

Dear Texas Coaches and Club Owners,

I would like to introduce all of you to the newest updated area in our Texas USA Gymnastics website. When going to our Texas State website, you can then enter into the “Pro Member” area. Under this topic you are now going to be introduced into the section which contains a long list of gymnastics related topics and subjects for coaches, staff and gym owners to continue their education within our sport. This “**EDUCATION**” area is intended to be a continuously working, growing and changing area. It is designed to bring information, websites, topics, books, videos, etc. to you with ease and with the sole purpose of providing a “one stop shopping” place for everyone to find information on our wonderful sport.

There are now five (5) areas for you to go to for information of various types. You will find:

COACHES AND JUDGES EVENTS LIBRARY: Here you will find videos listed by events. Under each of the four events (Vault, Bars, Beam & Floor) you will find three different headings for each event. All of the videos will be listed under these subheadings: **Skills, Drills & Routines.** The intention of this area of Education is to have a vast number of videos from which anyone can watch over and over at their convenience a skill, a drill or a routine to study and really help understand our sport and better teach our athletes various levels of difficulty within our sport. Along with our four Olympic events listed you will find: **Conditioning, Flexibility, Tumbling & Trampoline.** All of these headings and topics will continue to be added to, expanded and updated.

INFORMATION LINKS AND GROUPS: This area has listed many, many places to go to find information you may find interesting and helpful to you as a coach, teacher, club owner or judge. There will even be items to share with parents of your athletes and even the athletes themselves. There are two areas listed for you to begin your search of possible interests: **Useful Websites** and **Facebook Pages.** You will be able to find areas of your personal interest with regards to involvement. There are groups listed to join and ask questions and participate in group discussions in such a wide variety of topics and areas of interest. Leaders within our sport from around the world will be at your fingertips for help. Groups of gymnastics professionals that offer ideas, guidance and purpose are listed and waiting to offer their services, expertise and experience.

BOOK LIBRARY: The purpose of this area is to provide our gymnastics professionals with a comprehensive list of material that one can purchase for their personal libraries. There have been some tremendous books, literature, how to do, pictures, seminars and written publications that one should have at arms reach to provide a coach or judge with great information and a basis of understanding within our sport. The gymnastics professional can and should be always learning and passing on information to make not only their athletes better, their programs better, their clubs better but also to make themselves better and our sport better.

MOTIVATION: Here we are trying to provide an area for the gymnastics professional to use for themselves, their staffs, their athletes and the athlete's parents. Motivation is important to all involved in our sport. There have been some tremendous individuals who can share their experiences in times of greatness and in times of despair. All of us can use some kind and encouraging or very guiding words in our daily lives. This is the purpose of adding this area for our sports professionals. You will find two areas to choose from for your interests and needs. **Slogans** and **Videos** are listed in many areas of interest and cause. Many are not provided by athletes or coaches within our sport or from another sport. Some come from famous non-athletes. Some come from the world of education, entertainment, military, and on and on. Everyone needs encouragement and to hear voices of reason and words of inspiration. This area is for just those reasons.

INJURIES AND REHAB: In this area you will be able to find many items of interest in an area that coaches, teachers and gym club owners are not as well informed as maybe they should be. Listed for you are documents and papers which are intended to help the gymnastics professional understand a most valuable facet of sports in general. You will find a wide variety of topics in the following categories: **Wrist and Elbow**, **Concussion**, **Sleep**, **Bone and Skeleton**, **Injury Returning**, **Plyometrics and Resistance**, **Growth and Maturation**, **Stretching and Flexibility**, **Shoulder and Overall Injuries**. Cause and effect, process and conclusion are important parts of coaching and working with athletes. This area will help provide some important insight to some very important questions about the lives and future of our athletes.

It is VERY important to know that this **EDUCATION** area is designed to hopefully make it easier to find answers, read, view and listen to many people who can give information for our entire gymnastics' community. The **EDUCATION** area of our website is just getting started. It is **OUR** website. Our intent is to make it continue to grow. It is up to everyone in our sport here in Texas to help contribute. We want YOU (coaches, teaches, club owners, and judges) to help it grow. How do I do that you ask? If you have a book, you know of a paper, you have heard a person, you have read a slogan, you have watched a program, you have seen a video, you have made a video, you participate in a group, you know of a web site, etc., etc., etc. let me (the Texas USAG Education Director) know about it. I want you to help me to continually add information to our web site. I want to know about your books, your videos, information and places to get information from. I want you to contribute to our **EDUCATION** area's growth. I want to watch it become a great place to participate. It can become a great place to get information and also a place for you to help grow all of the areas listed by coaches, owners and judges alike.

All information and ideas need to come to the Texas USAG Education Chairman (Scott Crouse). Any information for the web site (publications, videos, links, web sites, groups, skills, drills, routines, motivating story or slogan, any and all should be sent to me by email. You need to make sure you have the "Subject Line" of your email filled out. I certainly do not want to miss your email or delete it because I thought it is junk mail. My email address is rscgolf@aol.com and my cell number is (817) 368-1100 should you have any questions, ideas, comments or information to be added to the **EDUCATION** area. All ideas and information submitted for the

EDUCATION area of our web site will be considered for addition to what is currently listed. The intent is to want videos of course. We do not want just very high levels of skills listed alone. We want beginning and intermediate level Skills, Drills and Routines as well as high level skills and their drills. This is open to all levels. Just think if you can come to our web site, at your convenience, and watch a skill or drill over and over and over. Judges can practice judge routine after routine after routine, beginning levels to FIG. Beam and Floor choreographers can watch all levels of routines, including College level routines, to get ideas for their athletes' new routines. To have an endless number of routines, skills, drills, on all events, in all areas of training from conditioning to routines and preparation for all levels is the goal we want everyone to participate in providing. What you see on the web site currently is only the beginning. Help make it great. Help make the **EDUCATION** area the best we can make it.

I hope to hear from so many of our gymnastics professionals from within our state soon. What else would you like to see provided on our web site in the **EDUCATION** area? What can you provide? What can you share? What insight and qualities can you show through your research? Here is a chance for you to be heard, help and lead. Will you participate? Will you contribute? Will you help us grow?

Sincerely,

Scott Crouse

Education Chairman
Texas State USAG BOD

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