

# NEWS

Visit us online at [www.gatx.org](http://www.gatx.org) ♦ Proudly serving the gymnastics community for 40 years ♦ Summer 2006 Newsletter

## JOIN US IN CELEBRATING THE GYMNASTICS ASSOCIATION OF TEXAS' 40<sup>th</sup> BIRTHDAY!

2006 Convention Date:

**Labor Day Weekend, September 2-4, 2006  
at the Renaissance Austin Hotel**

Hotel info:

*(It fills fast every year! DON'T WAIT call them now!)*

Reserve your room at the convention site, before August 11  
by calling directly to the hotel!

Renaissance Austin Hotel

9721 Arboretum Blvd

Austin, TX 78729

(512) 343-2626

<http://marriott.com/property/propertypage/AUSSH>

Registration Timelines:

Early Bird Special Offered Online Only \$135.00  
(deadline 11:59 PM July 30th)

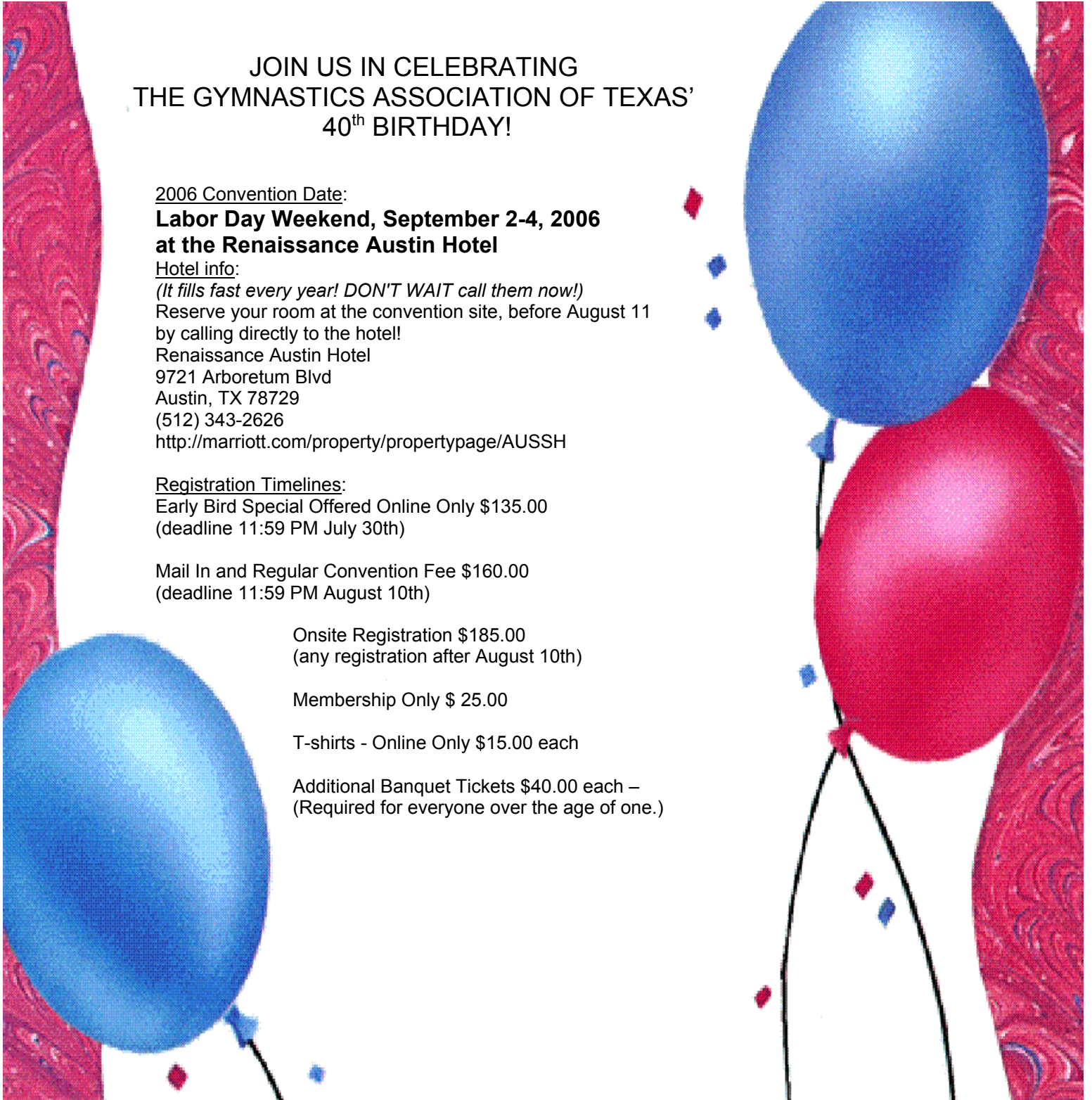
Mail In and Regular Convention Fee \$160.00  
(deadline 11:59 PM August 10th)

