



NEWSLETTER

www.gatx.org

FEBRUARY 2009

2008-2009

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Come Join us at the
43rd Annual Gymnastics Association
of Texas Gathering

September 4-6, 2009

We'll hold a seat just for you!



Early-Bird Tickets On
Sale May 1, 2009 at
www.gatx.org

Buy 5 get next one 1/2 off
or
Buy 10 get 1 free

A NOTE FROM THE CHAIRMAN

From the chairman:

It is difficult to believe it has been 5 months since convention 2008. Our club is benefiting from the great equipment deals and awesome teaching ideas we received. The education and professionalism of our staff is what sets us apart from other youth sports programs in our area, and this is playing a major roll in these tight economic times.

Convention 2008 was exciting for me in that our awesome membership stepped up and paid big for donated auction items which in turn will fund education programs for coaches attending GAT for years to come. It is our awesome educational system that benefits our members the most. Thanks to all who participated in the auction process.

Convention 2009 will again be hosted at the Renaissance hotel in Austin September 4,5 & 6. We hope all our members, and many new coaches will be able to attend. As always, great things are planned!

Blessing to all,

James K. Jeffers



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NEWSLETTER

PRE-CONVENTION 2008

GREAT NEWS FOR GAT '09

Please take time to read all the new things in store for GAT 09.

GAT is proud to support the USAG National Congress being held in Dallas on August 13-16th along with the Visa Championships. GAT 09 will be held 3 weeks after congress September 4th- 6th in Austin at the beautiful Renaissance Hotel. With the success of the auction last year, we are planning NEW and IMPROVED Instruction Training Programs (ITP) THIS year.

ITP 101 – Recreational Coaches – will be REVISED with new topics and MORE... you asked for us to teach the NEXT level of class coaches so now you get it.

ALL NEW! ITP 102 – Pre School Coaches! Again, you asked and it will be debuting THIS year!

ALL NEW! ITP 401 Tumbling and Trampoline Course is debuting THIS year!

NEW THIS year ONLY: All ITP courses WILL be open sessions for all to learn from, although, we will still offer the 10 Hour/ certificate, you can check out any of the NEW topics/lectures.

Make note: 2009 will be presenting Instruction Training Programs (ITP):

ITP 101 - REVISED – Recreational Coaches

ITP 102 - ALL NEW – Pre School Coaches

ITP 201 - Girls Team Coaching (Beginner- Level 6)

ITP 301 - Boys Recreational – Compulsory Team Coaching

ITP 401 - ALL NEW – Tumbling and Tramp Coaches – Beginner +

All of these plus outstanding speakers for now include:

Tom Koll

Jeff Metzger

Tammy Biggs

Your GAT board

More coming soon so keep checking.

We look forward to GAT 09 and a GREAT year. More will be posted on the website as things develop.



Much Success this season and hope to see you soon,

Cheryl Jarrett

Director of Education

www.gatx.org

Gymnastics Association of Texas

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512-921-4515



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PRE-CONVENTION 2008

You ask for it you got it! We have been planning lots of fun new topics for the upcoming year with a totally new format for Instructor Training Program 101! We will be breaking it down event by event and giving you the tools to teach the best classes ever! Topics will enhance your coaching of your School Age boys & girls. Don't miss out on all the fun this Fall!

ITP 101 Topics

Vault/Tramp

Coaching & spotting Bars

Balance Beam

Floor Exercise

Dance

Lesson Planning 1

What to do with my boys in a girls gym

Special Needs

Warm up & Conditioning

Birthday Parties

Tons of Hands on Spotting



See you all at GAT!
Annette Thomas

ITP TRAMPOLINE & TUMBLING

I think most of you know what a trampoline is and what tumbling is but many coaches and owners don't realize that there is whole other discipline out there involving these two events. I believe most owners & coaches are missing out on a great opportunity to help keep kids in the sport of gymnastics while adding some diversity to their program and a new potential revenue stream. So this year we are going to introduce T&T to many of you and show ways it can help your program with little or no equipment changes. We are going to give proper technique for T&T (yes, it's a little different than artistic) as well as drills so those new coaches can walk out confident about working with new recreational programs as well as competitive team. As for you veteran coaches, we will cover some upper level competitive stuff because who doesn't like working with multiple flipping and multiple twisting skills. Plus, we can always use the input. So join us for the 1st year of ITP Trampoline and Tumbling.

