



NEWSLETTER

www.gatx.org

MAY 2009

2008-2009

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

Renaissance Austin Hotel
Austin, Texas

September 4-6, 2009

Take advantage of the savings
Buy 5 Tickets &
Get 6th Ticket for just \$77.50!

We'll hold a seat just for you!

Held at the beautiful Renaissance Austin Hotel

Fabulous Speakers

Fun Hands-on Spotting Lectures

Saturday Night Luau

The Best Exhibit Hall

Special On-line Savings

Absolute Best Value Around!

Instructional Training Programs (complete 10 hour course)

IPT-101 – Recreational Coaches REVISED

ITP-102 – ALL NEW – Pre-School Coaches

ITP-201 – Girls Team Coaching

ITP-301 – Boys Recreational – Compulsory Team Coaching

ITP-501 – ALL NEW Tumbling and Trampoline Coaching

Register Early and Save!

Online Early Bird by June 28th - \$155

Online or Mail In Regular by August 2nd - \$175

Mail In Late by August 15th - \$195

Online Late by September 3rd - \$195

ITP Course Material Fee - \$10

Get the latest information on GAT's Labor Day Weekend Convention at

www.gatx.org

COMMITTEE MEMBERS

Convention Coordinator/ Webmaster: Vicki Bounds, (512) 921-4515, gatxconv@aol.com

Registration Director: Georgia Miller, (512) 394-5842, gatxreg@yahoo.com



NEWSLETTER

MAY 2009

June 2009 Newsletter Update

From the Registration Desk

ALOHA YA'LL. GAT 2009 is going to be one to remember! Each year, I think, WOW that was the best GAT ever, and yet the next year rolls around and we seem to top the previous year. Not only are there great speakers, but the plans for the Saturday Night Luau are going to be TEXAS SIZED...you'll have to come to understand why. But the best part of all is GAT is offering, for the first time EVER, a discount for those who group register on-line. Be sure to check out our website at www.gatx.org for **all** the details.

We began taking GAT 2009 registrations on May 1st, and yes, someone bought our first ticket on May 1st*you know who you are!* You too can get signed up today, by visiting our secure on-line payment site at <http://acteva.com/booking.cfm?binid=1&bevalD=181814>.

2009 REGISTRATION FEES PAID ONLINE OR BY MAIL

Early Bird Special Offered Online Only \$155.00 (May 1st to the deadline of June 28th at 11:55 PM) Limit of 15 tickets per transaction.

Regular Online Convention and Mail In Fee \$175.00 (June 29th to the deadline of August 2nd at 11:55 PM) Limit of 15 tickets per transaction.

Late Registration

Online \$195.00 (August 3rd to the online deadline of September 3rd at 11:55 PM) Limit of 15 tickets per transaction.

Mail In \$195.00 (registrations post marked between August 3-15, 2009)

ITP Course Material Fee - \$10 fee added to any of the options above if attending an ITP Course.

MAIL IN REGISTRATION – Deadline August 15th

NO MAIL IN REGISTRATIONS WILL BE ACCEPTED AFTER AUGUST 15th. Use the attached registration form, or download a form from our www.gatx.org website. We accept either your check or money order made out to Gymnastics Association of Texas. Mail your completed form to:

Georgia Miller
GAT Registration Director
8233 Montoya Circle
Austin, TX 78717



2009 CONVENTION
Sept. 4-6, 2009
AUSTIN, TEXAS

**Reserve Your Hotel Room at the Convention Site
before August 14, 2009 by calling
Renaissance Austin Hotel
(512)343-2626
Located at 9721 Arboretum Blvd., Austin, TX 78759**

Return Registration form & check to:
GAT Convention Registration
% Georgia Miller
8233 Montoya Cir.
Austin, TX 78717

PLEASE PRINT CLEARLY OR TYPE!

How will you pick up your packet at the convention? GROUP INDIVIDUAL LIFE MEMBER

For GROUP PICKUP, Please make copies of this form for each individual you are registering and mail together with payment.

Check which one applies:

- Owner Men's Coach Women's Coach Cheer Coach Tumble Coach
 Trampoline Coach Judge Office Staff Other

GAT Membership Directory included in the Convention Program. You MUST pay by August 15th to have your information included in program. Remember to be accurate, information will appear as received.

