



USA Gymnastics
**National Congress
& Trade Show**
Phoenix, AZ
2026

Preliminary Lecture Lineup as of March 2026

All information subject to change

Women's Coaching Topics

Women's Development Program Update

Women's Xcel Program Update

Sneak Peek: The 2029-2037 Compulsory Elements

Compulsory to Optional: How the Basics Transform

Xcel Panel: Running Efficient Xcel Practices

Elite 101

Elite Calendar Planning

Elite Routine Construction

Designing a Yearly Gymnastics Plan

Periodization: Make the Science of Training Easy!

Pressure Assignments to help you Hit at Meets

What High-Performing Federations Have in Common: Lessons from a Decade of Global Coach Development

The Octimisation Model: The 8 Movements & Competencies Every Gymnast Needs

Utilizing Underused Equipment in Your Gym for Conditioning & Station Work

Address the System, Not the Symptom

Handspring Vaulting

Twisting Vaults

Yurchenko Development

Level 6/7 Vault Revisited for 2026 and Onward

The Pyramid of Vault: How to Build Confident Front Handsprings and Yurchenkos

Traits of Strong Vaulters and How to Develop Them

Vaulting to Success: Bridging the Gap Between Coaching and Judging: Compulsory & Xcel

Kips

Level 3-5 Uneven Bars: Coach/Judge Perspective

Compulsory Bars Problem-Solvers: Squat-ons, Front Hip Circles, Underswings, and Kip+Cast Connections

Today's Uneven Bar Stations for Tomorrow's Success

The 9 Principles of Bars to Teach or Correct Any Skill

Women's Optional Bars: Grip strength Development for Future Skills

Uneven Bars: Circling Elements Focusing on the Clear Hip
Developing Advanced Inbar Skills
High to Low Bar Transitions: The Big 3
Teaching Bar Releases
Creative Ways to Increase Beam Confidence
Beam Complexes: How to Start Beam Practices on a Productive and Focused Note
Beam Dance Posture & Connections: "Elite" Posture Looks Good, Connects Well and Scores Best!
Compulsory Beam: Am I Doing it Right?
Drills for Skills: Beam Skills that will Develop Great Upper-Level Beam
Training Exceptional Optional Beam
Beam: Breaking Down Skills - Back Handspring, Series, Back Tuck
Balance Beam: BHS, Flight Series, and BHS Layout Step-outs
Leaps, Jumps and Turns on Beam
Compulsory Floor: Am I Doing it Right?
Tumbling Basics: Giving Lower-Level Competitive Athletes the Foundation for Future Success
Bridging the Gap: A Coach/Judge Perspective on Compulsory Tumbling
Round-off, Back Handspring, Back Tuck
Flipping Progressions: Back, Front, and Twisting
Front & Back Twisting
Twisting Progressions: Front, Back and Combo for Bonus
Leaps, Jumps and Turns on Floor
Breaking Down FIG Artistry - For Visual Learners
Artistry Throughout BB & FX
Artistic Performance: Maximizing Your Score
Choreography the LaBlast Way: Participation Welcomed
For Those Who Want Great Choreography but Don't Know Where to Start

Guided Hands-on Spotting Practice

Recreational Skills on Vault, Bars, Beam and Floor
Spotting Athletes with Special Needs
Vault: Yurchenko Training
Bars: Kips, Clear Hip Circles; 3,6,7 Circling Skills; Flyaways; Low Bar Giants; Overshoots
Beam: Cartwheels; Handstands; Back Walkovers; Acro Skills and Connections; Dismounts
Floor: Front and Back Handsprings; Round-off, Back Handspring Series; Round-off, Back Handspring,
Back Tuck and Beyond (through twisting); Aerials; Standing Back Tucks;
Front Tucks & Front Tumbling Connections

Recreational: Preschool and School-Age

Super Coach: Rock Rec!
Finding the Balance of Fun AND Fundamentals in Rec Programs

Solid and Consistent Rec Coaching that Just Works!

