



# National Congress

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## Trade Show

*St. Louis, MO • 2020*

[usagymcongress.org](http://usagymcongress.org)

**2020 National Congress Preliminary List of Lecture Topics**  
*List as of February 12, 2020- All information subject to change*  
*More Coming Soon!*

Keep up-to-date with the latest information at [usagymcongress.com](http://usagymcongress.com)

[Click here](#) for National Congress Schedule Overview

### **Women Topics**

- Women JO Update
- Women Xcel Update
- Level 1-4 Uneven Bars- Skills and Drills
- Beam Training- Drills for Skills, Pre-Team to Compulsories/Xcel
- Level 3/4/5 Vault: Present and Future
- Xcel (Bronze-Diamond) Routine Creation Uneven Bars and Balance Beam
- Xcel Vault Drills
- Level 3/4/5 Compulsory Beam: Do You Still Know These Routines?
- Xcel or Not Xcel- Reasons to Offer and Grow your Xcel Program and How it Benefits Every Area of Our Sport from Preschool to College
- Keeping Your Athletes in the Gym
- 2021-2029 Compulsories: Know What's Coming
- Ideas for Conditioning the Xcel & JO Athlete
- Beam Skills and Drills: Gold through Platinum
- How to Develop a Consistent Vault Run

- Coaching the Teenager Years: Working Together, not Against Each Other
- Basic Keys for Training Balance Beam
- Vaulting Drills to Develop Confidence and Aggressiveness
- A Simplified Overview of the Yearly Training Cycle
- Circling Elements: The 3/6/7 Families (Clear Hip, Toe On, Stalder)
- Drills for Optional Dance Skills
- Using Trampoline and Tumble Track as Effective Tools for Your Competitive Athletes
- Developing a Beam Complex to Prepare the Athletes for Excellent Performance for the Different Levels in Your Gym
- Optional Bars Development
- Yurchenko Vaults Through Flipping
- Developing Handsprings, Whips and Saltos for Tumbling
- Bars: Releases, Minor to Major and Flight to Flight
- Beam Progressions Through Optionals
- Which Vault Are You Choosing to Flip?
- Artistry for Floor. HOW to do the WHAT to ACHIEVE the Ultimate Performance
- No Trampoline? No Problem, Tumbling Track Drills
- "Oh My Gosh! She Got Credit for Her Leaps!"
- TOPS and HOPES- Uneven Bars: What You Need to Know.
- Skill Selection and Training for Elite Beam Dance Elements
- TOPS and HOPES- Floor: What You Need to Know
- Leadership: Methods for a Positive Gym Culture
- Beam: Getting the Most Out of a 60 Minute Rotation
- Tumbling: How to Develop the Double-Double and More
- Non-Traditional Vaults Round-Off Half-Ons and Forward Entry
- Bars: Skill Selection and Planning Makes All the Difference
- Organizing an Elite Program Within Your JO Program
- Trampoline: Building Blocks that Lead to Advanced Skills
- TOPS and HOPES- Beam: What You Need to Know
- TOPS and HOPES- Vault: What You Need to Know
- Progressive Bar Routines From 4.0 to 6.0 and Higher
- Elite Update
- Club Coaches: How to Partner with Your Gymnast and Parent in the College Recruiting Process
- Xcel Bronze & Silver Beam Acro
- Acrobatics and Tumbling College Recruiting
- Questions and Answers NCAA Acrobatics and Tumbling
- Non-Traditional Vaults: Round-Off, Half Ons and Forward Entry
- Using Your Strap Bar to Create High Level Bar Routines
- Balance Beam Tumbling and Acro
- Training Techniques for Developing Champions

- Club Coaches: How to Partner with Your Gymnasts and Parents in the College Recruiting Process
- Xcel Bronze and Silver Beam Acro
- Acrobatics and Tumbling College Recruiting
- Questions and Answers NCAA Acrobatics and Tumbling
- Coaching with Care
- Using Your Strap Bar to Create High Level Bar Routines
- Sharpen Your Athletes Skills by Strengthening Your Teaching Skills

