



USA Gymnastics

National Congress



Trade Show

Kansas City, MO • 2019

usagymcongress.org

2019 National Congress Preliminary List of Lecture Topics

List as of March 7, 2019- 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

- Women JO Update
- Women Xcel Update
- Xcel Bars – Routine Construction
- Active and Passive Flexibility
- Beam Complex
- Conditioning is FUN! Games and Activities for Compulsory Gymnasts
- Drills for Level 4/5 Compulsory Beam Skills
- Xcel Silver Vault Progressions
- Xcel Time Management
- Xcel Bars and Tumbling Skills and Drills
- Bars and Beam Level 3 Skill Progressions
- Xcel Floor Choreography

Scheduled Presenters: Anne Heffernon, Tom Koll, Connie Maloney, Claudia Kretschmer, Marian Dykes, Elaine Wulf, Megan Robinson, Tammy Biggs, Paige Roth, Kittia Carpenter, Jill Preston, Diane Palmer

Women Optional Lecture Topics

- 5 Simple Steps for Coaching Excellence
- Beam – Improving Artistry and Execution
- Bar Releases: High to Low and Low to High
- Tumbling – Better Take Offs and Flipping Mechanics
- Optional Routine Construction
- Core Conditioning to Improve Shapes
- Bars – Going Full Circle, Breaking Down Clear Hips, Toe Ons and Stalders
- Spotting Blocks System
- Vault – Yurenchenko Vaults Through Flipping
- Tour Jete's and Beyond
- Training the Four Major Vault Entries
- Beam Acro Building for the Future

Scheduled Presenters: Gary Buckman, Mary Wright, Steve Arkell, Mike Hunger, Kittia Carpenter, Zach Crumpton, Al Fong, Jason Vonk, Nicole Langevin, Cheryl Jarrett

Women Technical

- Level 6/7 Vault
- Level 3-5 Bars: Comparing/Evaluating Major Elements
- Floor Dance Skill Recognition
- Applying General “Throughout the Routine” Deductions to Beam and Floor
- Taking a Look at Concentration Pauses: Direction of Choreography & Series Connections on Beam
- Level 9/10 Bar Bonus Connections
- Level 8-10 Vault
- Putting it All Together on Level 8 Beam
- NCAA Update
- Putting it All Together on Level 6/7 Bars
- Putting it All Together on Level 9 Floor
- The Role of Meet Referee

Scheduled Presenters: Char Christensen, Tom Koll, Connie Maloney, Brad Harris, Cookie Batsche, Myra Elfenbein, Linda Mulvihill, Carole Bunge, Marian Dykes, Pat Panichas, Gigi Iavarone, Dan Baker, Evelyn Chandler, Donna Trevethan, Linda Thorberg, Marian DeWane

Women Elite

- Dance Combinations for Advanced Beam
- Connecting Flights on Uneven Bars
- Advanced Alternative Vaults to the Yurchenko
- Planning Your Training to Peak at Competitions
- Inserting Expression in your Choreography
- Advanced Bar Dismounts – Backward and Forward
- Elite Q&A
- Elite Technical Update
- Choreographing Rhythm Changes on Beam
- Dance Combinations for Advanced Floor
- Training Methods for Athletes Returning From Injuries

Scheduled Presenters: Tammy Bigs, Dan Baker, Mary Lee Tracy, Betty Okino, Tom Forster, Annie Heffernon, Cheryl Hamilton, Chelsea Memmel

Women All

- Coaching Without Anger – How to Not Be Intimidating
- 2021 Compulsory Update
- Recreational Vault Drills to Prepare Them for the Future
- A List for the Rookie Competitive Coach
- How to Actually Make a Living Coaching Gymnastics
- Bars - Identifying Good, Better, Best Bar Skills and Why
- Xcel in your Business
- Cool Combos – Beam and Floor
- Business Q&A
- Safe Sport and Spotting

Scheduled Presenters: Chere Hoffman, Quin Shannon, Jan Eyman, Megan Robinson, John Wojtczuk, Cookie Batsche, Loree Galimore, Jason Mortimer, Tom Koll, Brad Harris

Live Lecture Topics

- Plyometric – Landing Injury Prevention and Stability
- Hands on Spotting – School Age
- Hands on Spotting – Women’s Xcel/Compulsory
- Teaching and Training Kips
- Bars Level 4/5 – Coach & Judge Perspective
- Hands on Spotting – Optional Skills
- Hands on Spotting – Backhandsprings
- Floor Review Level 3-5
- Casting and Fly Aways – When to Spot
- Beam Level 3-5 Review
- Hands on Spotting – Optionals
- Floor – Creative Movement Ideas
- Ninja G2

Scheduled Presenters: Tom Koll, David Seiler, Linda Johnson, Johnathan Horton

Men Lecture Topics

- Core Skills: Floor and Pommel Horse
- Parallel Bars: Peach Basket and Related Skills
- Consideration for Coaching Boys Programs
- Critical Skills for Long Term Success
- Coaching Boys into Men
- Core Skills: Still Rings and Vault
- Handling Competitive Stress
- Xcel for Boys
- Core Skills: Parallel Bars and Horizontal Bar
- Alternative Exercises for PH and Lower Body Development
- Effective Use of Men’s Age Group Program Levels and Divisions