Onsite Registration \$185.00  
(any registration after August 10th)

Membership Only \$ 25.00

T-shirts - Online Only \$15.00 each

Additional Banquet Tickets \$40.00 each –  
(Required for everyone over the age of one.)



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## Notes from the Chairman

James Jeffers  
GAT Board Chairperson

Dear Members,  
Another great convention is in store for 2006. The groundwork has already been laid and board members are steadily building up to a fantastic event. Celebrating 40 years of service is going to be exciting. We hope everyone is able to come and join in the fun.

See you in September,

James K. Jeffers



## Notes from Cheryl

Cheryl Jarrett  
GAT Education Director

HEAR YE HEAR YE!!

GAT 2006 is on the way. With a BIG 40th to celebrate!! You know we don't look that old!!!

There are so many busy plans in the making you better not fall a sleep and miss this party! GAT 2006 will be filled with so many choices, so many new things to see, speakers, topics, and of course the ITP- Instructor Training Programs that fill up so FAST...WHEW.

We are adding requested things like:

First Aid  
CPR  
Child Abuse Prevention  
Instructor Training Program - Boys - Optional - NEW this year  
So much much more that I can't even name them all.  
Check out the web site for details. [www.gatx.org](http://www.gatx.org)

Be on the look out for the next GAT newsletter and get your staff ready to sing "Happy Birthday" in harmony as we prepare for a wonderful GAT 06!

GAT's 40th Birthday is going to be an educational celebration you DON'T WANT TO MISS!!

Plan now!

Cheryl Jarrett  
Director of Education- (who LOVES her job when you add the word...party!)

## REGISTRATION TIPS

Georgia Miller  
GAT Registration Director

WOW! I can't believe GAT is celebrating it's 40th Birthday! (How many of you can remember what you were doing 40 years ago.....how many of you weren't even born yet?)

This year GAT is again offering two ways to register for the convention. Either using our online method or by US Mail. Registration officially begins July 1st. The earlier you register the more you will \$ave!

Online registration is so simple and by taking advantage of our online only "Early Bird Special", before July 30th, you can save \$25 per person compared to mailing in your registration. Just visit our website, [www.gatx.org](http://www.gatx.org) and click on the CONVENTION button on the left hand side and then click on REGISTRATION. Follow the instructions and you will be able to register a gym full of coaches all at one time! Our online site is set up to take your credit card payments via PayPal.

Mail in registrations should include either your check or money order and must be post marked by August 10th. You may download a copy of the GAT registration form from the GAT website or use the form that is attached to this newsletter. You will need to include a form for each staff member you are registering.

This year Life Members can either mail in their completed registration form or email Georgia Miller at [gatxreg@sbcglobal.net](mailto:gatxreg@sbcglobal.net) to let her know if you will be attending or if you have a change in your address information. Georgia will have packets waiting for you when you arrive to the convention at the downstairs registration booth.

We've got a lot to celebrate! Can't wait to see you at GAT!

Georgia Miller  
Registration Director  
[gatxreg@sbcglobal.net](mailto:gatxreg@sbcglobal.net)

"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](mailto: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.