Last Name:		First Name:	
Home Address <small>(appears in Directory):</small>		City:	State:
Home Phone <small>(appears in Directory):</small>		E-Mail Address <small>(appears in Directory):</small>	
Business/School Name <small>(appears in Directory):</small>			
Business Address:		City:	State:
Business Phone:		FAX #:	

Basic GAT Convention Registration Information

Please check appropriate box(es)

Registration Reminders

- ONLINE ONLY – Early Bird Special price of \$155.00 if purchased between May 1 & June 28 @ 11:59 p.m. CST.
- Credit Card Payments accepted ONLINE ONLY through midnight Tuesday, 9/3/09. Use the Acteva registration link provided at www.gatx.org. This is the easiest way to “group” register your entire gym.
- ONLY Cash or Check will be accepted on-site.
- ALL refunds must be requested in writing, mailed to the GAT address above and postmarked before 8/15/09. Refunds are available less a \$40.00 processing fee. Absolutely **No refunds** after 8/15/09.

**Question... call Convention Director,
Vicki Bounds at 512-921-4515**

**NO MAIL-IN REGISTRATION
POSTMARKED AFTER AUGUST 15th!**

**Are you attending the Hawaiian
Luau Banquet Saturday evening?**

- YES I will be attending the Banquet.
 NO I will NOT be attending the Banquet, please donate my ticket to an award winning athlete.

<input type="checkbox"/> “Regular” Convention Registration On-line or Mail-in postmarked before 11:59 PM on 8/10/09. Registration Includes ALL Regular Lectures, Yearly Membership dues, Membership Directory, and Banquet Ticket	\$175.00
<input type="checkbox"/> “Late” Convention Registration post marked between August 3-15, 2009. (Online “Late” Registration ends at 11:55 p.m. on 9/3/09) Registration Includes ALL Regular Lectures, Yearly Membership dues, Membership Directory, and Banquet Ticket	\$195.00
<input type="checkbox"/> Membership ONLY (If you wish to be included in membership directory, but not attending the convention) payment by U.S. Mail only.	\$25.00
<input type="checkbox"/> Extra Banquet Ticket – All guests age one and up must have ticket.	\$45.00
GAT T-Shirts available on-site on a first come first serve basis for \$15 each.	No pre-sales
SUBTOTAL	
YOU MUST CHECK ONE OF THE BOXES BELOW if you would like to be placed on the Instructor Training Program participant's list. ITP courses are limited and registration must be paid in advance with either this form or online by credit card. You MUST attend the entire 2-day (Saturday & Sunday) ITP course to receive your certificate.	
<input type="checkbox"/> #101 - ITP I - for teachers /coaches of co-ed recreational. REVISED for 2009!	\$10.00
<input type="checkbox"/> #102 - ITP II - for teachers /coaches of co-ed pre-school recreational gymnastics. NEW for 2009!	\$10.00
<input type="checkbox"/> #201 - ITP- GIRLS I - for teachers/coaches of girls team (Levels beginner to Level 6).	\$10.00
<input type="checkbox"/> #301 - ITP-BOYS I- for teachers/coaches of Boys Recreational – Compulsory Team Coaching (boys beginner to Level 7).	\$10.00
<input type="checkbox"/> #501 - ITP T&T I - for teachers /coaches of trampoline and tumbling (Levels beginners to 10). NEW for 2009!	\$10.00
TOTAL to be paid by check to "Gymnastics Association of Texas"	

OFFICE USE ONLY			
Post Marked	Amount \$	Check #	# In Group



NEWSLETTER

MAY 2009

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 Pre-school 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.

As we continue planning the new formats and courses, we have tweaked the topic list abit. The final list of sessions included in the new ITP 102 for Preschool coaches are:

- Coaching Etiquette
- Skill Deconstruction
- Lesson Planning
- Preschool Safety
- Class Management
- Warm-ups and Games
- Coaching Parent & Tot Classes: Developing the Relationship with the Parent
- Special People in our Gyms: Working with Special Needs
- Props
- Hands-on Spotting

The final list of topics to be included in the ITP 101 for recreational coaches are:

- Coaching Etiquette
- Skill Deconstruction
- Lesson Planning
- Warm-ups & Conditioning
- Dance
- Learning Styles
- Coaching Boys' Classes
- Birthday Parties
- Problem Solving
- Hands-on Spotting

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. If you register for the full courses, you will receive the books and materials. If you do not register for the full courses, you will not receive the materials, but you may attend any of the on-site sessions. We invite you to drop in on our on-site sessions and let us know what you think!

