

USA GYMNASTICS UNIVERSITY

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Welcome to USA Gymnastics University.

USA Gymnastics is proud to present the university as it is... **"Redefining Gymnastics Education."** Please take some time to peruse the university and all of its offerings. Frequent this website for up-to-date course schedules, coaching video tips, and many coaching resources. If you need assistance in planning for your educational journey, please contact Educational Services as we are here to help you reach your professional and educational goals.

Click On A School Below To Learn More:



U.S. CENTER FOR SAFESPORT

Education Updates

- NEW: B414: Managers and Directors Hands on Training
- New course: Y207: Ballet for Rhythmic Gymnastics
- A203: Acrobatic Gymnastics Meet Director Exam
- New course: U110 - USOC SafeSport
- New Course: J416 Level 9 Composition
- New Course: J205 - Double-Goal Coach@: Culture, Practices and Games
- New course: J312 - Beginning Optional Skill Evaluation: Balance Beam Acro
- Concussion Fact Sheet for Athletes (PDF)



USA GYMNASSTICS UNIVERSITY

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School of Competitive Gymnastics - Women

ENROLL NOW!

With the Women's Artistic Gymnastics Emphasis, one may achieve four certificate program options. Each certificate offers a unique set of courses to equip coaches with the knowledge required to achieve excellence. The certificate programs are progressive and one must complete one certificate level prior to moving to the next. Coursework for the next certificate program can be pursued at any time.

Instructor

The *Instructor Certification* is for those who are just beginning to coach gymnastics. The course(s) required for this certification provides a good foundation for future development of coaching skills and techniques.

- All gymnastics disciplines will be engaged
- Available to all coaches, instructors, and teachers
- Focuses on beginning levels of gymnastics

Course Requirements:

- U100: Fundamentals of Gymnastics Instruction

Junior Olympic Development Coach

The *Junior Olympic Development Coach Certification* focuses on educating coaches with gymnasts who are at the pre-team and/or beginning compulsory levels (levels 1-5 Xcel). The courses required for this certification enhances coaching skills and strengthens training techniques for gymnasts at the previously stated levels.

Course Requirements:

- You must be Instructor Certified**
- U101: Safety & Risk Management
- U107: Pro First Aid with Skills Training or U108: Pro First Aid
- U200: Development Coaches Course: Sports Science
- W200: Development Coaches Course: Hand On Training (HOTD)

Courses

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress

Junior Olympic Team Coach

The *Junior Olympic Team Coach Certification* provides the course work to enhance one's coaching skills and techniques as they relate specifically to athletes at the competitive compulsory and/or beginning optional level (levels 5 - Xcel). This certification offers greater flexibility in course selection to address one's specific needs to achieve excellence.

Course Requirements:

- **You must be Instructor AND Junior Olympic Development Coach Certified**
- W300: Women's Junior Olympic Coaches Course
- U109: Bloodborne Pathogens

National Coach

The *National Coach Certification* is for coaches working with optional level athletes (Level 9/10, Elite). The certification offers courses that will help coaches develop skills and techniques that will foster growth, improvement, and excellence with one's athletes and one's self.

Course Requirements:

- **You must be Instructor, Junior Olympic Development Coach AND Junior Olympic Team Coach Certified**
- W400: Women's National Coaches Course

- W200: Development Coaches Course: Hands On Training Course (HOTD)
- W202: Women's Meet Director Course
- W300: Women's Junior Olympic Coaches Course
- W310: Regional Junior Olympic Compulsory Workshop
- W311: National Junior Olympic Compulsory Workshop
- W315: Junior Olympic Regional Training Camp - Please see your Regional website for details
- W316: Beginning Optional (Level 6/7) Camp
- W317: Intermediate/Advance Optional Camp (Level 8-10)
- W400: Women's National Coaches Course
- W410: Development Training Camp
- W411: Junior Olympic National Team Training Camp (invitation only)
- W412: Junior Olympic 9/10 Camp (invitation only)
- W413: National Training Camp (invitation only)
- W414: Elite Zone
- J313 - Beginning Optional Skill Evaluation: Dance for Balance Beam
- J501 - 2018-22 Level 10 Judges' Course

Visit the USA Gymnastics Library for additional education/resources

General Requirements For University Admission

The certificate program can be earned by completing designated "core" course work and school specific courses. Courses and other requirements vary depending on the school of study and the specific certificate program.