## "MOVIE NIGHT"

SATURDAY NIGHT

September 2

9:30pm TO 11:30pm

FREE POPCORN AND SODA  
GIANT SCREEN AND LEATHER  
SEATS

# ITP - 1 Dialogue

## “What do I do if...?”:

### Let the Expert Answer Your Questions!

by Beth Gardner - Co-author GAT Instructor Training Program 1

Over the years, I have had the great privilege and honor of speaking all over the United States. I have enjoyed meeting and talking with other coaches a great deal. Each time I speak, I am amazed by the vast amount of knowledge we share amongst ourselves during our gatherings, and I invariably gain as much as I impart. Open dialogue and discussion is imperative as we each strive to become better teachers for the children with whom we work.

As the Director for the GAT ITP1 and as a panelist on various Preschool Panel Round Table Discussions at USAG National and Regional Congresses, I have received many questions from coaches. Unfortunately, there never seems to be enough time to answer all of the questions submitted within the time allotted.

In our continuing endeavors to assist our GAT membership, in educating coaches, we are, therefore, instituting this column in our newsletter. If you have a question you would like answered, please feel free to submit it by email, and we will do our best to answer your questions.

Coaches submitted the following questions during various panel discussions or GAT Instructor Training Program sessions.

This Month's Topic: Parent Education

*1. I need new ways to educate parents other than newsletters.*

Parental education is tough, but it is very important. The more we can educate our parents, the more they will trust us as teachers. Talking to parents is, by far, the most valuable tool an instructor can use, investing time to personally discuss such issues as:

the purpose of the lesson plan and activities safety issues developmentally appropriate skill levels the progress of their child (this helps develop the parents' trust and respect in the instructor).

Parent and child classes are great opportunities for this relationship-building process to begin. I enjoy talking to my parents, because I know that the more I explain to them, the more they will respect and accept me as their child's teacher.

Very often, I will casually mention something about the developmental level of their child or make verbal note of the learning style cues to which their child seems to best respond. I find parents immediately take notice to these very small comments and once they realize I am observing their child closely, they respond with great respect, often asking more questions about what I have observed. This opens the door for communication and the parents are willing listeners. They love learning about their child, and they truly appreciate someone who invests interest in their child's well being.

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**“Open dialogue and discussion is imperative as we each strive to become better teachers for the children with whom we work.”**

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Another parent educational tool is posting lesson plans and explanations or “logics” of the lesson plans on bulletin boards in the parent observation area or lobby. This demonstrates to the parents that there are goals and purposes to the each of the activities.

*2. How do we educate the parents regarding appropriate skill levels, which constitute success?*

Skill sheets are tools for defining which skills will be taught in each class. Our gym is currently reassessing our use of skill sheets and creating new ones, which will better reflect the developmental level for

each class and age group. Once a parent knows which skills their child is ready to attempt, as well as which skills they must master prior to advancement, they are much more willing to wait for the “big skills.”

I also find when I explain that we do things in progressions for the safety of their child; they are less “pushy.” The word “safety” has immense power...use it...A LOT.

Further, if I get the feeling that a parent is becoming impatient regarding their child's advancement, I point out the “industry standards” and current sport science regarding their child's situation. This not only gives them a bit more information on which to base their opinions, but it also points out to them that I know EXACTLY what I am doing, and I have purpose behind my decisions and actions.

*3. How do you deal with a parent whose expectations are too high?*

This is where I like to use mind-games. (Yes, I do use mind-games...I have no shame.) If I see that a parent is expecting too much, I start by praising the child, directly, for the smallest accomplishments. I make sure the parent hears me praising everything the child accomplishes. Then, I turn to the parent and say, “HEY, MOM, ISN'T THAT AWESOME?” This puts them on the spot to acknowledge their child's progress.

Then, I brag to the parent about how well the child is doing. I use phrases like: “Wow, Mom! Do you realize I have kids who NEVER learn that?” or “THAT is really amazing for her age. Usually, it takes A LOT longer for a kid to learn that!” or, “I am SO proud of how he is learning to do this.” I, basically, start chipping away at their assumed expectations and replacing them with more realistic goals.

