV
14 – 16 Region 4 Compulsory Workshop (W) Coralville, IA
21 – 23 Region 8 Congress Atlanta, GA
21 – 23 Region 3 Compulsory Workshop (W) Frisco, TX
27 – 30 Gymnastics for All Nationals (GG) Hollywood, CA
28 – 30 Region 2 Compulsory Workshop (W) Vancouver, WA

JULY
2 – 10 U.S. Tumbling Championships (TT) Kansas City, MO
5 – 8 Elite National Qualifier/American Classic (W) Huntsville, TX
12 – 14 Region 7 Congress Lancaster, PA
13 – 14 National Qualifier (M) Colorado Springs, CO
21 – 27 Scholarship Camp Wakeshma (TT) Three Rivers, MI
25 – Aug. 4 World Games (TT/AG/R) Calg, COL
26 – 31 U.S. Acrobatic Championships Louisville KY
27 Secret U.S. Classic (W) Chicago, IL

AUGUST
15 – 18 U.S. Gymnastics Championships (M/W) Hartford, CT
15 – 18 USA Gymnastics National Congress Hartford, CT
23 – 25 Region 1 Congress Santa Clara, CA
28 – Sept. 1 Rhythmic World Championships Kiev, UKR
29 – Sept. 2 Stars & Stripes Cup (TT) TBD

SEPTEMBER
8 – 9 Volkov Cup (AG) Velikiy Novgorod, RUS
13 – 15 Region 5 Congress Columbus, OH
19 – 22 JO Level 9/10 Training Camp (W) Huntsville, TX
21 National Gymnastics Day Everywhere
22 – 26 JO National Team Training Camp (W) Huntsville, TX
5 – Oct. 7 World Championships (M/W) Antwerp, BEL

OCTOBER
10 – 13 TOPs National Testing (W) Huntsville, TX

NOVEMBER
6 – 10 Future Stars Champs/Coeches Workshop (M) Colorado Springs, CO
7 – 10 World Championships (TT) Sofia, BUL
14 – 17 World Age Group Competition (TT) Sofia, BUL

DECEMBER
4 – 7 TOPs A Camp (W) Huntsville, TX
8 – 12 TOPs B Camp (W) Huntsville, TX

2014
FEBRUARY
28 Nastia Liukin Cup Greensboro, NC

MARCH
1 AT&T American Cup Greensboro, NC

AUGUST
16 – 28 Youth Olympic Games Nanjing, China
21 – 23 USA Gymnastics National Congress Pittsburgh, PA
21 – 24 U.S. Gymnastics Championships Pittsburgh, PA

SEPTEMBER
21 – 28 Rhythmic Gymnastics World Championships Izmir, Turkey

2015
JULY
10 – 26 XVII Pan American Games Toronto, Canada

SEPTEMBER
7 – 13 Rhythmic Gymnastics World Championships Stuttgart, Germany

NOVEMBER
25 – 28 Trampoline World Age Group and World Championships Odense, Denmark

2016
AUGUST
6 – 20 Olympic Games Rio de Janeiro

W = Woman, R = Rhythmic, TR = Trampoline, M = Men, GG = Group Gymnastics, TU = Tumbling, AG = Acrobatic Gymnastics, B = Business, TT = Trampoline/Tumbling

NOTE: Dates and events subject to change or cancellation.
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COVER PHOTOS: Photos by John Cheng.
As most of you are aware, every eight years the Women’s Junior Olympic program is modified. This is the year, and beginning August 2013, the new routines will be in full competition mode. This time around, USA Gymnastics has not only changed the routines but also reorganized the Women’s Junior Olympic levels to provide a more comprehensive progression by offering five levels of compulsories and five levels of optionals.

The new system promotes great long-term benefits aimed at keeping athletes motivated with smoother transitions from level to level and improved stardom progressions within all the levels. There are two national workshops taking place as this issue goes to print. One is May 31–June 2 in Orlando and the second is June 7–9 in Reno and both workshops are sold out. There are additional opportunities to learn the new compulsories at Regional Compulsory Workshops.

The summer of Championship kicks off June 5–9 in Orlando with the U.S. Rhythmic Championships including competition in Open, JO and Elite levels while Gymnastics for All Nationals take place June 28–30 in Hollywood, Calif. The U.S. Trampoline and Tumbling Championships begin July 3–10 in Kansas City, Mo., followed by the U.S. Acrobatic Championships, July 27–31 in Louisville, Ky. The summer just keeps rolling along with the Men’s National Qualifier, July 13–14 in Colorado Springs, followed by the Secret U.S. Classic women’s qualifier July 27 in Chicago. The summer of Championships wraps up in Hartford with the 2013 U.S. Gymnastics Championships, Aug. 15–18, held in conjunction with the USA Gymnastics National Congress and Trade Show. It will be a busy summer of gymnastics with events being held in many parts of the country.

USA Gymnastics has expanded its Gymnastics for All (GfA) program to include team acrobatics and tumbling. GfA, also known as group gymnastics, provides competitive and performance opportunities for all levels and ages that feature elements from each of the gymnastics disciplines — artistic, rhythmic, acrobatics, trampoline and tumbling. Team acrobatics and tumbling will serve as a new developmental pipeline for women’s collegiate acrobatics and tumbling, which is a varsity team sport and administered by university athletic departments through the National Collegiate Acrobatics and Tumbling Association (NCATA).

Adding team acrobatics and tumbling within Gymnastics for All is going to be a win-win for our athletes. We are expanding the reach of Gymnastics for All’s competitive side and providing young women with an additional opportunity to compete in a varsity sport for a college or university and possibly for an athletic scholarship. This is a natural next step in our working partnership with NCATA.

Enjoy the start of summer and I’m looking forward to seeing you at one of the many championships taking place around the country.

See you in the gym,

Steve Penny
USA Gymnastics President & CEO
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GK, Choice of Champions.
BEYOND THE GAMES:

Beth Gardner, Heart of Texas Gymnastics

Oftentimes, as coaches, we make our own jobs more difficult without realizing it. We sometimes inadvertently create training obstacles for our students without knowing it. Awareness of these pitfalls can make our jobs much easier. We become more effective coaches as we remove those obstacles and create a better learning process for our students.