30 Pro Tips From 45 Years of Coaching: 20 Things I've Learned to Do, and 10 Things NOT to Do

Level Up! (Or Down): Adjusting Setups to Meet a Range of Athlete Needs

Framework for Coaching Boys: Skills, Games, and Engaging Lesson Plans

Class Behavior Management

The Science of Behavior and Reinforcement

The 7 Learning Styles and How They Relate to Gymnastics Coaching

The Role of Gymnastics in Motor Skill Development

What to Do with Babies Who Are Not Yet Walking

Inspiring Parent Participation in Parent/Child Classes

Understanding the Preschool Child

Developmental Movement: Building Foundations for Life in Pre-School Programs

How to Get the Most Out of Your Preschool Athletes During Class

Formatting Preschool Lesson Plans for 3s and Up

Warm-ups for Preschoolers: Songs and Silliness

Really, *Really* Creative Preschool Props and Themes

Preschool Vault

Bars for Preschoolers: What Can They Do?

Bouncing Babies: The Biggest Trampoline & Tumbling Adventure for your Preschool Program

Future-Proofing Your Preschool Program: Trends Owners Can't Ignore

Preschool & Recreational Vault

Preschool to Recreational Bars

Making Bars Easier and More Fun for Your Recreational Gymnasts

42 Floor Bar Drills for Classes and Team

Keeping the Boredom Out of Beam

Handstand Palooza

Back Handspring 101

25+ Wedge Mat Ideas

MUSIC to make your lesson plans come ALIVE!

Props: Using Rhythmic Skills and Apparatus in your Rec Classes

Quick Time Fillers

5-Minute Games for Rec & Team

Trust Falls and Giggles: A Survival Guide to Group Games

Tinkering with Technique! Great Setups for Skill Breakdowns!

Special Needs

Understanding the ADA

Adaptive and Inclusive Programming for Owners/Directors

Coaching Attention Differences: ADHD-Smart Strategies

Playground of Possibilities: Making Games Accessible & Inclusive for All Participants

How to Modify Trampoline & Floor Drills for Athletes with Different Needs

Preparing for HUGS Competition

Sport Science & Athlete Wellness

Training through Growth Spurts

Supporting the Gymnast Shoulder

Creating Healthy Backs: What Every Coach Needs to Know in 2026

ACL Injury Prevention in Gymnastics

Achilles Tendon Injury Prevention

Stick the Landing Together: A Gymnastics-Centered Communication Approach Between Coaches, Parents, Athletes, and Medical Providers

Returning to Gymnastics After Injury

Strength Training in Gymnastics: The Most Underused Competitive Advantage

Developing a Conditioning Plan for your Program

Tri-Planar Activation

Stretch and Reset: Shaping a Flexibility Rotation that Doubles as a Recovery Session

Stretching with Intention

Dynamic Flexibility

What's Going on with Your Gymnast's Nutrition?

"She Just Looks Tired": Early Warning Signs of Low Energy Availability, Before it Becomes REDs

Unlocking Athlete Drive: A Modern Approach to Coaching Motivation

Getting Gymnasts to Make Corrections

High Performance Without High Harm: A Modern Approach to Athlete Development

Performance Under Pressure: Meet-Day Mindset Strategies That Improve Scores

The Unseen Injury: Mental Health and the Athlete's Comeback

The Dreaded Twisties: How to Rebuild Confidence in Optional Gymnasts

Business Topics

Hire, Develop, Retain, Repeat: Creating Your Hiring Model

Staff Training: Improve Quality and Protect Your Gym

Top 10 Human Resource Lessons You Need to Know

Train with Purpose: How to Develop Confident, Consistent, High-Quality Coaches/Onboarding

Harnessing Staff Engagement: How to take Your Business from Chaos to Clarity.

The Overlooked Advantage: Smart Marketing Moves You May Be Missing

Level Up Your Brand: Social Media Made Simple

Building an Amazing Brand

Industry Market Moves That Matter: What's Selling, What's Growing, and What It Means for You!