*4. How do you deal with a parent who sits and watches a 45-minute class, then complains because she isn't working hard enough and she is having too much fun?*

I diplomatically pause, and then thank the parent for noticing that the kids are having fun! I continue by explaining how difficult it is to convince children to do multiple repetitions of any skill, but that if they are having fun, I can get more repetitions



**2006 CONVENTION**  
**SEPT. 1 - SEPT. 4**  
**AUSTIN, TEXAS**

Reserve Your Hotel Room at the Convention  
 Site before August 20, 2006 by calling  
**Renaissance Austin Hotel**  
 (512)343-2626

Return Registration form & check to:  
**GAT Convention**  
**P.O. Box 203445**  
**Austin, TX 78720-3445**

PLEASE PRINT CLEARLY OR TYPE!

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

Last Name:		First Name:		
Home Address:		City:	State:	Zip:
Home Phone:		E-Mail Address:		
Business/School Name:				
Business School Address:		City:	State:	Zip:
Business Phone:		FAX #:		

# Remember...

- **ONLINE ONLY** - Early Bird Special price of \$135.00 if purchased before 11:59PM on **7/30/06**.
- Credit Card Payments accepted **ONLINE ONLY** through midnight **Wednesday, 8/30/06** using your Pay Pal account at [www.gatx.org](http://www.gatx.org).
- **ALL** refunds must be requested in writing, mailed to the GAT address above and postmarked before **8/10/06**. Refunds are available less a \$35.00 processing fee.
- Absolutely **No refunds** after **8/10/06**.

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

**NO MAIL-IN REGISTRATION  
 POSTMARKED AFTER AUGUST 10<sup>th</sup>!**

## Basic GAT Convention Registration Information

Please check appropriate box(es)

<input type="checkbox"/>	<b>GAT Convention Registration.</b> Registration Includes ALL Regular Lectures, Yearly Membership, Directory and Banquet if purchased or postmarked before 11:59 PM on 8/10/06.	<b>\$160.00</b>
<input type="checkbox"/>	<b>GAT ON-LINE &amp; ON-SITE Convention Registration.</b> Registration Includes ALL Regular Lectures, Yearly Membership, Directory and Banquet if purchased ON-LINE or ON-SITE after 8/10/06.	<b>\$185.00</b>
<input type="checkbox"/>	<b>Membership ONLY</b> (If you wish to be a member, but not attend convention).	<b>\$25.00</b>
<input type="checkbox"/>	<b>Extra Banquet Ticket</b> - All guests, including children, must have ticket.	<b>\$40.00</b>
<input type="checkbox"/>	<b>Extra GAT Directory</b>	<b>\$5.00</b>
<input type="checkbox"/>	<b>GAT 40<sup>th</sup> Anniversary T-Shirt</b> Please Indicate Size Ordered: <input type="checkbox"/> Youth Lg <input type="checkbox"/> Adult SM <input type="checkbox"/> Adult Med <input type="checkbox"/> Adult Lg <input type="checkbox"/> Adult XL <input type="checkbox"/> Adult XXL	<b>\$15.00</b>
<b>TOTAL to be paid by check to "Gymnastics Association of Texas"</b>		
<p><b>YOU MUST CHECK ONE OF THE BOXES BELOW!</b> 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 ITP course to receive your certificate.</p>		
<input type="checkbox"/>	<b>#101 - ITP I</b> - for teachers /coaches of co-ed recreational. 2-days, Saturday and Sunday.	No Add'l Charge
<input type="checkbox"/>	<b>#201 - GIRLS ITP II</b> - for teachers/coaches of girls Team Beginner - Level 6	No Add'l Charge
<input type="checkbox"/>	<b>#301 - ITP-BOYS I</b> - for teachers/coaches of boys recreational classes & compulsory teams (Beginners - Level 7). 2-days, Saturday & Sunday.	No Add'l Charge
<input type="checkbox"/>	<b>#302 - ITP-BOYS II</b> - for teachers/coaches of older &/or optional team boys (Levels 8-10 + High School & College). 2-days, Saturday & Sunday.	No Add'l Charge

### Are you attending the GAT 40<sup>th</sup> Anniversary Banquet?

- YES** I will be attending the Banquet or I'm undecided at this time.
- NO** I will NOT be attending the Banquet, please donate my ticket to an athlete.

