



**2024 National Congress Preliminary Lecture Lineup**  
*As of April 1, 2024. All information subject to change.*

[Women Coaching](#) | [Men Coaching](#) | [Athlete Wellness/Sport Science](#) | [Recreational](#) | [Hands on Spotting](#)  
[Special Needs](#) | [Trampoline](#) | [Acro/Ninja/GFA/Acro & Tumbling](#) | [Business](#) | [Women Technical](#)

**Women Coaching:**

- Development Program Update
- Xcel Program Update
- Elite Update
- Xcel Q & A
- Differences Between Xcel & Development Program
- Conditioning for Success
- How to Fit Flexibility Into Your Practice
- A Coach's Complete Guide to Split Flexibility: Effective and Safe Drills for Practice
- Developing Air and Safe Landing Awareness
- Let's Get Tight! How to Develop Tight Gymnasts
- Making the Warmup Period FUN and Effective
- Competitive Team Warm-Up Complexes
- In-Season Games, Challenges and Assignments that Keep Routines Fun
- Meet Boot Camp for Coaches
- Compulsory Review: Beam and Floor
- Creating Successful Xcel Routines
- Vault: Hit That Board!
- Xcel Vault: Drills for Twisting Vaults
- Common Traits in Great Vaulting
- Vault: Compulsory Handspring Vaulting
- Vault: Yurchenko from the Beginning
- Yurchenko Vault: The Importance of the Hurdle, Roundoff and Flip (And How It Relates to All Events)
- How to Develop and Maximize Advanced Vaults: A Coach/Judge Perspective
- Xcel Bars: Side Stations to Maximize Time
- Uneven Bars: Kips and Casts
- Uneven Bars: Developing Taps on Bars
- Bridging the Gap Between Compulsory and Optional Uneven Bars
- Uneven Bars Level 6-10: Logical Progressions
- Uneven Bars: Swing Half / Blind Change / Giant Fulls
- Uneven Bars: Progressions to Master All Circles: Mastery of Elements that Utilize Circles as Root Elements
- Uneven Bars: Turning Circles Into Releases
- Compulsory Beam: Drills for Skills

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2024 Region 7 Congress Preliminary Lecture Line Up, as of March 10. All information subject to change,

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- Beam: All Things Vertical
- Beam Tumbling
- Beam and Floor: Leaps, Jumps and Turns – Oh My!
- Beam: Progressing Backward Dismounts Safely
- Compulsory Floor Review: Levels 3-5
- Floor: TOPs to Elite Progressions
- Going Hopes? Where to Start on All Events
- Floor: Developing the Roundoff, Back Handspring, Tuck, and Layout
- Front Tumbling Essentials: Front Tuck to Layout Combos
- E is for Easy! E Tumbling Techniques and Drills
- 10 Skills to Set Your Team Apart!
- Leaps and Turns
- Bringing Out the Creativity in your Athletes
- Adding Sparkle and Increasing Your Score on Floor
- But I Don't Dance! Tips & Tricks for Creative Choreography
- Maximizing Choreography and Artistry: Anatomy and Mechanics Behind the Movement
- Skill Profiling: Selecting the Best Skills for Your Athlete

### **Men Coaching**

- Update to the 2025 Men's Code of Points
- 2025-2028 Men's Junior Development Program
- Men's Beginner Basics: P-Bars, Rings and Pommel Horse
- More Guy Stuff: Let Hollywood Build Your Boys' Enrollment
- Periodization for Men's Gymnastics
- High Bar Basics and Dismounts: Starting with Flyaway
- The German Giant
- Pommel Horse for Dummies
- Parallel Bars: The Real Value of Diamidovs and Healy's
- Parallel Bars Support Basics: Progression into Stutz, Diamidov and Makuts Skills
- Moneyball and More: Data & Analytics for USA Men's Gymnastics
- 5 Keys to Improving Men's Gymnastics Performance in 2024 & Beyond: 10 Years in Review
- Coaching the Judges and Judging the Coaches: How We Can Learn From One Another
- The Importance of Merging Physical Training with the Mental Preparation
- MORE TOPICS TO COME!

