



2020 Virtual National Congress Preliminary List of Lecture Topics

List as of May 12, 2020- All information subject to change

More Coming Soon!

Women Topics

- Women JO Update
- How to Develop a Consistent Vault Run
- Coaching the Teenager Years: Working Together, not Against Each Other
- No Trampoline? No Problem. Tumbling Track Drills.
- TOPS and HOPES- Beam: What You Need to Know
- Leadership: Methods for a Positive Gym Culture
- Coaches Who Want Great Choreography but Don't Know Where to Start
- Level 1-4 Uneven Bars- Skills and Drills
- Basic Keys for Training Balance Beam
- Vaulting Drills to Develop Confidence and Aggressiveness
- Training Techniques for Developing Champions
- Sharpen Your Athletes' Skills by Strengthening your Teaching Skills
- Xcel Update
- Ideas for Conditioning the Xcel and JO Athlete
- A Simplified Overview of the Yearly Training Cycle
- "Oh My Gosh!" She Got Credit for All Her Leaps!
- TOPS and HOPES- Uneven Bars: What You Need to Know
- Beam Complexes to Prepare the Athletes for Excellent Performance at All Levels in your Gym
- To Xcel or Not Xcel: Reasons to Offer and Grow your Xcel Program
- Circling Elements: The 3/6/7 Families (Clear Hip, Toe-On and Stalder)
- TOPS and HOPES- Floor: What you Need to Know
- Skill Specific Conditioning
- Xcel (Bronze-Diamond) Routine Creation Uneven Bars and Balance Beam
- Develop a Rockin Pre-team-Innovative Tactics
- Optional Bars Development
- Skill Selection and Training for Elite Beam Dance Elements
- Tumbling Basics through Layouts, Front and Back
- NCAA Opportunities in Acrobatics & Tumbling
- Level 3/4/5 Compulsory Beam: Do you Still Know These Routines?
- Developing Handsprings, Whips and Saltos for Tumbling
- TOPS and HOPES- Vault: What you Need to Know
- Bars: Releases, Minor to Major and Flight to Flight
- Trampoline for All Events: Progressions and Drills for Dismounts, Releases, Tumbling and Vault
- 2021-2029 Compulsories: Know What's Coming
- Xcel Silver Beam Across
- Tumbling: Round Off, Back Handsprings, Back Tuck- From Ground Up
- Bars: Skill Selection and Planning Makes All the Difference
- Using Your Strap Bar to Create High Level Bar Routines

- Yurchenko Vaults through Flipping
- Keeping your Athletes in the Gym and Building Leaders
- Beam: Getting the Most Out of a 60 Minute Rotation
- Trampoline Building Blocks that Lead to Advanced Skills
- Q&A: NCAA Opportunities in Acrobatics & Tumbling
- Level 3/4/5 Vault: Present and Future
- Beam: Acro Drills
- Conditioning Circuits
- Bars: Progressive Routines from 4.0 to 6.0 and Higher
- Xcel Choreography Made Easy
- Team Warm-Ups: Fun, Effective, Productive
- Drills for Dance Skills
- Favorite Xcel Drills for Success
- Conditioning Circuits for Each Event: Developing Teamwork, Grit and Excellence
- Non-Traditional Vaults Round-Off Half-Ons and Forward Entry
- Tumbling: How to Develop the Double-Double and More
- Bars: Drills, Progressions and Building Confidence Level 5 Bars and Beyond
- Club Coaches: How to Partner with Your Gymnast and Parents in the College Recruiting Process

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 from 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 Casts, 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
- Differentiating Xcel Floor and Bar Routines Using Overall Deductions: For Judges and Coaches

Men Lecture Topics

- Men's Program Update
- The Compulsory Coach - Progressions and drills
- Developing Low Bar Drills for the Compulsory Level Athlete
- Using Trampoline to Maximize Training
- Team Building - Strategies for Successful Team programs
- Training Plans for the Compulsory Age Athlete that Prepare for Optional Success
- Pommel Horse Skill Development
- Strength Building through Proper Body Position for the Young Athlete
- Tumble Trak Training for the Compulsory Athlete

Trampoline & Tumbling and Acrobatic Lecture Topics

- Succeeding from Failure: How to Capitalize on Failure for Future Success
- Trampoline: Basics Through Somersaulting with Twist
- Tumbling 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 Biomechanics
- T&T Mobility Skills
- How to Optimize Somersaulting and Twisting
- Every Skill Starts with a Handstand
- Blocks Training- Good for All Athletes

Sport Science-

- Impact of Physical Maturation on Athlete Safety and Performance
- Developing Emotional Control as a Coach
- Science for Efficient Gymnastics Training
- Busting the Myths of Strength and Conditioning in Gymnastics
- Fatigue State Training
- Creating Healthy Boundaries with Athletes: A Safe Sport Perspective
- Evolving and Coaching the Whole Athlete
- Injury, Burnout, Mental Illness
- Tough Coaching or Emotional Abuse: Knowing when the Line has Been Crossed
- The Female Athlete Triad in Gymnastics: It's More Common Than you Think
- Nutrition Concerns in Elite Gymnastics: The Science of Sound Interventions
- Assessment and Corrective Exercises for Common Gymnastics Biomechanical Errors
- Ask the Experts: Athlete and Wellness
- Safe Sport Tips: Involving the Parents in Safety Initiatives
- Ask the Experts: Athlete Mental Health and Wellness
- What's Up with Kids Today! Inside the Minds and Lives of Today's Youth
- Coaching with a Safe Sport Mindset: Avoiding the Report
- Resilience in Gymnastics: When Does too Much of a Good Thing Become Harmful?

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!
- 13 Characteristics of an Excellent Teacher & Customer Service
- Vision 2020- Future Casting Your Organizational Culture
- Staffing for the Future
- Pricing in the New Era
- 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
- 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
- Integrating Parkour into Gyms
- The Single Most Profitable Center in Your Gym
- Handbooks to Strengthen Your Business
- 15 Biggest Mistakes Gyms Make Implementing Technology
- Be Ready for the New Normal
- NCSI- New Standards for Background Checks

Recreational Topics

- 21 Ideas to Awesome-ize Your Rec Classes
- Teaching 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!
- Lesson Plan Logic
- Opportunities for Athletes with Disabilities
- Rec 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
- Organized Chaos: Preschool Class Management
- Understanding the Preschool Age Child
- 5 Parts to Amazing Preschool Classes
- Preschool Beam: A Somatic, Developmental Perspective
- I'm Not Your Friend- Dealing with Social Emotional Behavior and Learning in Young Children
- Preschool Theme Weeks
- 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
- Save Me! Successful Boys Class Management Techniques
- Gymnastics for All- How to Include Everyone
- BEST Way to Start and End Your Class! Warm-Ups, Songs and Ending Activities
- Core Strength for Classes
- Preschool and School Age Warm-Ups
- Tumbling Common Mistakes- How to Fix Them

- Games/Circuits/Stationary Training: Old & New Games with Defined Purpose
- Handling Confrontation