



NEWSLETTER

www.gatx.org

January 2011

2010-2011
Board of Directors

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Thank Heaven



It's GAT 2011

The Super Bowl of Gymnastics Education

From the chairman:

As a paid attendee of our "GAT to the Future" convention you are an official member of the Gymnastics Association of Texas until September 2011. Our board members trust you had a great time at the convention, and more importantly gained some valuable knowledge that will help you professionally. Please share with other coaches your positive experiences at GAT so that they will consider attending future conventions. Well educated and successful coaches make our sport stronger for the benefit of everyone.

The board is already at work preparing for our 40th Anniversary convention set for September 2-4, 2011. We welcome input from our members in the area of speakers, topics and also candidates for GAT awards. And if you are able to help us run the convention in any capacity we would love to hear from you. Please help us make convention 2011 the best possible. You can send an email message via the contact us link on our website www.gatx.org.

Thanks to all,

James K. Jeffers
Chairman of the Board.

COMMITTEE MEMBERS

Convention Coordinator/ Webmaster: Vicki Bounds, (512) 921-4515, convention@gatx.org

Registration Director: Georgia Miller, (512) 394-5842, registration@gatx.org



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SAD NEWS FOR GAT, GREAT NEWS FOR THE NATION

While the Gymnastics Association of Texas has had and will continue to have great people working on behalf of the coaches and athletes in Texas and beyond no one has done more to develop GAT into a premier annual education event than Cheryl Jarrett. For over two decades Cheryl has worked tirelessly developing contacts with the best speakers in our industry and related fields to bring the most complete mix of topics to our annual conventions. Constantly rotating top speakers while allowing fresh talent to present have been her hallmark, that and always striving for the best possible blend of speakers and topics. It is this model that has made GAT the best training and meeting venue in the USA. It was Cheryl's brainchild to develop our incomparable Instructor Training Programs, and she carefully hand picked the authors and presenters. These programs have been invaluable as a training tool for not only pre-school and beginning level coaches but to team coaches as well. These courses are simply the finest in the nation.

In each of our board meeting you could see it was Cheryl's heart to give as much variety and expert information as possible at the lowest possible cost to our members. Cheryl is a tough negotiator with outside providers always striving to get the best quality at the best price. When discussing getting more and better things for GAT, Cheryl genuinely enjoyed talking about all the great people (pasts and present) that are involved in the area of youth education. Cheryl has always honored the wonderful men and women who started this organization, and she loves and respects all the new and experienced people currently coaching. Cheryl Jarrett has set a great benchmark for us to maintain and work to exceed.

It was with a bittersweet mood that we accepted Cheryl Jarrett's resignation from our board on January 16, 2011. We were saddened that we would no longer have the benefit of our friend's input and wisdom at meetings and having her direct involvement at our convention. But we were buoyed by the fact her resignation was due to her acceptance of the position of Vice President of Member Services for United States Gymnastics National Office. This means that Cheryl will take her heart for service to USAG and make it an even better organization. Of course Cheryl has agreed to consult with us should we have need and she intends to attend our convention. Picture that, Cheryl Jarrett on the sidelines...should be interesting! On behalf on the entire Gymnastics Association of Texas Board we say "Thank You Cheryl Jarrett for the countless things you have done for this organization, and wish you great success at USAG.



From Stellar Apprentice to New Leader

Effective January 17, 2011 board member Cheryl Cupples has taken over as our Education Director. Cheryl Cupples has served the board for several years and this past year trained alongside Cheryl Jarrett in preparation to take over the position. While the transition has occurred two years sooner than planned Cheryl Cupples has shown herself to be ready for the task. Of course she will rely on added help from our board, and we know our membership will be most supportive as she shoulders this new responsibility.



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Hello Texas Gymnastics!

The Gymnastics Association of Texas would like to thank Cheryl Jarrett for her leadership and dedication to our wonderful sport for the last twenty years. We are so grateful that she chose to share her passion for developing great educational programs for coaches and gym owners in Texas and we know she will continue to do the same for the USAG.

GAT has played a huge role in my professional development as a coach and a business manager. I attended my first GAT in 1992 as a sixteen year old coach and through my many years I have grown to be involved as a speaker, a committee member, a board member and for the past two years as the assistant educational director. I have had the privilege of working with Cheryl and the board to provide the very best educational opportunities for Texas gymnastics and I am very excited to be able to continue serving our constituents.

This year GAT will celebrate its 40th birthday! We are planning a wonderful weekend to commemorate this milestone. We will be honoring many of our veteran coaches and our rich history in a variety of ways. As always we will be hosting some of the top leaders in our industry from all over the country. GAT will also provide the 10 hour instructor training programs for Preschool Coaches, Recreational Coaches of Boys and Girls, Compulsory Girls Coaches and Trampoline and Tumbling. I hope all of you make plans to join us for this special event.

I look forward to this incredible opportunity to serve the growth of gymnastics in Texas and to working with all of you! See you in September.

