



2025 National Congress Preliminary Lecture Lineup as of March 31

All Information Subject to Change

WOMEN COACHING

- Women's Development Program Update
- Women's Xcel Program Update
- Women's Xcel Program Roundtable
- Presentation of Elements for 2029-2036 Compulsory Program
- Back to Basics on All Events
- Common Things that Most Successful Competitive Programs Do
- Making Xcel Practices Fun!
- Strategies to Get Compulsory Gymnasts to Successful Upper-Level Optionals
- Team Coaches: Learn the Laws of Motion
- The Physics of Twisting
- The Pyramid of Vault: How to Build Confident Vaulters from Compulsories to Optionals
- Common Traits of Great Vaulters and How to Develop Them
- Handspring Vaulting
- Twisting Vault Drills for Xcel
- No Table? No Problem! Vault Drills and Side Stations
- Advanced Level Vaulting
- Yurchenko Training
- Compulsory Bars: Cause and Effect
- Beginning Kips, Casts and Leadups
- Uneven Bar Circles: Beginning to End
- Uneven Bars: Mastering Circles
- Developing the Cast
- The Big 3: Handstand, Circle, Flyaway
- How to Structure a Bar Workout for Every Level
- Using Your Strap Bar to Develop High-Level Uneven Bars
- Advanced Uneven Bar Skills: The Khorkina/Markelov, Tkatchev & Double Layout
- Beam Complex

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- The Full Turn on Beam: Start Here
- Compulsory Beam: How to Make Beam Fun and Take Away the Fear
- Compulsory Beam: Drills for Skills That Will Help Develop Great Upper-Level Beam
- Eliminate the Backward Beam Fear BEFORE it Happens
- Leadup Skills to Advanced Beam Skills
- Beam: Breaking Down the Front Handspring, Back Handspring and Back Tuck
- Ways to Improve Compulsory Scores: Levels 3-5 Beam and Floor
- Judge It, Drill It, Fix It! Beam and Floor Connections
- Xcel Bronze & Silver Floor Basics and Side Stations
- Compulsory Floor-Brush up
- Skills and Drills for Compulsory/Xcel Floor and Beyond
- Developing the Roundoff Back Handspring, Tuck and Layout
- Front Tumbling Essentials: Direct Connections
- Developing Strong Front Tumbling
- Front and Back Twisting on Floor
- The Art and Science of Movement
- Teaching Dance to Beginners
- Breaking Down the Dance Skills Needed to be Successful
- Instilling Artistry: Turn Heads and Raise Scores!
- Getting Started with Choreography for Beam and Floor
- Make Your Floor Routine POP! And the Judges Will Like It, Too!

MEN'S COACHING

- Men's Club Track
- Rings of Revenue: Financial Strategies for Men's Gymnastics
- Building and Growing a Successful Boys Gymnastics Program
- Incorporating Games into Boys Team and Classes
- Boys Team Selection Process: Going from Beggar to Chooser
- Yearly Plan for Compulsory Boys Team: Making the Most of Your Time and How Not to Teach to the Test
- Strength and Conditioning for Upper-Level Gymnasts
- Men's Floor Exercise [Topic TBD]
- Advanced Floor Tumbling Skills
- Pommel Basics: Preschool through Compulsory Boys
- Advanced Pommel Horse [Topic TBD]
- Men's Skill Development: Rings for Class Level
- Delchev on Rings
- Advanced Rings [Topic TBD]
- Surviving Men's Compulsory Vault
- Men's Vault [Topic TBD]

- Upper Arm Skill Progressions on Parallel Bars
- High Bar Dismounts
- High Bar [Topic TBD]
- High Bar [Topic TBD]
- Judging in the new Quad: The Paradigm Shift
- More to come!

HANDS-ON SPOTTING

- Recreational Skills on All Events
- Vault: Yurchenko Training
- Uneven Bars: Kips, Clear Hips, Flyaways, Low Bar Giants, Overshoots
- Beam: Cartwheels, Handstands, Walkovers, Handsprings, Acro Connections, Dismounts
- Floor: Front & Back Handsprings, RO BHS Back Tuck and Beyond, Twisting, Standing Tumbling
- Hands-on Spotting Q&A Session

RECREATIONAL: PRESCHOOL & SCHOOL AGE

- Preschool Coach Development
- Understanding the Preschool Child
- Developmental Stages and Learning Styles
- Perception in Recreational Gymnastics: Understanding Perspectives to Enhance Teaching
- Teaching Parent & Tot Class: NOW WHAT?
- Evolving the Lesson for Babies and Toddlers
- Sensory OVERLOAD
- Preschool Theme Weeks
- Gaining and Keeping Preschoolers Focus and Attention: Tips and Strategies
- Small Changes, Big Impact
- Creating Intuitive Stations
- How to Add Rhythmic Gymnastics Skills into your Recreational Classes
- The 11 Unbreakable, Unshakable, Unbreachable, Everlasting Laws of Recreational Coaching
- The Latest and Greatest Equipment for Recreational Programs
- The Perfect Lesson Plan! Getting Detailed while Staying Flexible!
- Music, Warm-Ups, Games and Special Events
- One Mat, One Hundred Ways!
- The Power of Panel Mats in Skill Development
- Trampoline for Recreational Gymnasts
- Run, Jump, Land and Fall: That's Vaulting for Preschool
- Vault: Is the Run Even Important?
- Break It Down: Preschool/School Age Bar Stations
- Bar Basics: How to Develop Good Habits
- Bar Wars

