



## **2022 National Congress Preliminary List of Lecture Topics**

*List as of April 6, 2022- All information subject to change*

*More Coming Soon!*

Keep up to date with the latest information at [usagymcongress.com](http://usagymcongress.com)

### **Women's Lecture Topics**

- Women's Development Program Update
- Women's Xcel Update
- TOPs/Hopes Update
- Elite Code Update
- Choreographed Warm-Ups: 40+ Movements in 4 Minutes
- Body Shaping for Developmental Gymnastics
- Coaches Toolbox for Success
- Training Athletes and Coaches: Q&A Panel Discussions
- Time to Learn: Hands-on Spotting
- Breaking Down the College Recruiting Path for Parents and Athletes
- Level 3-5: This Information Will Improve Your Compulsory Vaulting!
- How to Set Yourself Up for Success: Hopes to Elite Vault (Covering All Entries)
- Drills to Introduce the Yurchenko Without Fear
- Level 3-5 Bars - Concentrate on This for a Great Score!
- Uneven Bars: Circle, Tap, Flyaway
- Uneven Bars: Practicing Pirouettes and Turns
- Uneven Bars: Skills and How to Transition from DP to Hopes to Elite
- How to Set Yourself Up for Success - Hopes to Elite Bars
- Level 1-3 Beam & Floor: Did I Learn these Routines Correctly?
- Take the Boredom Out of Beam Complexes
- Level 4 & 5 Beam: Year 2 - Am I Teaching it Correctly?
- Beam Tumbling/Acro: Setting Up a Beam Culture
- Hopes to Elite Beam
- Level 4 & 5 Floor: Year 2 - Am I Teaching it Correctly?
- Compulsory Tumbling / Xcel - Teaching the Technique and Judging it
- Floor: Front & Back Twisting
- How to Set Yourself Up for Success: Hopes to Elite Floor
- How to Set Yourself Up for Success: Hopes to Elite Dance
- Vault/Floor: The Importance of Timers

### **Women's Technical Lecture Topics**

- What's New and Review for Level 6
- What's New and Review for Level 7
- What's New and Review for Level 8
- What's New and Review for Level 9
- What's New and Review for Level 10
- NCAA Rules Update
- Landing deductions: Too Much, Not Enough, Just Right
- Mistaken Identities: Elements that often get confused
- Xcel Mystery Uh-Ohs: Unusual Situations and How to Evaluate Them
- Xcel Panel Discussion - Training Coaches / Athletes Q&A
- Discussions on Artistry, Footwork and Posture for Floor & Beam
- I Got This! Study and Test Taking Tips for Judges
- Diversity and Gymnastics Judges - A Panel Discussion

### **Men's Lecture Topics**

- Sustainability and Growth of NCAA Men's Gymnastics from The Pictor Group
- 2020 Olympic Team Member Alec Yoder Teaches Pommel Horse Mastery
- Making Pommel Horse Development Fun for Young Athletes
- Corrective Exercise & Functional Training for Men's Gymnastics
- Understanding the Basic Skills and Fundamentals for Successful Parallel Bar Development
- Effective Tap Swings and Turning Skill Development for High Bar
- Elite Level Floor Progressions, Combination Tumbling, and Routine Construction
- FX Basics & Planning for the Future
- L 3-6 Gymnastics body shaping and transfer into skills
- Physical Preparation to Increase the Learning Curve
- Ring Strength Training for Juniors and Seniors
- The Clicker System
- Training plans and periodization for high level routines and increasing difficulty
- Vault: Using the Board to go from Elite to World Class
- What to Expect: Gymnastics During Athlete Maturation

### **Trampoline & Tumbling, Acrobatic, and Rhythmic Gymnastics Lecture Topics**

- Growing Your Recreational Trampoline & Tumbling Program
- Logging a Training Journal (and What to Do With It)
- Coaching Through Mental Blocks
- Trampoline & Tumbling Panel Discussions Q&A
- Trampoline Drills & Skills: Doggie Drops to Double Doubles - Let's Bounce!
- Acrobatic Gymnastics is your Answer to Avoid Athlete Attrition
- How to Start an Acrobatic Gymnastic Program
- Acrobatics and Tumbling New Development Program - Come Learn How to Get Involved!
- Rhythmic Xcel: A Great Way to Jump Start Your Rhythmic Program or Add Competitive Options

### **Gymnastics for All Lecture Topics**

- Building a Community with Gymnastics For ALL
- Power TeamGym - a Fun and Competitive Program for your Athletes!