Regardless of what area of study one chooses, everyone within the university must:

- Successfully complete U100: Fundamentals Of Gymnastics Instruction Course (online)
- **Be a current USA Gymnastics Member (Professional, Junior Professional, Instructor).**
- Be responsible for knowing the course requirements for the certificate program they are pursuing. (While course requirements can and will change for different certificate programs, those who have already received their certificate will maintain as active/current.)

Note:

- Admission to multiple schools within the university is permitted.
- Course requirements are subject to change at any time.
- Designated purchased technical material, and free downloads are eligible for credit. Proper paperwork for credit must be submitted to USA Gymnastics.
 - Coaches with previous USA Gymnastics education and vast practical experience can apply for pre-placement in the university (Deadline 7/31/14).

Additional Resources

- [Click here](#) for great athlete gift ideas.



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Complete Course Catalog

Courses are organized by the school/emphasis. One can identify a course/school/emphasis by the first letter (i.e., U, R, W), and, generally, the level of the course by the following three (3) numbers (i.e., 100, 101, 200). The descriptions provide one with a general sense of what the course/event is like, and offer a brief overview of what one may learn while attending. Each instructor/coordinator of a given course is responsible for communicating any further information.

- U: General University Course Work
- R: Recreational Gymnastics Specific Courses
- W: Women's Program Specific Courses
- M: Men's Program Specific Courses
- B: Business Specific Courses
- T: Trampoline & Tumbling Program Specific Courses
- G: Group Gymnastics/Gymnastics for All Program Specific Courses
- Y: Rhythmic Program Specific Courses
- A: Acrobatic Program Specific Courses
- J: Judging Specific Course

School Of Recreational Gymnastics

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- M200 Men's Development Coaches' Course: Hands-On Training
- R101: Preschool Fundamentals Theory
- R102: Preschool Fundamentals: Hands on Training (HOTPS)
- R103: School Age: Hands on Training (HOTSA)
- R104 GymCert Level 1
- R105 GymCert BOY'S Level 1
- R204 GymCert Level 2
- R205 GymCert Level 3
- R301 Brain & Body: Beyond Basics
- W200: Development Coaches Course: Hands On Training (HOTD)
- Y200: Rhythmic Development Coaches Course
- T200/T201: Trampoline & Tumbling Development Coaches Course (Level 1)
- B101 Business Foundations 1
- B201 Business Foundations 2

School Of Competitive Gymnastics

Women's Artistic

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- W200: Development Coaches Course: Hands On Training Course (HOTD)
- W202: Women's Meet Director Course
- W200: Women's Meet Director Course

Complete Course Catalog

Courses are organized by the school/emphasis. One can identify a course/school/emphasis by the first letter (i.e., U, R, W), and, generally, the level of the course by the following three (3) numbers (i.e., 100, 101, 200).

The descriptions provide one with a general sense of what the course/event is like, and offer a brief overview of what one may learn while attending. Each instructor/coordinator of a given course is responsible for communicating any further information.

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- G: Group Gymnastics/Gymnastics for All Program Specific Courses
- Y: Rhythmic Program Specific Courses
- A: Acrobatic Program Specific Courses
- J: Judging Specific Course

School Of Recreational Gymnastics

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress

- M200 Men's Development Coaches' Course: Hands-On Training
- R101: Preschool Fundamentals Theory
- R102: Preschool Fundamentals: Hands on Training (HOTPS)
- R103: School Age: Hands on Training (HOTSA)
- R104 GymCert Level 1
- R105 GymCert BOY'S Level 1
- R204 GymCert Level 2
- R205 GymCert Level 3
- R301 Brain & Body: Beyond Basics
- W200: Development Coaches Course: Hands On Training (HOTD)
- Y200: Rhythmic Development Coaches Course
- T200/ T201: Trampoline & Tumbling Development Coaches Course (Level 1)
- B101 Business Foundations 1
- B201 Business Foundations 2

School Of Competitive Gymnastics

Women's Artistic

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- W200: Development Coaches Course: Hands On Training Course (HOTD)
- W202: Women's Meet Director Course
- W300: Women's Junior Olympic Coaches Course
- W310: Regional Junior Olympic Compulsory Workshop