Over my years of coaching, many of the activities and techniques I have used have been intuitive—they just made sense to me. I wasn’t completely aware of why they made sense or why they worked, I just knew they did.

For example, making conditioning into fun games entices kids to condition. Disguising skill work behind manipulatives and props encourages preschoolers to repeat skill work. I realized that to teach skills effectively, I first had to deconstruct them into their fundamental elements. Still, it was instinct and in-the-trenches experience rather than a scholastic knowledge that led me to these realizations. However, we are all much more effective coaches, if we understand

the neurology and physiology pertinent to teaching.

It is through understanding the stages of human development, the development of motor programming and brain structure and function that we become true educators of sport. These parameters apply to any sport, not just gymnastics. The complexity of our sport, in particular, requires in-depth and ongoing study of human development and movement—training to become truly great educators and coaches.

One of the common “brags” I hear from parents is, “My kid never crawled, he went straight to walking.” When I hear a parent say that, I cringe. Bilateral work is so important to brain development in the early childhood years because it helps establish the communication between the two sides of the brain. Crawling, bear walking, bilateral weight transference and activities that include cross-body work are incredibly important for young children in coordinating the two sides of the body for skills like a cartwheel. More importantly, they help create pathways for cognitive development.

Through my gymnastics experience, one thing that has struck me over and over again is that there is a basic lack of understanding about how humans develop, how we learn and how we should, therefore, teach the sport.

For example, the common misconception of “muscle memory,” sometimes stymies our teaching. As Dr. Peter Fidcoe states, “Without the brain, there is no ‘muscle memory.’” Muscles do not remember. The brain does. Understanding how the brain and body work together is imperative to understanding how to teach any sport. The use of an individual’s established motor program is a prime example of that.

We make our jobs much more difficult when we try to teach movement without regard for established motor-programming. It is important to understand that programming affects like-movements.

For example, I worked with a student who was having difficulty learning a full twist. I asked her to throw a ball. She threw the ball, demonstrating her programmed movement for throwing. Her motor-programming was opposite the direction she had previously been instructed to twist. Throwing directly affects the motor programming for twisting because they are similar movements. As soon as I asked her to wrap in the same direction as she threw, she got it. Simply put, we make our job easier if we use the established motor programming to our benefit.

The body is an amazing machine. Much like a computer with peripherals, our brain runs our motor programming. Once we understand brain structure
and function, then, we can understand how those things affect our motor programming.

The human brain is not static. It has neuroplasticity. Just as an infant’s brain can create pathways for information, or the adult brain can develop multiple pathways to access known information, the brain can also adapt for brain injury, creating new pathways. It is an amazing computer with an operating system that we are still discovering.

I am sure that all of us have experienced those moments when we see someone from our gymnastics program in a setting outside of the gym (such as in the grocery store). We feel embarrassed as we try to remember his or her name. We may stand there momentarily blank or trying to cover the fact that we cannot come up with his or her name as they talk to us like we’re best of friends. In that moment, we may feel like we should know this person’s name, but we simply cannot access it. That’s because our brain is searching for the pathway to that knowledge. The more pathways we have established to remember that person, the easier it becomes for our brains to access the information.

Likewise, the more activities we use to establish a motor program, the easier it is for our bodies to access that programmed movement to implement into similar progressions, which are applicable to many skills. This concept underscores the importance of bilateral and cross-body work for teaching cartwheels or using the throwing direction for wrapping in a twist.

Using our understanding of neurotypical development and motor learning, we can also expand our effectiveness in teaching children with special needs. Considering the increase in Autism Spectrum Disorders in our population, all of us can benefit from understanding how to work with children who have special needs. The best tools in a coach’s arsenal are education and preparation for both the neurotypical and special needs populations. Understanding these populations requires one to understand how certain tasks, challenges and sensory input, like the ones listed below, affect all populations.

- Crawling on unstable mats develops core stability.
- Sequencing is a trained skill.
- Vestibular and proprioceptive sensory input helps in developing the communication centers of our brains.

Understanding the above concepts directly benefits the special needs population when applied to lesson planning, but it also benefits all children, as it is a part of development.

USA Gymnastics University is proud to release a new live course.

The R301 Brain & Body: Beyond Basics course reaches beyond simple drills and games, and beyond intuitive coaching and provides better understanding of the process of learning. With this information, we make our jobs easier by avoiding common pitfalls like “training interference,” and by implementing techniques that consistently provide strong foundation for physical and cognitive development.

The Gymnastics Association of Texas developed R301 Brain & Body, and it covers three critical areas:

UNDERSTANDING THE PRESCHOOL CHILD
This includes the first critical years of development. The focus is birth to 5 years of age and adaptation of lesson plans and activities appropriate to each stage of development, including:
BEYOND THE GAMES: Brain & Body

- the developmental stages of self-perception
- levels of thought
- learning styles
- how all of these developmental elements impact behavior.

MOTOR LEARNING, MOTOR DEVELOPMENT AND THE THEORY OF MUSCLE MEMORY
Expanding on early childhood development, this section covers:
- the importance of movement in cognitive development and scholastic achievement
- sensory integration
- motor programming
- avoiding training interference
- establishing neural pathways for motor learning and rehabilitation motor development over a lifespan
- critical components of movement such as progressional training

- understanding the theory of “muscle memory”

SPECIAL PEOPLE: SPECIAL NEEDS
This section focuses on understanding the Autism Spectrum Disorders but also includes:
- brain structure
- function and behavioral effects associated with brain injury
- activities to incorporate into movement classes for special needs
- tips on class management for successful special needs classes
- Down’s Syndrome
- Cerebral Palsy
- Dystonia
- safety and management for seizure-prone children

The R301 course covers topics vital to anyone who works with children through sports or academics. There will be some “hands-on” activities, but participants should be prepared for in-depth lecture and discussion.