### **Women Technical**

- Judging Xcel Bars
- Level 10 Beam: Putting it All Together- Practice Judging
- Sometimes it's NOT Ok to be Ok- Where Judges' Performance Could Improve
- Level 6/7 Vault: Evaluating Angle of Repulsion/Height/Rotation
- Bridging the Gap- Coming Together to Look at FX Tumbling form a Coaches & Judges Perspective
- Beam & Floor Dance: Recognizing/Evaluating Turning Leaps and Wolf Turns
- Level 6/7 Beam: Putting It All Together- Practice Judging
- Level 9/10 Floor Acro Connection Value
- Uneven Bars: Evaluating Angles for Cass, Circles and Pirouettes
- NCAA Update
- Level 8 Floor: Putting It All Together- Practice Judging
- Artistry on Beam
- Level 4/5 Handspring Vault: Evaluating Angle and Repulsion/Height/Dynamics
- Xcel Coaches & Judges: Solving the Mysteries of Unusual Circumstances
- Level 9 Bars: Putting It All Together- Practice Judging
- Level 8 Bars, Beam, Floor Shorthand for Judges
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### **Live Lecture Topics**

- Hands-on-Spotting School Age Events
- Hands-on-Spotting Compulsory/Xcel
- Bars: Fly Aways- Hands On
- Floor: How to Teach Expression and Musicality
- Bars: Kip Drills and Spotting
- Tumbling: Basics through Layouts, Front and Back
- Hands on Shaping Building a Strong Future
- Hands-on-Spotting- Optionals
- Level 3/4/5 Floor: Last Year
- Vault: Yurchenko Drills
- Hands-on-Spotting- Back Handsprings
- Hands-on-Spotting- Optionals

- Bars: Handstands, Circling and Giants
- Gymnastics for All- How to Include Everyone
- Games/Circuits/Stationary Training: Old & New Games with Defined Purpose
- Blocks Training- Good for All
- Integrating Parkour Classes into Your Gym
- Favorite Xcel Drills for Success
- Drills for Dance Skills
- Coaches Who Want Great Choreography but Don't Know Where to Start
- Train Great Technique Through Fun & Play Games
- Making the Most of the Props in Preschool
- Ninja Time
- Preschool & School Age Warm-Ups with Music
- Every Skill Starts with a Handstand
- How to Teach Parkour Safely
- Team Warm-Ups: Fun Effective, Productive
- Working with Props & Hand Apparatus

### **Men Lecture Topics**

- The Compulsory Coach- Progressions and Drills for Circles and Flairs
- How Board Drills Can Help Solidify your Vault Foundation at the Compulsory Level
- Developing Low Bar Drills for the Compulsory Level Athlete
- Using Trampoline to Maximize Training- Future Stars through Optional Development
- Team Building Strategies Starting with Xcel
- Emphasizing a Positive Environment through Opportunity and Recognition
- How Does the Xcel Track Fit into Your Team Programs?
- The Importance of Hand Placement When Learning Turning Mushroom Skills
- Strength Building through Proper Body Position for the Compulsory Coach
- How Can I Teach Element Group 1 Floor Exercise Skills in my Compulsory Program?
- Upper Arm Training on Parallel Bars for the Young Athletes- Front Uprise & Back Uprise
- Building Up to Bails- Understanding Giant Swings on Rings
- Breaking Down the All Important Flyaway- Precise Checkpoints for Good Habits
- Tumbling & Floor Drills for All Events- Establishing Foundations in Your Warm-Up
- Tumbling Track for the Compulsory Athlete
- Implications and Trends of the New FIG Code- Floor Exercise
- Refining Technique with Trampoline Training for Advanced Vault and Floor Skills
- Implications and Trends of the New FIG Code- Pommel Horse
- Why Understanding the Russian Might be the Most Important Skill on Pommel Horse
- Maximizing the Handspring Vault
- Peach to Peach Half- Bridging the Gap
- Implications and Trends of the New FIG Code- Rings & Vault
- Healthy Strength Circuits for the Developing Gymnast
- Kovacs Taps Made Easy- Timing and How to Use the Bar
- Element Group 1 Variations on Pommel Horse Understood

- Implications and Trends of the New FIG Code- Horizontal Bar
- Perfecting the Jam, Jam ½ and Full Drills on the Low Bar
- Implications and Trends of the New FIG Code- Parallel Bars
- Honma Development and Front Uprise Skills on Parallel Bars
- The Importance of Good Medical Oversight in Your Training

