



USA Gymnastics
National Congress
& **Trade Show** San Jose, CA
2023

TENTATIVE LIST OF LECTURE TOPICS

Topics as of April 1, 2023 - All information subject to change

Hands on Spotting

Hands on Spotting: Preschool & School Aged
Hands on Spotting: Round-Off, Flic Flac, Back
Hands on Spotting: Level 1-4 and Xcel Bronze-Gold
Hands on Spotting: Levels 5-7 and Xcel Gold-Diamond
Hands on Spotting: Kips and Beam Skills
Hands on Spotting: Flyaway, Clear Hip Circles, and Tumbling

Coaching: Men's Artistic Gymnastics

Creating a Sustainable Men's Program and Culture
A Guide for Former Gymnasts Transitioning to Coaching
Developing and Planning Skills for Young Coaches
The Psychology of Teaching
Overcoming Fear & Coping with Mental Blocks & Anxiety
Creating Balanced Lives for Gymnasts: Preventing Burnout at a Young Age
Level 3: Areas of Focus Not in the Book
Teaching Boys Gymnastics: The Ninja Way
Developing Ring Strength for Young Gymnasts
Incorporating Trampoline into your Gymnastics Program
Flipping & Twisting Basics on Trampoline
Basics & Transitions to Giants and Dismounts on Rings
Pommel Horse Basics
Advanced Pommel Horse
Vault: Using the Board to go from Elite to World Class
Developing Power for All Levels of Tsukahara, Kasamatsu and Handspring Vaults
Developing Skills Across Multiple Ages
Code of Points Changes for 2025-2028 Cycle
Parallel Bars: Progressions for Stutz, Diamidov, Healy, Makuts
Developing Long Hang Swing for Parallel Bars: Giant, Peach, Tippelt
Increasing Explosive Power in Male Gymnasts Using Weight Training and Body Weight Methods
Introducing Proprioceptive Exercises for Injury Prevention During Season
Developing a Training Plan for Senior Level Gymnasts
- more to come! -

Coaching: Women's Artistic Gymnastics

Training Camps that Work

Are Your Corrections Working? Here's What You May Need to Change

Good Coach - Great Coach - YOU Choose

Practice vs Competition: Defining Success

Xcel Program Update

Xcel 101: Navigating and Utilizing the Resources Available

Xcel Silver Vault

Xcel Bars: Drills for Skills

Xcel Beam: Complexes

Xcel Beam: Drills for Skills

Xcel: Dare to be Different! Unique Skills and Combinations

Xcel Floor Progressions: Getting from Bronze to Diamond

Xcel Time Management: Utilizing Trampoline & Side Stations

Xcel Conditioning and Flexibility

Conditioning Ideas and Culture for Xcel & Development Program Athletes

Development Program Update

Back to Basics on All Events

Floor: Levels 3-5 - Am I Teaching It Correctly?

Beam: Levels 3-5 - Am I Teaching it Correctly?

Vault: Developing the RUN

Vault: Handsprings

Vault: Developing the Yurchenko

Vault: Level 6/7 - What do you See?

Vault: Building to Elite

Vault: Common Traits in Great Vaulters and How to Develop Them

Circles on Bars: Clear Hips, Toe Handstand and Stalders

Uneven Bars: Quality of Swing and Skill Selection

Uneven Bars - Bridging the Gap: A Coach & Judge Perspective

Floor Before Bars: How to Utilize Back Extension Work to Build Foundational Bar Skills

Uneven Bars: Perfecting Pirouettes and Turns

Uneven Bars: How to Develop Proper Swing Mechanics for Advanced Bar Skills

Uneven Bars: Perfecting Pirouettes and Turns

Uneven Bars: The Tkatchev Family Reunion - Ray, Church, Nabieva, Ricna, Downie, Hindorff, etc.

Uneven Bars: TOPs to Elite

Balance Beam: How to Take Fear Away

Beam: Drills for Tumbling & Dance skills

Beam: From Hopes to Elite development

Developing Artistry & Execution for Beam and Floor

After the Choreographer Leaves: Tips for Coaches

Level Up Your Dance Elements: Drills and Techniques for Improving Leaps, Jumps and Turns

Floor: Whips and Tumbling Connections - a Coach & Judge Perspective

Floor: TOPs to Elite

FIG Rules Update

- More to Come! -

Recreational: Preschool and School-Age

Preschool Program Retention: How to Make Your Program Sticky, and Keep it That Way

Parent & Tot: Developing the Relationship

Tiny Tumblers: Gymnastics for the Under 3 Year Olds

Creative Movement Ideas for Preschool and Recreational Classes

Preschool Props!

Make Warm-Ups FUN!

Wait... Conditioning Can Be FUN!?

Safety and Supervision in the Gym

Waiting Stations - What to Do While You Wait!

Developmental Stages and Learning Styles

Ninja Classes that Fit Your Fabulous Business!

Ninja vs. Warrior: Unleash Your Program's Potential!

Formatting FUN in Your Preschool Program

Class Management and Lesson Planning: Preschool and School Age

Class Management: How to Assess and Address Challenging Behaviors

What Makes Us Move Makes Us Think: Stations!

Preschool & Recreational Trampoline that Beats All!

Preschool Gymnastics is MOVEMENT

Beam: Beyond the Straight and Narrow

Stations! Stations! Stations!