The inaugural R301 Course will be offered as an add-on course at 2013 National Congress, August 18, 9 a.m. – 3 p.m. Congress attendees are invited to attend for free, though registration is required.

PLEASE VISIT USAGymnasticsUniversity.org to register and to learn more about the great addition to the University.

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*“Smart Planner enables you to organize your curriculum, train your staff & create dynamic lesson plans all in one amazing program!” Marli Olbray - Owner - The Peak, Utah, USA

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Enhancing Confidence Using A Four-Phase Development of Mental Skills

Brian C. Hite, M. S.

INTRODUCTION

Confidence, focus, resilience, positivity, motivation — these are all traits we want for all of our athletes all of the time. Often, though, these mental toughness skills can be elusive and very difficult to develop. Sport psychology offers many tools to help athletes maintain these all-important mental skills (e.g., mental imagery, cue words, routines, goal-setting), and chances are that you use many, if not most, of these with your athletes on a regular basis. But the question is, how can you use these tools in a more systematic way to help ensure athletes are confident, focused, and mentally prepared in every situation, from new skill learning to competition? This article will answer that question by presenting a four-phase approach to mental skill usage initially developed with Infantry soldiers in the U.S. Army (DeWiggins, Hite, & Alston, 2010) and adapted for use with athletes in any sport.

FOUR-PHASED APPROACH/PHASE ONE

For any event, we break down the application of mental toughness tools into four time periods: Before, Right Before, During, and After. In Phase One (Before), athletes and coaches develop a clear vision of what they want to achieve and how they want to achieve it with mental imagery and goal setting. In this beginning phase, athletes should clarify exactly what they hope to achieve, develop a detailed plan for achieving that goal, and create a clear vision of success in their heads. For example, if the task is a tumbling pass, what success means in terms of execution (e.g., tight body, good extension in the back handspring, good height on the back-tuck) should be clearly defined, a plan for the learning and development of the pass (e.g., number of days/hours spent working the skills) should be put in place, and visualization should be used to mentally rehearse the skill, seeing perfection over and over in the mind.

PHASE TWO

The key to Phase Two (Right Before) is regulating attention and energy levels to create an ideal mental and physical performance state. This is the phase when nervousness, anxiety, and negative thoughts can hijack a performance before the athlete even gets on the apparatus. The idea here is to keep thoughts positive and task-focused, develop and maintain energy levels ideal for the individual athletes, and to keep the body loose and prepared for action. During this time, pre-performance routines, mental imagery, and positive self-talk can help guide mental and physical preparation exercises, music, physicality (e.g., jumping up and down), and in many other ways. The point is that the athletes achieve levels of energy, focus, and physical preparedness ideal for peak performance. Finally, right before walking onto the floor for the competition, a final phrase (“Let’s go!”) along with a last-minute energy and physicality check and adjustment should take place.

PHASE THREE

Phase Three (During) involves the actual performance where maintaining focus, regulating energy levels, and regaining both focus and confidence when mistakes occur are the keys to success. Cue words can help focus athletes’ attention on the aspects of performance most relevant in a given moment, as well as guide energy regulation and bolster confidence. For example, building in the cue word “breathe” into various places in the choreography can be extremely helpful by reminding...
athletes to do just that: breathe. Also, cue words, like “tight,” “push,” and “lift” can help athletes remember to execute important elements of skills or pieces of the choreography.

Also, since there is no way to completely eliminate mistakes and distractions, developing a plan for minimizing their effects on later performance is essential. We’ve all seen athletes whose one mistake results in a cascade of mistakes that negatively impact not only the individual athlete, but also the entire team. The key to dealing effectively with mistakes and distractions is staying in the moment. Following a mistake, attention moves away from what is relevant for performance, energy levels often spike, and confidence waivers, as negative thoughts flood the mind. While these effects cannot be completely avoided, they can certainly be minimized. Developing and practicing refocus techniques that incorporate a breath, a confidence-enhancing and task-relevant thought (“No problem,” “Moving on,” “I’ve got this,”) and a physical check-in can help dramatically reduce the amount of time it takes athletes to recover from the mistakes and setbacks that are inevitable in athletic performance.

PHASE FOUR

Once the task has been completed, athletes move into Phase Four (After), the recovery and evaluation phase. Athletes should take time immediately following a performance to engage in breathing and muscle relaxation exercises to help them mentally and physically recover from the task just performed. Recovery is always important, but it is especially important when the task will be repeated multiple times (e.g. routines during practice, competing more than once in a single day). This is also the time to take stock of what went well and what didn’t. Use visualization to mentally recreate the previous performance in as vivid detail as possible and identify strengths and weaknesses of the performance. Athletes can continue to use mental imagery both to reinforce the aspects of the performance that went well and to incorporate corrections for the things that didn’t.

UNIQUE BENEFITS

This four-phased approach to mental toughness can be used for any task in any situation that takes place over shorter (e.g. a tumbling pass) or longer (e.g. an entire competition season) periods of time. Regardless of the chosen task, it will have Before,
Right Before, During, and After stages, and the process and tools discussed in this article can help guide athletes toward their ideal mental and physical performance states.

This approach is also easily implemented with larger groups of people. Traditionally, sport psychologists have utilized a one-on-one approach when delivering services; however, with teams this approach is not always cost or time effective. The four-phased approach discussed here creates a structure and vocabulary that is the same for all team members. Yet, athletes have the ability to personalize their plans by creating cue words and phrases, positive self-talk, mental imagery scenarios, refocus techniques, and recovery plans that target performance aspects and challenges specific to them.

CONCLUSION

Whether your athletes’ focus more often resembles that of the Dalai Lama or a puppy in a yard full of squirrels, this structured approach can help ensure that they go into every performance environment confident, positive, motivated, focused, and, ultimately, mentally tough.

REFERENCES

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COULD YOU MAKE YOURSELF EVEN BETTER DURING THE OFFSEASON?