OFFICE USE ONLY

Post Marked	Amount \$	Check #	# In Group

Don't forget to fold, secure, place stamp, & return address!



Don't forget  
postage!  
Place stamp  
HERE!

**TO: Gymnastics Association of Texas**  
**P.O. Box 203445**  
**Austin, TX 78720-3445**

from the kids. I build on that by explaining the purpose of the drills and how the kids continue to improve without even realizing it, as long as they don't perceive the activity as "work."

*5. How do I handle a parent who is convinced that their child is better than any other kid in the class?*

First, I validate the parent by agreeing with them that their child is "AMAZING." I brag on how well their child is doing and totally agree that their kiddo is doing "SO WELL!" I list all the things I am most impressed by in their progress, giving the parent the acknowledgment for which they are seeking.

Then, I follow up those statements by saying, "What I am looking for before I advance her is..." and I continue by saying, "I want to be confident that she will continue to feel the success she is experiencing, when she does advance. This will ensure that she will continue to be 'ahead of the game.' This, generally, satisfies the parent.

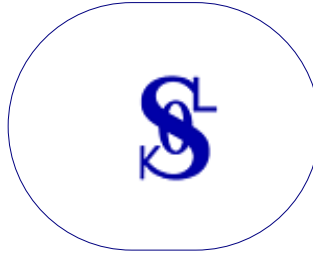
If you would like to submit a question send it to: [coachbeth@stonemedia.com](mailto:coachbeth@stonemedia.com)

Beth Gardner, Owner  
Heart of Texas Gymnastics  
Developer of Little Champs Preschool  
Materials  
Co-author GAT Instructor Training  
Program 1 (ITP-1)  
National KAT Instructor

## 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.)

### American Sokol - Southern District



American Sokol is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.

#### Contact Information:

President: Bob Podhrasky  
9110 Summer Glen, Dallas, TX 75243

#### Women's Director:

Lori Laznovsky (972) 316-8330  
[lorilaz4@yahoo.com](mailto:lorilaz4@yahoo.com)

#### Men's Director:

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[RomePARIS@aol.com](mailto:RomePARIS@aol.com)  
[www.geocities.com/sokolboi/Sokolstd.htm](http://www.geocities.com/sokolboi/Sokolstd.htm)

## Life Member Spotlight

(Excerpted from "A Life of Gymnastics" The collected biographies of the Honorary Life Members of the Gymnastics Association of Texas by Brian Schenk)

### LIFE MEMBER BIOGRAPHY: ROBERT COWAN



Robert Cowan receiving his Life Member pin from Dr. Darlene Schmidt at GAT 1984

Robert Cowan has been a Hoosier since 1985, but he was a Texan first. Before Robert became the USGF's (now USAG) National Program Director for Men in 1985, he was a leader in Texas gymnastics. Although national-level service has been his focus since 1985, anyone who had been around the sport in Texas for a while remembers Robert.

The central thing you remember - or will realize when you meet him - is his ENERGY! He has enormous, focused, driving energy. He is a dynamic, direct, determined man who makes the impossible possible.

That's what made his fellow Texans elect him a Life Member in 1984. He had worked actively in the sport since he first began coaching in 1968 at

Haltom-Richland Schools. He formed the Gyros competition team in 1968 and his teams were consistent prize winners in state and regional competition. His high school teams at Richland High School were perennial contenders for State Division II championships from 1971-1985. He coached both boys and girls over the years.

His colleagues in Texas honored him three times with the GAT Distinguished Service Awards, 1974, 1980 1984, and he received Honor Awards as a coach and national leader in 1976, 1980, 1983, 1984 and 1985. He was the HOST at the 1979 World Championships at Fort Worth and was the FLOOR MANAGER for gymnastics competition at the Olympics in Los Angeles. All this before he was on the USGF (now USAG) staff. His work in Indianapolis since 1985 is a "whole another story".