Respectfully,
Bret Stout
ITP Trampoline & Tumbling Coordinator





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PRE-CONVENTION 2008

Hey Everyone!

This is a very exciting year for GAT! Our Olympic Auction last year funded the expansion of the Instructor Training Program! As most of you know the original Instructor Training Program started over 12 years ago and has expanded into additional programs covering boys and office topics within their own courses. We are very proud of our educational programs and we are very lucky to have such unique coaching educational programs in the state of TEXAS!

While the original ITP1 has been very successful, we always want to improve our programs. In response to the feedback we have received over the years, we are splitting the ITP1 into two courses: the ITP 101 for recreational coaches and the ITP 102 for preschool coaches. This will allow us to refine the topics and add more. Many of the same topics will still be presented, but they will be split between two courses, allowing us more time to address topics specific to each level. Annette Thomas will be leading the expansion of the ITP 101 and I will be leading the expansion of the ITP 102.

The new ITP 102 for Preschool coaches will tentatively include topics covering:

- Coaching Etiquette
- Skill Deconstruction
- Lesson Planning
- Preschool Safety
- Understanding the Preschool Child
- Class Management
- Warm-ups and Games
- Introducing Dance to Preschool
- Props
- Hands-on Spotting
- Teaching Parent & Tot Classes

As we work to refine our programs, we want to hear from you! Our course enrollment will still be limited to 60 participants for the full course, but any of the on-site sessions will be open to everyone this year. We invite you to drop in on our on-site sessions and let us know what you think!



See you all at GAT!
Beth Gardner
ITP Director



NEWSLETTER

PRE-CONVENTION 2008

Most Successful Auction Ever!

Our education development fund got a \$26,000 boost thanks to strong bidding by you our awesome members. These funds have allowed the current development of new Instructor Training Courses in Pre-School and Tumbling-n-Trampoline, and funded the revision of the recreation course. This would not have been possible without the generous donations by the following individuals and companies

Thanks for Donating

Beth Gardner

(Author & Nat. USAG staff)

Kevin Mazeika

(Men's Olympic coach)

Tammy Biggs

(National Team staff member)

Alpha Factor

Carolina Gym Supply Corp

Cheer Factor

DGS 9.9's

Dreamlight Activewear

Elite Sportswear

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GetHiroOnline.com

Gibson Gymnastics

Gym Smarts / TRB Design, Inc.

Healthy Chocolate by Xocai: Dr. Alan Baribeau

iClass Pro

Marsha's Sportswear

Norbert's Athletic Products

Patti Komara's Tumblebear Connection

PROFESSIONAL ATHLETICS

Rebecca's Mom Leotards

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Satara Leos Ltd.

Snowflake Designs, Leotards and More!

Sports Photos USA

Team Beach Body

Tumbl Trak

Tumble with Tracy

Thank You

Special thanks to the following companies for their generous support.

Spieth Anderson & Tumbl Trak for donating the use of equipment in the lecture areas

Alpha Factor for supplying notepads and pens to all members

Marsha's Sportswear for underwriting our T-shirt costs.

Cheer Factor for donating bags for all our members.



NEWSLETTER

PRE-CONVENTION 2008

RETURNING FOR THE 8TH STRAIGHT YEAR IS THE...

ITP – BOYS 1

*The Instructor Training Program for Teachers & Coaches
of Boys Recreational Classes and Compulsory Teams!*

(Beginners up to Level 7 Team Boys!)