By Stephanie Young CSCS, USAW

Gymnastics is defined as physical exercises designed to develop and display strength, balance, and agility, especially those performed on or with a specialized apparatus. For a gymnast to be able to display these qualities with precision, it takes a lot of technical ability and preparation. Part of this preparation as a gymnast is strength, power, flexibility, and anaerobic training. Beginner or veteran, the strength training and anaerobic conditioning should be paramount in training, especially during the offseason of a gymnast. One may ask why a veteran gymnast needs to strength train and focus on the anaerobic energy system? With this focus, the gymnast will increase his/her strength and power, giving him/her the ability to perform skills with greater precision. For a beginner gymnast, strength training can play a role in giving him/her the ability to learn the technical skills correctly from the beginning.

The physical demands of gymnastics preparation places a heavy load on the anaerobic energy system. Anaerobic conditioning can easily be defined “short bursts.” Anaerobic exercise has been proven to increase muscle mass which in turn keeps the gymnast lean. The more muscle mass, the more calories burned through those muscles. Other benefits and most importantly related to gymnastics conditioning is increasing the gymnast’s ability to withstand the build-up of waste substances (lactic acid) in the muscles and remove them from the body, as well as developing stronger muscles. As a gymnast, the list of benefits of strength training and anaerobic conditioning are numerous.

Anaerobic exercise is defined as exercise intense enough to be used by athletes in non-endurance sports to promote strength, speed, and power, and to build muscle mass. The anaerobic energy system leads to greater performance in short duration, high intensity activities which last for merely seconds up to about one minute. Many different types of exercise elicit this energy pathway. These activities include sprinting, weight training, circuit training, jumping rope, and running stairs. Interval training is another form of anaerobic training and can be seen through the circuit below. This training can be used with all the activities listed below as well as with any other activities one can think of. With interval training, an interval is done by increasing your pace or completing an exercise for a short period of time (between 10 to 60 seconds) then having a slower pace for recovery or complete rest up to three times as long as the interval. In the circuit shown on this page and continuing through page 16, a 20:40 work to rest ratio is required.

**Exercise 1: Skater Hops**
Moving from side to side, land on the arch of your foot and sink into the hip, then drive and extend the hip through the glutes.

**Exercise 2: Side Plank w/Pulse Off Foam Roller**
With elbow underneath your shoulder and feet staggered on the foam roller, pulse up and down through the hip and oblique.

**Exercise 3: Spiderman Push-Ups**
Keeping your core stable, bring the same knee to the elbow as you go into a push-up.
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THE OFFSEASON? CONTINUED.

EXERCISE 4: SHOULDER BLADE WALL PRESS
Keeping shoulder blades and elbows pressed up against the wall, drive the arms up to the wall and back even with the shoulders.

EXERCISE 5: GLUTE BRIDGES OFF THE FOAM ROLLER — Drive the heels into the foam roller. As you drive hips off the ground, stabilize through the front abs and extend your hips by squeezing your glutes.

EXERCISE 6: SHOULDER BLADE WALL SLIDES
Keeping your shoulder blades against the wall, raise your arms as high as you can along the wall. Try to keep the back of your hands against the wall.

EXERCISE 7: HANDSTAND SHOULDER TAPS — Keeping your core locked in, take one hand and tap the opposite shoulder. Continue to alternate hands touching the opposite shoulder.

EXERCISE 8: SINGLE LEG ROMAN DEADLIFT
Keeping your core locked in, let the leg travel straight out from your hip. Let your lower body dictate what the upper body is doing.

EXERCISE 9: PLANK PIKE-UPS OFF FOAM ROLLER
Keeping your core locked in, drive your hips up letting the foam roller travel up the calf and back down. As you are doing this exercise, think about pulling up through your belly button.

EXERCISE 10: SPLIT SQUAT JUMPS
Keeping your hips square, drop down into your hip and explode back out through your glutes.

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PROMOTIONAL TOOLS ONLINE:
Have you planned an event for National Gymnastics Day yet? Hold an open gym and festival at your club, join community events with a promotional booth, or create a USA Gymnastics Fitness Zone for athletes of all ages and skill levels. This is a great way to take advantage of an opportunity to promote your club. Personalize a flyer to promote your event here and download posters to print online at usagym.org/ngd.

Events may be held on September 21 or within the week following to allow all gymnasts to participate and post a picture on Facebook.

RAISE MONEY FOR CHILDREN’S MIRACLE NETWORK HOSPITALS:
Use your event as an opportunity to raise money for children near your gym and to teach young athletes the importance of philanthropy. The clubs that raise the most money for Children’s Miracle Network Hospitals will receive the following prizes:

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2ND PLACE
• AAI gift certificate for $1,000
• Member Services gift certificate for $200

3RD PLACE
• AAI gift certificate for $750
• Member Services gift certificate for $200

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• Two tickets to the 2014 AT&T American Cup
• Two pre-event VIP hospitality passes
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What to Expect in Hartford!

PLAN YOUR TIME IN HARTFORD

- Check out the full list of presenters and Congress schedule on page 26 of this issue. You can plan your days in advance for National Congress.

- A detailed schedule and hospitality plan will be unveiled soon.

Visit www.usagymcongress.com and click on speakers for a list of preliminary speakers.

MEMBER CLUB BUSINESS FORUM
Create Your Culture & Control Your Future
For the first time the forum will be provided complimentary to anyone affiliated with a Member Club. Access is provided as a part of your National Congress registration. This year’s event will take place on Thursday, August 15 from 8:00 a.m. – Noon. Lead by USA Gymnastics and our Business Advisory team, this year’s forum will focus on leadership, technology, and proven strategies to help improve your business.

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The 2013 National Trade Show, will feature more than 160 booths of products and information from more than 65 vendors in the gymnastics community.

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The sessions include:

FOCUS ON INNOVATION
Unique & Successful Business Models in our industry.

FOCUS ON STAFF
Hunting, Corralling, and Tending to Staff

FOCUS ON BUSINESS OPERATIONS
Running a business — marketing, strategy, mission, pricing, hiring, and the list goes on. What should you be doing RIGHT NOW to grow your business to meet or exceed your financial goals? What can you do to get more students into your gym next fall and keep them until next spring and beyond?