He persuaded, cajoled, annoyed, argued, pushed and shouted for gymnastics for 25 years. Sometimes his honesty and drive are startling to his colleagues. He's not a 'game player.' He cares about kids. He has elevated the sport in Texas and has had a profound effect upon hundreds of athletes from dozens of programs. He's in a class by himself.

## **MEN'S PROGRAM UPDATE AND GREG SCHRAM'S FIVE IDEAS:**

This GAT will have many things going on for the Men's Program!! As mentioned in the previous newsletters we have authors busy writing their sections for the text binder for the new ITP-Boys 2 course set to debut this GAT 2006. (ITP = Instructor Training Program). 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). The ITP-Boys 1 course will be back at GAT as well. It focuses on the Teachers/Coaches of Recreational Boys Classes and Compulsory Teams (Beginners – Level 7s). More info about Men's courses and lectures to come. Keep checking the website and reading your newsletters.

See below for five more recommendations (like submitted in the past newsletter) 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 IN A HALL WAY OF SPOTTING BLOCKS DRILL: (FX, PH, SR, VT, PB, HB) ALL LEVELS*

The boy climbs or kicks up to a handstand between big spotting blocks that are about two feet apart. With his hands centered between the blocks he tries to balance

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## **Be ready with a positive attitude, and leave your potential "baggage" of any problems behind when doing the class.**

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between the blocks without touching them unless absolutely necessary. This can be done on the floor, ground pommels, ring rocker, p-lets, or a low bar. This helps the boys become comfortable with the handstand and learn to lock it out and balance it. This drill should not replace the coach from spotting and fixing form while allowing the boy to try and balance the handstand between the coach's fingers. The drill should be used as a supplemental station.

### *2: PULL UP 'L' – PIKED INVERTED HANG – PULL UP 'L' AND REPEAT DRILL: (SR) ALL LEVELS*

On any set of high, medium, or low rings the boy pulls to a Pull Up 'L' position (which is a bent arm hang with legs held horizontally in front piking at the waist). The boy slowly rolls back while straightening arms ending up in a piked inverted hang (which is a completely piked position with legs held horizontally in back piking at the waist with nose to knees). The boy then pulls up and rotates forward back to the Pull 'L' position. Then he repeats back and forth holding each position. This helps prepare boys for rolling backwards while also training core rings strength skills.

### *3: STILL HALF TURN DRILL - (HB) ALL LEVELS*

On the high bar the boy hangs with a form enhancer (like a thin, one-inch slice of a foam pit cube) between his knees, ankles, under his chin, between his left ear and left shoulder, and between his right ear and right shoulder. Yes, this is 5 pit pieces at once. The goal is to work on overall body tightness when doing the half turn. The boys will need help getting the pit pieces in the right places, and usually a spot is required to help the boys initiate the turn at first.

Eventually the boys learn to turn on their own. The drill helps swinging half turns become tighter to eliminate the dreaded split leg half turns that we see at times.

### *4: STRETCH STATIONS EVERYWHERE: (FX, PH, SR, VT, PB, HB) ALL LEVELS*

This idea is simple common sense. We all know that gymnastics is very demanding on the body. This is especially true on the wrists and ankles. Therefore, when setting up stations on the events (especially p-bars and pommels for wrists, and floor and vault for ankles) make sure to include one or more stretching stations when able. This doesn't have to be done all the time, but it should be done often. This gives the boys a resting station and helps focus attention on the importance of stretching as well.

### *5: START THINGS WELL - ALL LEVELS*

This is more of a generic guide for teaching than a drill - similar to the last newsletter's 5th idea as well. Basically, start the class well. Be early, check the gym's calendar, your messages, your rotations, your progressions, plan your lesson, set up your events, and let the kids in on time ready to have a great and fun time. Be ready with a positive attitude, and leave your potential "baggage" of any problems behind when doing the class. The boys are there to see your best. Often they spend all week looking forward to seeing you and coming to gym. They don't want to see you mad, sad, or bored. They want to have fun, which is almost impossible unless you yourself are having fun as well. I tell my staff that when they are having bad days with problems at home, school, and/or at other jobs to compensate by having the

best day at gym. The boys will leave happy, and often your spirits are lifted up as well. It sounds corny, but it works – trust me. Until next newsletter's five ideas. Thanks and Take care!