Building a Strong Foundation

Recreational Bars

From Average to Awesome: Creating Memories for your Gymnasts!

Rewards Systems for Kids that Build Better Business

What's New! Ways to Use the Newest Equipment in the Industry

Beam: Drills for Skills

Topics for All Disciplines

Ten Key Factors for Success in Gymnastics

Rebound Therapy

How to Teach a Press Handstand

Teaching Artistry and Musicality - For All Disciplines with Music

Trampoline Basics: Building a Strong Gymnastics Foundation

Beginning Trampoline Drills for All Disciplines

Twisting Progressions and Drills on Trampoline for All Disciplines

Learning to Spot Skills on Trampoline for All Disciplines

Basics of Spotting on Trampoline (up to Back Full Twist) for All Disciplines

Advanced Spotting on Trampoline (Double Somersaults) for All Disciplines

Special Needs

Resources for Teaching Children with Special Needs
Special Needs: Behavior Basics!
HUGS: Get Your Gymnasts with Special Needs More Involved!
True Inclusion: Understanding Common Disabilities to Safely Accommodate All Athletes

Trampoline & Tumbling, Acrobatic Gymnastics

How to Start an Acrobatic Gymnastics Program
Acro is the Answer to Avoid Athlete Attrition!
Learn about the Blocks Program
Growing a Recreational Trampoline & Tumbling Program
Trampoline & Tumbling JumpStart Testers Workshop (Accreditation Included for Participants)
Building a Trampoline Routine: Structure and Progressions
How to Use Technology in Trampoline (Veriflite, Video Delay)

Gymnastics for All

Include Gymnastics for All Activities in your Recreational Program!
TeamGym: Add a New Competitive Program!
Take Your Show(Team) on the Road!
Gymnastics for All 2024: How You Can Get Your Club Involved!

Acrobatics & Tumbling, Collegiate

How to Start and Acrobatics & Tumbling Program
Fundamentals of Youth Acrobatics & Tumbling
Recruitment of Gymnasts from All Disciplines in NCAA Acrobatics & Tumbling
Learn the Basic Foundational Skills of NCAA Acrobatics & Tumbling
NCAA Rules Update
The College Recruiting Process: Key Tips for Club Coaches

Women's Technical

Words of Wisdom - Tricks of the Trade
Minimizing Errors When Judging: Mistake Management & Prevention
Execution Errors: Evaluating "What If" Mistakes
Xcel Mystery Uh-Ohs
Compulsory Beam Skills
Optional Beam Skills
Xcel Practice Judging - Beam
Compulsory Floor Exercise "Throughout the Exercise" Deductions
Optional Floor Exercise "Throughout the Exercise" Deductions
Optional Vault
Level 6/7 Vault: Do You Think the Vault Will Flip? How Well?
Uneven Bars: Pirouettes and Turns
Level 7/8 Floor Exercise Practice Judging
Level 9: It's All About the "Ds"
Shorthand

Athlete Wellness / Sport Science

Keeping their Head in the Game: Helping Athletes Return from Injury
Pain & Performance: The Mental Toll of Injuries on the Gymnast/Coach Relationship
How Your Coaching Style Impacts Your Athlete's Psyche
What I wish I Knew: Lessons in Strength Training from a Collegiate Athlete Turned Physical Therapist
Do Your Gymnasts Need a Snack Break? The Inside Scoop on Performance Nutrition & Hydration
Safe and Effective Nutrition Communication for Coaches and Parents
Tips and Strategies for Supporting Athlete Mental Health from Recreational to Elite
Building Dynamic Mobility for Shoulders Using a Brain-Based Approach and Drills
Leg Strength & Power Using the New Hybrid Models
How to Train Dynamic Shaping with the Band Technique
All About the Wrist: Injuries, Prevention and More
The Language of Resilience: Practical Strategies for the Mental Side of Coaching
Psychological Factors Affecting Return After Injury
Balking and Blocking: Practical Tools to Beat the Fear Beast
Achilles Tears
Safe Back Flexibility in Competitive Gymnasts
Demanding or Demeaning: The Grey Areas of Coaching Today's Athlete
RED-S: Relative Energy Deficiency in Sport
Parents and Coaches Working as One
The Meet Experience: Building an Invitational from the Ground Up

Business

From No Experience to True Professional: Hire and Train Rec Coaches Fast!
Summer Camps = Summer Profit
The Many Benefits of Hosting Birthday Parties in your Gym
How to Recession-Proof Your Gym During Turbulent Economic Times
Creating Amazing Marketing Content!
Leadership: The Critical Difference Between Motivation and Inspiration
Crisis Management: Having a Plan When Things Go Wrong
Skills and Strategies to Engineer a Positive Customer Experience
Industry Growth Trends for Immediate and Practical Use
From Parent Portal to Branded App: Upgrade Your Mobile Strategy
Club Resources: Introducing the New Hiring Toolkit
Dealing With Conflict and Confrontation
Hiring and Retaining the BEST Employees
Marketing Strategies to Build Your Brand and Reputation Heading into the Olympic Boom
Annual Reviews: Helping Your Staff to Stay with YOU!
Flip Your Waiting List into a Revenue Stream and Improve Your Bottom Line
General Business Practices for an Ever-Changing Environment: Keep Yourself & Employees Safe!
Deciding How Much to Charge
Unique Ways to Foster Growth and Stand Out From Other Clubs Around You
Creating Sound Policies for your Club that Work!