“Of all the continuing education available to us each year — articles, books, classes, webinars, meetings — nothing is as focused and relevant for directors, owners, teachers, coaches and leaders in the gymnastics industry than USA Gymnastics National Congress. This is the one event we can gather in force and learn from the best our industry has to offer. Indispensable education and networking opportunities!”

— Lynn Ledford

“The Business Forum is all about YOU! You will have access to the top leaders in the gymnastics industry who are here for the express purpose of sharing their perspectives and experiences to help YOU grow your business or program to meet or exceed your financial goals.”

— Anne Josephson

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Safety In the Gym for Classes | Michael Taylor | Preschool/School Age | Room - TBD
Insurance Issues & Ideas | Pat O'Connor | Risk Management | Room - TBD
Commit To Hit Teaching your Athletes To Be Fierce Competitors | Dr. Alison Arnold | Sport Science | Room - TBD
How to Build a Trampoline & Tumbling Competitive Routine | Joy Umentofer | Trampoline & Tumbling | Room - TBD
100+ Flexibility Drills | Kathryn Geedert | Women's - JO Options | Room - TBD
Team Retention: How to Handle the Teens Years | Bryos Hoag | Women's - JO Options | Room - TBD
TOPs State and National Testing Drills and Development for Uneven Bars | Tom Forster | W - Elite/ TOPS | Room - TBD
Floor Exercise Levels 1 - 5 Practice Judging Part 2 | Myra Ellenbeir & Neela Nelson | W - Technical | Room - TBD
Coaching with Technology | John Carney | All | Room - TBD
Increase Your Bottom Line | Jim Jarrett | Business | Room - TBD
Women Levels 4 & 5 Hands-On Spotting | USA Gymnastics National Instructors | W - JO/Compulsory | Room - TBD
Pommel Horse: Wu, Tong Fei, Fedorchenko | Guolian Wu | Men's Compulsory | Room - TBD
Parallel Bars Heady, Makats & Related Skills | Vitaly Marinitch | Men's Options | Room - TBD
Recreational Floor | Doug James | School Age | Room - TBD
Beam Should Never Be Boring | Annette Thomas | Preschool | Room - TBD
Grooming Process | Scott Hinsel | Risk Management | Room - TBD
Motor Learning: Theory of Muscle Memory | Dr. Peter Fidcoe | Sport Science | Room - TBD
Coaching Opportunities in Trampoline & Tumbling - Improve Bottom Line | Joy Umentofer | Trampoline & Tumbling | Room - TBD

FRIDAY, AUGUST 16, 2013

Women's balance Beam Levels 2 & 3 - Are You Doing It Right? | Laurie Reid | W - JO/Compulsory | Room - TBD
Do You Flyspring? Front Tumbling Progressions | Mark Folger | Women's - JO Options | Room - TBD
How to Develop an Elite Program | Vales Liukin | W - Elite/TOPS | Room - TBD
Balance Beam Levels 6 - 10 Practice Judging | Char Christensen & Cheryl Hamilton | W - Technical | Room - TBD
What Movement Does for Learning - Reading Readiness | Nancy Bates | Preschool | Room - TBD
What to Measure and Why - "What's Measured Gets Managed" | Jeff Metzger | Business | Room - TBD
Using Technology to Improve Your Business | Chris McNabb | Business | Room - TBD
Women's Uneven Bars Levels 3 - 5 Critique | Brad Harris & Carole Burge | W - JO/Compulsory | Room - TBD
High Bar - Critical Basics & Drills | Sergei Polianich | Men's Compulsory | Room - TBD
Youth: Hurdle and Board to Table - 7.0 Start Value | Geoff Corrigan | Men's Options | Room - TBD
Curriculum and Lesson Planning | Jeff Lulla | School Age/ Business | Room - TBD
Oh Baby! | Brandi Lutsko | Preschool | Room - TBD
USA Gymnastics Safety/Risk Management Updates | Scott Hinsel | Risk Management | Room - TBD
Biomechanics | Dr. William Sands | Sport Science | Room - TBD
Trampoline & Tumbling JO Routine Review | Kyle Bowen | Trampoline & Tumbling | Room - TBD

Conditioning for Success | John Geedert | W - JO/Compulsory | Room - TBD
It's Just A Game: Taking the Stress Out of Your Team Program | Bryos Hoag | Women's - JO Options | Room - TBD
Inbox Skills: Starting with Your Competitive Gymnast On Up | Tom Forster | W - Elite/TOPS | Room - TBD
Uneven Bars Levels 6 - 10 Practice Judging | Pat Panichas & Connie Maloney | W - Technical | Room - TBD
College Recruiting | Tom Kovic | All | Room - TBD
10 Business Practices That Provide and Develop Leadership | Diane Barson | Business | Room - TBD
Women's Balance Beam Levels 6 & 5 Critique | Cheryl Jarrett & Linda Thorberg | W - JO/Compulsory | Room - TBD
Men's Levels 1 - 3 Program Review | Dusty Ritter | Men's Compulsory | Room - TBD
Technical Sequence Update | Kevin Mazzeika | Men's Options | Room - TBD
Fun Approach to Teaching Boys Classes | Daryl DeNamore | School Age | Room - TBD
Preschool Floor - Providing Variety Broadening Our Curriculum & Loving It | Sand McGee | Preschool | Room - TBD
Insurance: What is Covered and What is Not | Pat O'Connor | Risk Management | Room - TBD
Three Silver Bullet Coaching Strategies | David Benzal | Sport Science | Room - TBD
Dynamic Warm-Ups for Beginning Athletes | Catherine Cabral | Trampoline & Tumbling | Room - TBD

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**SATURDAY, AUGUST 17, 2013**
Long before the finish, there is the start.

Before the podium, there is the carpool. Before the meets, there are lots of early mornings. We believe a great breakfast helps to give both of you the power to get off to your best start.

From great starts come great things.

USA GYMNASTICS
Official Breakfast of USA Gymnastics

Kelloggs
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The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country. Regional Congress also serves the gymnastics community by providing an opportunity for networking, socializing and building professional relationships. Each Congress is tailored to the specific needs of the Region and under the direction of the Regional Committee. Your attendance supports your region! We look forward to seeing you there!

