

**2017 NC USA Gymnastics State Congress and Idea Exchange**

| <b>Saturday, August 5, 2017</b>               |  |  | <b>Salem Gymnastics</b> |  |  |
|---|--|--|-------------------------|--|--|
| 4870 Country Club Road Winston Salem NC 27104 |  |  |                         |  |  |
| Check-in 12:45 pm Lobby                       |  |  |                         |  |  |
| <b>TIME</b>                                   |  | <b>Coaching Skills</b>   |                         | <b>Judging/Coaching</b>  |  |
| 1:30 – 2:10 pm                                |  | <b>Bring your YouTube Conditioning to Life</b><br>Megan Kodetsky<br>Carolina Gymnastics<br>Xcel Silver Club of the Year  |                         | <b>Xcel Beam</b><br><br>Cindy Cotten<br>Level 10I Judge<br>Owner of AcroSprt Gymnastics                                |  |
| 2:15 – 3:20 pm                                |  | <b>Xcel – A Year ‘Round Approach</b><br>James Howard & Monica Ward<br>Team Attraction Gymnastics<br>Xcel Platinum/Diamond Club of the Year                     |                         | <b>iPad Judging</b><br><br>Julie King & Cris Fuller<br>Level 10 & National Judge<br>ScoreKing & Knightdale Gym         |  |
| 3:25 – 4:10 pm                                |  | <b>Working Quality with Large Groups of Team Kids</b><br>Suzie Sanocki & Teshawne Jackson<br>Perfect Balance Gymnastics<br>Level 9 Club of the Year            |                         | <b>Xcel Vault</b><br><br>Jessica Thigpen<br>Level 10 Judge   |  |
| 4:15 – 4:55 pm                                |  | <b>Coaching Quality Gymnastics in a Small Gym While “Wearing Many Hats”</b><br>Stephanie Bruno<br>New Bern Gymnastics<br>Xcel Gold Club of the Year            |                         | <b>Professionalism and Self-Care for Judges</b><br><br>Diane Thompson &<br>Karen Pleasants<br>Brevet & National Judges |  |
| 5:00 – 5:40 pm                                |  | <b>Creating the Best Beam Routines Possible</b><br>Stephanie Bruno & Monica Ward<br>New Bern Gymnastics & TAG  |                         | <b>Using the NAWGJ Website especially for meet directors</b><br>Julie King Gymjas.com<br>Cris Fuller NC NAWGJ booking  |  |
| 7:00 pm                                       |  | <b>Meal at Hilton Garden Inn</b><br>65 seats available. No extra cost.<br>Contact Jennie Adams to reserve your seat by July 31, 2017<br>Jenniekadams@gmail.com |                         | <b>Business Forum after Dinner in Lobby of Hotel</b><br><br>Darlene Rose<br>Roses Gymnastics in Greenville             |  |

**HILTON GARDEN INN**

Reduced block of rooms ends July 21<sup>st</sup>.

[www.winstonsalem.hgi.com](http://www.winstonsalem.hgi.com) The group code is **UGSC**

Call hotel direct at: [336-331-3907](tel:336-331-3907) or [336-765-1298](tel:336-765-1298)

Email Jennie Adams for more information

[jenniekadams@gmail.com](mailto:jenniekadams@gmail.com) 252-514-5870 cell

**Sunday, August 6, 2017 at Salem Gymnastics**

**Check-in 8:15 am Lobby**

| <b>TIME</b>      | <b>Coaching</b>  | <b>Judging/Coaching</b>   | <b>Rec Class Staff</b>  |
|------------------|--|---|---|
| 9:00 – 9:45 am   | <b>Vegas Bars/ Spotting</b><br>Beau Davis, Kenny Morphis & Jeff DeVito<br>Salem Gymnastics   | <b>When to Count Extra Swings in Xcel</b><br>Elaine Wulf<br>GymCarolina<br>Region 8 Xcel Chair                | <b>Grab Bag of Camp Activities</b><br>Charlene DeVito<br>Salem Gymnastics                                       |
| 9:50 – 10:35 am  | <b>How Do You Get Your Vaults to “POP”?</b><br>Chris Weiler<br>First in Flight Gym<br>Lv 3 & 4 Club of the Year                            | <b>NCAA Updates</b><br>Penny Jernigan - Coach<br>Western Michigan Univ.<br>Diane Thompson -Judge              | <b>Hands on Spotting FLOOR SKILLS</b><br>Jeff, Jason, Beau,<br>Kenny<br>Salem Gymnastics                        |
| 10:40 – 11:25 am | <b>Working the Xcel Rules/Changes from the Nat’l Level</b><br>Elaine Wulf<br>Region 8 Xcel Chair   | <b>6/7/8 Shorthand</b><br>John O’Dell<br>National Judge   | <b>More Recreation Ideas than You Can Shake a Stick At</b><br>Jeff DeVito<br>Salem Gymnastics                   |
| 11:30 – 12:15 pm | <b>Working w/ New Judges Questions &amp; Answers</b><br>Carey Santiago Lv 10<br>Maryann Smith National                                     | <b>Levels 6/7/8 Beam</b><br>Terri Costa<br>National Judge<br>NC NAWGJ Chair                                   | <b>A Big Bucket of Pre-Team &amp; Class Ideas</b><br>Sarah Myers<br>Kidsport Gymnastics<br>W200 Certified Instr |
| 12:15 – 1:10 pm  | <b>Catered Box Lunch for Everyone</b>  | <b>JO Update - Quiz and Prizes 12:30-1:00</b><br>Jennie Adams<br>National Judge NC USA Gymnastics State Chair |   |
| 1:15 – 2:00 pm   | <b>Motivation for Coaches and Gymnasts</b><br>Ludmilla Shobe<br>Southeastern<br>Lv 2 & Lv 10 Club of the Year<br>Region 8 Club of the Year | <b>Bar Angles “Everything is Relative”</b><br>Mary Hoagland<br>National Judge                                 | <b>Hands on spotting BEAM</b><br>Margaret Morgan Lee<br>Cindy Cotten<br>Jessica Harris                          |
| 2:05 – 2:50 pm   | <b>Successful High School Gymnastics with your JO program</b><br>Margaret Morgan<br>Morgan’s Gymnastics                                    | <b>Ins and Outs of College Recruitment</b><br>Mark Stevenson<br>Retired NCSU Coach                            | <b>Side Stations for Recovering Athletes</b><br>Brittany Klingler<br>Trainer New Bern Gym                       |
| 2:55 – 3:35 pm   | <b>Coaching Bars</b><br>Sarah Myers<br>Kidsport Gymnastics   | <b>Coaches/Judges “You Be the Judge”</b><br>Cris Fuller National<br>Julie King Level 10                       | <b>Using KT Tape w/ Results</b><br>Brittany Klingler<br>Trainer New Bern Gym                                    |
| 3:40 – 4:15      | <b>Meetmaker Mechanics</b><br>Jason Braun<br>Salem Gymnastics<br>MeetMaker.com   | <b>Level 8 Composition</b><br>Diane Thompson Brevet<br>Karen Pleasants National                               | <b>Hands on Spotting BARS</b><br>Beau Davis<br>Salem Gymnastics   |