- W311: National Junior Olympic Compulsory Workshop
- W315: Approved Junior Olympic Regional Training Camp - Please see your Regional website for details
- W316: Beginning Optional (Level 6/7) Camp
- W317: Intermediate/Advance Optional Camp (Level 8-10)
- W400: Women's National Coaches Course
- W410: Development Training Camp
- W411: Junior Olympic National Team Training Camp (invitation only)
- W412: Junior Olympic 9/10 Camp (invitation only)
- W413: National Training Camp (invitation only)
- W414: Elite Zone
- J311 – Beginning Optional Skill Evaluation: Uneven Bars
- J312 – Beginning Optional Skill Evaluation: Balance Beam Acro
- J313 – Beginning Optional Skill Evaluation: Dance for Balance Beam
- J412 - Optional Beam Connections: To Give or Not to Give
- J416 - Level 9 Composition (this course is being updated)
- J501 - 2018-22 Level 10 Judges' Course

Men's Artistic

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- M200 Men's Development Coaches' Course: Hands-On Training
- M210: Men's USA Gymnastics State Clinics - See your State website for details
- M211: Men's USA Gymnastics State Camps - See your State website for details

- M310: Men's USA Gymnastics Regional Clinics - See your Regional website for details
- M311: Men's USA Gymnastics Regional Camps - See your Regional website for details
- M401: 2016-2020 Men's Age Group Competition Program Workshops
- M410: Men's USA Gymnastics National Camps (invitation only)
- M411: Men's National Team Camp (invitation only)
- M412: Men's National Coaches Workshop

Trampoline & Tumbling

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- T200/ T201: Trampoline & Tumbling Development Coaches Course (Level 1)
- T210: Trampoline & Tumbling Annual Update
- T300: Trampoline & Tumbling Junior Olympic Team Coaches Course
- T301: Trampoline & Tumbling Junior Olympic Team Coaches Course: Hands on Training
- T302: Understanding Junior Olympic Code of Points
- T303: Understanding Difficulty
- T311: Elite Development Program Team Camp
- T312: Trampoline and Tumbling Scholarship Camp
- T313: Trampoline & Tumbling National Team Camp
- T315: Trampoline & Tumbling State Clinic - See your State website for details
- T316: Trampoline & Tumbling Regional Clinic - See your Regional website for details
- T400: Trampoline & Tumbling National Coaches Course
- T401: Understanding Elite Code of Points
- T402: International Readiness

- T500: Trampoline & Tumbling Lectures

Topics may include:

- Preschool Trampoline & Tumbling
- Developing a Daily Training Plan
- Trampoline & Tumbling Developmental Pipeline
- Motivating Athletes for Daily Training
- 100 Things to do before you flip
- 100 Things to do after you flip
- Dynamic Warm Up
- Trampoline & Tumbling Your Key to Growth and Retention
- How to start a trampoline & tumbling program
- Double Mini Trampoline Progressions
- Workout Strategies for Long Term Success
- Double Mini-Training for Success
- Gymnastics Physics made easy 10 simple rules to learn
- X- Factor in Tumbling
- Double Time- Progressions for easy learning
- The takeoff position your key to altitude/amplitude
- Spotting techniques for trampoline
- Techniques for high bouncing
- Tumbling Progressions Skills & Routines
- Using Periodization in your training
- Ready to Fly? Time for a Trampoline & Tumbling Team
- Trampoline Progressions for Multiple twisting flips
- Building an Optional Routine
- Training Elite level skills
- CORE Stability
- Technique Hands on Spotting for Trampoline, Double Mini & Tumbling
- Drills for Building Junior Olympic Skills

Gymnastics for All

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid

- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- G201: Gymnastics For All Seminars: Rules & Technical Updates
- G202: Power TeamGym Judging Exam
- G203: Gymnastics For All Seminars: Developmental Training
- G210: Gymnastics For All Development Coaches Course
- G301: Gymnastics For All Seminars: Junior Olympic Development Training
- G303: Gymnastics For All Seminars: Junior Olympic Training
- G310: Gymnastics For All Training Camp
- A200: Acro-Basics
- A206: Level 5/6 Acrobatic Coach's Exam
- A207: Level 7/8 Acrobatic Coach's Exam
- A402: Acro Optional Workshop
- T200/ T201: Trampoline & Tumbling Development Coaches Course (Level 1)
- T300: Trampoline & Tumbling Junior Olympic Team Coaches Course
- T315: Trampoline & Tumbling State Clinic - See your State website for details
- T316: Trampoline & Tumbling Regional Clinic - See your Regional website for details
- T400: Trampoline & Tumbling National Coaches Course
- Technical USA Gymnastics Material
 - G105: How to Start a General Gymnastics Program

Rhythmic Gymnastics

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U103: USA Gymnastics Fitness
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport

- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress
- Y200: Rhythmic Development Coaches course
- Y207: Ballet for Rhythmic Gymnastics
- Y300: Rhythmic Junior Olympic Team Coaches Course
- Y302: Rhythmic Junior Olympic Judges Course
- Y310: Rhythmic Future Stars camp
- Y311: National Rhythmic Educational Clinic
- Y400: Rhythmic National Coaches Course
- Y402: Rhythmic National Judges course
- Y410: Youth Elite Squad camps
- Y502: Rhythmic Brevet Judges Course
- Technical USA Gymnastics Material
 - Y105: How to Start a Rhythmic Program
 - Y106: Building Blocks: A Developmental Approach to preschool Rhythmic gymnastics
 - Y107: Beginner Ballet for Rhythmic Gymnastics

Acrobatic Gymnastics

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U105: Double-Goal Coach®: Coaching for Winning and Life Lessons
- U107: Pro First Aid with Skills Training
- U108: Pro First Aid
- U109: Bloodborne Pathogens
- U110: SafeSport
- U200: Development Coaches Course: Sports Science
- U205: Double-Goal Coach®: Culture, Practices, and Games
- U301: Stewards of Children
- U302: Recognizing and Responding
- U305: Double-Goal Coach®: Developing Triple-Impact Competitors
- U310: Regional Congress
- U410: National Congress

- A200: Acro-Basics
- A203: Acrobatic Meet Director Exam
- A205: Pre Team handbook
- A206: Level 5/6 Acrobatic Coach's Exam
- A207: Level 7/8 Acrobatic Coach's Exam
- A310: National Judges Course
- A312: Acrobatic Regional Clinic
- A402: Acro Optional Workshop
- A403: Acro Training Camp

School Of Business

- U100: Fundamentals of Gymnastics Instruction
- U101: Safety & Risk Management
- U301: Stewards of Children
- U302: Recognizing and Responding
- U310: Regional Congress
- U410: National Congress
- B101: Business Foundations 1
- B201: Business Foundations 2
- B202: Creating an Outstanding Customer Care Culture
- B301: Business Foundations 3
- B302: Business Foundations 4
- B401: Business Foundations 5
- B402: Business Foundations 6
- B410: USA Gymnastics Business Forum
- USA Gymnastics Regional Business Forum
- B411: Jeff Metzger's Club Owners Boot Camp
- B412: 3rd Level: Business Brain Trust Conference
- B413: The SUMMIT Professional Development
- B414: Managers and Directors Hands on Training

School Of Judging

- J205 - Honoring the Game: The Official's Role in Creating a Positive Youth Sports Culture
- J311 - Beginning Optional Skill Evaluation: Uneven Bars
- J312 - Beginning Optional Skill Evaluation: Balance Beam Acro

- J313 - Beginning Optional Skill Evaluation: Dance for Balance Beam
- J412 - Optional Beam Connections: To Give or Not to Give
- J416 - Level 9 Composition (this course is being updated)
- J501 - 2018-22 Level 10 Judges' Course
- T303: Trampoline & Tumbling Understanding Difficulty



MEMBER LOGIN

NEWS

- USA's top gymnasts compete this week at 2019 U.S. Championships
- Watch the first episode of "All Around," featuring Morgan Hurd
- USA wins men's silver and bronze, women's silver trampoline medals at 2019 Pan American Games
- Griskenas, Feeley win rhythmic gold medals at 2019 Pan American Games
- All-session tickets for 2020 U.S. Olympic Team Trials - Gymnastics

Search Search

Search only home_page posts

Year

- 08/06/2019 - USA's top gymnasts compete this week at 2019 U.S. Championships
- 08/06/2019 - Watch the first episode of "All Around," featuring Morgan Hurd
- 08/05/2019 - USA wins men's silver and bronze, women's silver trampoline medals at 2019 Pan American Games
- 08/05/2019 - Griskenas, Feeley win rhythmic gold medals at 2019 Pan American Games
- 08/05/2019 - All-session tickets for 2020 U.S. Olympic Team Trials - Gymnastics go on sale Aug. 8, 2019
- 08/04/2019 - Griskenas wins hoop, ball golds in rhythmic event finals at 2019 Pan American Games
- 08/04/2019 - USA advances to men's, women's trampoline finals at 2019 Pan American Games
- 08/03/2019 - Griskenas, Feeley go one-two in rhythmic all-around, U.S. group nabs silver at 2019 Pan American Games
- 08/02/2019 - Griskenas, Feeley sit atop rhythmic preliminary all-around rankings at 2019 Pan American Games
- 08/01/2019 - Rhythmic gymnastics, trampoline begin this weekend at 2019 Pan American Games
- 07/31/2019 - USA wins four medals on the final day of event finals at the 2019 Pan Am Games
- 07/30/2019 - Neff, McCusker, Wong win event medals at 2019 Pan Am Games
- 07/29/2019 - Malone, Neff finish in top seven in all-around at 2019 Pan Am Games
- 07/29/2019 - McCusker wins women's all-around silver medal at 2019 Pan Am Games