Early Bird Discounted Pricing is available! For more details or to register, please visit us at: www.USAGymnasticsUniversity.org

Highlights

• Fantastic Speaker Line Up with Over 75 Sessions covering the following areas: 2013 Compulsory information, Competitive Coaches Education (JO, TOPS and Elite), Preschool and School Age Class education, Business education as well as Judges’ education including the 2013 new rules.

• Earn U310 Regional Congress University Credit and Judges CPE’s.

• “Add-on Courses” available for University Credit.

• Attendance for Regional Congress is a minimum of 14 years of age.

• Member Clubs have the opportunity to register everyone in their gym using the Member Club tiered pricing option. That’s right! Even if the individuals are not members of USA Gymnastics, they can still be registered at the same great discounted price.

Regional Congress Date/Site

- Region 1 Santa Clara, CA August 23-25
- Region 5 Columbus, OH September 13-15
- Region 6 Hosting National Congress Hartford, CT August 15-17
- Region 7 Lancaster, PA July 12-14
- Region 8 Atlanta, GA June 21-23

2013 Regional Compulsory Workshops

*REGIONAL COMPULSORY LECTURES ALSO PROVIDED
Come learn the new 2013-2015 Compulsory Routines including active participation! Level 1-5 routines will be taught along with Xcel and Optional Rules. Earn W310 Credit.

REGIONAL COMPULSORY WORKSHOP DATE/SITE:

- Region 2 Vancouver, WA June 28-30
- Region 3 Frisco, TX June 21-23
- Region 4 Coralville, IA June 14-16

Housing

A block of rooms has been reserved at all Host Hotels; you can book your room by calling:
National Travel Systems Sports Travel Team
Toll Free: 1-888-603-8747
Email: sportsinfo@nationaltravelsystems.com
website: www.ntssportstravel.com

HERE IS WHAT PEOPLE ARE SAYING ABOUT REGIONAL CONGRESSES

“Regional Congresses are a great way to stay up to date on the rules and what is new in our industry”

“I use Regional Congress to educate and motivate ALL my staff”

“It’s great to work directly with gymnastic suppliers”

“I go to Regional Congress to support my region”

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2013 JUNIOR OLYMPIC REGIONAL COMPULSORY WORKSHOPS

GENERAL INFORMATION

DATES/SITES:
Region 4*  June 14-16  Coralville Marriott
           Coralville, IA
Region 3  June 21-23  Embassy Suites
           Frisco, TX
Region 2  June 28-30  Naydenov’s Gymnastics
           Vancouver, WA

*Note: Special pricing for non-compulsory lectures. See usagymn.org

PURPOSE OF THE COMPULSORY WORKSHOP:

- To provide the participants with a clear understanding of the 2013-2021 USA Gymnastics Women’s Junior Olympic Program: concepts, compulsory exercises, the interpretation of the text, and technical execution of the skills.

- To enhance the knowledge of the teachers, coaches, and judges, enabling them to effectively and professionally serve in the development of the young gymnasts engaged in the USA Gymnastics Jr. Olympic Program.

- To earn W310 University credit and Judges’ CPE.

MASTER STAFF:
Tom Koll, Jr. Olympic Committee Chairman
Cheryl Jarrett, Choreographer/Author
Regional Technical Committee Chairs
Regional J.O. Committee Chairs

WORKSHOP COST:
Online registration and registration forms are available on the website. Members and non-members may register by mail or fax (317-692-5212).

On-line registration is available for Professional, Jr. Professional and Instructor Members ONLY.

REGISTRATION IS LIMITED; FIRST COME, FIRST-SERVED BASIS.

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For hotel information, please visit: http://www.nysportstravel.com/select-an-event.shtml

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MEMBER SERVICES UPDATE

2013–2014 ATHLETE REGISTRATION
NOW OPEN!

Athlete/Introductory
Athlete memberships may now
be renewed for the
2013/2014 season.

Please note, there have been
a few revisions made to the intro-
ductive athlete membership. Be-
ginning with the new season, the
introductory athlete membership
is now available for men’s disci-
pline Levels 1–3 and for the women’s
discipline is only available to
those athletes participating in the
Xcel program. Women’s program
athletes that participate in Levels
1–3 will now be required to ob-
tain an athlete membership.

In addition, it is now a re-
quirement for any gymnastics fa-
cility that wishes to register a team
of athletes either online or by fax-
ing or mailing MUST be a Mem-
ber Club or a Registered Business.
Athletes that are registered with
clubs not affiliated with USA Gym-
nastics will be considered unaffili-
ated athletes.

For more information please
visit usagym.org/memberservices
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membership@usagym.org

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# USA Gymnastics University

## 2013 Live Course Schedule

### Don't Miss These Upcoming Courses!

#### M311 - Men's USA Gymnastics Regional Camp
- **June 18**: Houston, TX
- **June 19**: Norman, OK
  
  To register, contact region3me@gmail.com

#### R102 - Preschool Fundamentals: Hands-On Training (KCIIPs)
- **June 23**: Atlanta, GA
- **July 7**: Nixa, MO
- **July 14**: Lancaster, PA
- **July 28**: Redmond, WA
  
  Washington State Clinic
- **Aug. 14**: Hartford, CT
- **Aug. 23**: Santa Clara, CA
- **Sept. 7**: Oak Lawn, IL
- **Sept. 7**: Raleigh, NC
- **Sept. 15**: Columbus, OH

#### R103 - School Age/Recreational: Hands-On Training (KCIIPs)
- **July 27**: Redmond, WA
  
  Washington State Clinic
- **Sept. 8**: Oak Lawn, IL
- **Sept. 8**: Raleigh, NC

#### New - R301 - Brain & Body: Beyond Basics
- **Aug. 18**: Hartford, CT

#### T200/T201 - Trampoline & Tumbling Coaches Course: Hands-On Training (HOT)
- **July 6**: Kansas City, MO
- **July 9**: Kansas City, MO
- **Aug. 14**: Hartford, CT