If you register for the full ITP 101 or ITP 102, please understand that you must attend all sessions in order to receive your certificate. If you do not attend ALL sessions, you will not receive the certificate. There will be no exceptions to this rule.

Further, you must plan to be off-site for part of the weekend. ITP 101 for Recreational Coaches will be off-site on Sunday morning. ITP 102 for Preschool Coaches will be off-site on Sunday afternoon. Please make appropriate arrangements for transportation.

See you all at GAT!
Beth Gardner
ITP Director



NEWSLETTER

MAY 2009

GAT 09 promises to be one of the best. With another strong outstanding list of speakers. This year we will for the first time offer ALL Instructor Training Programs OPEN sessions. That is right you can choose any of the lectures to attend. Plus a host of topics including the a **VERY special update on the House Bill and how it will effect Texas Gymnastics** along with Women's Program new rules and code, business, cheer, computer training, pre school, men's and women's judging, and much more!

This is just beginning - check out the web site for more speakers and topics coming soon. Here are a few of GAT 09 speakers:

Jeff Metzger
Beth Gardner
Charles Dudley

Tom Koll
Annette Thomas
Manual Perez

Neil Resnick
Bret Stout
April Sawyer

Patty Resnick
Greg Schram
Jodie Trnak

Tammy Biggs
Diane Callison
Jason Orr

CALLING ALL GYM OWNERS!

As many of you know, we have been fighting a legislative battle in the Texas State Legislature in the past few months. The battle is not over, and we need to remain vigilant to the current situations regarding Daycare Licensing for sport facilities. Many of our members have been active in fighting for our gyms! The battle is NOT over!

With this in mind, GAT is extremely please to announce that Charles Dudley and Diane Callison have agreed to adress our membership regarding the current legislation regarding Day-care Licensing for sport facilities. **THIS IS A VERY IMPORTANT** topic in Texas Gymnastics at the moment. Please be sure to attend.

ATTENTION:

ALL GAT MEMBERS WHO WOULD LIKE TO NOMINATE A DESERVING PERSON FOR A GAT AWARD

- **LIFE MEMBER** – person or persons who have given a long period of outstanding service and accomplishment to the sport of gymnastics in Texas
- **TEXAS GYMNASTICS HERITAGE AWARD** – This award is presented to person(s) who have contributed to the development of gymnastics in Texas prior to leaving the State of Texas.
- **DISTINGUISHED SERVICE AWARD** – This award is presented to the person(s) who have given outstanding recent service to gymnastics development and gymnastics programs in Texas
- **SERVICE TO YOUTH AWARD** – This award is presented to the person(s) who do not serve as a gymnastics coach or program director. Their service should be for a period of years, touching the lives of many children
- **PRIDE OF TEXAS AWARD** – This award is presented to the person(s) who have worked for the past several years supporting the GAT community by serving as demonstrators and teachers.
- **HONOR AWARDS** – This award is presented to the person(s) who have brought "Honor" to Texas by their winning of national titles in gymnastics or coaching national organizations.

Please send the GAT board any names that you feel are qualified for any of the above awards – Deadline – June 1st.

Send to: coachjodie@hotmail.com



NEWSLETTER

MAY 2009

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!)

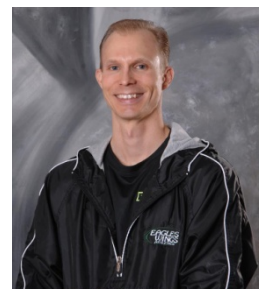
ITP-BOYS 1: MISSION STATEMENT: It is the intention of the ITP-Boys 1 to facilitate a positive learning experience to help further educate, motivate, and enable the participants from the program to provide the boys in their gyms' classes and/or teams the opportunity to develop better physically, mentally, 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!!

Men's Program Coordinator:
ITP-Boys 1 & 2 Director:
Greg Schram
(214) 415-7614
greg@schram.org





NEWSLETTER

MAY 2009

43rd Annual Gymnastics Association of Texas Convention! September 4-6, 2009

Join us Labor Day Weekend

- ❖ Fabulous Speakers
- ❖ Fun Hand- on Lectures
- ❖ Saturday Night Luau
- ❖ The Best Exhibit Hall
- ❖ Special On-line Savings
- ❖ Absolute Best Value Around!

