

# USA Gymnastics

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## 2005 Men's National Coaches Workshop

November 10-13

### United States Olympic Training Center

The 2005 USA Gymnastics Men's National Coaches Workshop will be held November 10-13, 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 Junior National Coaching Staff members, National Team coaches, sports science personnel, USOC staff and special guests. 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

**Registration:** The Coaches Workshop registration fee for professional members is \$100; \$150 for non-members if returned to USA Gymnastics by the due date. There is no fee for coaches who have an athlete who qualifies to compete at the Future Stars Championships (one athlete per coach). Registration forms and fees are due by October 24, 2005 using the attached form. Coaches who will have athletes attempting to qualify to the Future Stars Championships, but would like be housed at the Olympic Training Center must fill out the Coaches Workshop Registration Form and forward it to USA Gymnastics with payment. If paying by credit card, no 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.

**Housing:** A limited amount of housing is available for workshop participants - Coaches Only - at the Olympic Training Center. Housing will not be available prior to Thursday November 10 and will be filled on a first come basis. Please use the registration form to request USOTC housing. **No housing requests will be accepted without the Workshop registration fee.**

**Hotel:** Ramada Limited  
520 N. Murray  
719-596-7660

Ask for USA Gymnastics special rate of \$41.99. This is our host hotel for the Future Stars Camp held every summer.

#### Workshop

**Schedule:** See Attached

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**Registration Form**  
**2005 USA Gymnastics**  
**Men's Program National Coaches Workshop**  
**November 10-13, 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 Address			
Home City, State, Zip			
Home Phone			
Email Address			
Requesting USOTC Housing?	Yes	No	
<b>Note:</b>			
<ul style="list-style-type: none"> <li>• OTC HOUSING AVAILABLE Thursday 11/10 to Sunday 11/13 ONLY on a first come, first serve basis</li> <li>• No athletes allowed for OTC housing</li> <li>• No housing requests will be accepted without the Workshop registration fee</li> </ul>			

### Coaches Workshop Registration Fee

The Coaches Workshop registration fee is as follows:

<u>Early Registration (before Oct. 24):</u>	<u>After Oct. 24 &amp; On-site Registration:</u>
Professional Members - \$100.00	Professional Member - \$150.00
Non-Members - \$150.00	Non-Members - \$200.00

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 \$10 administration fee will be charged to any cancellations.

### Credit Card Payment Information

Type: Visa, MC, Card		Exp. Date	
Amex, Disc., etc. Number	_____	Date	_____

Authorized Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Registration forms due at USA Gymnastics by October 24, 2005

**Mail to:** Dennis McIntyre, USA Gymnastics  
 201 S. Capitol Ave., Suite 300  
 Indianapolis, IN 46225  
 Phone: 317-237-5050

**Credit Card Payments:**  
**Fax to:** 317-237-5069  
**Email:** lcooper@usa-gymnastics.org

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## 2005 Men's National Coaches Workshop & Future Stars National Championships United States Olympic Training Center

### **Competition & Workshop Schedule** (Tentative & subject to change)

#### **Thursday 11/10**

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

#### **Friday 11/11**

- **Future Stars Session I: 10 Year Old Division**  
8:00 am to 9:30 am            Open Warm-up  
9:30 am to 9:40 am            Assemble & March in  
9:45 am                         Competition Begins  
12:00 pm                         Awards
- **Future Stars Session II: 11 Year Old Division**  
1:00 pm to 2:30 pm            Open Warm-up  
2:30 pm to 2:45 pm            Assemble & March in  
2:45 pm                         Competition Begins  
5:00 pm                         Awards
- **Future Stars Session III: 12 Year Old Division**  
6:00 pm to 7:30 pm            Open Warm-up  
7:30 pm to 7:45 pm            Assemble & March in  
7:45 pm                         Competition Begins  
9:30 pm                         Awards

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

#### **Saturday 11/12**

- **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 11/13**

- **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