



In cooperation with Region 7
Presents the

2010 Region 7 Congress

GENERAL INFORMATION

DATE/SITE:

Region 7 June 25-27, 2010 Baltimore, MD Sheraton Inner Harbor Hotel

PURPOSE OF REGIONAL CONGRESSES:

The purpose of regional congress is to provide education to the teachers, coaches, judges and gymnastics business owners of the region. Education and training enable everyone to effectively and professionally serve in the development of the young gymnasts across the country.

REGION 8 EDUCATION:

Over 75 Sessions covering the following areas:

Coaches Education - Sessions covering popular topics for the developmental through elite gymnastics coach. Learn from leaders in the gymnastics community.

Recreational Education - A recreational track covering programs for tots through teens; be the best instructor in your gym!

Business Education - Sessions covering marketing, managing your business, staff retention and more.

Judges Education - Sessions covering compulsory, optional and elite judging criteria and technique.

Other - Men's, Rhythmic, Sports Science and more.

Online Registration is available for members and printable forms are available for all others at
<http://www.usa-gymnastics.org/membership/congress/regional.php>

<i>COST</i>	<i>Early Bird (Ends April 25th)</i>	<i>Regular Price (Ends June 11th)</i>	<i>On-site Registration</i>	<i>Full Dinner Banquet + Auction</i>
Pro, Jr. Pro & Instructor Members	\$145.00	\$175.00	\$200.00	\$25.00
Other Member Types and Non - Members	\$175.00	\$205.00	\$230.00	\$25.00
Member Clubs*	1st - \$145.00 2nd - \$135.00 3rd - \$125.00 4th - \$115.00 5th - \$105.00 6th or more - \$100.00	1st - \$175.00 2nd - \$165.00 3rd - \$155.00 4th - \$145.00 5th - \$135.00 6th or more - \$125.00	N/A	\$25.00/ea
One Day Price**	Friday - \$75.00 Saturday - \$75.00 Sunday - \$50.00	Friday - \$100.00 Saturday - \$100.00 Sunday - \$75.00	Friday - \$125.00 Saturday - \$125.00 Sunday - \$100.00	

*This offer is only available to Pro, Jr. Pro & Instructor Members affiliated with a Member Club.

**One day registration prices do not apply to multiple days. It is intended for one day only.

HOUSING

A block of rooms has been reserved. **Call by June 8, 2010**

National Travel Systems Sports Travel Team

6502 Slide Rd/Suite 404

Lubbock, TX 79424

Toll Free: 1-888-603-8747; Main Line: 806-794-3135

Email: sportsinfo@nationaltravelsystems.com website: www.ntssportstravel.com

Single/Double Rate of \$139.00/parking \$20 per day

Any reservations after the cut-off date will be based strictly on availability.

Sheraton Inner Harbor
300 South Charles Street
Baltimore, MD 21201

Please check the USA Gymnastics website - www.usa-gymnastics.org for detailed daily schedule/speakers - coming soon.

Minimum age for Congress attendees is 16.

There is a \$30.00 cancellation fee up until June 11th; no refunds after June 11th. (Substitution of participants will be allowed until June 11th if submitted in writing.)

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