



**2021-2022  
New Programs Manual**



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***A guide to starting and maintaining  
men's collegiate gymnastics teams***



Welcome to the Gymnastics Association of College Teams (GymACT)! We are excited to help you on your pathway towards building your college gymnastics team. This New Programs Manual will provide you with an overview of what GymACT is and how new members can join our association and ultimately start new collegiate teams.



GymACT's purpose is to foster the growth of collegiate men's gymnastics. Currently, there are 12 teams in GymACT and more are on the way. These 12 teams are all unique in their own way but have many similarities in how they function.

GymACT is a non-profit organization with a board of directors, officers, and other supportive members. GymACT coaches meet virtually on a bi-monthly basis.

**\*A note on growth:** There has been tremendous interest in starting teams. Our plan is to control the growth to ensure longevity, quality, and success. This may lengthen the time it takes to gain membership.



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# History

## 1980s - 90s

- 1980- University of Washington dropped from NCAA
- 1990- Northern Illinois University dropped from NCAA
- 1993- Arizona State University dropped from NCAA

## Recent

- 2014- Temple University dropped
- 2014- Creation of Southern California United
- 2016- Creation of New York Alliance
- 2018- Creation of Northern California United
- March 29th, 2018- “Club Coaches” roundtable: creating a new association
- December 20, 2018- GymACT becomes an official Non-Profit Organization
- 2019- University of Illinois-Chicago dropped
- March 29, 2019- Inaugural N2 Award presentation to Washington’s Nathan Tsuji
- January 2020- Northern Illinois University joins GymACT
- January 2020- Rocky Mountain Pride joins GymACT
- March 2020- University of Illinois-Chicago joins GymACT
- March 2020- CGA recognizes GymACT All-Americans
- May 8th, 2020- N2 Virtual presentation & physical delivery to UIC’s James Marden

## Latest Season

- September 2020- Georgia United and Kansas City United join GymACT
- April 19, 2021- University of Minnesota dropped from NCAA
- May 2021- Minnesota Gymnastics joins GymACT
- May 2021- the first ever GymACT Championships took place in conjunction with the Development Program Nationals
- May 2021- N2 Award presentation to NIU’s Zach Cipra



# Why Join GymACT?

## 1. To be part of a **MOVEMENT**

- a. A **movement** is a group of people who share the same beliefs, ideas, or aims
- b. They are large, sometimes informal, groupings of individuals or organizations which focus on specific political or social issues. In other words, they carry out, resist, or undo a social change.
- c. **Social movement**, loosely organized but sustained campaign in support of a social goal, typically either the implementation or the prevention of a change in society's structure or values. Although social movements differ in size, they are all essentially collective. That is, they result from the more or less spontaneous coming together of people whose relationships are not defined by rules and procedures but who merely share a common outlook on society.  
([http://www.britannica.com/EBchecked/topic/551335/ social-movement](http://www.britannica.com/EBchecked/topic/551335/social-movement)).

## 2. To be part of a collective **VOICE** for Men's Gymnastics and aspiring gymnasts

## 3. **Support**

- a. Learn from others
- b. Encouragement in building our programs
- c. References and guides
- d. Mentorships

## 4. **Higher level of competition**

## 5. To be part of a **framework of the future of college gymnastics**

- a. Not knowing (or having control of) the current organizations that exist, we want to have a basic frame and outline for an organization that can survive if the USAG &/or the NCAA ceases to exist as we know it.

## 6. To have a **source of materials for education and promotion**

- a. Being a part of a collective group we pool our resources for the greater good of the whole.
- b. Brochures

## 6. Recognizing Outstanding Athletes and Seniors

- a. N2 award: This is Gymnastics Association of College Teams' equivalent of the Nissen Award. The inaugural award was given at the USAG Collegiate Championships in 2019. All members participate through nominations and voting.
- b. Senior athletes, all-americans, and scholar athletes

## 2022 ACT League Teams





# Types of Teams

During our path of creating GymACT teams, four different types of teams have started to emerge:

1. **On-campus and school affiliated-** trains on-campus, typically part of the campus recreation department as a student-run organization
2. **Off-campus and school affiliated-** trains off-campus, typically part of the campus recreation department as a student-run organization
3. **United teams-** comprised of gymnasts that attend various colleges in the area and unaffiliated with a school

Although each type of team is different, an important commonality is that each is associated with or has their own 501(c)(3). We are also looking into a method to centralize our nonprofits to make a community foundation.