- Preschool and Recreational Beam
- Building Character on Beam and Beyond
- Preschool & Recreational Floor Skills
- Handstand Mania
- How Do I Fix This? Floor Drill Solutions
- The Back Handspring Machine
- Roundoff Back Handspring Development

NINJA, PARKOUR

- The How and the Why of Ninja
- Use Whatcha Got! (to teach Ninja classes with Gymnastics Stuff!)
- Ninja 101: The Four World of Ninjas
- Parkour [Topic TBD]

SPORT SCIENCE/ATHLETE WELLNESS

- Sports Nutrition Basics: A Coaches Conversation
- The Link Between Sleep, Recovery, Nutrition and Performance
- Nutrition + Mental Health in Gymnasts: What's the Connection?
- Strength Programming to Fit Your Program
- Dynamic Flexibility
- Building a Medical Team: Boot Camp
- Injuries + Body Change: What to Expect and How to Manage expectations in the Gym
- How to Assist the Injured Athlete's Return to Competition
- Concussion: Recognition to Return
- Say Goodbye to Wrist Pain: Practical Solutions for Injury-Free Training
- Achilles Tears
- A Dynamic and Versatile Coaching Model
- Challenge Accepted! Gamification Psychology to Boost Motivation in your Gym
- Coaching with Inspiration and Understanding; The Key to Unlocking Athlete Motivation
- Balancing the Beam: Managing Internal and External Pressure in Gymnastics
- Healthy Coaching Through Mental Blocks: A Cognitive Behavioral Approach

PROFESSIONAL DEVELOPMENT / COACHES WELLNESS

- Raising the Bar without Crossing the Line
- How to Deal with a Difficult Gymnast
- Believe in Me: Understanding Perfectionism
- Psychological Safety in the Gym Environment
- Class Management Through Connection
- Creating a High-Performance Culture in your Club
- Coaching Wellness Begins with Coach Wellness

- Thrive, Don't Just Survive: Mental Health Strategies for Gymnastics Coaches
- Nutrition for Coaches vs. Gymnasts: Should they Eat Differently than You?
- Breaking Through Bias: Addressing Unconscious Bias in Gymnastics
- Awareness to Action: Diversity and Inclusion in Child Development
- How we get to be the Positive in their "Weak" - Strengthening Humans Beyond our Walls
- Mental Health for Judges: An overview

BUSINESS

- 2026-2028 Trends, Innovations, and Operational Future-Casting
- Becoming More Profitable
- Navigating Staff Shortages: Creative Solutions for Gym Owners
- Hire, Inspire, Train, Retain!
- The 3 levels of In-the-Gym Training for New Coaches
- How to Engage and Motivate Employees
- UNFORGETTABLE: How to Make Training Stick after Each Staff Training Session
- Defining Job Roles to Increase Accountability, Collaboration and Production
- Great Operators Think Differently: Winning the Inner Game of Leadership
- Lower the degree of difficulty on your OPERATIONS!
- Growth Strategies for Gymnastics Gyms: From Program Diversification to Digital Marketing
- GEN Z: Tomorrow's Cashed-Up Mom is Here Now
- Future-Forward: How AI is Shaping Gym Management
- The Power Triangle: The Intersection of Passion, Purpose and Strategy
- The Cost of Doing Nothing: Transforming Safety into Revenue and Retention
- Deciding How Much to Charge: The Single Most Important Decision a Gym Owner Faces

GYMNASTICS FOR ALL, HUGS, SPECIAL NEEDS

- Gymnastics for All: Fun, Fitness, Fundamentals and Friendship
- TeamGym: What is it, and How Do I Start?
- How to Start and Acrobatic & Tumbling Program
- Starting New Programs
- Intro to Adaptive Gymnastics
- Special Needs 101
- Safety & Accessibility for Neurodivergent Athletes: Tips for Modifications
- Skills for All Abilities: Emphasis on Children with Special Needs
- Introduction to USAG HUGS Program for All Disciplines
- Rhythmic Xcel: A Great Addition to your Program!

TRAMPOLINE & TUMBLING, ACROBATICS, NCATA, COLLEGIATE

- College Recruiting
- College Opportunities for Gymnasts of All Disciplines: Acrobatics & Tumbling

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- Bridging the Gap between Artistic and Acrobatics
- Much More to Come!

WOMEN TECHNICAL

- Mental Health for Judges: An overview
- Up to the Level: Level 8-10 Floor Exercise
- BB Connections Dance/Mix/Acro; Stop, Tempo? When to Start Counting a CP?
- Amplitude: Recognition and Differentiation
- Landings: Did She Choose to Step, or Did She Have to Step? What About Body Position?
- Focus on UB: What is your Judging Process?
- OH MY, Who is Going to Handle This? Unusual Circumstances at Competitions
- Compulsory Practice Judging: Levels 3 & 4
- What Do You Do With This? It's Not in the Code?
- I'm Not Extra, You're Extra! Extra Swings and Casts on Bars
- Xcel Angles and Idiosyncrasies
- Xcel Mysteries and Uh-Ohs
- Dancing With Our Stars
- Judging Hacks: Tips, Tricks and Tools for Efficient and Accurate Scoring
- What's My Name? Skill Recognition for Judges
- NCAA Update

MORE TO COME!