### **Athlete Wellness/Sport Science:**

- Refueling as a Team
- How to Identify Nutrition-Related Performance Issues
- Talking to Parents About Nutrition and Recovery for their Gymnast: A Parent and Coach Perspective
- A Coach's Guide to High Performance Core Training: Traditional Methods Meet New Science
- Biomechanics: Where Has the Science Gone?
- Concussion in Gymnastics: What is the Latest Advice?
- Prevent Injuries Now for a Healthier Future
- Hands on Taping
- Update on the Rehab Toolkit
- To Brace or Not to Brace: Is Using Common Bracing Helping or Harming?
- Tracking Training Load & Wellness in Women's Artistic Gymnastics: Is the Juice Worth the Squeeze?
- The Mental Game: Utilization of Mental Tools to Optimize Performance
- The Confidence Code: Inspiring Fierce Certainty in your Athletes

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- Flipping Fear: What To Do When “Just Do It” Doesn’t Work
- Coaching Through Mental Blocks: How Subtle Language Choices Can Make or Break Athlete Confidence
- Understanding Why I Don’t Always Get the Correction I Ask For
- How to Keep It Fun During Meet Season
- Flipping the Switch: The Guide to Resetting Your Gymnast
- Different Strokes for Different Folks: Using Your Athlete’s Orientation to Enhance Motivation
- The Coach’s Compass: Navigating Gymnastics with Positive Impact
- Beyond the Mat: Addressing Unconscious Bias in Gymnastics
- Coaching Beyond Gymnastics

### **Recreational:**

- Parent and Tot Teaching
- Working with Babies
- Child Whisperers
- Prop it Up!
- Creative Movement Ideas For Preschool and Recreational Classes
- 5 Simple Steps to the BEST Recreational Program
- Let the Music Move You! Best Musics for Preschool and Recreational Classes
- Dynamic Duo Delights: 101 Ideas for Parent-Child Gymnastics Bonding
- Flips, Twirls and Mighty Movements: Mastering Motor Skills Magic in Gymnastics Classes
- Preschool Class Management: How to Help Your Coaches Avoid the Goat Rodeo!
- 15 Tricks to Achieving a FUN, Safe Class
- Class Management and Student Behavior
- Dipping Your Toe Into Ninja: Preschool Style!
- Warmup Games and Other Preschool Fun
- Motor Learning, Motor Development, and the Theory of Muscle Memory
- Educational Gymnastics: Understanding How, Why and What to Teach
- Finding the Challenge Zone: Adapting for Individual Success
- Warmups and Games that Will Make You the most Popular Coach in the Gym
- Fun Activities to Include in Your Rec Classes: Games, Circus, Pyramids and More!
- Deconstruct Skills and Make Corrections: Learn What to Fix First – Hands or Legs
- A Focus on Little to No Spotting, Using Minimal Equipment, With Skill Deconstruction
- Beginner Basics: One Piece at a Time
- Power of Three: Progressions for Beginner and Intermediate Skills
- Class Structure and Lesson Planning for Recreational Classes
- Preschool and Beginner Vault
- Recreational Drills for Vaulting
- Recreational Trampoline and Tumbler Skills
- Preschool Bars
- School Age Bars
- Preschool to Recreational Balance Beam
- Beam is NOT Boring!
- Stations for Teaching Back Handsprings
- Teaching the Roundoff Back Handspring
- CHEEZ-ODOLOGY: The Many, Many, Many Ways to Use Wedge Mats

### **Hands on Spotting:**

- Recreational Skills on Vault, Bars, Beam and Floor

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- Special Needs
- Kips, Clear Hip Circles, Flyaways
- Low Bar Giants
- Front and Back Handsprings
- Roundoff - Back Handspring
- Roundoff - Back Handspring – Back Tuck / Layout / Twisting
- Front Tucks, Aerials, Standing Tucks
- Yurchenko Training
- Beam Acro Skills and Connections: Back Walkovers, Back Handsprings; Layout Stepouts
- Hands on Spotting Q & A