BRAND NEW T & T ITP- 501

**Tumbling and Trampoline Instructional
Training Program
(complete 10 hour course)**

Course will cover:

- ❖ How to start a program
- ❖ How T&T is different from other gymnastics programs
- ❖ Getting an entry level team started
- ❖ How to judge or what to look for
- ❖ Dealing with parents
- ❖ Setting up progressions for T&T
- ❖ Basic lesson planning

Held at the beautiful Renaissance Austin Hotel
9721 Arboretum Blvd Austin, TX 78729
Book your room at 512-343-2626



Get the latest information on GAT's

Labor Day Weekend Convention at www.gatx.org

(512) 921-4515 • gatxconv@aol.com



SPECIAL GAT ADD ON

Geek Girl Camp comes to Austin (via GAT) 2009!

Geek Girl Camp is proud to partner with Gymnastics Association of Texas for a special full-day event known as "Tech Boot Camp Austin 2009" on Monday September 7th, following GAT!

Geek Girl Tech Boot Camp is an "un-conference" designed for people to become more empowered in learning computer technology with tracks of workshops, demos and discussions, and a "Help Desk". This event is open to all GAT attendees; coaches, gym owners, parents, friends, office staff and anyone else who has a desire to learn about computers and the Internet for their business, organization or for personal development. We take the fear out of technology so all women and girls can say, "I'm a Geek Girl!".

There are many tech conferences being held all the time, but only Geek Girl Camp is for the **beginner**. It was created for people that "technology passed by"; it is perfect for the budding entrepreneur, the busy small business owner, the those returning to work, those in transition, and for anyone who wants to become empowered with new skills and the tools to overcome any fear of technology. Workshops are presented by the renowned "Geek Girls" who are professionals in all phases of computer/web/Internet technology.

Workshops at GAT may include: Becoming Proficient on my PC, Intro to Mac, Beginning Social Media (Facebook, Twitter, LinkedIn, Flickr, and more), QuickBooks, Photoshop, InDesign, Learning HTML through Dreamweaver, Wordpress, blogging, email marketing, digital photography, Using YouTube, Beginning Video, Microsoft Office Skills (Excel, Word, Powerpoint), Internet Marketing, Google Tools, podcasting, Design Techniques for making effective flyers, brochures and ads. Most Workshops are offered at Beginner, Intermediate and some Advanced levels, so there is a class for everyone at every skill level!

Women and men are **encouraged** to attend!

Prices:

Early Bird Offer GAT attendees - \$95 (non-GAT attendees \$99)

After July 15th GAT attendees - \$115 (non-GAT attendees \$135)

Use the early bird pricing Promo Code: GAT2009 when registering.

More information or to register, visit Geek Girl Camp at <http://www.geekgirlcamp.com>

BE SURE TO FOLLOW US



<http://twitter.com/GymAssocTX>

<http://www.facebook.com>



geek girl

A Technology Unconference For Women **and Men!**

Do you ...

- feel overwhelmed by technology
- rely on your son to work your iPod or digital camera
- wish you had the skills for your dream job
- want to have fun learning about tech

... if so, it's time for Tech Boot Camp!

Geek Girl Camp is proud to partner with Gymnastics Association of Texas for a special full-day event known as "Tech Boot Camp Austin 2009" on **Monday September 7th, following GAT!**

Topics May Include

- Becoming Proficient on my PC
- Intro to Mac
- Beginning Social Media (Facebook, Twitter, LinkedIn, Flickr, and more)
- QuickBooks
- Photoshop
- InDesign
- Learning HTML through Dreamweaver
- Wordpress
- Blogging
- Email marketing
- Digital photography
- Using YouTube
- Beginning Video
- Microsoft Office Skills (Excel, Word, Powerpoint)
- Internet Marketing
- Google Tools
- Podcasting
- Design Techniques for making effective flyers, brochures and ads

Don't Miss: All-day help desk with computer pros, raffles, giveaways, schwag bags, official t-shirt, and lots of networking.



Monday, September 7, 2009
9:00 AM – 3:30 PM

Renaissance Austin Hotel
9721 Arboretum Blvd.
Austin, TX 78729

Signup today and save by using the promo code: GAT2009
\$95 with GAT Promo (Reg \$135)

www.GeekGirlCamp.com