



USA Gymnastics University

Interested in hosting an educational course at your gym? Here's how...

Thank you for your interest in hosting a USA Gymnastics course. Following is information you need to get started.

USA Gymnastics offers the following courses that clubs can host:

- **R102 Preschool FUNDamentals: Hands on Training (HOTPS):** This course is a **must** for preschool and recreational gymnastics instructors.
- **R103 School Age: Hands on Training (HOTSA):** This course is designed for beginning or experienced recreational coaches who work with students ages 6 and up.
- **R301 Brain & Body: Beyond the Basics.** This course covers topics vital to any person who works with children through sports or academics. It reaches beyond simple drills and games, and beyond intuitive coaching and provides better understanding of the process of learning.
- **W200 Development Coaches Course: Hands on Training (HOTD):** This course is designed for Level 1 -4, pre-team and recreational coaches focusing on the Junior Olympic Level 1-4 skills for Women's Artistic Gymnastics.
- **M200 Men's Development Coaches Course: Hands on Training (HOTD):** This is a NEW live, six-hour, hands-on training course developed for pre-competitive, level 1-3 (age 4-10) boys coaches and even school age recreational coaches. Course topics include warm ups, conditioning, lesson planning, games, hands on spotting and lecture for all Men's Olympic events. This is a great hands on experience of set-ups, drills and skill progression with instructors demonstrating practical examples of coaching boys gymnastics.
- **U101 Safety and Risk Management:** This course is required for all Professional, Junior Professional, Introductory Coach, and Junior Introductory Coach members of USA Gymnastics and is very beneficial to all other gymnastics professionals.
- **T200/201 Trampoline and Tumbling Development Coaches Course:** These courses are designed to provide coaching professionals a knowledge base of key concepts, principles, and proven techniques used in the Trampoline and Tumbling discipline.

Host Club Benefits:

- ✓ There is no charge to the host club. (minimum registration must be met)
- ✓ Avoid travel fees and other expenses by hosting education for your entire staff locally.
- ✓ For hosting a live course, your club will receive complimentary registration when minimum number of paid participants is met. Complimentary registrations are applied after minimum requirements are met and individuals receiving complimentary registrations MUST be pre-registered for the course.

Host Club Considerations:

- ✓ Close to large population of other gym clubs
- ✓ Easy travel access to Host club
- ✓ Near restaurants or able to coordinate lunch/dinner accommodations for attendees.
- ✓ Air Conditioned and/or Heated facility

Host Club Requirements:

- ✓ Must be a **Member Club** with USA Gymnastics in order to host this sanctioned educational event.
- ✓ Must not have any other "conflicting" activities during the course.
- ✓ Provide access to facility and equipment needed for the course.
- ✓ May need to assist with transportation for the course instructor to and from the airport, hotel and course.

- **R102 Preschool FUNdamentals: Hands on Training (HOTPS)**
 - **Time needed:** 4-5 hours
 - **Minimum registration:** 10 paid participants
 - **Equipment needed:** Computer (laptop), LCD projector and screen or wall space for projection, white board or flip charts and markers.
Props such as parachute, scarves, Frisbees, bean bags, balls, hoops, and jump ropes. (The course instructor may be able to supply some of these items, but may also need assistance from the Host Club.)
 - **Club Benefit:** two complimentary registrations

- **R103 School Age: Hands on Training (HOTSA)**
 - **Time needed:** 5-6 hours
 - **Minimum registration:** 20 paid participants
 - **Equipment needed:** Floor space, skill cushions, panel mats, skill builder shapes, four single bars, four low beams, trampoline
 - **Club Benefit:** five complimentary registrations
 - **Demonstrators:** 15-20 level 4/5 athletes

- **R301 Brain & Body: Beyond the Basics**
 - **Time needed:** 5 hours
 - **Minimum registration:** 10 paid participants
 - **Equipment needed:** Computer (laptop), LCD projector and screen or wall space for projection, white board or flip charts and markers.
 - **Classroom setting**

- **W200 Development Coaches Course: Hands on Training (HOTD)**
 - **Time needed:** 6-7 hours
 - **Minimum registration:** 20 paid participants
 - **Equipment needed:** Floor space, spring board, level 4 mat system, four single bars, four low beams, skill cushions
 - **Club Benefit:** two complimentary registrations
 - **Demonstrators:** 5-20 level 4/5 athletes