### **Special Needs**

- Hands on Spotting: Special Needs
- Coaching Athletes with Disabilities
- Real Life Scenarios: Working With Athletes With Special Needs and Behavioral Problems
- Understanding Neurodiversity
- Curriculum Development for Gymnasts with Disabilities
- HUGS: Program Overview and Curriculum Ideas

### **Trampoline:**

- Easy Drills for Big Skills on the Trampoline
- 15 Minute Trampoline Rotations
- Trampoline Fundamentals: A Roadmap to Progressing Athletes Through the Fun Skills of Trampoline
- Conditioning to Increase Jump Height
- How to Teach Back Twisting on Trampoline
- How to Teach Front Twisting on Trampoline
- How to Teach and Spot “Ballouts” and “Codys”

### **Acrobatics, Ninja, Gymnastics for All, Acrobatics & Tumbling**

- How to Raise the Bar, Revenue & Retention by Adding an Acrobatic Program
- How to Build an Acro Program: Levels 2-5 (with Curriculum Ideas)
- How to Start and Acro & Tumbling Program: Including Easy Pyramids for your Rec Classes
- Acrobatic: Acro Flips & Tips
- Turning Your Gymnastics Stuff Into Ninja Stuff!
- Worlds Collab: Ninja Skills and their Origins
- TeamGym: What Is It, And How Do I Start A Program?
- Showtime! Take Your Show (Team) On the Road!
- How to Add Rhythmic Gymnastics Skills Into Your Recreational Classes
- College Recruiting
- Recruitment of Gymnasts of ALL Disciplines in NCAA Acrobatics & Tumbling

### **Business:**

- Leadership in 2024 – Successfully Leading Millennials
- Employee Handbooks: Where Do I Begin?
- Hire, Train, Develop, REPEAT
- Key and Critical Survey Trends That Will Shape Our Industry for 2024-2026
- Top 10 Essential Ingredients for Running a Successful Gymnastics School
- Integrating Your Team & Business Through Culture, Communication and Courage
- Olympic Marketing Crash Course: Prepare Your Gym Before the Summer Games Begin!
- 50 Years in the Trenches

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- Conflict Resolution and the Purpose of the Conflict
- Quick Books for Gym Owners
- The Marketing Trifecta: Social Media, Website and Google
- Leadership for Gymnastics Leaders Who Hate Leadership Topics
- From Boomers to Zoomers
- Empowering Your Staff: How to Help Club Owners Delegate
- Introducing the new “Collaborating With Parents” Guide
- Rebounding Revenue: How to use Trampoline to Grow Your Clientele and Your Bottom Line
- Taking Advantage of Social Media: Why? How? And What If?
- Using AI for Marketing

#### **Women Technical:**

- Development Program Update
- Compulsory Beam Levels 1-5: Looking at the “Throughout” Deductions
- Beam & Floor: Separating the Good from the Great: Recognizing and Rewarding
- Back to Basics: Are We Evaluating the Basic Skills Consistently?
- Keep Your Head Up!
- Solving the Start Value Equation: Piecing It All Together (Levels 6-8)
- Connecting This & That: Improving Beam Connections
- Dance Technique: Advanced Dance Skills
- What a Puzzle! Evaluating a Messed-Up Routine
- How High is High Enough? Beginner to High Level Dismounts
- Bar Releases: Xcel through Level 10
- Xcel Mysteries & U-Ohs: Xcel Judging and Coaching
- Xcel Challenges: Applying the General Deductions
- Xcel Bars: With An Emphasis on Gold
- Non-Salto Vaults: Xcel through Level 10
- Shorthand: Scripting the Flipping and Twisting Mysteries
- All About Time: Fall Back or Spring Forward

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