Preventing Parent-Coach Conflict

What's Really Putting Your Gym in Danger: Legal Landmines You're Missing

Protecting Assets and People: Facility Maintenance, Equipment Inspections and Risk Management

The Three Layers of a Strong Gym: Behavior, Systems, Culture (and Where Problems Really Start)

Building a Gym That Runs Itself: How to Create Repeatable Systems for Every Program
Five Practical Uses of AI in Running a Gymnastics Gym
Key Performance Indicators for Every Gymnastics Business
Giving Your Gym a Wellness Exam: Tracking the Business Health of Your Organization
Sponsorship: The Unrecognized Income Stream and the Underused Marketing Tool
Day Camps
Future-Proofing Your Preschool Program: Trends Owners Can't Ignore
Out of the Box Ideas for the "This is how we've always done it" Mentality
The Mental Operating System Every Gym Owner Needs for Sustained Success

Professional Development & Wellness

Coaching the Athletes You Have, Not the Athletes You Wish You Had
Beyond the Skills: Teaching Professionalism to Young Coaches
Hosting & Attending Competitions with Zero Chaos
The Mental Operating System Every Gym Owner Needs for Sustained Success
Reject the Script: Breaking Generational Patterns in Coaching
"You're Just a Gymnastics Coach": Turning a Label into a Leadership Career
Still Standing: Coaching Longevity in a High-Stress Sport
Health for Yourself...and the Kids, Too!
Coaches Have Inner Critics, Too: Managing Performance Anxiety as a Professional
The Energy Equation: Preventing Burnout in Athletes *and* Coaches
Longevity in Coaching and in Life:
Nutrition and Wellness for Gymnastics Coaches During and Beyond Gymnastics

Men's Coaching Topics

Framework for Coaching Boys: Skills, Games, and Engaging Lesson Plans
Boys Level 3: What to Teach That is Not in the Book
How the Men's Club Track Program Can Bring Value to Your Gym
Growing Opportunities for Male Gymnasts After High School and Into College
Framework for Coaching Boys:
Strategies for Classroom Management and Foundations for a Strong Team Culture
Horizontal Bar: Order of Operations

More to Come!

Trampoline & Tumbling Topics

15 Minute Trampoline Rotations for Rec, WAG, and MAG
Body Landing Skills (to/from stomach and back)
Trampoline Twisting Drills and Progressions
Double Somersault Progressions (on trampoline)
Coaching through Mental Blocks, Fears, and Mental Toughness

How to Transition an Artistic Gymnast to Trampoline & Tumbling

Bounce Smart: A Step-by-Step Guide to Successfully Integrating Trampoline and Tumbling in your Gym

From JumpStart to Elite Development Team (Fitness Testing)

T&T Mobility System (TRA): What to Do and When to Do It

Drills and Progressions for Twisting Doubles on Trampoline

Trampoline Routine Construction (From Developmental to Elite)

Growing a Recreational T&T Program

More to Come!

Acrobatic Gymnastics Topics

How to Start an Acro Program – With Lesson Plans

Acro Partner and Flexibility Training

Come Learn the Acro Xcel Blocks Program!

Gymnastics for All Topics

Preparing for HUGS Competition

Adding Gymnastics for All Activities to Your Program

What is TeamGym and Why Haven't You Started It?

Acrobatics & Tumbling Topics

How to Start and Acrobatics & Tumbling Program

Understanding the Code of Points/Rules & Policies of USA Gymnastics Acrobatics & Tumbling

Ninja / Parkour Topics

How to Add a REAL Ninja Program to Your Gym: Equipment, Coaching, and Proven Strategies From a 4-Time

American Ninja Warrior Athlete & Ninja Gym Owner

Intro to Parkour and Ninja USA Gymnastics Programming Part 1

Ninja: Live Demonstration

Baby Ninjas: Parkour for Preschoolers

Women's Technical Topics

Level 6/7 Unlocked: What's New and What You Need to Know

Level 8 Unlocked: What's New and What You Need to Know

Level 9 Unlocked: What's New and What You Need to Know

Level 10 Unlocked: What's New and What You Need to Know

Determining the Start Value: Levels 8-10; UB, BB, and FX

NEW Specific Artistic Performance Throughout: Levels 6-10; BB and FX

Too Much or Too Little? Appropriate Application of General Deductions in Xcel Bronze-Sapphire

Mysteries of Xcel: What to do with the UFOs

Practice Judging: Xcel Platinum-Sapphire Bars
Vaulting to Success: Bridging the Gap Between Coaching and Judging (Compulsory & Xcel)
Levels 3-5 Uneven Bars: Coach/Judge Perspective
Execution on Beam: Jumps and Leaps with Turns
Bridging the Gap: A Coach/Judge Perspective on Compulsory Tumbling

More to Come!