

GAT NEWS

Visit us online at www.gatx.org

Dedicated to the gymnasts of Texas

Spring 2006 Newsletter

"What is GAT?"



GAT is the corporation entitled the Gymnastics Association of Texas.

This corporation is organized exclusively as a professional association. The corporation shall be operated exclusively for the following purposes:

- (1) promoting the organization and development of gymnastics in all aspects of the sport;
- (2) developing enthusiastic public opinion in favor of the sport of gymnastics;
- (3) encouraging participation in the sport of gymnastics;
- (4) encouraging and implementing correct and safe methods of teaching gymnastics skills; and
- (5) promoting clinics and workshops in gymnastics throughout the gymnastics community."

If you have questions contact Vicki Bounds at (512) 921-4515 or gatxconv@aol.com

GAT NEWS Newsletter is an official publication of the Gymnastics Association of Texas. GAT NEWS is published 4 times per year to the membership of GAT.

Regular contributors to GAT NEWS are; James Jeffers (Notes from the Chairperson), Cheryl Jarrett (Notes from Cheryl), Brian Schenk & Darlene Schmidt (Life Member Spotlight), Beth Gardner & Greg Schram (ITP-1 & ITP-Boys notes). All Photographs (unless otherwise noted) by Darlene Schmidt. GAT NEWS layout, design, & editor, George Jackson.



Darlene Schmidt retires from GAT Executive Advisor position

Darlene Schmidt has been active in gymnastics in Texas since her arrival as gymnastics coach at Texas State University at San Marcos (formerly Southwest Texas State University) in 1968. Darlene served as a GAT Board Member for over 30 years.

Darlene's passion for the sport of gymnastics has been long evident. Her retirement from the active role of GAT Executive Advisor marks a turning point in the history of the Gymnastics Association of Texas. Her role as Executive Advisor has included organizing life member functions, providing pictures for website, calendar, & newsletter, as well as updating the GAT bylaws and policies.

Darlene Schmidt's high school teams at Carlsbad, New Mexico, were State Champions for three years during the 1960's before she and husband Bill came

to Southwest Texas State University in 1968. After coaching at Carlsbad, 1962-1968, Darlene joined the physical education faculty at San Marcos in September, 1968. With the exception of a year of leave at the University of Iowa, 1974-75 to complete her Ph.D., Darlene was at Southwest Texas (now Texas State University) until her retirement last year. Darlene speedily

became the focus for organization, promotion and education for gymnastics. She was one of the early State Technical Directors for the USGF, 1972-1974, a job that now would be the State Women's Chairman. She attended the first separate GAT Convention at San Angelo in 1971 and was the first female President of the Gymnastics Association of Texas, 1972-73. Beginning in 1988, Darlene pioneered the Teacher Education Focus at GAT and has been active on the GAT State Board, having served in that appointed post since 1986. GAT has honored her with the Distinguished Service Award in 1977 and 1987, and elected her an Honorary Life Member in 1982. Thirty-two years after serving as GAT President she has continued as active part of the GAT State Board. That's dedication!

Although Darlene's involvement will continue as Life Member liaison, her regular presence & input at board meetings will be sorely missed. Darlene's example of dedication & volunteering spirit is an inspiration to us all. Thanks Darlene for all YOU do!

GAT Officers 2005 - 2006

Chairperson / Financial Advisor:

James K. Jeffers
1437 S. Walnut, New Braunfels, TX 78130
Work: (830) 606-0375
jkjtamu@axs4u.net

GAT Directory Editor: Al Gamboa

P.O. Box 64596, Lubbock, TX 79464
Work: (806) 866-9765 Fax: (806) 771-5259
tegagym@aol.com

ITP1 (Rec) Director: Beth Gardner

Heart of Texas Gymnastics
6110 S. General Bruce Dr.
Temple, Texas 76502
Work: (254) 939-0737 Fax: (254) 933-3346
bgardner@austin.rr.com

Parliamentarian: Barry Heinley

7914 Freeman Drive, Rowlett, TX 75089
Home: (972) 412-9615 Cell: (214) 232-1465
B_Heinley@yahoo.com

Record Keeper / Newsletter Editor:

George Jackson
9448 Summerbell, Houston, TX 77074-1345
Work: (713) 270-6045 Fax: same - contact
by voice first
academygym@sbcglobal.net

Education Director: Cheryl Jarrett

1806 Chincoteague, Round Rock, TX 78681
Home: (512) 251-9105
CLJ6@aol.com

Awards/Life Member Director:

Darlene Schmidt
P.O. Box 605, San Marcos, TX 78667
Home: (512) 392-5555 Cell: (512) 738-9018
ds24@txstate.edu

Technical Director: TX Men's Liaison /

ITP-Boys 1 & 2 Director: Greg Schram
633 North King Road, Royse City, TX 75189
Cell: (214) 415-7614
greg@schram.org www.schram.org/greg

COMMITTEE MEMBERS

Appointed Bookkeeper: John Basel

4963 Louetta Road, Spring, TX 77379
Work: (281) 370-2882 Cell: (713) 291-9357

Convention Coordinator / Webmaster:

Vicki Bounds
(512) 921-4515 gatxconv@aol.com

Registration Director: Georgia Miller

(512) 244-6770 gatxreg@sbcglobal.net

Appointed Committee Members:

Annette Thomas
3534 Shell Rd.
Georgetown, TX 78628
tumblebug6@msn.com

Jodie Trncak
414 Sandy Bluff, Houston, Texas 77079
Home: 281-497-6630 Fax: 281-497-5029
coachjodie@hotmail.com



Notes from the Chairman
James Jeffers
GAT Board Chairperson


Re-ignite Your Staff With A GAT Review!

Ever thought of spending time with your staff reviewing all the great ideas you received at GAT or any other training session attended within the last 6 months? All too often my staff and I come away from GAT with a multitude of ideas, but only a few get implemented. Things get busy and several useful tools never get used. It seems like we have been wasting part of the valuable knowledge gained during GAT sessions. To combat this, our club is hosting an in-house GAT. Each staff person will present at least one useful item they learned at GAT. By doing this in our

gym-club everyone is better able to see how various equipment, drills, and systems can be used and benefit our programming. You can feel the excitement when coaches' start taking about new things to make classes/training better. The real benefit is not only does it rejuvenate the staff, but it spills over to more excited and happy athletes. With all those winter/spring students rolling in, there is no better time to get your coaches pumped-up and ready.

See You in September,

James K. Jeffers



Notes from Cheryl
Cheryl Jarrett
GAT Education Director

GAT 2006 will be celebrating 40 years. And looking back at all the terrific people we have had share and teach at GAT we are truly blessed. So many coaches, judges, and athletes have grown up with GAT and have experienced many memories. Throughout my many years of service to this organization, I am humbled by our reputation in the gymnastics community. GAT stands alone in what has been accomplished within a state organization. I am asked, how we do it and how can others learn to follow in our footsteps? My answer is YOU, each of you is the real reason GAT has become a leader in gymnastics education. We work together to help solve your daily challenges and work to keep all the gymnastics teachers trained and willing to learn more. In this spirit GAT continues to search and find the top trainers, judges,

teachers and business experts from all over the country. Forty years old and still learning! The list is underway for this year experts. The topics are still under review. If you have any recommendations know they are welcome. Please feel free to email or call the GAT phone line. If your staff needs to strengthen certain areas we will work to provide that help to you. I will be sharing other articles of information next newsletter. May all your clubs be multiplying and your teams be successful this season. Happily working for GAT's continued success,
Cheryl Jarrett
Gymnastics Association of Texas
Director of Education
www.gatx.org
clj6@aol.com



TeamGymn Participants

TeamGymn News

(by Jodie Trncak)



Biron Gymnastics in Houston, Texas hosted the 1st 2006 TeamGymn meet on February 18, 2006. The following teams participated in a fast-paced competition with 133 athletes: Aerialetts from Schertz, Texas, Mannings from Victoria, Texas and Champions Cheer and Biron Gymnastics from Houston, Texas. The next meet is on April 8, 2006 at Mannings Gymnastics in Victoria, Texas. For further information on TeamGymn contact Jodie Trncak, GAT Director for TeamGymn at: coachjodie@hotmail.com

ITP1 Update

(by Beth Gardner - GAT ITP1 Director)

Hey Everyone!

