



USA GYMNASTICS INFORMATION

Member Services



We're here to help
Promote respect. Prevent abuse.



Call to Action!

USA Gymnastics' Nominating and Governance Committee is actively inviting expressions of interest from individuals desiring to serve on Standing Committees of the Board of Directors.

[Click here](#) to learn how you can submit your interest today!

Trampoline and Tumbling Region Realignment

The USA Gymnastics Trampoline and Tumbling program has an important update for all trampoline and tumbling members, regarding the realignment of several T&T regions.

Starting January 2018 the following changes will take effect:

Colorado will move from Region 3 to Region 1

Kansas will move from Region 3 to Region 4

Arkansas and Louisiana will move from Region 3 to Region 5

[Click here](#) for more information.

Fuel like
Team USA

CHOBANI

GET RECIPES ▶



Club Services

Webinar for Club Owners

We encourage club owners to register for the next USA Gymnastics Webinar covering "Mentoring the Future: Transitioning Family Owned Clubs" on Wednesday, Nov. 1 at 1 p.m. ET. Our guest speaker Elaine Jewart from Jewarts Gymastics, will cover better business practice tips, how to create an efficient succession plan, information on transitioning leadership roles, and more! [Click here](#) to register.



USA GYMNASTICS.

WEBINARS

Member Club Benefits

[Click here](#) to view the Member Club Benefits. Member Clubs can expect kits to arrive next week. Check out an additional benefit, the [USA Gymnastics Steps to Success](#) document for more information on courses and policy updates needed to be in good standing with the organization.



Club Services Handouts

Keep young gymnasts engaged with handouts and clipart from the Club Services resource page. [View](#) the Halloween coloring handout for your fall classes.



BETTER ATHLETES. BETTER PEOPLE

Young athletes have the ability to process complex information when communication is presented at a level they

can understand. View [this video](#) from USA Gymnastics Partner, Positive Coaching Alliance, for more tips on coaching youth sports.

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SAVE UP TO 35% ON #PGCHAMPS ITEMS!

Be a part of the team!

Grab some of our latest gear from P&G Championships at [USA Gym Store.com](#)!

Take advantage of partner travel discounts.

Fly United

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UNITED

Proud to fly Team USA for over 35 years

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Education

2018 Congress Dates & Locations

National Congress Providence, RI- Aug., 8-11

Region 1 Congress San Jose, CA- Aug., 24-26

Region 2 Congress

Beaverton, OR-June 30-July 1

Region 3 Congress Dallas, TX- June 16-17

Region 4 Congress St. Louis, MO-June 15-17

Region 5 Congress Louisville, KY-Sept., 14-16

Region 8 Congress

Winston Salem, NC-June 8-10

Registration for each congress starts soon! An announcement will be placed on the USA Gymnastics website and the Member Services Facebook page when registration begins!



Upcoming R102, R103 and M200 Courses R102 & M200 in Cary, NC

Register today for the [R102 Preschool Fundamentals](#) course on November 4 and the [M200 Men's Development Coaches' Course](#) on November 5 at in Cary, NC.

R102 & R103 in Douglasville, GA

Register today for the [R102 Preschool Fundamentals](#) course on November 10 and the [R103 School Age/Recreational Course](#) on November 11



[Click here](#) here to register for these courses and more!

Interesting in hosting a live course in your gym? [Click here](#) to find out how!

Upcoming Events

2017 T&T World Championships & World Age Group Competition

Sofia, Bulgaria, will host the upcoming T&T World Championships and World Age Group Competition November 9-19, 2017, at the Armeck Sports Hall. [Click here](#) to learn more!



2018 Gymnastics Triple Cup Weekend

A big weekend of gymnastics is coming to Chicagoland in 2018! In a span of two days, fans can see three exciting events at the Sears Centre Arena, March 2-3, that between them feature top and rising stars from the

WHERE GYMNASTICS CHAMPIONS ARE BORN!

AT&T American Cup

March 3, 2018 • Chicago, IL

A FIG WORLD CUP EVENT

TICKETS ON SALE NOW!

USA and around the world - AT&T American Cup, Nastia Liukin Cup, and Elite Team Cup.

Tickets are on sale now! [Click here](#) to purchase. Member Clubs can save on group tickets for 10 or more by downloading the [Gym Club Ticket Order Form](#).

2019 World Gymnastrada

Join the USA Gymnastics delegation to the 2019 World Gymnastrada. [Click here](#) to fill out an intent form for more information!

