

created by  
the gymnastics  
community  
for the  
gymnastics  
community



*Welcome!*

**We hope you and your families are happy & healthy! NGA is constantly growing and adding new elements to our organization and we're excited to share all the details with you. If you have any questions or concerns feel free to contact us at anytime. Here are a few ways to stay connected with us:**

**email : [membership@nationalgym.org](mailto:membership@nationalgym.org)**  
**phone : 317-794-0642**  
**instagram : [@nationalgym\\_nga](https://www.instagram.com/nationalgym_nga)**  
**facebook : [@nationalgymnasticsNGA](https://www.facebook.com/nationalgymnasticsNGA)**

## 2021 - 2022 COMPETITION CALENDER

Don't see a meet near you? Sign up today; become an NGA Club Member, request a sanction online and your meet will be posted on the NGA National Calendar for all to see. [DOWNLOAD HERE](#)

## NATIONAL GYM FEST DATE CHANGE

JUNE 8 - 12, 2022 | Location: TBD

## HOW TO REGISTER FOR NGA EVENTS

For upcoming meets, visit the [Competition Calendar](#) for registration links. If there is NOT a link for a particular meet please reach out to the gym directly.

## NEW FOR 2022 MEN & WOMEN REGIONAL ZONE CHAMPIONSHIPS

- Regional Zone: Western Zone 1 & 2, Midwest 3,4,5, Eastern 6 & 7, Southern 8. **All regional zones** will be holding virtual and in-person meets this season (both will qualify athletes to Nationals).
- Bar shorts have been approved for competition for female athletes. Shorts must be made by a leotard manufacturer and must match your competitive leotard.

## ALLGYMNASTICS INTEGRATION

NGA is working very hard to finalize the integration with ALLGYMNASTICS so you can import your team roster to ALLGYMNASTICS from the NGA, however, in the meantime you can still register athletes and coaches by following the instructions on this [LINK](#).

## NGA SHOWBenefits

NGA is thrilled to announce that we have negotiated a substantial discount on a new health & lifestyle benefit for all NGA members, families & entire club. SHOWBenefits is your one-stop shop for telemedicine & virtual solutions. You can visit the doctor, negotiate medical bills, and navigate a full healthcare marketplace. We are excited to bring this great new health & lifestyle program to you and your family. [Click Here for More Info](#)

## 2021 National Coaches Abuse Prevention Training

– presented by **Children First**

**Keep Your Athletes and Gyms Safe!** NGA 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! This 90-minute workshop will give coaches and staff the tools to effectively and confidently keep athletes and gyms safe. **Training will cover:**

- **Dynamics of child sexual abuse**
- **Appropriate athlete-coach boundaries**
- **How to recognize signs & 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**

Trainings will be held bi-monthly through November 2021 (click on link below to register)

**Tuesday, Oct. 12, 2021**

**1:00-2:30pm ET**  
[REGISTER HERE](#)

**Friday, Oct. 29, 2021**

**1:00- 2:30pm ET**  
[REGISTER HERE](#)

Need more info?  
childrenfirst@nyspcc.org



## SPIETH AMERICA SPECIAL OFFER FOR NGA MEMBERS!

Spieth America is offering an amazing discount on chalk to all NGA Members! Subscribe and save 10%! [CLICK HERE](#) to make your purchase!

**GIVEAWAY!** NGA is giving away a ONE YEAR SUPPLY of Spieth chalk! Find us on social media for all the details and how to enter: [Facebook](#) & [Instagram](#)

## SUPPLIER MARKETPLACE

Visit the supplier marketplace on our [website](#) for a list of approved brands for more discounts.

## NGA TECHNICAL FB PAGE

Find updates on women's technical information on Facebook. Check out [National Gymnastics Association Technical Information](#).

## TECHNICAL Q&A ZOOM CALL:

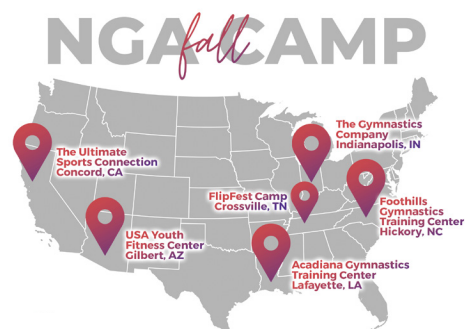
Sunday, Oct 10th 4:00pm EST  
[Click here](#) for more details.

## CLUB BANNERS

Club banners are being sent out! Be on the lookout for yours! Make sure to register your club today and receive your FREE Club banner for the 2021-2022 Season to hang in your club.

## COVID PROTOCOL

In order to keep competitions from being cancelled and gymnastics moving forward, NGA will follow the recommendations of the CDC for event planning, along with state, county and venue [COVID requirements](#).



**Oct 9-10, 2021 – Gilbert, AZ**  
**Oct 30-31, 2021 – Lafayette, LA**  
**Nov 19-21, 2021 – FlipFest, TN**

[CLICK HERE FOR CAMP INFO.](#)

## NGA NATIONAL WOMEN'S AND MEN'S VIRTUAL CRITIQUE MEET

NOVEMBER 1 - 30, 2021

Want to know how your athlete's routine will stack up this season with NGA rules? Sign-up through the [GotScored link](#) and have your routines critiqued by NAWGJ / NGJA rated officials. While you're there, checkout ALL the GotScored virtual events for the 2021-2022 season.



## HELP SAVE COLLEGIATE GYMNASTICS

NGA and GotScored are working with the University of Alaska-Anchorage Women's Gymnastics program in a fundraiser to help save their program. This virtual fundraiser will run from November 15-December 15th on GotScored. Entry fee is only \$15/per video entry with \$10 per video going to UAA. Goal is to have 1000 entries. This fundraiser will also include a GotScored Live competition on December 9-10. If you don't want to travel this weekend, join this competition from your gym with live scoring from qualified judges.