GAT is pleased to offer ITP1 for preschool and recreational coaches again this year at our annual Gathering! We have been thrilled by the continued response to the program! Each year, we have filled every available spot, and the coaches have continued to learn a great deal through the interactive sessions.

The ITP 1 is designed to address the needs of novice and recreational coaches.

The 12-hour course utilizes interactive and practical workshops covering a wide range of topics necessary for effective training of basic gymnastics skills

The focus of this lecture series is progressive teaching from the preschool to intermediate level gymnastics student.

Topics Include:

Coaching Etiquette, Warm-ups, Class Observation, Skill Deconstruction, Lesson Planning, Class Management, Progressions, Spotting, Problem Solving and Musical Activities, and Games!

Please register for the GAT ITP early. Spaces are limited to 60, and fill very quickly. We accommodate as many

coaches as possible, but we cannot accept more than the available class spaces allow. Class spots are assigned on a first-come first-serve basis through GAT registration. Please be sure to indicate if you wish to participate in the ITP1 when you register for GAT.

We look forward to seeing YOU at GAT ITP 2006!

Beth Gardner
GAT ITP1 Director



MEN'S PROGRAM UPDATE & GREG SCHRAM'S FIVE IDEAS:

(by Greg Schram ITP-Boys 1 & 2 Director)

Make sure to read the other GAT newsletter that has info in it about the GAT Men's Program General Lectures and the ITP-Boys 1 and 2 courses. We have all of the authors busy writing their sections for the text binder for the new ITP-Boys 2 course set to debut this GAT 2006. Remember that the ITP-Boys 2 will focus on training the Teachers/Coaches of the Older &/or Optional Team Boys (Levels 8-10 + High School and some College). More info about Men's courses and lectures in the next newsletter. See below for five recommendations for any boys class teacher and/or team coach to use and/or think about: (These aren't new, but they are very practical).

1: HANDSTAND WITH WALL DRILL: (FX, PH, SR, VT, PB, HB) ALL LEVELS

The boy climbs up with his stomach facing the wall, or kicks up with his back facing the wall. (Spot beginners as needed). Do on hands, p-lets, ground bar, ring rocker, etc. The boys can try to do handstand push ups and/or handstand balances without the wall as needed. Add weights for difficulty and/or place foam pieces between their knees and ankles for form enhancement. If a wall is not nearby then use a porta-wall (and/or a panel mat or some other mat that is safe, sturdy, and tall enough when on its side or leaning against another object).

2: PULL UP & TUCK-'L'-TUCK-'L' DRILL: (SR & HB) ALL LEVELS

On any set of high, medium, or low rings or horizontal bar the boy pulls or is spotted to a pull up position with his chin on or above the rings/bar and then tucks his knees up. He holds that position and then extends to an 'L' while still holding the pull up position. He repeats. This is good to do on lower equipment forcing the boy to hold his legs off the ground. Add weights for difficulty and/or place foam pieces between their knees and ankles for form enhancement.

3: TRAVELS or CRAWLS DRILL: (PH, PB, HB) ALL LEVELS

On PH the boy travels in a support from middle to end, end to middle, end to end, and around the horse. Add weights for difficulty, use foam pieces between their knees and ankles for feet together form enhancement, and/or use bungees to have them feel their legs straddled as needed. Also on a PH station in which a bucket is stationed above a low horse, buck, or mushroom the boy crawls with his hands on the floor around the apparatus. This is fun and challenging especially around the turns due to the torque fighting against him. Soft sting mats can be used around the apparatus if desired for the inevitable wipeouts. Great for wrists, triceps, shoulders, and mid section.

