



USA Gymnastics

National Congress Trade Show *Anaheim • 2017*

usagymcongress.org

2017 National Congress Preliminary List of Lecture Topics

*List as of March 29, 2017- All information subject to change
More Coming Soon!*

Keep up-to-date with the latest information at usagymcongress.com

[Click here](#) for National Congress Schedule Overview

Women Xcel and Compulsory Topics

- Vault: Transitioning from Levels 3 to 4
- Uneven Bars: Levels 3-5 Technical Errors
- Uneven Bars: Shaping for Pre-Team and Up
- Balance Beam: Levels 3-5 Acro. Drills
- Vault: Angles and Coaches View
- Floor Exercise: Levels 3-5 Acro. Drills
- Vault: Progressing from Flat Back to the Table
- Balance Beam: Level 3-7 Leaps, Jumps and Turns

Women Technical Topics

- NAWGJ Updates
- NCAA Updates
- Practice Judging for Xcel All Divisions
- Practice Judging for Compulsory Vault, Beam, Floor, and Uneven Bars All levels
- Practice Judging for Optional Vault, Beam, Floor and Uneven Bars All levels

Women Elite & TOPS Topics

- Season Training; Peaking Gymnast
- TOPS Update
- Leg Conditioning
- Balance Beam High Level Dismounts
- Uneven Bar Releases
- High Level Front and Back Tumbling
- Tumbling Combinations and Connections
- Drills for High Level Acro. Skills
- Drills and Progressions for Advanced Vault
- New Elite Code of Points Review

Women's Optional Levels 6-10 Topics

- JO Update
- Balance Beam Drills for Levels 6-8
- Floor Exercise Drills for Levels 6-8
- Uneven Bar Drills for Levels 6-9
- Floor and Beam Choreography
- Tips on Organizing Daily Workouts
- Yurchenko Lead Ups
- Tips and Tricks for Optional Gymnast
- Level 7 Vault Update

Live Hands-On Training/Spotting Topics

- Hands-on-Spotting School Age
- Hands-On Spotting Women Compulsory Skills
- Hands-On Spotting Women Optional Skills
- Floor Artistry
- Kips
- Dance
- Yoga
- Games
- Recreational Warmups
- Spotting Backhandsprings

Men's Topics

- Men's Essential Elements
- New Boys Xcel Program
- Men Compulsory Floor Elements
- Boys Class Management Tools
- Parallel Bar Arm Swing Drills
- 2017-2020 FIG Code of Ponto
- Beginning Yurchenko Round Off
- Making Pommel Horse FUN
- Body Positions Floor Drills
- High Bar Swing
- Pommel Horse Skill Development
- 2018 Boys Program Update

Trampoline & Tumbling Topics

- T&T Updates
- Tumbling Drills and Skills
- Double Mini Drills and Skills
- Beginner Trampoline
- Trampoline Skill Development
- Do's and Don'ts Competitive Trampoline Training

Sports Science Topics

- Psychology
- Biomechanics
- Shoulder Injury Prevention
- Low Back Injuries
- Posture Training
- Mental Toughness
- Ankle Pain
- Nutrition and Recovery
- Managing Common Injuries
- Avoiding Re-Injury
- Overcoming Mental Blocks
- Concussions
- Motor Learning
- Dynamic Flexibility
- Using Technology to Improve Performance

School Age Topics

- Recreational Tumbling
- Recreational Beam
- How and Why of Educational Gymnastics
- Beginner Bars
- Teaching in Small Spaces
- School Age Warm Ups and Props
- Managing Difficult Class Behavior
- Handstand Essentials
- Principles of Recreational Teaching
- Lesson Planning

Preschool Topics

- Sensory Curriculum for ages 0-5 year olds
- Class Themes
- Learning Styles
- Preschool Beam
- Preschool Vault
- Parent and Tot Classes
- Preschool Trampoline
- Skills and Drills for 3 to 5 year olds
- Preschool Props
- Preschool Building Blocks

Business Topics

- Technology Tips for Clubs
- Club Owner Tips and Key Tools
- Video Marketing
- Increasing Profitability
- Building Leadership Culture
- Staff Training and Hiring
- Ways to Increase Enrollment
- Growing Small Clubs
- Coaching Certifications and Auditing
- Trends and Changes in the Gymnastics Business
- Manage Overhead Cost
- Engineering Safe Gymnastics

Risk Management and Safe Sport Topics

- Insurance Coverage Review
- Insurance FAQ
- Supervision and Club Safety Message
- Safety and Lawsuits
- Creating Crisis Management Plan
- Preventing Lawsuits
- USA Gymnastics Safe Sport
- U.S. Center for SafeSport
- Recognizing and Responding to Child Abuse

Topics for All

- Special Needs Programs
- NCAA Roundtable
- GfA Program Opportunities
- Acrobatic Program Opportunities
- Rhythmic Program Opportunities
- National Collegiate Acrobatic and Tumbling Association
- Guide to College Recruiting
- Turning Parents Into Partners
- Coaching with Technology