# Advice

## What helps make our team successful...

A collection of thoughts from current GymACT program directors and coaches

Jesse Kitzen-Abelson of Temple University:

1. **A dedicated “driver”. A motivated adult that is dedicated for the long haul is one of the key ingredients which will spark the rest.**
2. **A facility**
3. **Gymnasts that want to add value**  
*The above points are the absolute essentials towards establishing a program*
4. Money (important for growth and sustainability but a lack thereof should not be a barrier to success)
5. A supportive network of alumni and fans
6. Additional thoughts: It’s important to look at your geographic location. It’s more ideal to start a team in a densely populated area, one that is near a university and presumably a JO club (or clubs).

Josh Levin of Northern Illinois University:

1. Dedicated JO gym
2. Dedicated assistant coach
3. Dedicated captain
4. Athletes that are willing to work extra hours fundraising
5. Strong social media presence helps with fans and recruitment

Giancarlo Mora former coach of University of Washington:

1. Dedicated driver, it all started with Dr Hughes back in the early days of WA.
2. Gymnasts
3. Place to train
4. Money





## Advice (cont.)

Mark Bogogger of the Rocky Mountain Pride:

1. Athletes (no team without them)
2. Funding (not going anywhere or doing anything without money)
3. Help - assistant coaches, team captain and manager (can't do this by myself)
4. Support & help from Gym Act members
5. Collaboration with other local college programs (for us this was US Air Force Academy)
6. Support of the local gymnastics community

Charley Nelson of UIC:

1. Team leadership
2. Training location/equipment
3. Scheduling
4. Fundraising
5. Recruiting

Garison Clark of the New York Alliance:

1. Athletes need: access to gym/equipment, hands on coaching from someone within the Alliance
2. Access to personal vehicle
3. Organized use of email, phone, and text
4. Video sharing
5. Organized note taking
6. Ability to learn and implement lesson plans independently
7. More official stuff: 501(c)(3) status / institution rec sports dept
8. Insurance
9. Bank account
10. Website/social media
11. Income
12. Another way of looking at it: coaches, athletes, leaders, organizers, supporters



# Ideas for Starting a GymACT team and keeping it going

By Scott Barclay- ASU  
(In close order of importance)

- Secure an ADVISORY BOARD- mostly former gymnasts that want to help with your vision. (Possibly- Former College gymnasts that live in the area, Judges, any boys club coaches nearby). Get together one time per month for strategy planning and support. This is where I would have them set up a 501(c)(3) Non-Profit org where boosters can donate and get a deduction. You can NOT do this on your own. You MUST develop a TEAM of individuals that support your vision. A board of 4 - 9 people is the suggested size.
- Start a Booster List: Communicate REGULARLY
  - If at a school that previously had a NCAA team at one time, there could be a local contact for you to lean on to get names and information of alumni.
  - If NOT at a previous NCAA school, start reaching out to local boys gyms in the area to solicit the support of the owners and coaches. Slowly build up a database of local supporters of your team: Coaches, Jr parents businesses, etc.
- Develop a Mission statement that will be your guiding light for the team. VERY IMPORTANT! This defines who you are. Not just a "recreational, drop in gymnastics group"! Competitive, etc.
- Set up a budget
- Start a Bank Account to receive donations and to work out of
  - Keep meticulous financial records. This is important if you want others to help with your organization. They need to see where the money is going. No one wants to help raise money when they might have a reason to believe that money is going to things (or people) OTHER than what they signed up to help.
- Competition Schedule (RIGHT AWAY!). This shows everyone you are serious. You should actually start planning one year ahead.
- Print up a practice time schedule when you will be in the gym coaching.
- Identify and challenge a core group of gymnast leaders (2-4) who you can meet with once a week until things get going. I also have a team manager who really helps me with administrative stuff. I take them to the Nationals as a reward at the end of the year.
- Start Database (both physical and e-mail) and maintain regular newsletters to the team supporters and boosters.



