



R103-School Age/Recreational: Hands On Training (HOTSA) Member Club Group Registration Form

This form applies to the LIVE School Age Hands-On Training course ONLY
Course available to individuals aged 14 and older
Course schedules are updated weekly at www.USAGymnasticsUniversity.org
Form updated August 2016 (Must use most updated form)

Office Use Only	
Postmarked	_____
Payment	_____
Check #	_____
Auth	_____ Date _____

R103: School Age/Recreational: Hands on Training (HOTSA) Course Details

This is a NEW course, designed to provide hands on training for instructors of school-aged/recreational gymnasts. This course covers class safety overview, games, warm ups, progressions on bars, floor and trampoline, lesson planning, age appropriate skills and drills, and spotting. This is a live five hour course.

The NEW School Age/Recreational Course has been developed to:

- Enhance and standardize recreational gymnastics programs throughout the United States.
- Provide appropriate information for school-aged recreational coaches with the emphasis on safety, individual development, fitness and fun.
- Provide information on games, warm-ups, progressions on vault, bars, beam, floor and trampoline, lesson planning and age appropriate skills and drills
- Provide HANDS ON SPOTTING

R103 is a companion to the U100 Fundamentals of Gymnastics Instruction (online). It is highly recommended that you complete the U100 prior to the R103. However, it is not a requirement to take U100 prior. U100 covers the theories and concepts of gymnastics education and R103 builds on those concepts by providing practical examples and experience.

Completion of this course fulfills one of the requirements within the USA Gymnastics University School of Recreational Gymnastics.

Registration Details: This form is for USA Gymnastics Member Club Group Registration ONLY

- Please provide a name, personal contact information, and valid personal email address for each registrant
- In order to receive the Member Club tiered pricing the club **MUST** be a current USA Gymnastics Member Club, but the individuals registered are **NOT** required to be members of USA Gymnastics
- Only current Instructor, Professional, Jr. Professional and Athlete (14 years and older) members will receive University credit and a certificate for the completion of the course. Certificates can be obtained after the course on "My Profile" page of usagym.org in 2-3 weeks.
- **Instructor memberships can be purchased for \$15.**

Member Club Information: Please print. All fields required.

Club Name _____ USA Gymnastics Member Club # _____

Club Contact Name _____

Contact Email Address _____ Phone # _____

Course Information

Course Date _____ Course City _____ Course State _____

Card # _____ Exp. _____

Print Cardholder Name _____

Cardholder Signature _____

Email for payment receipt _____

Payor Address: _____

Return completed form and payment to:

USA Gymnastics, 132 E. Washington St. Ste. 700, Indianapolis, IN 46204 or by fax: 317.692.5212 Attention: Educational Services

Payment totals
Total Registrants:

Total payment authorized/enclosed:
\$ _____

Registrant 1 *office use only: Reg# _____ \$ _____*

Registration Fee \$65

(if applicable)
Name _____ D.O.B. _____ USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 2 *office use only: Reg# _____ \$ _____*

Registration Fee \$59

(if applicable)
Name _____ D.O.B. _____ USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 3 *office use only: Reg# _____ \$ _____*

Registration Fee \$59

(if applicable)
Name _____ D.O.B. _____ USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 4 *office use only: Reg# _____ \$ _____*

Registration Fee \$59

(if applicable)
Name _____ D.O.B. _____ USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 5 *office use only: Reg# _____ \$ _____*

Registration Fee \$59

(if applicable)
Name _____ D.O.B. _____ USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 6 *office use only: Reg# _____ \$ _____*

Registration Fee \$59

Name _____ D.O.B. _____ (if applicable) USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 7 *office use only: Reg# _____ \$ _____*

Registration Fee \$55

Name _____ D.O.B. _____ (if applicable) USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 8 *office use only: Reg# _____ \$ _____*

Registration Fee \$55

Name _____ D.O.B. _____ (if applicable) USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 9 *office use only: Reg# _____ \$ _____*

Registration Fee \$55

Name _____ D.O.B. _____ (if applicable) USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____

Registrant 10 *office use only: Reg# _____ \$ _____*

Registration Fee \$55

Name _____ D.O.B. _____ (if applicable) USA Gymnastics Membership # _____

Individual Address _____

City _____ State _____ Zip _____ Phone _____

Individual Email Address _____