- **M200 Men's Development Coaches Course: Hands on Training (HOTD)**
 - **Time needed:** 6-7 hours
 - **Minimum registration:** 20 paid participants
 - **Equipment needed:** Mushroom, Set of Rings on Straps, Single and/or Uneven Bars, Parallettes, Panel Mats, Mats (various heights), Wedge Mat
 - **Club Benefit:** two complimentary registrations
 - **Demonstrators:** 5-10 level 4/5 athletes

- **U101 Safety and Risk Management**
 - **Time needed:** 5 hours
 - **Minimum registration:** 10 paid participants (this does not include re certifications)
 - **Equipment needed:** Computer (laptop), LCD projector and screen or wall space for projection, white board or flip charts and markers.
 - **Classroom setting**

- **T200/T201 Trampoline and Tumbling Development Coaches Course (HOTD)**
 - **Time needed:** 5 hours
 - **Minimum registration:** 20 paid participants
 - **Equipment Needed:**
 - **Club Benefit:** two complimentary registrations
 - **Demonstrators:** 10-15 athletes

Course	Member Pricing	Non-Member Pricing <i>Complimentary Instructor Membership is included.</i>	Member Club Pricing <i>Same for members and non-members of USA Gymnastics who are registered under a Member Club</i>	Additional On-site/Late fees
<p>Please Note: Individuals 18+ years old that receive the complimentary Instructor Membership with their course registration MUST complete a background check through USA Gymnastics. Individuals that do not meet membership requirements will NOT be able to access course certificate(s).</p>				
U101: Safety and Risk Management	\$65 online \$70 In-house	\$80 Online \$85 In-house	N/A	\$25
R102: Preschool FUNdamentlas	\$65 Online \$70 In-house	\$80 Online \$85 In-house	1 st : \$65 2 nd - 6 th : \$59/person 7 th - 11 th : \$55/person 12 th - 19 th : \$49/person 20 th : \$45/person	\$25
R103: School Age HOT	\$65 Online \$70 In-house	\$80 Online \$85 In-house	1 st : \$65 2 nd - 6 th : \$59/person 7 th - 11 th : \$55/person 12 th - 19 th : \$49/person 20 th : \$45/person	\$25
R301: Brain & Body – Beyond the Basics	\$65 Online \$70 In-house	\$80 Online \$85 In-house	1 st : \$65 2 nd - 6 th : \$59/person 7 th - 11 th : \$55/person 12 th - 19 th : \$49/person 20 th : \$45/person	\$25
M200: Men’s Development Coaches Course	\$65 Online \$70 In-house	\$80 Online \$85 In-house	N/A	\$25
W200: Developmental Coaches Course	\$65 Online \$70 In-house	\$80 Online \$85 In-house	N/A	\$25
T200/201: Trampoline and Tumbling Development Coaches Course	\$65 Online \$70 In-house	\$80 Online \$85 In-house	N/A	\$25

Minimum age for participation is 14 years old at the time of the course.

Registration Requirements

- If there are less than the required pre-registrations for the course, the course may be cancelled. Cancellations will be determined one week prior to the course.
- USA Gymnastics will work with the course instructor and host club to promote the course (via *Technique* magazine, phone calls, e-newsletters, website, and email blasts). We also need your help in promoting the workshop among your staff and with other clubs in your area.
- All attendees **should** pre-register with USA Gymnastics. **Pre-registration is important to ensure the course can be held!**
 - The registration deadline for faxed and mailed registrations is two weeks prior to the course.
 - The online registration deadline is 24 business hours prior to the course.
 - Payment for the course is due at the time of registration.
 - Pre-registration should also be done for your complimentary registrants. Send in registration with "Free for Host Gym" written in the payment section.

Scheduling a Course

- **Courses must be scheduled with USA Gymnastics at minimum six weeks prior to the date of the course.**
- To schedule any course please email USA Gymnastics directly (university@usagym.org) if you meet the hosting requirements and want to be considered as a host club.
- The instructor will file the necessary paperwork for the course with USA Gymnastics.
- A signed agreement is required.
- Once the course is scheduled with USA Gymnastics, the workshop information will be advertised in *Technique* magazine (if scheduled in time for print deadlines), included in *Member eNews* the Member Services Department e-newsletter, and on the USA Gymnastics website. Broadcast emails will be sent by USA Gymnastics and a mailer will be sent to you to forward/send to clubs in your area.
- USA Gymnastics will provide an event sanction for the course.
- USA Gymnastics has the right to cancel an educational course for any reason.

Your willingness to provide your gymnastics club these courses is a contribution to the education of gymnastics professionals and a convenient way to bring education to your staff! If you have any additional questions, please contact the [Educational Services Division](#).