



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

Preliminary Lecture Lineup as of February 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

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 Optimisation 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

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!

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!