On PB the boy hangs in an underbar hang with hands on the inside of the bars and crawls forward, backward, uphill, and downhill. This is also done in a support position and upperarm position as well. Be careful to have the bars set at the right height and have mats underneath so the boy can save himself as needed with a simple drop and stick. The underbar and support crawls are great for everyone, but the upperarm crawls are for higher level boys with considerable strength and development in their arms and chest. Add weights for difficulty on all of the crawls and/or place foam pieces between their knees and ankles for form enhancement.

On HB the boy hangs and crawls side to side in an over grip, under (reverse) grip, and mixed grip. The boy can also do this in a support position side to side as well. Add weights for difficulty on all of the crawls and/or place foam pieces between their knees and ankles for form enhancement. Great for hand / wrist strength and developing skin toughness.

4: STICK GAME: (VT, MT, TR) ALL LEVELS

This could be done on any event, but works very well with Vault, Mini-Tramp, and Trampoline. Basically, the boy does a skill – usually a straight (or stretch) jump – and tries to stick it perfectly on a landing mat. He does a certain predetermined number of them and progresses up through the skills. Normally the boys do one or two of each doing the following

jumps off: stretch – tuck – straddle – pike – half turn – full turn – tuck front flip – pike front flip – layout front flip – front twisters – backwards stretch jump - backwards tuck jump – tuck back flip – layout back flip – back twisters – double flips, etc. Obviously the boys only progress to skills they can do safely with a spot at the hardest. Most of the above skills work great when jumping off the trampoline, off the mini-tramp, or off a spring board. When jumping off the vaulting horse, pyramid, and/or vault table we add standing and running handsprings and round offs after the full turn and before the flips. Often it is fun for the boys when I (and/or other coaches) join in on the game to see how far we can go as well!

5: KEEP IT FUN, SAFE, and PRODUCTIVE: ALL LEVELS

Spend some time and seriously think about the many aspects of teaching gymnastics including: your mission, philosophies, goals, class structure, class management, gym rules, body language, tone of voice, attendance, lesson plans, warm ups, rotations, basic skills, drills, stations, spotting, progressions, routines, new skills, move up standards, conditioning, special fun/theme weeks, parents' days, parent communication, open gyms, b-day & other parties, trips, etc. When thinking about them decide if they are fun, safe, and productive. It's ok if some are more fun, safe, and/or productive than others, but make sure not to let one or more get left out. If you don't consistently make gym fun, safe, and productive (somewhat equally) problems will occur including boys becoming upset, getting injured, and/or quitting gym.

**Greg Schram**

ITP-Boys 1 & 2 Director, Co-Author, Co-Speaker

GAT Technical Director (TX Men's Program Liaison, Video Producer)

(214) 415-7614 (cell / voice mail)

greg@schram.org (email)

www.schram.org/greg (Greg's website)

www.gatx.org/itpboys.htm (GAT's - ITP-Boys Website page)

www.gatx.org/techdir.htm (GAT's - Technical Director page)

CONSTITUENT'S CORNER

(In an ongoing effort to keep you informed, we are including this "Constituent's Corner", an overview of the professional organizations which constitute the membership of the Gymnastics Association of Texas.)

AAU (Amateur Athletic Union)

AAU Gymnastics provides the opportunity for participants to learn the fundamentals of each apparatus. Competition is divided by the athlete's age and skill level. There are optional routines as well as set routines.



For more on AAU Gymnastics, get in touch with;

AAU (Amateur Athletic Union)

Sports Manager: Frank Lett

Care of: Walt Disney World

P.O. Box 10000, Lake Buena Vista, FL 32830

W: (407) 828-4394

aaufrank@ausports.org

www.ausports.org

http://ausports.org/sprt_Gymnastics.asp

MEN'S PROGRAM - BOYS CLASSES & TEAMS

NEW! - 2005-2008 UPDATED BOYS GYMNASTICS VIDEOS & CD

for Teachers, Coaches, Coordinators, Program Directors, and Gym Owners!

BOYS VIDEOS & CD ORDER FORM!

Name: _____ Phone: _____

Address: _____ E-mail: _____ @ _____

City: _____ State: _____ Zip: _____

#:	Boys Gymnastics Video or CD Description:	Quantity:	Price:	Total:
1	Drills, Stations, & Progressions (Part 1) - all events! - 40 min. (<i>Updated for 2005-2008</i> - has hundreds of ideas for your classes & teams!)		\$33	
2	Drills, Stations, & Progressions (Part 2) - all events! - 75 min. (<i>Updated for 2005-2008</i> - continues with more incredible & practical ideas!)		\$33	
3	Floor Exercise - Basic Skills & Terms! - 20 min. (Showing the skills being done with their terms on the screen!)		\$28	
4	Pommel Horse / Mushroom - Basic Skills & Terms! - 20 min. (Showing the skills being done with their terms on the screen!)		\$28	
5	Still Rings - Basic Skills & Terms! - 16 min. (Showing the skills being done with their terms on the screen!)		\$28	
6	Vault / Mini-Tramp / Tramp - Basic Skills & Terms! - 20 min. (Showing the skills being done with their terms on the screen!)		\$28	
7	Parallel Bars - Basic Skills & Terms! - 17 min. (Showing the skills being done with their terms on the screen!)		\$28	
8	Horizontal Bar - Basic Skills & Terms! - 20 min. (Showing the skills being done with their terms on the screen!)		\$28	
9	Beginner Boys Class - Beginning to End (Part 1) - 60 min. (Has warm up, 3 events-FX, PH/MU, SR, game, & cool down)		\$33	
10	Beginner Boys Class - Beginning to End (Part 2) - 60 min. (Has warm up, 3 events-VT, PB, HB, game, & cool down)		\$33	
11	Fun, Safe, & Productive Strategies for Teaching and Coaching Boys Gymnastics Classes and Teams – 80 min! (<i>New!</i> - National Congress Seminar - Lecture & Video Presentation)		ONLY \$25	
12	CD - Men's Developmental Gymnastics Component Files (<i>Updated for 2005-2008</i> - 44 files to organize boys class & team programs!)		\$50 (free with entire set!)	
<p>Note: Since most people order everything the total has been figured for you, which would usually be \$375, but if you buy the entire set of 11 videos then you get the most popular item, the \$50 CD for free! So you can get everything for only \$325! Order now!!</p> <p>** (Cost includes a special protective cover, tax, and shipping/handling!) ** TOTAL DUE:</p>				

MAKE CHECKS OUT TO: GREG SCHRAM

You can give this form and your payment (check or money order) to Greg Schram, John Stout, or Bret Stout, or **send this form with your payment to Greg Schram at 633 North King Road, Royse City, TX 75189.** Allow 3-5 weeks for delivery.

Contact Greg with questions at 214-415-7614 or at greg@schram.org.

Go online for more detailed descriptions and other info at: <http://www.schram.org/greg/GREGVIDGYM.HTM>

You now can pay by Credit Card or PayPal online at the website above!!!

Please Note: All of the videos were professionally videotaped and edited (with commercial equipment). They have special titles & effects as needed. There is sound only on video #s 9, 10, & 11, which need it. The other videos have the sound taken off to be less distracting. The length & cost of the videos are listed next to their titles. No Returns & No Refunds. ENJOY!!!!

See back for more EXCITING details!

MEN'S PROGRAM - BOYS CLASSES & TEAMS

NEW! - 2005-2008 UPDATED BOYS GYMNASTICS VIDEOS & CD

for Teachers, Coaches, Coordinators, Program Directors, and Gym Owners!

Finally, There are Some New and Incredible Items For Teachers, Coaches, Class/Team Coordinators, Program Directors, and Gym Owners of Boys Recreational Gymnastics Classes and Competitive Teams!

There are ELEVEN excellent VIDEOS and ONE amazing CD! The videos are absolutely perfect to have in a gym's video library so that new boys teachers (as well as veteran team coaches) can watch them to gain knowledge and/or review the many aspects of the sport including: basic skills, terms, drills, stations, progressions, equipment, matting, safety, spotting, warm ups, transitions, class management, games, strength conditioning, cool down, and more!!

