



**Messages from**  
**Karen Pleasants - State Chairperson for NC USA Gymnastics**

**TEAM USA!!!**

I am sure you have enjoyed watching the Olympics and experiencing all the enthusiasm for our sport! Keep the positivity and momentum going in your gym and share your love of this sport with the next generation of athletes!  
 It'll be fun to see how many more future gymnasts will come through your doors.

**North Carolina Rules and Operations**  
 August 2021 – July 2022

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**NC USA Gymnastics State Administrative Committee Members:**

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**USA Gymnastics Athlete Registration**

Athlete membership information is found at the usagym.org website under the heading Member Services. Click on **BECOME A MEMBER**. Club administrators will continue to add and remove athletes to the club roster, assign the athlete's competitive level and reserve/register athletes in to sanctioned events.

**North Carolina Registration Fee**

A \$15.00 fee/check for each USA Gymnastics registered athlete (all levels and divisions) should be made to "NC-USA Gymnastics" and mailed to: Karen Pleasants, 1921 Eagle Creek Ct., Raleigh, NC 27609. QR payment can be made on [Max/MasterCard](https://www.usagym.org).

**2021-2022 NC USA Gymnastics**  
**Rules and Operations**  
**Document**

The Rules and Operations document that is unique to NC USA Gymnastics is linked below. The format has changed slightly, but the needed information is in one document. We suggest that you either save the document or the link to your phone, iPad or laptop.

Click [HERE](#)

- NC USA Gymnastics proudly provides the following:
- Training camps and clinics at nominal costs
  - Coaches apparel for Regional State Teams (over 200)
  - State Team gymnasts apparel for Xcel and DP Levels (over 375)
  - NC apparel for Level 9s & 10s who qualified to Regionals
  - Graduation gifts for all senior gymnasts (Xcel & DP)
  - Reduced medal costs for State Meets

**2021-2022 NC USA Gymnastics Competition Information**

This spreadsheet provides a detailed overview of the competitive season, including dates, locations, and specific requirements for various events and levels.

**2021-2022 NC USA Gymnastics**  
**Competition Spreadsheet**

This document, unique to NC USA Gymnastics, is linked below. The spreadsheet provides important 2021-2022 competitive season information in one place.  
 (state meet qualifying scores, state meet sites, declaration dates, specialist qualifying scores, state meet entry fees, athlete registration fees, etc.).

We suggest that you either save or the link the document to your phone, iPad or laptop.

Click [HERE](#)

**New Safe Sport Requirements**

Make sure you are reading all the updates and new course that are required for the 2021-22 season. The new U113 is required for all coaches, judges, owners, rec teachers and meet photographers and videographers to keep their memberships current.

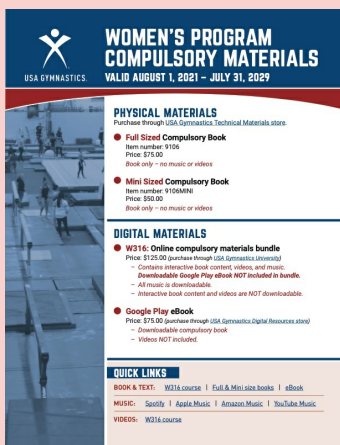
This requirement must be met by **Nov. 1st.**

All athletes that are or will be **turning 18** during this competitive season are also required to take U110

Click links to courses

[U113](#)

[U110](#)



## COMPULSORY MATERIALS:

Full size books now available again!

A questions that is often asked.....

How am I supposed to size the replacement pages for the mini book? Click [here](#)

## VIRTUAL NATIONAL CONGRESS

The format will be the same as last year's virtual National Congress, where attendees can review all recorded lectures for 30 days post event.

Click link below for information and registration

[Virtual Congress](#)

## FALL EDUCATIONAL AND TRAINING CAMP DATES

Registration will probably be closed, but cancellations may occur.

**September 17-19th, 2021 - National Team Training Camp  
Auburn, AL**

**October 15-17, 2021 - Level 8/9/10 Training Camp  
Everest Gymnastics  
Cornelius, NC**

**Also site of the Region 8 NAWGJ Judging Symposium**

**Find more information on the Region 8 Gymnastics website.**

Click [HERE](#)

[Karen openly welcomes questions and comments from any professional member.](#)

Gymnastically yours,  
NC USA Gymnastics State Committee and  
Karen Pleasants, State Chairperson

**BE  
SURE  
TO  
FOLLOW**

USA GYMNASTICS

MEMBER SERVICES

NC USA Gymnastics Womens Program  
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NC USA Gymnastics web page

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See what's happening on our social sites:

