

UNITED STATES ELITE COACHES' ASSOCIATION FOR WOMEN'S GYMNASTICS

MEMBERSHIP APPLICATION 2008-2009—A Non-Profit Organization



Member Name _____ Club Name _____

Send Newsletters to: *(PO Box OK for newsletters only)*

Street Address _____ Home Address Gym Address

City _____ State _____ Zip _____

Address for UPS delivery (shirts, books) No PO Box delivery by UPS.. Use street address

Street Address _____ Home Address Gym Address

City _____ State _____ Zip _____

Gym Phone (____) _____ Fax (____) _____ Home (____) _____ Fax (____) _____

e-mail Address _____ Web Site _____

Name for Membership Certificate _____

Item	How Many		Cost Each	Total Cost	
Voting Membership <i>includes 1 shirt (shipping must be added to order)</i>			\$175		
Associate Membership <i>includes 1 shirt (shipping must be added to order)</i>			\$150		
Video Club Membership (videos come in DVD format)			\$150		
Extra Video Tape 1 # _____ 2 # _____ 3 # _____ 4 # _____ 5 # _____			\$20		
Extra Shirts (each)			\$35		
THE FOLLOWING ITEMS CAN BE ORDERED IN BOOK OR CD FORM	CD	BOOK		Postage	
Coaching Women's Gymnastics <i>by Wm. A. Sands, Ph.D. (Book only)</i>			\$59	+\$6	
Training & Competition Planner <i>by Wm. A. Sands, Ph.D. (Book only)</i>			\$59	+\$6	
Collected Gymnastics Works of Wm. A. Sands, Ph. D. (CD only)			\$59	+\$6	
Peaking and Conditioning <i>by Dr. Larry Nasser (2002— 2003)</i>			\$39	+\$6	
Drills for Skills <i>by Wm A. Sands, Ph.D.</i>			\$69	+\$6	
Team Handbook			\$29	+\$6	
Straight and To the Point <i>by Kris Robinson, PT</i>			\$39	+\$6	
Physical Prep. & Planning for Elite Gymnast <i>by Jeni McNeal, Ph.D.</i>			\$39	+\$6	
Best Practices Manual 2004-2005 <i>by Michael Taylor</i>			\$59	+\$6	
Elbow Rehabilitation Program 2 CDs & Manual <i>by Dr. Larry Nassar (2006)</i>			\$149	+\$6	
What Simple Folk Do - Part 1 <i>by John Wojtczk New 2008</i>			\$49	+\$6	
Been There, Done, That, Got the T-shirt <i>by Jeni R. McNreal, Ph.D. New 2008</i>			\$39	+\$6	
SHIPPING FOR MEMBERSHIP ITEMS All Members pay this			\$30		\$30
Pay by Visa/Mastercard			Total		

Amount \$ _____ Account # _____ Exp. Date _____
 Signature _____



Shirt Sizes (Indicate Ladies or Men's)				
S	M	L	XL	XXL

or make checks payable: **USECA** Our year begins September 1st
 Submit to: **Natalie Duke, USECA Secretary/Treasurer**
#10 Quail Point Place, Carmichael, CA 95608
(916) 487 - 3559 Fax (916) 487 - 3706 www.gym.net/useca

UNITED STATES ELITE COACHES' ASSOCIATION FOR WOMEN'S GYMNASTICS

YOU ARE WELCOME TO BECOME A MEMBER OF THE U.S.E.C.A.!

The United States Elite Coaches' Association for Women's Gymnastics is an organization of coaches devoted to the progress of elite and age group level gymnastics in America.

BENEFITS OF MEMBERSHIP

Regularly scheduled meetings at major elite level events and /or USA Gymnastics Congress.

Representation on the USA Gymnastics Advisory Council and other USA Gymnastics Committees.

A major voice and influence on the rules, policies and decisions that govern and affect our age group gymnasts and coaches.

Regular communication with members a major goal of USECA is to keep YOU informed on elite level gymnastics and its relationship with all levels of gymnastics.

The USECA Journal published 8-10 times per year is recognized as a primary source of information in the gymnastics community. Contains information concerning training. Biomechanics, statistical research equipment, psychological preparations nutrition, strength programs, film analysis, reports on training camps, Congress materials and more!

Research material a large portion of our yearly budget is devoted to providing grants for specific research projects of special interest to our members.

Available to order at a addition cost (see order blank for additional offerings.)

Drills for Skills; Gymnastics and Training Planner; Coaching Women's Gymnastics by Wm. A. Sands, Ph.D. on CD.

Conditioning material an extensive program in easy to read booklet form. Used for conditioning and peaking the age group gymnast By Dr. Larry Nassar. Now available on CD or book format.

Team Handbook Chalk Dust on My Shoulders — Included are the latest ideas on Team and Parent club organization by David Holcomb. In book form or CD.

Training & Competition Planner by Wm. A. Sands, Ph.D.

Coaching Women's Gymnastics by Wm. A. Sands, Ph.D.

What Simple Folks Do - Part I by John Wojtczuk

VOTING MEMBER

Member must have qualified "Classic" Elite level athlete within the past two seasons. One vote per membership in all USECA business meetings

Yearly membership \$175

ASSOCIATE MEMBER

Membership is open to all interested coaches, judges, and officials of all levels. Members are encourage to attend all meetings, but may not vote.

Yearly Membership \$150

VIDEO CLUB MEMBER

Available to Voting and Associate Members only. Members will receive 8-10 DVDs per year

Yearly Membership \$150

For information call write or fax:

**Natalie Duke, #10 Quail Point Place, Carmichael, CA 95608
(916) 487-3559, FAX (916) 487-3706
www.gym.net/useca**