

GAT NEWS

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Dedicated to the gymnasts of Texas

Fall - Winter 2005 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.

Notes from the Chairman



James Jeffers
GAT Board Chairperson

Thanks to all who attended the 2005 convention. Speakers were fantastic and shared lots of new ideas along with many tried and true systems. The vendors brought a great array of products and services to help our programs run better and/or help our financial bottom lines. To all the fellow members who attended it was a great opportunity to share ideas, horror stories, success stories, and

generally let down for a weekend. It is kind of like group therapy in giant size. We have a great chemistry at our convention and I am most proud to be a part of this organization.

The value of attending the GAT convention has never been more real for my gym clubs than this year. Even after adjusting for a post Olympic year our enrollment was off to a slow start. The hurricanes' displacement of so many people impacted us even in central Texas. Gas prices certainly have eroded families' discretionary income, and with continued uncertainty about fuel and utility costs many people are cutting back. Thanks to marketing ideas received at GAT we are steadily attracting new and former students back into the gym. To keep our numbers it is simple necessary to get the word out even more than in past years. Also, keeping the quality level



Sandy and Allen Streeter

As you may know we have lost one of our own. Sandy and Allen Streeter were involved in a serious traffic accident near Decatur, TX Thursday evening (10.6.05) on their way to Colorado. Allen lost his life and Sandy

was critically injured but expected to recover. She is in the ICU at John Peter Smith Hospital in Ft. Worth. She suffered from a tear in the aorta and remains in critical condition. The Streeter family has requested that in lieu of flowers donations may be made in Allen's name to the Juvenile Diabetes Research Foundation at: JDRS.org

John Peter Smith Hospital Address is: 1500 S. Main, Fort Worth, Texas 76104
Phone: 817-921-3431
Sandy's home address is: 10240 Shadow Way, Dallas 75243. Her home phone is 214 231 5752 and her e-mail is apstreet@flash.net.

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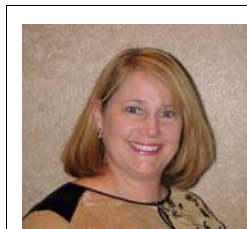
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of our programming high is the best way to compete with other sports and activities that call on families' time and money. Having our staff attend GAT is part of our annual game plan, and it has really helped us stay focused and work through this challenge rather than hitting the panic button.

As the board looks ahead we are excited about convention 2006. Cheryl has already started considering topic ideas and speaker candidates. Vicki and Georgia have ideas on making registration and convention administration even better. Technology enhancements will help make speaker's presentations even more effective. Numbers will be double checked so enough tables are set at the banquet. The board is always striving to improve. If any member has ideas on how to improve our convention please e-mail a board member.

Thanks to all,

James K. Jeffers



Notes from Cheryl

Cheryl Jarrett
GAT Education Director

Dear Friends of GAT:

Looking back to September - I believe GAT '05 was a very successful event because of you, each of you. The terrific exhibitors -- ever faithful to our Association, the many back stage workers who pour hours into GAT including the hotel and staff it is amazing how we all need each other to bring about success.

GAT 06 we will be bringing back ITP-2 Women's Coaching (updated) and our NEWEST ITP-Boys 2 - how exciting to see these complete curriculums coming. Teaching Teachers-Instructor Training Program at its best. Please help spread the GAT word. So many still have no idea who are or what we are about.

I hope your season is successful and your business and school programs are growing and sharing the experience from GAT 05 in some way. GAT 06 has

American Red Cross Hurricane Relief Fund

by Roland Rangel

GAT Membership Gives from the Heart

Our last minute Hurricane Relief Fundraiser for the American Red Cross collected \$101.00. All monies went the local chapter of the American Red Cross in Austin on Monday, September 5th. Thanks for all who donated.

already gotten underway with speakers waiting to come back to GAT. I am constantly reminded how people love to come speak and share with us. They love the energy and respect you all bring to them. There is just something different about GAT.

It is with great sadness that we have lost one of our precious family with Allen Streeter. Please take time to drop a note to MetroPlex soon. We all stop when such tragedy hits us.

Just to let you know if you have any ideas or would like to offer suggestions for speakers please do not wait. Now is the time. Take time to let your gymnastics family know how special those athletics are.