### **Trampoline & Tumbling and Acrobatic Lecture Topics**

- Succeeding from Failure: How to Capitalize on Failure for Future Success
- Trampoline Part 1: Basics Through Somersaulting with Twist
- Preschool S.U.C.C.E.S.S.- Everything from A to Z, Training the Future Athlete, To Taming the Zoo
- Tumble Transitions and Linking Skills
- Questions and Discussion on the New Program
- Periodization (Mapping out Micro and Macro Periods of the Year)
- Double Somersault Progressions on Trampoline
- How to Enhance your Special Needs Program: Benefits, Rebound Therapy, HUGS, and More!
- Mental Blocks and Mental Toughness
- New T&T JO Program for Coaches
- Trampoline for All Events: Progressions and Drills for Dismounts, Releases, Tumbling and Vault
- Trampoline Biomechanics
- T&T Mobility Skills

### **Sport Science**

COMING SOON!

### **Business Lecture Topics**

- 90% of New Sign Ups Online and Over the Phone
- Employee Compensation, Benefits and Incentives
- Human Resources Success Formula- Recruiting, Training and Retaining High-Quality Staff!
- How to Feed Your Staff: It's More than Meals
- 13 Characteristics of an Excellent Teacher & Customer Service
- Vision 2020- Future Casting Your Organizational Culture
- Staffing for the Future
- Pricing- We Are Leaving Millions on the Table
- The 80/20 Rule- Practices That Will Move You From Surviving to Thriving
- My Favorite Apps & Tools that Simplify the Marketing Process
- Anchors Away: Considerations for Successfully On-Boarding Your Staff (ABC's of Hiring)
- Leadership Communication: How to Be Stronger, Warmer and Present
- Leveraging the Olympic Enrollment Boom
- Daily Operations Problems: Questions & Answers

- Advice and Tips for the Children's Sports Professional on Balancing Professional Life and Personal Life
- How to Use Your Passion and Story to Create Powerful Marketing
- Dealing with Conflict & Confrontation
- How to Onboard Train Staff
- Build A Message that Engages Your Community and Take Advantage of the Olympic Boost!
- Never Hire Hungry: Best Hiring Practices for Your Business
- Dealing with Conflict and Confrontations
- Human Resources Success Formula- Recruiting, Training and Retaining High Quality Staff!
- How to Onboard and Train Your Staff
- The Single Most Profitable Center in Your Gym
- Build a Message That Engages Your Community and Takes Advantage of the Olympic Boost!
- Never Hire Hungry: Best Hiring Practices for Your Business

### **School Age Lecture Topics**

- 21 Ideas to Awesome-ize Your Rec Classes
- The Back Handspring
- Break it Down. Taking Basic Skills for Preschool/Rec and Creating Stations
- Coaching Necessities- Energy, Motivation, Enthusiasm and More
- No More Boring Warm-Ups! Get Kids Moving and Have Fun!
- Redefining Beam and It's Place in Our Sport for our Rec Classes
- Lesson Plan Logic
- Opportunities for Athletes with Disabilities
- Rec Class Skills on Trampoline
- Leaders in Training: Building the Next Generation
- Recreational Bars
- Teaching and Learning Styles
- Homeschool Classes
- Ideas for Rec Instructors Who Teach Vault
- Boys Classes- The Way of the Ninja
- Launching a Special Needs Program
- Boys Classes- The Way of the Ninja
- Launching a Special Needs Program
- Save Me! Successful Boys Class Management Techniques

### **Preschool Lecture Topics**

- Organized Chaos: Preschool Class Management
- Understanding the Preschool Age Child

- 5 Parts to Amazing Preschool Classes
- Preschool Beam: A Somatic, Developmental Perspective
- Best Way to Start and End Your Class! Warm-Ups, Songs and Ending Activities
- I'm Not Your Friend- Dealing with Social Emotional Behavior and Learning in Young Children
- Preschool Theme Weeks
- What Can Preschoolers Do on Bars? Let's Make It Fun and Work On Upper Body Strength
- Incorporating Child Development into Your Lesson Plans
- How to Get Them Strong and Keep it Fun
- Be a Rockstar Teacher
- Take Your Show Team on the Road
- Class Control- Tips and Tricks
- Preschool Trampoline: Developing Fun, Passion, Love for the Sport with Excellent Foundation
- Preschool Through School Age Vault and Beyond