- HUGS - Competitive Opportunities for your Gymnasts with Special Needs

### **Recreational Lecture Topics**

- 25 Little Things That Make a Big Difference
- 42 Floor Bar Drills for Class and Team
- Basics Before the Basics - Doing it Right from the Beginning
- Be a Super Teacher!
- Curriculum Progressions, Courses & Lessons
- Hoops, Balloons, Noodles & MORE - Basic Props to Bring Your Lessons Alive!
- How to Help Coaches with Class Management (Without Dripping Sweat)
- Lesson Planning
- Making Conditioning Fun for Class Students!
- Motor Learning and Motor Development
- School-Age Tumbling Reinvented
- Stations! Stations! Stations!
- The Progression Ladder - Technical, Set-Ups, Demonstrations
- Warm-Ups and Ending Activities
- Panel Discussion: Q&A on Making Your Recreational Program the Best! Things to Improve, Manage and Teach.

### **Collegiate Lecture Topics**

- College Opportunities for Gymnastics in Acrobatics and Tumbling
- Collegiate Acrobatics & Tumbling Format and Recruitment
- Sustainability and Growth of NCAA Men's Gymnastics from The Pictor Group
- Women's NCAA Rules Update

### **Sport Science Lecture Topics**

- Five Conceptual Principles for Refining Gymnastics Movement
- Not "Back-ing" Down: All About Back Pain and Prevention Across All Disciplines
- The 6 Trajectories of Concussion: What a Coach Needs to Know
- Managing Micro-Trauma in Athletes
- Return to Gymnastics After Injury
- Gymnastics Gym Medical Management

### **Athlete Wellness Lecture Topics**

- The Science of Positive Coaching: How Positive Coaching Improves Performance
- Understanding Mental Readiness and Body Language in High-Performance Teams
- Forge Your Habit to Hit: Practical Tools
- Lost Skill Syndrome
- Gymnastics Nutrition: Separating Fact from Fiction
- Nutrition + Mental Health in Gymnasts: What's the Connection
- "You Can Do It" Isn't Nearly Enough: Intrinsic Methods to Speed Up a Gymnast's Progress and Boost Confidence & Self-Esteem

### **Business Lecture Topics**

- Club Services Update
- Panel Discussion: Your Business, Your Questions
- Employment Practices We All MUST Know!
- How to Develop Strong Customer Service for your Business
- The Intersection of Professional and Personal Organization and Effectiveness
- Upgrading Your Organizational Culture
- Got My KPI's and Now What?
- Amp Up Your Staff Training: Making Learning Stick
- Identify, Nurture and Grow Great People
- Branding and Messaging that Gets the Attention of Parents
- Parents: The Key to Growing Your Business and Keeping Your Sanity
- Competitive Advantages, Competitive Barriers
- Current Core Values and How to Update Them to be More in Line with your Business
- I Got an App for That - Gym Care Inspecting, Maintaining and Maximizing Your Equipment
- Fearless Leadership: Developing Leaders who Understand Yesterday and are Prepared for Tomorrow
- This is what you Should Not Do; Let that be a Lesson to You. Lessons learned from mistakes made in business that can help you build and maintain your brand identity

### **Lecture Topics for ALL**

- Navigating Reports of Misconduct
- Trampoline Drills for All Disciplines
- 15 Minute Trampoline Rotations for WAG and MAG