

Dear Region 4 Coaches,

You are now required to have taken and passed the U100 instructional certification course.

Please make sure you have completed this prior to January 2014. We do not want to remove you

from the competition floor because you overlooked this new requirement.

Please review your pro-membership and complete any up to dates prior to the competitive season.

Thank YOU!

Requirements:

- Individuals applying for Professional Membership must be **18 years of age or older**
- [USA Gymnastics Safety Certification](#) (must re-certify every 4 years)
- [Background check](#) (must complete screening process every 2 years)
- Please note, if you intend to be a coach on the floor of USA Gymnastics sanctioned competition, you must also obtain the [U100: Fundamental of Gymnastics Instruction Certification](#).

Professional membership will be granted after the application is processed and the individual has successfully completed the Safety Certification Course and the background screening process.

Suzi DiTullio

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