Scheduled Presenters: Tom Meadows, Nalani Cook, Pavel Sargsyan, JT Okada, Kevin Preston, Dusty Ritter,

Trampoline & Tumbling and Acrobatic Lecture Topics

- T&T - Props and Preschool
- T&T – Coaching Generation Z
- T&T – Growing Your Rec Program
- T&T – Lost Skill Syndrome: Assisting the Athlete
- T&T – Arabian Drills and Progressions
- T&T – Preschool: The Best Feeder Program for a Strong Team Program
- T&T – The Eyes Have It: The Eyes, Brain and Bio-Mechanics
- T&T – How to Create a Positively Charged Environment
- T&T – The Traumatized Coach
- T&T – Identifying & Training Your Peak Performers
- T&T – Using the Trampoline to Train Tumbling
- Acrobatic – Handstand and Press to Handstand Skills/Drills
- Acrobatic – New Options for Gymnastics
- Acrobatic – Starting from the Beginning: Outlining the JO Code

Scheduled Presenters: Patti Conner, Scott Lineberry, Chelsea Rainer, Ryan Ward

Safe Sport Lecture Topics

- Safe Sport Update
- Safe Sport Q&A

Scheduled Presenters: Shelba Waldron

Sport Science

- Visualize, Visualize...The Most Powerful Mental Tool for Accuracy, Consistency and Confidence
- Train Smarter – Periodized Strength and Conditioning for Gymnastics
- Top 10 Sports Nutrition: Fact or Fiction
- Low Back Pain in Gymnasts: Spondylolysis, Muscular and Other Causes
- Strategies to Help Gymnasts Relax Under Pressure
- Training for Peak Performance
- The Link Between Nutrition, Sleep, Recovery and Performance
- Motor Control Training to Improve Performance
- Ankle Prevention Exercises for Gymnasts
- Coaching Gymnastics-Coaching Life
- Managing the Common Gymnastics Injuries
- Your Motivational Climate: Be the Coach Everyone Wants to Compete For

Scheduled Presenters: Lisa Mitzel, Dr. Ed Nyman, Christina Crowder, Dr. Randy Goldstein, Shari Medini, Dr. Andy Gillham, Bindee Eberle, Brandi Smith, Dr. Alison Arnold, Keita Shimada, Windee Weiss

Business Lecture Topics

- It's Not A Matter Of IF, It's A Matter Of When – The Government Comes Calling On Your Business
- FIB's – Financial Industry Benchmarks
- Why We Do What We Do – A Look Back at What Inspired Us and Why We Got Into The Sport of Gymnastics as we are Navigating Through the Difficult Functions of Running a Business
- Generation Alpha – Marketing to Millennials As Parents
- Leveraging Technology to Keep Gymnastics Schools Ahead of the Competition
- Maximize Your Business Profits! Learn Smart Tricks to Profit More For Your Business
- Build It and They Will Come! A Logo Does Not Make A Brand
- HR Topic on Employees
- Leadership Communication: How to Make an Impact Being Stronger, Warmer and Present. For Managers, Coaches & Teachers.
- Survey Results – Key Findings, Trends and Metrics
- Creating a Crisis Management Plan For Your Gym
- We've Got a Crisis: How to Handle Crisis in Your Gym
- Baby Busine\$\$
- Adding Ninja/Parkour Adds Money

Scheduled Presenters: John Valencia, Georgette Cutler, Diane Barron, Casey Wright, Mark Mahoney, Sean Dever, Lynn Ledford, Ryan Nelson, Steve Greeley, Frank Sahlein, Michael Swain, Randy Sikora, Jamie Ledford, Steve Cook

School Age Lecture Topic

- Men's Events: Pommels, Rings, P-Bars
- School-Age Bars
- Understanding the School Age Child – How, Why and What to Teach
- Top 25 Tips for School Age Programs
- The Dead Hour
- Rec. Vault or Beam
- Warm-Ups and Games
- Mastering Communication with Rec and Preschool Parents
- Teaching Tricks that Sticks
- Exploring the World of Coaching Special Needs
- Tumbling Basics for Future Success
- Warm-Ups Using Props
- Rhythmic Fun to Spice Up Rec Classes
- Class Management with Policies, Procedures and Movements

Scheduled Presenters: Beth Gardner, Paige Roth, Jeff Lulla, Rhonda Zaluckyj, Robin Pearson, Michelle Kocan, Heather Olson, Jamie Ledford, Cindy Bickman, Quin Shannon, Randy Parrish

Preschool Lecture Topics

- 101 Ideas to Try with Your Parent Tot Class
- Preschool Beam
- Surviving Preschool Isn't Enough...Here and How to Enjoy Preschool Classes
- Getting Down with Preschool – How to Keep Them Engaged
- Balance...Different Ways to Strengthen Balance
- Preschool Bars
- Imagination Station
- Coaching Special Needs
- Crawlers, Walkers, Runners. How to Get Parents Involved
- Integrative Movements to Enhance Your Lesson Plans
- 14 Characteristics of Irreplaceable Gymnastics Instructors
- Preschool Floor
- Active Story Time

Scheduled Presenters: Hannah Thomas, April Sawyer, Sheri Berryessa, Laurie Reid, Brant Lutska, Beth Gardner, Jayne Marascio, Robin Pearson, Linda Thorberg, Nancy Bates, Steve Greeley, Joanne McLay