- Develop a good relationship with those over you in the rec. dept. Help them with THEIR needs so they will be more willing to help you when you need it. Be an ASSET to them rather than a liability. Keep your team clean and free from problems (ie- the law!).
- Appoint (or elect) captains who will take responsibilities seriously (This is THEIR team!).
- Know the resources available to you (the team) from the school of rec. department (Printing, Mailing, Advertising, etc.).
- Contact Jerry Wright, USAG, Inside Gymnastics, your school paper and send out a press release that a new team is started and the details.
- Specifically, contact your school's club/ sports reporter and try to get an article on the new club.
- Place posters in dorms and rec center about team and tryouts.
- Plan on having a goal-setting meeting with each gymnast (about ½ hour) at the beginning of the year to get to know them and their goals for being on the team.
- Creating ties with a local University/ College
  - Athletic Department / Athletic Director
  - Recreational (clubs) Department:
    - The "Rec" department at the school usually has a lot of resources that can help you get started as a club. ID a key person in that department to stay in contact with and let them know your intentions of helping THEM have a great gymnastics program at their school.
  - Admissions
    - Make a contact with someone from admissions at your school. They are always willing to reach out to those you have identified are interested in coming to your school. They can be a part of your "Team" in recruiting them and paving the way for your athlete to get lined up at your school.
- Once team gets started: Uniforms, Team pictures, Organized social events, fundraisers, etc.
  - Print up team T-shirts (for team and for sale)
  - Get team polos for team members. Develops sense of belonging and pride of ownership in the team.
  - Develop and write up a training plan and schedule so they have something to follow.
- Start a team Website
- Host ONE home meet as soon as you can

## STEPS



1. Define WHAT you want to accomplish. If it is anything near what GymACT's mission is, then decide to move ahead. (Single school identity or Unified approach)
2. Secure the "MAIN 3":
  - a. Facility (or facilities)
  - b. Coach
  - c. ID potential Gymnasts
3. Gather Board together who have your similar desires and goals
4. Develop Mission statement, Timeline, goals, fundraising/ funding and Marketing Plan
5. Begin Marketing campaign



### SAMPLE Starting Budget for a GymACT team

Travel	\$7,800	Estimate: To Fly to 2 meets at \$2,400 ea. and
Nationals at \$3,000		
Coaching		Dependent on coaching situation
Uniforms	\$1,000	For 6 athletes (GK & Turn are possible
sponsors too)		
Training Facility		This is variable depending on your situation
GA Membership	\$200	\$25/ team & \$25/gymnast
Awards Banquet	\$200	End of year Awards
CGA Fee	\$30	To get on Road to Nationals
USAG Univ fee	\$160	
Insurance		Varies: May be through the club where you are
training.		
Website Development	_____	Get a student to do this!
	<b>\$9,390</b>	

These are the **MAIN** budget items to consider as you put together YOUR team budget.

**Get advice from other GymACT teams as you put yours together.**



# What Makes a GymACT Team?

## **GymACT Teams:**

1. Must have a dedicated coach: A designated coach that leads and gives direction, support and is committed to the success of the team.
2. Must be on “Road to Nationals”: This is our men’s National Team Ranking system that keeps track of all NCAA and ACT teams competitions and standings nationally. This will be used for qualification purposes to the USAG Collegiate Championships.
3. Must have a team goal to qualify and compete in USAG Collegiate Nationals: Our National Championship as an organization is the USAG Collegiate Nationals. All sub goals should be with the intent to participate in this Championship meet as a team.
4. Go by NCAA competition rules: The NCAA men’s Gymnastics competition rules will govern all competitions



# The N2 Award

With the formation of the GymACT conference in 2018, a special GymACT trophy is awarded to the outstanding senior. This trophy is on par with NCAA gymnastics' highest honor, the Nissen-Emery Award, which has been presented annually to the outstanding Senior NCAA Collegiate Gymnast since 1966. The Naseeruddin-Natalie Award, also called the N2 Award, does not only honor the GymACT senior gymnast who has established an outstanding record of athletic achievement during his college career; it also recognizes sportsmanship, community service, leadership or overcoming adversity while maintaining outstanding performances in academics and gymnastics.