#### U101 - Safety Certification (Live)
- **June 20**: Atlanta, GA
- **June 30**: Vancouver, WA
- **July 11**: Lancaster, PA
- **Aug. 18**: Hartford, CT
- **Aug. 22**: Santa Clara, CA
- **Sept. 12**: Columbus, OH
- **Sept. 29**: Virginia Beach, VA
- **Oct. 20**: Nearwood, NJ

#### U310 - Regional Congress
- **June 14-16**: Region 4 - Coralville, IA
  
  [Complimentary Workshop]
- **June 21-23**: Region 3 - Frisco, TX
  
  [Complimentary Workshop]

#### U410 - National Congress
- **Aug. 15-17**: Hartford, CT

#### W200 - Development Coaches Course: Hands-On Training (HOT)
- **June 27**: Carlsbad, CA
- **July 6**: Nixa, MO
- **July 14**: Lancaster, PA
- **July 14**: San Antonio, TX
- **Aug. 4**: Burlington, NC
- **Aug. 10**: Kalamazoo, MI
- **Aug. 14**: Hartford, CT
- **Aug. 25**: Santa Clara, CA
- **Aug. 31**: Park City, UT
- **Sept. 15**: Columbus, OH

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## IMPORTANT NOTICE

The following Membership Statement has been adopted by the Board of Directors of USA Gymnastics:

Membership in USA Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time where a member’s conduct is determined to be inconsistent with the best interest of the sport of gymnastics and of the athletes we are servicing.

The following former members are permanently ineligible for membership within USA Gymnastics. Based on an amendment of Article 10.16 to the USA Gymnastics Bylaws, effective January 1, 2012, any individual who is declared ineligible will have the USA Gymnastics’ Bylaw, rule, regulation or policy that was violated and resulted in his/her expulsion listed next to his/her name.

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* Newly added
PETAL SOFT LIPS IN A TWIST
sheer color, soft shine, soft lips!

NEW COVERGIRL lip perfection
jumbo gloss balm

See what makes COVERGIRL
Easy Breezy Better at youtube.com/covergirl

easy breezy beautiful COVERGIRL

Janelle is wearing Jumbo Gloss Balm in Coral Twist and Outlast Stay Brilliant Nail Gloss in Coy Coral.
Trampoline Development Center Applications Due

The deadline for the Trampoline Development Center application is July 1, 2013. Member Clubs and Registered Members of USA Gymnastics are eligible to apply and additional information and the application are available online at usagym.org/TDC.

Two more clubs will be selected following the July 1 deadline.

FREE MONTHLY WEBINARS

USA Gymnastics benefit for Instructor, Professional and/or Member Clubs.

It’s time to get ready for the new Athlete season! We want you to be educated and aware of the changes for the Women’s Artistic Compulsory levels! Join us on July 10 at 1 p.m. EST as we go over the new compulsory level changes. National Clinician Cheryl Jarrett will be present to answer all of your questions. This is a webinar you can’t afford to miss! See you there!

For login information, go to www.usagym.org/webinars

NEXT LIVE WEBINAR

Women’s Program:
Information About New Routines
45-minute audio and visual webinar
Wednesday, June 10, 2013
1:00 p.m. EST

Monthly webinars will be conducted on the first Wednesday of each month at 1:00 p.m. ET, in order to answer questions and help educate our members on various topics. Recordings and PowerPoint presentations of past webinars are listed on the website at usagym.org/webinars.

Stay tuned to the Member Services page for additional topics to be announced!

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SEE GYMNASTICS STARS EMERGE!

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All-Around & Floor Champion

Katelyn Ohashi
2012 U.S. Classic Junior
Uneven Bars Champion

Simone Biles
2012 U.S. Classic Junior
All-Around & Vault Champion

Venue Location

Sears Centre Arena

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usagym.org/events

Tickets also available at the KIA Box Office at the Sears Centre Arena

July 27, 2013 • Chicago, Illinois
Greetings From The ARIZONA Grand Invitational!

JANUARY 17TH 18TH 19TH 2014

Girls Levels 4-D, X-Cel
Team Finals Event, Live DJ, Gymnast Pool Party, Coaches Party, Olympic Guests and Much More!

For more information please visit: www.azgrandinvitational.com

NEW 2013 MEMBER CLUB BENEFITS!

IF YOUR CLUB IS NOT ALREADY A USA GYMNASTICS MEMBER CLUB, JOIN NOW TO TAKE ADVANTAGE OF THE BENEFITS OF BEING A USA GYMNASICS MEMBER CLUB.

FOR ONLY $160 PER YEAR YOUR CLUB WILL RECEIVE:

New Member Club welcome kit with marketing materials to show your pride and affiliation with USA Gymnastics. The kit will be sent to your club once you become a Member Club or renew. The kit will include:

ALSO RECEIVE THE FOLLOWING:
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Receive Free Stewards of Children course usagym.org/freestewards
Receive three (3) Level 1 online Business Courses in the USA Gymnastics University

Plus additional benefits!
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2013-2014 Member Club
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POSITION AVAILABLE

IOYNA GYM-NEXT has an immediate opening for a GIRLS JO & TOPs COACH. A background in teaching good basic skills and gymnastics technique is necessary. Previous coaching experience through JO Level 8 is required. College degree preferred. We are an established family owned gym of 41 years with over 1200 students and among the top competitive teams in Iowa. Applicants should be motivated, enthusiastic, and dependable with a strong desire to work with high level athletes. Salary is very competitive and based on experience; benefits include health, paid vacations and bonuses. Email resumes with references to: cori@iowagymnext.com. Serious applicants only.

