

2010 Men's National Coaches Workshop

November 4 - 7, 2010 | United States Olympic Training Center

The 2010 USA Gymnastics Men's National Coaches Workshop will be held November 4 -7, at the United States Olympic Training Center in Colorado Springs, Colorado. The Men's National Coaches Workshop is the premier educational event for the men's program and will once again be held in conjunction with the Future Stars National Championships. The workshop will feature lectures, technical presentations, hands-on coaches' sessions with Future Stars participants, and viewing of the Future Stars National Championships. Presenters include Special Guest coaches, Sports Science personnel, Junior National Coaching Staff members, National Team coaches and USOC staff. Make plans to attend now!

Workshop Director:

Dennis McIntyre, Men's Program Director
For more information contact the Men's Program at USA Gymnastics
317/237-5050 phone, 317/237-5069 fax

Site:

United States Olympic Training Center
1 Olympic Plaza
Colorado Springs, CO 80909

Early Registration: **Due to USA Gymnastics by October 1, 2010**

USA Gymnastics Members: \$100 (After Oct. 1 and on-site: \$150)

★ **Must be a CURRENT Professional Member at time of registration.**

★ **Non-Members: \$150 (After Oct. 1 and on-site: \$200)**

★ **Coaches who qualify an Athlete to the 2010 Future Stars Championships (one coach per athlete) - No Fee**

Olympic Training Center Housing & Meals: **\$135.**

The USOC will be charging USA Gymnastics for all on complex housing (room and meals). If you would like to be housed at the U.S. Olympic Training Center, the cost will be \$45 per night and you must commit to all three nights available for the camp housing (Thursday, Friday and Saturday evening) for a total cost of 135.00. Housing is limited and will be on a first come, first serve basis. Only coaches are permitted to stay at the Training Center – no athletes will be allowed to be housed at the Training Center. Housing **will not** be available prior to Thursday, November 4.

All housing requests must come in the form of the official Registration Form - no housing requests will be accepted via telephone. Also, no Registration Forms will be accepted without payment (fax or email forms must include credit card). Refunds for cancelled housing reservations will be made only if we are able to fill the bed space.

Coaches who will have athletes attempting to qualify to the Future Stars Championships, but would like to be housed at the Olympic Training Center for the Coaches Workshop, must fill out the Coaches Workshop Registration Form and send it to USA Gymnastics **with payment. If paying by credit card, no Workshop registration charges will be charged until after your region's Future Stars testing. If paying by check, a refund will be issued if your athlete qualifies to the Championships.**

Transportation:

If you receive USOTC housing, transportation will be provided to and from the Colorado Springs Airport if you submit your flight itinerary to USA Gymnastics by **Thursday, October 14**. If your itinerary is not received by that time, you will have to provide your own transportation to the U.S. Olympic Training Center.

Hotel:

There is currently not a host hotel for the Coaches Workshop or Future Stars Championships. However, may we suggest the following hotel:

Hilton Antlers Hotel
4 South Cascade
Colorado Springs, CO 80903
719-955-5600

Workshop Schedule:

see page 3

**Registration Form | 2010 USA Gymnastics
Men's Program National Coaches Workshop
November 4 - 7, U.S. Olympic Training Center
(One form per person)**

Name			
USAG Pro. Number		Email Address	
Club			
Club Address			
Club City, State, Zip			
Club Phone		Club Fax	
Home Phone		Cell Phone	
<ul style="list-style-type: none"> • OTC HOUSING AVAILABLE Thursday 11/4 to Sunday 11/7 ONLY on a first come, first serve basis • No athletes allowed for OTC housing 			

Coaches Workshop Registration Fee

Early Registration (before Oct. 1):

Men's Professional Members - \$100.00
Non-Members - \$150.00

After Oct. 1 & On-site Registration:

Men's Professional Member - \$150.00
Non-Members - \$200.00

Place an X in the appropriate box for housing and meals

	Yes – I would like to request USOTC Housing & Meals for an additional \$135.00 (\$45/night for 3 nights)
	No – I do not need housing

The registration fee must accompany all registration forms. The registration fee may be paid by credit card, check or money order. Coaches who wish to register now and who later qualify an athlete to the Future Stars Championships will have their registration fee refunded. A \$15 administration fee will be charged to any cancellations.

Credit Card Payment Information *USA Gymnastics prefers Visa*

Card Type:

Visa, MC, Discover, AE Card

Number: _____

Exp.

Date: _____

Authorized Signature

Printed Name

Registration forms are due at USA Gymnastics by October 1, 2010

Mail to: Tania Heath, USA Gymnastics
132 E Washington Ste 700
Indianapolis, IN 46204
Phone: 317-237-5050

or **Fax with Credit Card Payment to:** 317/237-5069
or
Email to: theath@usa-gymnastics.org

2010 Men's National Coaches Workshop & Future Stars National Championships

United States Olympic Training Center

Competition & Workshop Schedule

(Tentative & subject to change)

Thursday 11/4

1:00 pm to 8:00 pm	Open Training for Future Stars Participants - Sports Center
6:00 pm	Thursday Workshop Session I
8:00 pm	Technical Meeting for Future Stars Coaches - Sports Center

Friday 11/5

- Future Stars Session I: 10 Year Old Division**

8:00 am to 8:25 am	Open Warm-up
8:25 am to 9:55 am	Timed Warm-up
9:55 am	Assemble & March in
10:00 am	Competition Begins
1:15 pm	Awards
- Future Stars Session II: 11 Year Old Division**

2:00 pm to 2:25 pm	Open Warm-up
2:25 pm to 3:55 pm	Timed Warm-up
3:55 pm	Assemble & March in
4:00 pm	Competition Begins
6:00 pm	Awards
- Future Stars Session III: 12 and 13 Year Old Divisions**

6:30 pm to 7:45 pm	Open Warm-up
7:45 pm to 8:00 pm	Assemble & March in
8:00 pm	Competition Begins
9:30 pm	Awards

Note: Friday Workshop Sessions will be held during warm up times of Sessions II & III

Saturday 11/6

- Workshop for Parents & Athletes** - *Topics and exact schedule will be posted at a later date*

9:00 am to 12:00 pm	Saturday Workshop Session I
2:00 pm to 5:00 pm	Saturday Workshop Session II
5:00 pm	Workshop ends for parents and athletes
- Workshop for Coaches** - *Topics and exact schedule will be posted at a later date*

9:00 am to 12:00 pm	Saturday Workshop Session I
2:00 pm to 5:00 pm	Saturday Workshop Session II
6:30 pm to 9:00 pm	Saturday Workshop Session III

Sunday 11/7

- Workshop for Coaches** - *Topics and exact schedule will be posted at a later date*

8:00 am to 11:00 am	Sunday Workshop Session I
11:00 am	Workshop ends