Cheryl Jarrett
Director of Education

Life Member Award

by Darlene Schmidt - Awards/Life Member Director

In 1967, the American Athletic Equipment Company presented the first "Life Membership" during the first meeting of CAT's parent organization, GTAT (Gymnastic Teacher's Association of Texas). The prestigious Life Membership Award has been presented each year since 1967 to an outstanding Texas leader in gymnastics. It is the most significant award, which may be presented to a Texas Gymnastics person by the Texas gymnastics community. Recipients, over the years, have been public school, collegiate, club, SOKOL, and physical education leaders. Each year the presentation of the Life Membership is a feature of the State GAT "Gathering" in the fall. Since 1975 the award has included a photo engraved plaque. The Executive Board, serving as the awards committee, with a lot of input from current Life Members, elects the Life Member each year.

LIFE MEMBER AWARD, 2005

PAT ETHREDGE: Katy:

Pat has served as State Judging Director for 24 years. She is a former gym owner, a Brevet Judge and is currently serving on the USAG Board. She has organized many educational sessions for judges and has served as speaker at numerous GAT Conventions. She has encouraged countless age group gymnasts to stay in the sport and compete in the collegiate program. To quote Pat, "It is always such pleasure to watch our gymnast go from the compulsory level to optional levels and then if it happens to compete at the college level, that is my greatest pleasure". GAT is pleased to present our 2005 Honorary Life Member, Pat Ethredge.

TIM ERWIN: Sugar Land:

Tim has been involved in gymnastics for more than 36 years. He competed on two Illinois High School State Championship Teams. He has coached many State, Regional, and National Champions. He

has coached at Houston Baptist University and worked with Junior and Collegiate gymnasts as the program's Head and Assistant Coach. He has coached many high ranking gymnasts, one of which, Steve McCain, became a 2000 Olympic Team Member and 1st Alternate to the 2004 Olympic Team. In addition, Tim has been a Nationally rated, or FIG rated judge for the last 22 years. Tim traveled as a representative for USAG with gymnasts and teams to



Pat Ethredge & Tim Erwin recipients of the 2005 GAT LIFE MEMBER AWARD

Russia and Japan. He served as a Junior National Team Coach, a JOPC Member as the Texas State Chairman, and currently serves on the Texas State Executive Committee, and is the Treasurer of the Sims Scholarship Fund. Tim helped author and continues to help speak at GAT for the Instructor Training Program for teachers and coaches of boys and girls classes and teams. In 2005 he hosted the Men's JO National Championships. Tim is currently the Director and Coach at the Houston Gymnastics Club of the JCC in Houston. GAT is pleased to present our 2005 Honorary Life Member, Tim Erwin.

MEN'S OVERVIEW:

GENERAL LECTURES + ITP-BOYS 1
COURSE SUCCESS AGAIN AT GAT!!
ITP-BOYS 2 GETTING READY!!
by Greg Schram

At GAT 2005 we had many exciting lectures for the Men's Program! The event seminars had videos, live demonstrations, and/or technical displays. There were others on strength and sports psychology that were popular. We ended GAT with a panel discussion and "round table" style of Q & A to discuss gym concerns. Thanks to all the Men's Speakers!! Each year GAT will try to make the convention a fun and educational experience. If you have questions, comments, or concerns about the Men's Program seminars let me know.

The Instructor Training Program for Teachers and Coaches of Boys Recreational Classes and Compulsory Teams (ITP-Boys 1 – covering Beginners up to Level 7) was another success for its fourth year!! The course was updated already last year to match the new 2005-2008 quadrennium. The binder going along with the course is very helpful to have in your gym as an excellent resource covering nearly every aspect of Men's Gymnastics.

HERE ARE SOME QUOTES FROM PARTICIPANTS WHO WERE IN THE COURSE THIS YEAR:

IT WAS GREAT! I LEARNED A LOT! I HAD A GREAT TIME! IT REFRESHED MY COMMON KNOWLEDGE!! I THOUGHT THAT HAVING DONE GYMNASTICS AND HAVING COACHED FOR A FEW YEARS THAT THE COURSE WOULD BE BORING...BUT THE OPPOSITE IS TRUE! I FOUND IT VERY ORGANIZED, INFORMATIVE, AND INTERESTING. AFTER SEEING THE 6 EVENT VIDEOS, HAVING LECTURES, DOING SPOTTING ON ALL THE EVENTS, AND CREATING LESSONS... THE COURSE DIDN'T JUST COME TOGETHER IT SLAMMED TOGETHER PERFECTLY!! THIS WAS AWESOME!!!