INSTRUCTOR/COACHES

Paragon Gymnastics of New Hartford (Binghamton County), is looking for instructors and coaches, P/T - F/T. Requirements: Positive attitudes, responsible, reliable, and love of children. Position available for competitive team coach level 6 and up with flexible hours. Also preschool through intermediate instruction. Company sponsored certifications (CPR, CPR, First Aid). Benefits available, paid vacations & sick days. Salary commensurate with experience. Facility: state-of-the-art, 11,000 sq ft. Located in the NY/NJ Metroplex area, easily accessible from all major highways. Contact: Email: paragonny@verizon.net or fax to 201-767-4891 or call 201-767-6693 at 49 Walnut Street, Suite 4, Norwood, NJ 07648. www.paragonym.com

TRAMPOLINE & TUMBLING DIRECTOR

Premier Gymnastics in Omaha, NE. Full Time Position (minimum 35 hours/week) with a salary commensurate to experience. Benefits include Dental, PTO (Paid Time Off), and Bonuses. This position is responsible for maintaining/growing both the recreational and competitive program of trampoline & tumbling. The recreational program currently has 180 students while the competitive program currently has about 20 kids who compete trampoline only. The new director will be responsible for implementing power tumbling into the competitive program. The director will supervise staff associated with the program to ensure proper teaching/coaching. Development of lesson plans/workouts for both recreational and competitive programs. Work closely with the booster club with regard to competition budgets and other competition needs. The owners of Premies, Tom and Judy, will provide complete control over the T&T program and are available for guidance and advice. Applicants must meet all requirements outlined in the Application and Questions Document. Contact: info@geymah.com. Position: Trampoline & Tumbling Director. Location: Omaha, NE.

NEED EXPERIENCED BOYS TEAM COACHES.

MICHIGAN ACADEMY OF GYMNASTICS needs strong experienced, energetic & dedicated Boys Team coaches with “Leadership Qualities” that are committed to continuing developing the Boys competitive & recreational programs with a positive coaching style. The passing of Boys Head Coach in January has created a void in our program. MAG’s reputation for quality Boys Program and taking pride in their success must continue. Must have "Strong desire for success!" "Strong basics" "Teaching Background" "Passion for competitive" "Technical knowledge" Must work well with other coaches, and have a positive encouraging style and assist boys to reach their personal potential.

FOR SALE

GK RISK-FREE PROGRAM: Get with the program! It's better than ever, with a terrific assortment of new fabrics and incomparable sales potential. Plus, it's easier than ever to order; sell and return your RISK-FREE garments. We offer customized programs for your pro shop, meet and summer camp. You only pay for what you've sold and may return the rest, there is absolutely NO RISK! If you haven't tried us lately, it's time you started earning extra profits with our RISK-FREE merchandise. Call 1-800-345-1087 for more information on how you can get started today! email: customerservice@gkonline.com

SCORE MASTER - Scorekeeping software interfaced to many different score boards: Elite-Scene, Betabite, TV’s & Projectors. Download team notes from the USA Gymnastics website. Features include: random draws, create rotations, assign #’s, the most comprehensive reporting and results can be directly to your website. Supports womens/mens, individual/team, artistic/ rhythmic/trampoline, compulsory/optional. Download a FREE demo at www.Score-Master.com

EDUCATION

GYMCAST COACHES TRAINING PROGRAM:

GymCast’s training manuals, Safety Awareness Posters, articles downloads & Online Certification for Recreational & Competitive Gymnastics Instructor levels 1 through Level 6. GymCast offers Boys & Girls Spanish Level 1. GymCast is a MUST for staff training, cuts lesson-planning time significantly, use to coordinate class progression, & skill training methods; quick & easy reference guide, including Lesson Planning Forms & Class Evaluation Forms. Available February; NEW UPDATED "Skills & Drills" for 2013-2014 Compulsory Routine! The GymCast manuals provide concise instruction, clear illustrations, & several coaching, spotting & safety tips. Group discounts! Order@www.gymcast.com or direct by calling 407-444-5669 EST.

GYMNASTICS: YOUR BEST MEET EVER! (NEW BOOK)

Gymnastics: Your Best Meet Ever! was written to help Beginning & Intermediate level gymnasts focus on making each competition the best possible. Great book as a reference for all gymnasts. Fears are a major cause of poor performance. If the gymnast is able to lose each fear & take specific action to minimize its effect on her performance, she will take a giant step toward winning in both gym & life! Preparation is the base that supports the ability to adapt to new & changing camp. scenarios! Author: R. R. Brown. Two-time Olympic coach — Available at amazon.com

GYMNASTICS TRAINING BOOKS:


FOR INFORMATION on how to publish a classified ad in Technique, go to www.usagym.com/publications. Or call Juan Peszek at 317-829-5646.

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Texting drivers are 23x more likely to be in an accident.*
No text is worth the risk. It can wait.

*a Source: Virginia Tech Transportation Institute

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UPCOMING EVENTS

ATLANTIS CROWN GYMNASTICS INVITATIONAL
December 13-15, 2013
Atlantis Resort
Paradise Island, Bahamas
Women's Collegiate Challenge
Women's Levels 2 thru 10/Open
For more information visit www.atlantiscrown.com

"The Atlantis Crown was a great opportunity for our athletes and coaches to experience a quality meet combined with the beauty and luxury of the Atlantis Resort. We plan to attend for years to come!" - Tony Gehman (North Stars Gymnastics, New Jersey)

CEREAL CITY CLASSIC
a tradition of excellence
February 14-16, 2014
Competition Venue connected to Host Hotel
Kellogg Arena - Battle Creek, MI
Men's: Levels 4 thru Elite
Women's: Levels 2 thru Elite

"We took our 9s & 10s to the Cereal City Classic this past February, and I'm so glad we did. The competition was one of the best-run that we've experienced, the venue was awesome, the host hotel was both luxurious and connected to the arena, and most importantly to me, our girls were treated as if they were Olympians! The GEMS certainly came back on a high. Al and Cindy do an excellent job, and I recommend the competition, the weekend, the coaches party, and the experience...to everyone." - Chris Riegel, Head Coach/Program Director (Trinity GEMS Gymnastics - Region 5, Illinois)

For a list of all of our 2013 - 2014 events, please visit us at: www.branchgymnastics.com

International Gymnastics Camp
The Finest Gymnastics Camp & Training Facility in the World
Located in the Pocahontas Mountains of Pennsylvania

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