



NEWS

The National Gymnastics Association (NGA) is an all optional program for men and women, Levels 1-10 (women's levels will include Silver, Gold, Platinum and Diamond for the 2021-22 season). NGA is dedicated to our clubs and athletes by providing a fun and affordable competitive program that allows gymnasts of all ages and levels to achieve their own personal goals.

NGA ATHLETE DIRECTORS

NGA is excited to welcome our three (3) Athlete Directors to our Board of Directors

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|----------------|---|
| Cara Stricklin | Former Auburn University Gymnast 2014-2018 / 4x Academic All-American |
| Paul Ruggeri | Former University of Illinois Gymnast 2008-2012 & USA Gymnastics National and World Team Member |
| Maggie Nichols | Former Oklahoma University Gymnast 2017-2020 & USA Gymnastics National and World Team Member |

NGA is also excited to announce the development of our Wellness Advisory Panel and Athlete Advisory Panel. Categories to be covered are Abuse, Sports Psychology, Nutrition and Injury Prevention. More information to come soon.

NEW NGA DEPARTMENT PHONE NUMBERS:

Main: (317) 794-0642 (ONGA)
Membership/Sanctions/Events: (317) 794-0638
Sponsorship & Marketing: (317) 794-0639
Judges: (317) 794-0643
Women's Program/Bryan Neal (317) 794-0644
Men's Program/Mike Naddour (317) 794-0646

TECHNICAL UPDATES/CLARIFICATIONS

Visit the [NGA Technical Page on Facebook](#) for updates and rule clarifications. If you have questions regarding the rules you can ask questions and get answers [here](#)

CLUB REGISTRATION NOW OPEN FOR 2021-2022 SEASON

The club registration is open for new club registration and renewal for current members. Club membership will be good through July 31, 2022. Fee is \$225 and includes all of your coaches. No additional fee for coaches' registration. Coaches must have a Background Check/Abuse Prevention Course and Concussion Protocol to be eligible. All coaches are checked on all banned or suspended lists before being approved.

OPEN ZOOM CALLS OPEN TO ANYONE WANTING MORE INFORMATION ON NGA

Visit the NGA website at www.nationalgym.org for log in information on upcoming Zoom calls available for anyone seeking more information about NGA. If you know of any teams interested in joining NGA who are looking for more information, who have questions or want to meet the main NGA staff have them join us Thursday May 13th / Wednesday, May 19th or Friday, May 21 at 12:00pm EST.

NEW HEALTH AND LIFESTYLE BENEFIT FOR ALL MEMBERS YOUR FAMILIES AND YOUR CLUB MEMBER FAMILIES.

If you aren't able to offer health benefits to your coaches or have a high deductible, ShowBenefits, although not a health insurance plan, will offer your coaches and their families medical assistance at an affordable price of only \$17/month. This benefit is available to all employees and member families in your club – team, rec, preschool.

This amazing App links you directly to **MDLIVE virtual doctor visits (telemedicine) at no additional cost**, allowing you *and any family member* to have a doctor visit for an illness with a Board-certified physician who will diagnose, prescribe and call in medications, refer you for additional services or treatment and coordinate with your family doctor.

The SHOWBenefits App also provides *you and your family members* an amazing new **PRESCRIPTION DISCOUNT TOOL** that's easy to use and more complete than any other. *Besides offering very low prices through the local pharmacy you already use, it includes a ultra-low cost of some expensive American drugs by mail-order through certified Canadian pharmacies, as well as discounts of 90% and more on some of the most expensive drugs on the market through the Prescription Assistance Program feature.*

The **Medical/Dental Bill Negotiation service** for you and all family members, will help you lower what you owe on balance bills above \$400 using the leading Nationally-recognized company that has been featured in numerous articles and News reports.

Most families save many times the small monthly fee for this incredible service. **MANY families across America literally save thousands of dollars a year on healthcare expenses using these features!**

WE ARE REALLY EXCITED TO PROVIDE YOU ACCESS TO THIS GREAT NEW HEALTH AND LIFESTYLE PROGRAM Information on the plan is attached. To see even more information, and to register, visit www.myshowbenefits.com/NGA

Children First FREE Virtual Child Sexual Abuse Training for Gymnastics Clubs NOW Available!

Child Sexual Abuse Prevention for Gymnastics Coaches (Virtual Training) This is invaluable training for your staff. Sign-Up today.

- Tuesday, May 18, 2021 from 1-2:30pm ET
- Registration Link: <https://us02web.zoom.us/meeting/register/tZYsd-muqTlrGtLzZMSiyvt1V6qMOWIX6v-G>

Thursday, June 10, 2021 from 1-2:30pm ET

Registration Link –

<https://us02web.zoom.us/meeting/register/tZ0kcOutqDoiEtNAk3ewbk4mWboAmDyaSVR7>

- Wednesday, June 23, 2021 from 1-2:30pm ET
- Registration Link – https://us02web.zoom.us/meeting/register/tZAvceCvpzMrGtNs_FuFy31v4MMx34hjSinZ

The Athlete Assistance Fund (AAF) is pleased to partner with the New York Society for the Prevention of Cruelty to Children (NYSPCC) to provide FREE child sexual abuse prevention training for your staff!