DIRECTORS, AUTHORS, CONSULTANTS, PRESENTERS, AND/OR HELPERS: Greg Schram, Bret Stout, John Stout, Bill Foster, Tim Erwin, Gil Elsass, Kevin Muenz, Sean Sims, and Richard Hancock.

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 the participants' teaching, coaching, and/or coordinating in a more fun, safe, and productive manner. An extension of the above is that no gymnast, teacher, or coach should be turned away from the sport of Men's

We are in the process of authoring and gathering speakers for the ITP-Boys 2, which will focus on older & optional boys.

Gymnastics when he/she has the desire to have fun and to learn.

TOPICS: Philosophical Aspects of Teaching Boys, Making a Boys Program Profitable, Fitness (Flexibility/Strength/Endurance), Floor Exercise, Pommel Horse / Mushroom, Still Rings, Vault Horse / Table (including Mini-Tramp & Trampoline), Parallel Bars, Horizontal Bar, Hands-On Spotting on All Boys Events, Games, Cycles and Lesson Planning Components, Organizational Aspects of Teaching Boys, and Making Boys Classes and Teams Fun!

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. Men and Women Teachers, Coaches, Program Coordinators, Gym Owners, and Judges would all benefit

from this program. This 12 hour course utilizes 14-15 interactive and practical seminars covering a wide range of topics necessary for effective training of basic to advanced level boys skills. (Lectures, Videos, Active Participation, and Group Work are all included in the ITP-Boys 1).

Note: We opened the course up to everyone this year like we did in its first year back in 2002. This was to help those people who wanted to have the flexibility to "pop-in" and out of the lectures that they specifically wanted to see while being able to go to other general seminars as well. This also helped people who wanted a "refresher" who were in the course before. The course ended up having 46 participants!

SPECIAL THANKS! Thanks to Gil Elsass for allowing us to use his gym, equipment, and the many boys who gave up their Labor Day weekend to help out as demonstrators for the course!! Thank you also to Richard Hancock who helped with the spotting seminar. And naturally, thanks to all of the speakers, authors, presenters, and participants!!!

ITP-BOYS 2!!!: We are in the process of authoring and gathering speakers for the ITP-Boys 2, which will focus on older & optional boys. That course will hopefully be coming next year to GAT in 2006! Send questions, comments, & concerns to Greg. Look for more info to come!!!

BE SURE TO REGISTER EARLY FOR THE COURSE NEXT YEAR!! SEE YOU THEN!!!



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)

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. (Updated for 2005-2008 - has hundreds of ideas for your classes & teams!)		\$33	
2	Drills, Stations, & Progressions (Part 2) - all events! - 75 min. (Updated for 2005-2008 - 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! (New! - National Congress Seminar - Lecture & Video Presentation)		ONLY \$25	
12	CD - Men's Developmental Gymnastics Component Files (Updated for 2005-2008 - 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.

THANK YOU to these fine vendors

Make sure to utilize these resources when making your next gym related purchase.

- Alpha Factor
- Classroom Systems Inc
- Crown Trophy
- Dollamur Inc
- Dreamlight Activewear
- Dreary Gymnastics Supply
- Elite Sportswear
- Elite Technology Company
- Fabulous Fundraisers
- GTM Sportswear
- Gym-Trix, Inc.
- Hasty Awards
- Jackrabbit Technologies
- Marsha's Sportswear
- Money Movers of America
- MV Gym Software
- Norbert's Athletic Products
- NRA Gym Supply
- Pizzazz Photo
- Ross Athletic Supply
- Satara Leos Ltd
- Snowflake Designs
- Spieth-Anderson
- Summit America Insurance Services
- Synder Insurance Services, Inc.
- The Sports Source
- Tumble Trak
- U.S. Glove Inc
- Vaughn Software Services



Instructor Training Program - 1 Review

by Beth Gardner - GAT ITP-1 Director

Hey Everyone!

