

Tom Forster Bio and Lecture Topics

Lecturer: Tom Forster

Credentials: Tom is the owner of Aerials Gymnastics (aka. Colorado Aerials) in Colorado Springs and has operated his gym since 1982. He has coached in three World Championships ('95,'96,'01) and the Olympic Trials ('96), and numerous international competitions all over the world.

Over the years his business has grown from one location to five. Tom has sold, closed, and merged gyms adding to his business experience which he loves to share with others. He has a great staff of coaches that continue to produce high level gymnasts. Tom also built two gyms from the ground up as well as rented space in nine different locations. Currently, Tom is also on the Women's National Coaching Staff for the uneven bars. He has recently shifted his business efforts to his new software, the ZIP Time Clock, which helps gymnastics clubs with their employee's hours for payroll management.

WOMENS PROGRAM – TEAM DEVELOPMENT

Session: **How To Use The New Compulsory Routines To Develop Future Optional Skills**

Description: Though the core of the compulsory bar routines have changed minimally there are some important factors for coaches to consider in their training if they want stronger optional bar workers in the future. Don't play catch up. Learn the strategies the best coaches know for developing strong optional bar competitors.

Audience: Team coaches, pre-team coaches, class instructors hoping to coach team and team directors.

AV Equipment: Projector and screen.

Session: **How To Teach The Wyler Kip and Other In Bar Elements Safely**

Description: Learn the drills to safely teach the more difficult in bar elements. All in bar elements will be mapped out, but the emphasis will be on the newer skills namely the Wyler Kip, Piked Stalder, and Endo Stalder.

Audience: Team coaches Level 7 to Elite.

AV Equipment: Projector and screen.

Session: **Improve The Relationship With Your Team Parents**

Description: The relationship between a gym and the team parents can be shaky at times making for a delicate situation. This is when experience pays off. Discover some well tested options you can use to improve both the communication and support you receive from your team parents.

Audience: Business owners, team coaches.

AV Equipment: Projector and screen.

BUSINESS

Session: **Best Practices For Business Owners To Keep Up With Legal Requirements**

Description: Many states are joining the Federal government by reinforcing required reporting or increasing the reporting a business must do to remain in compliance. Not being in compliance can result in fines and create a negative relationship with any institute you might have loans with. Staying current with legal requirements can be daunting. Learn the best practices to organize your company and avoid potentially harmful action from regulatory agencies.

Audience: Business owners or managers.

AV Equipment: Projector and screen.

Session: **Improve The Relationship With Your Team Parents**

Description: The relationship between a gym and the team parents can be shaky at times making for a delicate situation. This is when experience pays off. Discover some well tested options you can use to improve both the communication and support you receive from your team parents.

Audience: Business owners, team coaches.

AV Equipment: Projector and screen.

Tom Forster Bio and Lecture Topics

Session: Need Ideas For Expanding, Remolding, or Building Your Gym?

Description: Avoid potential mistakes and extra expenses that can incur when expanding or building your gym. Learn from other experienced owners that made the mistakes before you so you don't repeat them.

Audience: Business owners.

AV Equipment: Projector and screen.