EVENTS

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Below is a list of our premier events. If you would like to view a complete list of events by program, please select one of the following:

[Women](#) | [Men](#) | [Rhythmic](#) | [Acrobatic](#) | [Trampoline & Tumbling](#) | [Gymnastics for All](#)

2019 Premier Events



2019 Nastia Liukin Cup
March 1, 2019 - Greensboro Coliseum Complex - Greensboro, N.C.
[Recap](#), [Results](#), [Photos](#), [Videos](#)



March 2, 2019 • Greensboro, NC
— A FIG WORLD CUP EVENT —

2019 American Cup
March 2, 2019 - Greensboro Coliseum Complex - Greensboro, N.C.
[Recap](#), [Results](#), [Photos](#), [Videos](#)



2019 Elite Team Cup
March 2, 2019 - Greensboro Coliseum Complex - Greensboro, N.C.
[Recap](#), [Results](#), [Photos](#), [Video](#)



July 2-6 • Des Moines, IA 2019

2019 USA Gymnastics Championships
July 2-6, 2019 - Iowa Events Center - Des Moines, Iowa
[Recap](#), [Results](#), [Photos](#), [Video](#)



2019 GK U.S. Classic
July 20, 2019 - KFC Yum! Center - Louisville, Ky.
[Recap](#), [Results](#), [Photos](#), [Videos](#)





MEMBER SERVICES

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- Member Responsibility & Conduct

Registration is now open for the 2019/2020 competitive season. All memberships purchased at this time will expire on July 31, 2020. [Click here](#) for membership registration instruction.

Special notice to users of Internet Explorer: The USA Gymnastic Online Registration System is not compatible with the Internet Explorer web browser. If you are using Internet Explorer and are encountering difficulties, you are encouraged to use a different web browser such as Chrome, Firefox, or Safari.

Contact Member Services

Phone: 800.345.4719
membership@usagym.org

Fax: 317.692.5212

Monday-Friday: 9 a.m.-5 p.m. ET

- Member Responsibility & Conduct
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USA GYMNASTICS®

USA Gymnastics releases 2019 USA Gymnastics Safe Sport Policy

USA Gymnastics today released its updated Safe Sport Policy, which is the foundation for rules, policies and responsibilities for athlete safety and well-being and the prevention of abuse.

USA Gymnastics Member Updates

- Employment Opportunity - Acrobatic Gymnastics Program Director
- Employment Opportunity - USA Gymnastics Summer Intern - Sports Management
- Registration for 2019/2020 Season Now Open!
- Employment Opportunity - Vice President of Athlete Health and Wellness
- Employment Opportunity - Chief Programs Officer
- Employment Opportunities - Safe Sport Vice President, Human Resource Manager, Communications Manager

[More Member Updates](#)

Quick Links

 USA Gymnastics Safe Sport USA Gymnastics Safe Sport is the organization's program related to the prevention and reporting of misconduct.	 Club Services Resources for all USA Gymnastics clubs	 National Congress Trade Show Registration is now open for the 2019 National Congress.	 2019 REGIONAL CONGRESS Registration is now open for the 2019 Regional Congresses.	 Webinars Join us for monthly webinars covering a wide variety of topics.
 Background Checks Get all your information about background checks.	 Sanction Tool Kit Brand your next sanctioned event with USA Gymnastics.	 usagymparents.com An online resource for gymnastics parents.	 GUIDE TO GYMNASTICS Get the Guide! Check out the Guide to Gymnastics.	

Contacts

- | | | |
|---|--|--|
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Chief Membership Officer | Natalie Adams
Director Of Membership | Shelby Salmon
Educational Services Coordinator |
| Brenda Grigsby
Member Services Senior Representative | Teri Lummis
Member Services Coordinator | Jeanne Arguelles
Member Services Representative |