## Recipients

2021: Zach Cipra (NIU)

2020: James Marden (UIC)

2019: Nathan Tsuji (UW)



**The inaugural N2 Award Ceremony**  
(L-R): Giancarlo Mora, Nathan Tsuji, Jeff Crockett



**The N2 Award**



# Membership Checklist

## TEAM

- ☐ Fill out and submit GymACT basic team information [questionnaire](#):
- ☐ Setup team Liability Insurance
  - ☐ [K&K](#):
  - ☐ Contact the GymACT Treasurer for more information
- ☐ Submit proof of insurance to the GymACT Secretary
- ☐ Pay the annual GymACT team membership
  - ☐ Team fee is \$20 + Individual fee- \$20/ athlete
  - ☐ Paypal to [gymactnow@gmail.com](mailto:gymactnow@gmail.com)
  - ☐ Or send a check to the GymACT treasurer
- ☐ Coach USA Gymnastics pro membership: All coaches MUST be a USAG professional member to be on the floor at a USAG sanctioned event.
  - ☐ <https://usagym.org/> - 2021-2022 competitive season (August 1, 2021 - July 31, 2022) cost: \$95.00
  - ☐ "Member Login" or Register as a Men's Gymnastics Professional Membership.
  - ☐ Complete USA Gymnastics Safety Courses:
    - ☐ U100 - Fundamentals of Gymnastics Instruction
    - ☐ U110: U.S. Center for SafeSport Core Course
    - ☐ U101 - Safety & Risk Management
    - ☐ [Background Check](#)
- ☐ USA Gymnastics team membership (Proof of insurance needed)
  - ☐ Right now, USAG will provide UP TO 12 USAG Athlete memberships for your team. Send your names to [Lisa Mendel](#) at USAG.
  - ☐ To sign up EXTRA athletes: Log-in to <https://usagym.org/>
  - ☐ \$160 fee for University fee
  - ☐ Contact USA Gymnastics Men's Program Manager [Lisa Mendel](#) with questions.
- ☐ Road To Nationals Registration and team profile management:
  - ☐ Send email to [Jason Fredericks](#) with basic team information and roster.
  - ☐ Log-in to [www.roadtonationals.com](http://www.roadtonationals.com) (credentials provided by Jason) to the team page and edit profile as necessary.
  - ☐ Keep page/site updated with team scores and videos.
- ☐ Join The College of Gymnastics Association: This is necessary to have access to our ranking systems (RTN), votes for all that the CGA puts out and a voice in meetings among many things.
  - ☐ Send email to [Jason Fredericks](#), he will provide you with login credentials for the admin page





- ☐ After logging in, you can pay your CGA dues
- ☐ For gymnasts not attending 4-year universities, fill out and maintain updated the [GymACT Petition for Eligibility](#)
  - ☐ Edit 2021-2022 [GymACT meet calendar](#)
- ☐ Deep breath and go do the fun part: TRAIN HARD. See you at the next USAG Collegiate Nationals

#### **STUDENT-ATHLETE:**

- ☐ Enrolled in a minimum of 12 College accredited course hours per academic year (Jan 1 - Dec 31)
- ☐ Must be enrolled in class(es) during competition season (Jan 1 - May 5).
- ☐ Must have passed a minimum of 12 college accredited course hours each year prior to the competition season (Freshman exempt, obviously)
- ☐ Submit [Petition](#) for any student-athlete deviating from the above mentioned.
- ☐ Own a personal Medical Insurance Policy.
- ☐ Must have a valid USA Gymnastics membership to compete at USAG Collegiate National Championships.
  - ☐ Email or Fax registration form: [registration form](#)
- ☐ Student-Athletes 18-yr and older must take and Pass the USA Gymnastics Required U110: U.S. Center for SafeSport Core Course