Dynamics of child sexual abuse

Appropriate athlete-coach boundaries

How to recognize signs and symptoms of child sexual abuse

How to report suspicions of child abuse to child protective services, law enforcement and/or the U.S.Center for SafeSport

How to create a gym culture that promotes athletes' well being

MEET SCORES ONLINE MSO

NGA is working with MSO to track all NGA athlete scores to assist State Reps with qualifying scores for yearend State, Regionals and Nationals. If you are hosting an NGA sanctioned competition, please post meet scores to MSO! This can be done by publishing scores through ProScore or uploading a csv or excel file. For directions publishing to MSO using ProScore, you can reach MSO directly at admin@meetscoresonline.com

EVERYTHING YOU WANT TO KNOW ABOUT THE NGA NATIONAL GYMNASTICS FESTIVAL

**ONLY ONE MONTH BEFORE THE 1ST ANNUAL NGA NATIONAL GYMNASTICS FESTIVAL!
JUNE 9-13, 2021 – PRETTY EXCITING!!**

**NATIONALS (M&W)* EDUCATION AND WELLNESS SUMMIT * SUPPLIERS MARKETPLACE-
ROSEN SHINGLE CREEK RESORT - ORLANDO, FLORIDA
(Tentative Schedule Available on the NGA Website)**

NGA NATIONAL CHAMPIONSHIPS - MEN AND WOMEN - LEVELS 1-10 – JUNE 9-13, 2021

Open to all NGA member gymnasts Level 1-10- Men and Women, who qualified from an in-person State Championships or Virtual Regional competition on GotScored. **Special College Bound Training Session for Level 9-10 on Sunday, June 13th for both Men and Women**

Entry Deadline – Friday, May 14th - Competition Schedule Posted – Sunday, May 16th

Nationals Entry Fee is **\$125** all levels Men and Women

Registration available on www.allgymnastics.com ([Directions to register](#))

Spectator Fee - \$20/day / Children 5 & under Free

Living Streaming of all competition sessions available at www.meetscoresonline.com

****If you have a graduating senior attending Nationals send a short bio to info@nationalgym.org**

\$1000 Cash prize for Super Teams - Men and Women

Super Team L1-5 - Top 6 scores from each event from minimum 3 levels

Super Team L6-10 - Top 6 scores from each event from minimum 3 levels

NOT ABLE TO JOIN US IN ORLANDO?. CHECK OUT THE NGA VIRTUAL NATIONAL CHAMPIONSHIPS MEN AND WOMEN LEVELS 1-10 –JUNE 5-6, 2021 – WWW.GOTSCORED.COM

Open to all NGA member gymnasts Level 1-10- Men and Women, who qualified from an in-person State Championships or Virtual Regional competition on GotScored Live not able to be in Orlando. If you aren't able to make June 5-6 work, you are able to load videos through June 12th.

Entry Deadline – Friday, May 21st - Competition Schedule Posted – Sunday, May 23rd

Nationals Entry Fee is **\$125** all levels Men and Women

Register by emailing your team roster to info@nationalgym.org. Mail payment payable to:

National Gymnastics Association, PO Box 29185, Indianapolis, IN 46229.

GotScored Competition Roster Links will be emailed to each club by Wednesday June 2nd. Routines will be judged live by Nationals judges. Rankings will be based on where gymnasts would have placed if in-person so duplicate awards will be given. Results will be posted by June 15th. If the number of virtual registrations is more than 250, separate awards will be given for virtual only.

EDUCATION AND WELLNESS SUMMIT [\(Tentative Schedule Available on the Website\)](#)

NGA is pleased to offer educational sessions for coaches, judges, gym owners as well as **free sessions for athletes and parents**. We have a great list of speakers coming to provide a top notch educational experience for all participants.

The list includes five (5) college coaches - Brian Amato, Asst Coach, University of Nebraska; Craig Ballard, Asst Coach, Kent State University; Scott Barclay, Head Coach, ASU Men's Gymnastics; Jenn Llewelyn, Head Coach, Lindenwood University; Emily Powers, A&T Head Coach, Belmont Abbey

***Fee** for Summit is \$30/NGA Member - \$75 Non-Member - Free for Athletes & Parent

***Virtual Fees** are \$50 for NGA Members and \$100 for Non-Members

***5 Tracks include:** Men - Women - Education - Wellness - Athletes & Parents

All new presenters * New ideas * New presentations * New Topics

Registration is open on the NGA website at <https://nationalgym.net/register-for-education-wellness-summit/>

SUPPLIER MARKETPLACE

Our first annual Supplier MarketPlace will also be part of the National Gymnastics Festival. Suppliers will be in the Competition Hall and will have merchandise and information available for both the Coaches Summit and the National Championships open to all attendees.

Suppliers attending are:

[AllGymnastics](#) - Online Meet Registration and Gymnastics MarketPlace

Bear Affair – Official Custom Nationals Apparel and GK Leotards

[Carolina Gym Supply](#) – Innovative Gymnastics Training Equipment

[HIGO Apparel](#) – Leotards and Apparel – [Official NGA Nationals Leotards](#)

[Iron Business Solutions](#) – Gymnastics Consulting Business

[MeetScoresOnline](#) – Results Past, Present and Future

[JAGPhoto](#) – Official Event Photographer – Sign-Up Link Coming Soon

[Quatro](#) – Leotard and Apparel – [Official NGA Nationals Coaches Apparel](#)

[Spieth America](#) – Gymnastics and Sports Equipment Manufacturer – [Official Nationals Equipment Supplier](#)

Looking forward to seeing everyone in Orlando!