There are four different types of videos within the eleven. **First**, there are **two videos** that show, and are entitled, **"Drills, Stations, & Progressions" (Parts 1 & 2)** including every boys event - Floor Exercise, Pommel Horse/Mushroom, Still Rings, Vault (Horse & Table), Parallel Bars, Horizontal Bar, Mini-Tramp, and Trampoline. **Second**, there are **six event-specific videos** that show, and are entitled, **"Basic Skills & Terms on...(event)"** Each of the six main events has its own video. These videos show the skills being done in normal speed and/or in slow motion while having the technical term and slang term (if any) on the screen to read as the skills are being shown. Mini-Tramp and Trampoline are included with Vault in this series of event-specific videos. **The skills go from preschool up to Level 7!** **Third**, there are **two videos** that each show a one hour class, and are entitled, **"Beginner Boys Class - Beginning to End" (Parts 1 & 2).** Each one has the arrival, warm ups, transitions, three events with stations at each, a game, fun cool down activity, and dismissal. One video shows Floor Exercise, Pommel Horse / Mushroom, and Still Rings as its events, and the other one shows Vault, Parallel Bars, & Horizontal Bar as its three events. The Beginner Video (Part 1) originated by being submitted in the USAG Men's Program National Beginner Boys Class / Lesson Plan Contest. **In July of 2002, Bo Morris (USAG Men's Program Manager) announced that it won the contest as the best video / lesson in the country!** **Fourth**, the **last video** is a National Congress Seminar that has a lecture and video presentation on **"Fun, Safe, and Productive Strategies for Teaching Boys Classes and Teams!!"**

The CD contains 44 files (100+ pages of text) of exactly what every program needs. The very practical information includes: *staff checklist, rules, calendar, attendance sheet, warm ups, rotations, lesson plans, developmental skills meet / exhibition routines, documentational progressions, strength conditioning sheets, testing cards, move up standards, ribbons challenges, team parent packet, conference/goals sheet, and a new teacher training schedule.*

NOTE: EVERYTHING ON THE CD HAS BEEN UPDATED TO MATCH THE NEW MEN'S JO PROGRAM FOR THE 2005-2008 QUADRENNIUM!!!

Thank You for Supporting the Men's Program by having FUN, SAFE, and PRODUCTIVE Boys Gymnastics Teaching & Coaching in your gym!!!

See back for more details, costs, and ordering information!

Website with more information: <http://www.schram.org/greg/GREGVIDGYM.HTM>

Remember, You can pay by Credit Card or PayPal online at the website above!!!

Contact **Greg Schram** (GAT Technical Director, ITP-Boys 1 & 2 Dir., TX Men's Program Liaison) with questions at (214) 415-7614, greg@schram.org, or 633 North King Road, Royse City, TX 75189.



GYMNASTICS



NOW HIRING!

ASI is looking for energetic, fun-loving people who love kids!

Ask about education reimbursement!



ALLEN 469-519-2985	ARLINGTON 817-417-9998	CEDAR HILL 972-293-1151	LAKE HIGHLANDS 972-671-5510
MESQUITE 972-288-5510	PLANO WEST 972-960-1108	ROCKWALL 972-772-5510	WYLIE 972-442-9357

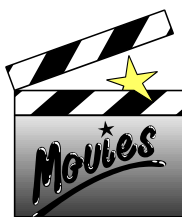
CHECK OUT *asigymnastics.com*
FOR SPECIFIC JOB OPENINGS!

- ★ Great pay!
- ★ College scholarship program!
- ★ Flexible hours!
- ★ Full or part time!
- ★ Fun working environment!
- ★ Work with kids!
- ★ Career opportunities!

POSITIONS AVAILABLE



Coaches
 Assistant Coaches
 Customer Service
 After School Staff
 Party Staff
 Camp Staff



"MOVIE NIGHT"

FRIDAY NIGHT September 1
9:30pm TO 11:30pm

FREE POPCORN AND SODA
GIANT SCREEN AND LEATHER SEATS



Gymnastics Association of Texas

www.gatx.org

P.O. Box 203445

Austin, TX 78720-3445

TO:

First Class Mail

**GAT website gets a new look for it's 40th Birthday!
Coming soon to www.gatx.org**