Cheryl Cupples
Educational Director for GAT

To GAT Community:

Please send in your GAT Awards nominations for 2011.

The awards are Distinguished Service Award, Service to Youth Award, Heritage Award and Pride Award. You can search the GAT website for details on these awards.

For nominations, please send to Jodie Trncak.

Email: coachjodie@hotmail.com





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PRESCHOOL PROGRAM UPDATE

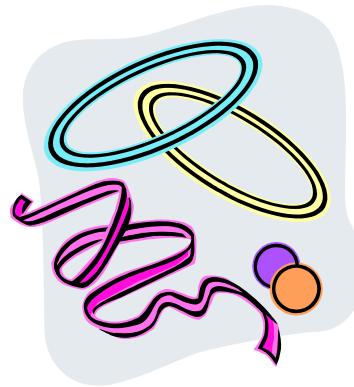
Hey Everyone!

I hope this letter finds everyone in good health and enjoying the new year!

This year will be the third year we have offered the expanded Instructor Training Program for Preschool and Recreational Coaches. We split the original course into two courses so that we could focus more in-depth on topics specific to preschool and school aged classes. We will be offering the expanded program again this year, and the Instructor Training Program sessions will be closed courses. So, you must sign up for the specific courses to attend the lectures.

Topics covered in the Instructor Training Program for Preschool Coaches include:

- Coaching Etiquette
- Skill Deconstruction
- Lesson Planning
- Special Needs
- Preschool Safety
- Class Management
- Bars
- Beam
- Floor
- Parent & Tot Classes
- Warm-ups and Games
- Preschool Props



Topics covered in the Instructor Training Program for Recreational Coaches include:

- Coaching Etiquette
- Skill Deconstruction
- Lesson Planning
- Warm-ups and Conditioning
- Learning Styles
- Coaching Boys
- Dance
- Birthday Parties
- Bars
- Beam
- Floor
- Problem Solving

We look forward to a GREAT year of GAT!

See ya'll there!

Beth Gardner
Instructor Training Program Director



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MEN'S PROGRAM UPDATE

GAT 2010 was a huge success!! We received many compliments and high reviews from many GAT members on the men's speakers. I want to thank Gil Elsass, Bill Foster, Glenn Morris, Bryan Kiser, Marcus Tyler, Sean Sims, Mark Sherman, Kevin Muenz, and Jerit Pogue for their contributions in speaking and presenting excellent seminars. Each year we work very diligently to bring you all the best. We gather information throughout the year at meetings, clinics, & meets for what people would like to hear presented and by whom. I try very hard to get the people requested and the topics as well. Each year it is tough to give everyone exactly what they want, and therefore compromises are made based on who can come and what is available. However, we always end up with an amazingly fun and educational weekend that incorporates many topics and seminar styles. We had lectures, videos, hands-on spotting, interactive sessions, group work times, Q&A, and round tables. It went really well!! The ITP-Boys 1 & ITP-Boys 2 were both very well received as usual. I was able to have new speakers come in and help to get new faces in those courses. The general seminars were solid as well covering judging, high school, and important topics for discussion.

On a personal note I have taken on a bit more responsibility than I can handle with all that is going on in my life. Being a board member for GAT – serving as Men's Program Coordinator and the Director for both the ITP-Boys 1 & 2 courses is a big job. Add that to the several other boards/committees that I am on, and it is clear that it is too much for one person to do – especially when wanting to have a life. Therefore, over the next year and a half I will be slowly transitioning out of several of my duties, and I have several people already interested who will be taking them on – for GAT and other things as well. These individuals have shown great potential and enthusiasm and are ready for the challenge. Naturally I will help them with administrative duties for a while, and I will continue to speak at GAT - specifically for the ITP-Boys 1 each year - through the transition and likely afterwards too. If you have any desire to help out in any way, then please feel free to email me. Likewise, and as always, if you have any particular topics or speakers you would like at GAT 2011, then let me know. Thanks for your continued support of men's gymnastics and GAT!!



Greg Schram
GAT - Men's Program Coordinator
greg@schram.org



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ITP- Trampoline & Tumbling YEAR 3

The Instructor Training Program for Trampoline and Tumbling will be back for another year!

Last year was very successful and we learned a lot about what coaches and owners are looking for. So this year we will be adding several new items.

- ◆ Updated Videos
- ◆ Additional Speakers
- ◆ Offsite training

Like last year we will tackle the topics of:

- ◆ How to start a program
- ◆ Technique
- ◆ What makes T&T different and what do we need it in the gym
- ◆ Getting an entry level team started
- ◆ What judges are looking for
- ◆ Dealing with parents
- ◆ Setting up progressions for T&T
- ◆ Basic Lesson Planning

I look forward to working with everyone again this year, we had some great discussions last year and hope to have that continue again this year.

If you have questions please email me at bret@ewagym.com

Respectfully



Bret Stout
ITP T&T Coordinator

**OFF-SITE
HANDS ON
TRAINING**
TRAMPOLINE, DMT
UPPER LEVEL STUFF