-Greg Schram  
 GAT Men's Program Coordinator  
 ITP-Boys 1 & 2 Director, Co-Author,  
 Co-Speaker  
 (214) 415-7614 (cell / voice mail)  
[greg@schram.org](mailto:greg@schram.org) (email)  
<http://www.schram.org/greg>  
 (Greg's website) or  
[http://www.gatx.org/men\\_coordinator](http://www.gatx.org/men_coordinator)  
 (GAT's - Men's Program Coordinator  
 page)  
<http://www.gatx.org/itp-boys-1> (GAT's -  
 ITP-Boys 1 Website page)  
<http://www.gatx.org/itp-boys-2> (GAT's -  
 ITP-Boys 2 Website page)

## NAIGC NATIONAL CHAMPIONSHIPS AND MORE!

Forty-one colleges and universities gathered in Oakland, California for the National Association of Intercollegiate Gymnastics Clubs' (NAIGC) Gymnastics Championships, hosted by U C Berkeley in April. A total of 488 athletes competed; 358 women and 128 men came together to vie for national honors. Texas was well represented at the championships with 60 men and women from five of our universities: Baylor, Texas A&M, Texas Tech, Texas State, and UT Austin. In the Men's Division, the University of Texas won the Team Championship with the Texas A&M team finishing 5th. Four Texans placed in the top ten in All Around and brought home the Floor Exercise, Still Rings and Vault Gold Medals.

In the Women's Division, the University of Texas team finished 4th. Four of the top five vaulters were from our Great State, and three individual titles, Floor Exercise, Uneven Bars and All Around were won by Texans. Not a bad showing for Texas - with zero collegiate programs for men and only one for women. Yes, there is



Texans at NAIGC Nationals

gymnastics after high school ... even though we have our critics. In fact, some judges of these "club gymnasts" think college club gymnasts have "too much fun" ... they "fool around too much" ... they "disrespect the sport of gymnastics" ... they are "ruining the sport of gymnastics"... (As one club gymnast's parent put it, "When did gymnastics become the Holy Grail?") It seems that some of these judges (former coaches of these athletes), think that gymnastics is for them, and not for the gymnast. Oh, yes, and one judge, who is also a high school coach, was heard to say, "When they get an adult to run this program, I'll judge again". Well, these gymnasts ARE adults. They came through high school and private club programs where they worked under very difficult conditions in many cases, worked their tails off for these very judges and coaches, and then what? There are few if any coaches to work with them at the college level, little or no varsity teams nor scholarships available to them in gymnastics. So they workout and compete in campus recreational clubs or at local private clubs who understand the needs of these gymnasts.

These college sports clubs are organized and conducted by the students for the students. Those who participate in collegiate gymnastics clubs love this

sport. They want to learn more, they want to compete. However, there are some of the former coaches of these athletes who apparently are embarrassed by club gymnastics or maybe jealous of the fun these gymnasts have. Some of these critics of college club gymnastics seem to think that gymnastics is for them and not

for the gymnast. By the way, some of these same coaches and judges came up through the club gymnastics program. In fact, more of today's coaches and judges have worked out and competed in the college club gymnastics program than have been collegiate varsity athletes! The private club and college club programs are where our grass roots coaches and judges

are coming from, certainly not from the waning NCAA programs across the country.

And a word on safety. More injuries that occur to the gymnast happen when they are performing gymnastics skills than when they are performing exhibition stunts and skills. They have fun, they work hard, they play hard. The sport of Gymnastics is not about the judges and coaches, its about the athletes who LOVE the sport. They are the future of gymnastics here in Texas. Support them.



Gymnastics Association of Texas

[www.gatx.org](http://www.gatx.org)

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TO:

## First Class Mail

GAT would like to thank the following vendor's who have already confirmed booths at this GAT '06.

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