THANK YOU ALL so much for your continued support of our Instructor Training Program 1 for preschool and recreational coaches! This year's ITP1 was AWESOME! We had a wonderful group of coaches with whom to work and we had a lot of fun getting to know them. We certainly hope that each of the coaches who participated in the course gained as much from the experience as we did in working with them.

We would like to extend a special thanks to Linda Thorberg who did such a great job as our guest lecturer. THANK YOU, Linda for making the trip to GAT and lending us your time and knowledge! We appreciate you so much!

I would also like to thank Barry Heinley for agreeing to join the ITP1 team along with Annette Thomas and myself as we look toward expanding the ITP1 course over the next couple of years. Our goal is to have an additional course in place by 2007 that will more specifically cover recreational coaching, separate from preschool. This will enable us to cover more topics specific to the needs of preschool and recreational coaching, thereby expanding the educational opportunities for the coaches of Texas and the other states represented at GAT each year.

It is through your continued support that we are able to continue to grow and expand the ITP programs. Thank you so much for giving us that support as we continue to strive to provide the absolute best GAThing possible!

I would also like to take a moment to send my best regards to Sandy Streeter and her kids as well as the rest of the Metroplex Gymnastics family as we keep them all in our thoughts and prayers. Sandy, you remain in my thoughts daily as I pray for your complete and speedy recovery. I know that we all stand ready to help you guys out

in any way possible.

Thank you all again for your belief in and support of the ITP1! See ya'll at GAT '06!



Beth Gardner
ITP 1 Director

GAT Executive Advisor Honored

Dr. Darlene Schmidt was honored by being presented a plaque of appreciation by the USA – Gymnastics Women's committee during their Summer 2005 Meeting.

The plaque reads:

For years of Service Molding Our Texas



Athletes, Texas USA Gymnastics Would Like To Recognize Dr. Darlene Schmidt For Being An Ideal Role Model For Our Youth. Your Efforts Have Not Gone Unnoticed. Juergen Achtermann State Chairman

GROUP GYMNASTICS

by Jodie Trncak GAT Group Gymnastics Director



1. TeamGymn Competition Schedule: February 18, 2006 at Biron Gymnastics, Houston, Texas

April 8, 2006 at Manning Gymnastics, Victoria, Texas

May 20, 2006 (Tentative) State Meet - Aerialettes, San Antonio, Texas

For more information contact: Jodie Trncak – email: coachjodie@hotmail.com

2. Performance Gymnastics: National Meet, Indianapolis, Indiana – July 20-23, 2006
Email: whitlock@usa-gymnastic.org

3. World Gymnasestrada – July 13-17, 2007, Dornbirn, Austria (You must qualify at Nationals in order to participate in this event)



OU Men and TWU Women in gymnastics exhibition at the new Saginaw High School

by Eric Briley

The OU men's gymnastics team and the TWU women's gymnastics teams performed a free exhibition at the new Saginaw High School Gymnastics Center on Sept. 24th. They did the exhibition to help promote Texas High School Gymnastics and also to let the Saginaw area witness some college level



gymnastics. There was a great turn-out with around 500 fans in attendance. Afterwards the two teams enjoyed dinner together. They got to "hang out" for a while and visit.

Coach Eric Briley would like to thank all those in attendance and especially the two teams for giving up a Saturday for this cause.

Notes from the Convention Coordinator

by Vicki Bounds
GAT Convention Coordinator

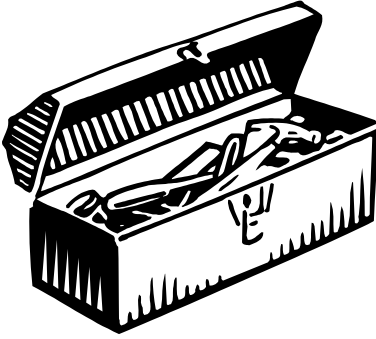
Thank you all for attending this year's GAT Convention! We had very wonderful comments from both participants and speakers and we look forward to seeing everyone at next year's convention.

The Ceremony of Honors held a record number of people the year! We thank everyone for attending and honoring these special guests.

Again, thank you for coming to this year's GAT and we look forward to serving you next year!



Vicki Bounds
GAT Convention
Coordinator



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