ITP-BOYS 1: MISSION STATEMENT: It is the intention of the ITP-Boys 1 to facilitate a positive learning experience to help further educate, motivate, and enable the participants from the program to provide the boys in their gyms' classes and/or teams the opportunity to develop better physically, mentally, socially, and emotionally through their teaching, coaching, and/or coordinating in a more fun, safe, and productive manner. An extension of the above would be that GAT and the ITP-Boys 1 feel that no gymnast, teacher, or coach should ever be turned away from the sport of Men's Gymnastics when they have the desire to have fun and to learn. The ITP-Boys 1 is designed to address the needs of beginning recreational teachers of boys classes up to the experienced compulsory coaches of boys teams. This 12 hour course (2 days) utilizes interactive and practical seminars covering a wide range of topics necessary for effective training of basic to advanced level boys skills. (Lectures, **Brand New** Videos on DVD, Active Participation, and Group Work are all included in the ITP-Boys 1). This course is great! Attention Program Directors! Bring or send your female class teachers to come and take the ITP-Boys 1! They will be able to help with your existing boys classes as potential subs, and they will be able to help begin to open up more potential boys classes in your programs!

ITP-BOYS 1 TOPICS &/OR TEXT SECTIONS:

Philosophical Aspects of Teaching Boys, Making Boys Programs Profitable, Boys Fitness (Strength/Flexibility/Endurance), Basic Skills/Terms + Drills/Stations/Progressions (on Floor Exercise, Pommel Horse / Mushroom, Still Rings, Vault + Mini-Tramp / Tramp, Parallel Bars, & Horizontal Bar), Hands-On Spotting - All Boys Events (over 2 hours), Interactive Games, Using Gymnastics Components in Cycle Lesson Plans, Organizational Aspects, and Making Gym Fun!!!

Note: The ITP-Boys 2 (which focuses on Level 8-10) will be back for GAT 2010. However, we plan to have some general men's lectures like normal that will focus on optional levels. Congress 2009 will likely have several optional level lectures as well. Watch for future newsletters &/or online postings!!





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PRE-CONVENTION 2008

Thanks to our awesome 2008 Convention Exhibitors Thanks to our awesome 2008 Convention Exhibitors

Please look to them first when seeking goods and services Please look to them first when seeking goods and services. More details may be found on our website

Alamo Resistance Band Training

www.alamoRBT.com

Alpha Factor

www.AlphaFactor.com

American Athletic Inc.

www.americanathletic.com

American Gymnastics Association

www.tumble.org

AmeriKiDS Gymnastics

www.Amerikidsgymnastics.com

Barefoot Athletics

www.barefootathletics.com

Caddy Solutions

www.caddysolutions.com

Carolina Gym Supply Corp

www.carolinagym.com

DGS 9.9's

www.GymSupply.com

Dreamlight Activewear

www.dreamlightusa.com

Elite Sportswear

www.gk-elitesportwear.com

Elite Technology Company

www.elitescore.com

Gateway Sports Source

www.Gymshorts.com

GetHiroOnline.com

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Gibson Gymnastics

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GTM Sportswear

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Hasty Awards

www.hastyawards.com

Healthy Chocolate by Xocai: Dr. Alan Baribeau

www.eyedoctor4chocolate.com

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www.iclasspro.com

Little Caesar Pizza Kit Fundraising Program

www.PizzaKit.com

MANCINO MANUFACTURING Inc.

www.mancinomats.com

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www.marshassportswear.com

MeetMaker.com

www.meetmaker.com

Mona Vie

www.monavie.com

Norbert's Athletic Products

www.norberts.net

NRA Gym Supply

www.nragymsupply.com

Patti Komara's Tumblebear Connection

www.tumblebear.com

Pizzazz Photo

www.pizzazzphotography.com

PROFESSIONAL ATHLETICS

www.gymnastics-equipment.com

Rebecca's Mom Leotards

www.LEOTARD.COM

Ross Athletic Supply

www.rossathletic.com

S/A Sport / Spieth Anderson USA

www.sasponline.com

Satara Leos

www.sataraleos.com

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www.snowleotards.com

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www.insurasset.com

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Team Beach Body

www.teachbeachbody.com

TEAM CYPRESS

www.teamcypress.com

Texas Acrobatic Gymnastic Assoc.

www.TXACRO.ORG

Tumbl Trak

www.tumbltrak.com

Tumble with Tracy

US Glove Inc.

www.usglove.com