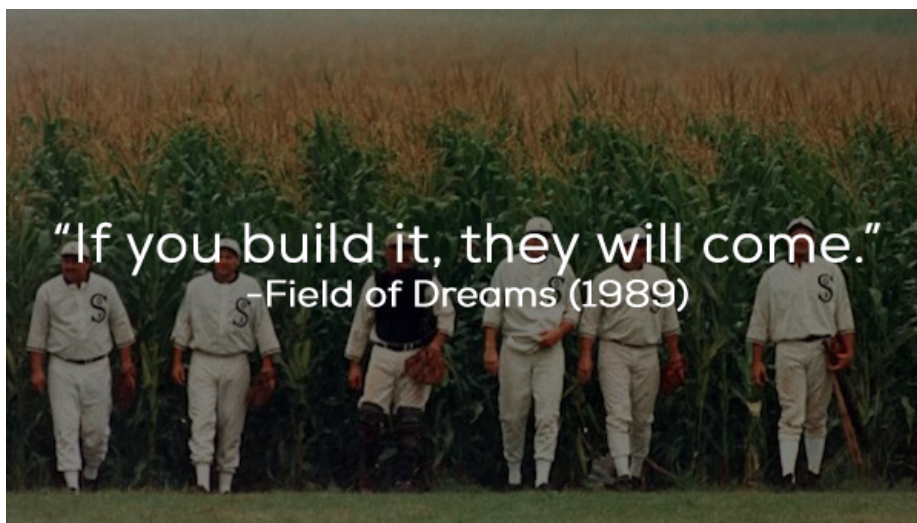
# The Process to Join

Once a person (or group) is interested in becoming a GymACT program:

1. Fill out the initial [questionnaire](#)
2. The Growth and Development chairman will send an application for admittance. This must be fully filled out and returned when all criteria are met.
3. Once the application has been received and reviewed by the Growth and Development committee, the chairman will initiate a video call between the applicant, the Growth and Development chairman and the GymACT President.
4. The interviewers will go over the checklist criteria and application to ensure the appropriate standards have been met that will be expected of them as a GymACT program
5. The final step will be for the chairman to report to the board and have the board vote on accepting them as a new team.

# Recruiting Ideas and Resources

- NCAA release of information
  - This document contains information of hundreds of JO gymnasts and is one of the most valuable sources for personally reaching out to gymnasts and their coaches.
  - Members of the CGA receive the NCAA release of information from Lisa Mendel
  - **Note:** GymACT is not bound by NCAA recruiting rules
- Full Out Recruitment and CaptainU databases
- Making a presence at JO meets
  - Go to JO meets to meet prospective students and parents
  - Attending States, Regionals, and JO Nationals are of high priority
- Public Relations
  - Create a team website and brochures, provide information on the school
  - Business cards
- **Please keep in mind: Teams working towards membership should not yet advertise that they are GymACT teams.**

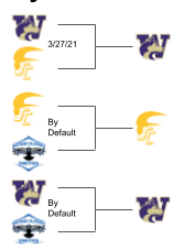


# 2021 Conference Brackets




## GymACT West A





## GymACT West B



## Regular Season Standings (Regular Season Ends April 7, 2021)

1A -		(2-0)
2A -		(1-1)
3A -		(0-2)



## GymACT WEST 2021 STANDINGS

1B -		(2-0)
2B -		(1-1)
3B -		(0-2)


## Gold Medal Match (To be completed by April 27, 2021)

1A -	
1B -	

## Bronze Medal Match

2A -	
2B -	

## Seeding Match

3A -	
3B -	

## GymACT West Conference Championship Final Ranking



### West Champ



### West Silver



### West Bronze



### 2022 Seeding

4 

5 

6 

## GymACT East Conference Championship Final Ranking



### East Champ



### East Silver



### East Bronze



### 2022 Seeding



4 

5 

## Gold Medal Match (To be completed by April 27, 2021)

1A -	
1B -	



## Bronze Medal Match

2A -	
2B -	

## Seeding Match

3B -	
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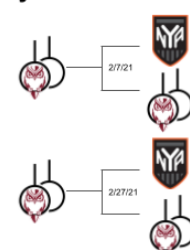
## Regular Season Standings (Regular season ends April 7, 2021)

1A		(2-0)
2A		(0-2)

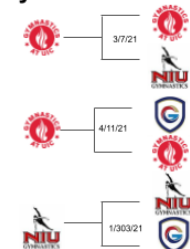
## GymACT EAST 2021 STANDINGS

1B		(2-0)
2B		(1-1)
3B		(0-2)

## GymACT East A



## GymACT East B





# Contact Information

## Arizona State University

[www.sundevilgymnastics.com](http://www.sundevilgymnastics.com)

Coach Scott Barclay  
50 South Hearthstone Way Chandler,  
AZ 85226  
480-820-3774  
[scott@aspirekidsports.com](mailto:scott@aspirekidsports.com)

