



# USA GYMNASTICS Member News

Begin Here. Go Anywhere.

Issue: #8

January 6, 2009

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## EDUCATION EVENTS\*

click course title to register

### Safety Certification

Jan 11 - Atwood, Kan.

Jan 17 - Lubbock, Texas

Jan 17 - Shelby Township, Mich.

Jan 26 - Cranberry Township, Pa.

### Preschool Fundamentals Pt. 2:

#### Hands on Training

Jan 25 - Jacksonville, N.C.

Feb 21 - Seattle, Wash.

### National Congress and Trade Show

August 13-15, 2009 - Dallas, TX

Add the date to your calendar & stay tuned for more details on 2009 National and Regional Congresses!

## 2009 is the Year of Education

Invest the time, money and effort in education and reap the rewards!

The top 10 benefits of continuing education:

10. Provides a vehicle for professional development
9. Allows professionals to stand out among peers
8. Enhances skills and training, expands knowledge
7. Shows commitment to professionalism and lifelong learning
6. Helps to keep gymnastics coaches and instructors at the top of their game
5. Helps motivate employees
4. Helps with job advancement
3. Helps make your job more satisfying
2. Provides national-level professional recognition and acknowledgment of competency, which aids employers to evaluate current employees and future hires and helps the public evaluate and distinguish between gymnastics clubs
1. Helps to provide a safer, healthier environment for gymnastics participation and advancement of our sport

USA Gymnastics is committed to the betterment and advancement of our sport through education. To find out more about continuing education opportunities, visit our website at [www2.usa-](http://www2.usa-)

\*please check the schedule online to verify course dates and times

[gymnastics.org/education](http://gymnastics.org/education).

Check back often to see the many new offerings throughout 2009.

[Click here for the 2009 USA Gymnastics athletic and education events calendar](#)

### **Update your contact information**

Are you missing important USA Gymnastics communications? The reason may be due to incorrect contact information. It is vitally important that as a member of USA Gymnastics your contact information is kept current with the national office. Not only should your home or club address be correct, but it is also important that USA Gymnastics has the correct email address on file. The majority of our communication is being sent via email. Email is the fastest way to relay important and timely information to our members, and without the correct email address you may be missing out.

There are 3 separate ways to update your contact information.

1. Contact Member Services at 800-345-4719
2. Email membership at [membership@usa-gymnastics.org](mailto:membership@usa-gymnastics.org)
3. Online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org), click on the corresponding blue membership button, then "update personal information." You will need to log in with your USA Gymnastics username and password. Please note: USA Gymnastics does not share or sell personal information to any outside sources. All communication sent is from USA Gymnastics only.

\*Please share this information with others!\*

## Start planning for the 2009 National Congress and Trade show

The 2009 National Congress is only 7 ½ short months away. Start planning now to attend this premier educational event!!



**Dallas, TX \* August 13-15, 2009**

The purpose of the National Congress is to provide education to coaches, teachers & instructors, judges, club owners, program directors and others involved with the sport of gymnastics. Continuing education and training enable everyone to effectively and professionally serve in the development of young gymnasts. National Congress also serves the gymnastics community by providing an opportunity for networking, socializing and building professional relationships. National Congress is a premier educational event with National Team Staff and other nationally-recognized speakers, over 150 lecture sessions, and various tracks of study including women's compulsory & optional, men's, preschool gymnastics, recreational & school-age gymnastics, sports science, business & leadership and much more. Along with the educational sessions, National Congress also hosts a Trade Show with over 80 vendors specializing in products and services for the gymnastics industry.

Don't forget about the additional educational opportunities around National Congress. Live Safety/Risk Management courses and Preschool Fundamentals: Hands on Training courses will be held on Wednesday, August 12th and Sunday, August 16th. And the annual Business Conference for club owners and program administrators will be held Wednesday, August 12th.

Join us in Dallas and take advantage of all the great education as well as thrilling competition among the nation's top athletes at the Visa Championships.

[Make your hotel reservations now!](#) Congress registration will be available later in January.

## Do you know someone who has benefited from gymnastics?

We are looking for people who have benefited from gymnastics and would be willing to share their stories on [Begin Here Go Anywhere](#), a Web site launched earlier this year by USA Gymnastics to help parents learn the benefits of gymnastics, find answers to common questions, read success stories and easily locate a USA Gymnastics member club in their community.



Two examples are a child with a physical disability whose health improved because of gymnastics, and an athlete who used gymnastics to help him/her with another sport (diving, soccer, hockey, etc.). It could even be the story of an adult who credits gymnastics for helping him/her achieve something. This search is not restricted to children.

If you know of someone, please e-mail me his/her story in no more than 200 words, as well as attach one or two photos. We will not be able to use all the stories that we receive, but we still like to hear how gymnastics helped people in their everyday lives. The Web site will be expanded with new features, so even if a good story comes up in six months, send it to me!

Please let me know if you have any questions. I look forward to reading all the good ways gymnastics has helped people.

Loree Galimore  
Director of Club Services  
[Lgali@usa-gymnastics.org](mailto:Lgali@usa-gymnastics.org)

## Introducing the Safety Matters education campaign



SAFETY MATTERS is a new educational campaign by USA Gymnastics. The campaign aims to increase

the emphasis placed on safety in the gymnastics setting. Safety should always remain in the forefront and SAFETY MATTERS will provide a platform to provide additional education, resources, reminders, tips, and more. SAFETY MATTERS will become a regular part of this e-newsletter as well as other publications, and the USA Gymnastics website.

The first initiative of SAFETY MATTERS is to promote the safety-related items that are already available through the USA Gymnastics [online store](#). Safety recommendations and tips are included in all of the USA Gymnastics educational courses and materials, but here are a few items that deal specifically with safety and can help you promote safety awareness and education in your gym.

**2002 Safety/Risk Management Handbook (Item # 6001) - \$20.00**

**Best Practices for the Gymnastics Business (Item # 3607) - \$19.95**

**Safety Poster - Athletes Responsibilities (Item # 6105) - \$10.00**

**Trampoline Safety Tips Poster (Item # 6106) - \$10.00**

**Guidelines for Foam Pits Poster (Item # 6107) - \$10.00**

To order these items, go to the [online store](#) (and click "Gen Education" from the left side navigation) or call 1-800-345-4719, option #1.



USA Gymnastics is a non-for-profit organization which is the sole national governing body (NGB) for the sport of gymnastics in the United States. Our mission is to increase public awareness of, and encourage participation in, all aspects of gymnastics, and to support athletes in their pursuit of competitive excellence.

Tell us what you think! We'd like to hear from you about what information you'd like to see in Member News. Contact us by [clicking here](#).

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