## Georgia United

[www.ga-united.com](http://www.ga-united.com)

Coaches: Nikita Zhukov and  
Tyler Green  
770-841-5454 and 678-462-3945  
[gaunitedgym@gmail.com](mailto:gaunitedgym@gmail.com)

## Kansas City United

[Kansascityunitedgymnastics.godaddysites.com](http://Kansascityunitedgymnastics.godaddysites.com)

Coach Mike Thomas

## Minnesota Gymnastics

Coach Mike Burns  
306 Cooke Hall  
1900 University Ave SE  
Minneapolis, MN 55455  
612-419-7922  
[Burns265@gmail.com](mailto:Burns265@gmail.com)

## New York Alliance

[www.nycollegegymnastics.com](http://www.nycollegegymnastics.com)

Coaches Garrison Clark and David  
Albanares 260B Calm Lake Circle  
Rochester, NY 14612 860-597-6015  
[nycollegegym@gmail.com](mailto:nycollegegym@gmail.com)

## Northern California United

[www.norcalunitedgymnastics.com](http://www.norcalunitedgymnastics.com)

Coaches John Lucas and  
Breeze Olsson  
11345 Folsom Blvd Rancho  
Cordova, CA 95742  
[norcalunitedgymnastics@gmail.com](mailto:norcalunitedgymnastics@gmail.com)

## Northern Illinois University

[www.niugymnasticsclub.com](http://www.niugymnasticsclub.com)

Coaches Josh Levin and Trent Jarrett  
1516 Brook Drive  
Downers Grove IL 60515  
[joshlevin10@hotmail.com](mailto:joshlevin10@hotmail.com)

## Rocky Mountain Pride

<http://rmpride.com>

Colorado, New Mexico, Utah, Wyoming  
Coaches Mark Bogoger, Ahseante'  
Hicks and Tabor Cowden  
1405 S. Public Rd  
Lafayette, CO 80026  
(720) 261-3756  
[region9gymn@gmail.com](mailto:region9gymn@gmail.com)

## Southern California United

[www.southerncaliforniaunited.com](http://www.southerncaliforniaunited.com)

Coach Heinz Schulmeister  
13800 Canoe Brook Dr. Seal Beach,  
CA 90740  
(310) 452-7538  
[socalmcga@gmail.com](mailto:socalmcga@gmail.com)

## Temple University

[www.templemensgymnastics.com](http://www.templemensgymnastics.com)

Coaches Jesse Kitzen-Abelson and  
Fred Turoff  
Pearson and McGonigle Halls, Suite  
303, Attn: Men's Gymnastics 1800 N.  
Broad Street  
Philadelphia, PA 19122  
(610) 888-5227  
[jkitzenabelson@verizon.net](mailto:jkitzenabelson@verizon.net)

## University of Illinois - Chicago

Coach Charley Nelson  
Chicago, IL  
[gymnasticschicago@gmail.com](mailto:gymnasticschicago@gmail.com)

## Washington Men's Gymnastics

[www.wmgf.us](http://www.wmgf.us)

Coach Jeff Crockett  
5529 27th Ave NE Seattle, WA 98105  
[crock720@gmail.com](mailto:crock720@gmail.com)



## **Liaison**

### On-campus school affiliated teams

Jesse Kitzen-Abelson

### Off-campus school affiliated teams

Scott Barclay

### United teams

Heinz Schulmeister

## **Virtual GymACT**

- GymACT Website- [gymact.org](http://gymact.org)
- GymACT on Facebook - [fb.com/GymACTteams](https://fb.com/GymACTteams)
- GymACT on [YouTube](https://www.youtube.com)
- GymACT on [Instagram](https://www.instagram.com)
- GymACT on [Linked In](https://www.linkedin.com)

## **Board Members and Committee Chairmen**

Scott Barclay

President

[scott@aspirekidsports.com](mailto:scott@aspirekidsports.com)

Jesse Kitzen-Abelson

Vice President

Growth and Development

[jkitzenabelson@verizon.net](mailto:jkitzenabelson@verizon.net)

John Lucas

Secretary

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Heinz Schulmeister

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Tyler Green

Awards Chairman

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Fabricio Olsson

PR/Marketing and Social Media

[alohabreeze@gmail.com](mailto:alohabreeze@gmail.com)