

**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 – 2:15 pm		<b>Bring your YouTube Conditioning to Life</b>		<b>Xcel Beam</b>	
		Megan Kodetsky Carolina Gymnastics Xcel Silver Club of the Year	Cindy Cotten Level 10I Judge Owner of AcroSprt Gymnastics		
2:20 – 3:05 pm		<b>How to Coach Vault</b>		<b>iPad Judging</b>	
		James Howard & Monica Ward Team Attraction Gymnastics Xcel Platinum/Diamond Club of the Year	Julie King & Cris Fuller Level 10 & National Judge ScoreKing & Knightdale Gym		
3:10 – 3:55 pm		<b>Working Quality with Large Groups of Team Kids</b>		<b>Xcel Vault</b>	
		Suzie Sanocki & Teshawne Jackson Perfect Balance Gymnastics Level 9 Club of the Year	Jessica Thigpen Level 10 Judge		
4:00 – 4:45 pm		<b>Coaching Quality Gymnastics in a Small Gym While “Wearing Many Hats”</b>		<b>Professionalism and Self-Care for Judges</b>	
		Stephanie Bruno New Bern Gymnastics Xcel Gold Club of the Year	Diane Thompson & Karen Pleasants Brevet & National Judges		
5:00 – 5:30 pm		<b>Creating the Best Beam Routines Possible</b>		<b>Using the NAWGJ Website especially for meet directors</b>	
		Stephanie Bruno & Monica Ward New Bern Gymnastics & TAG	Julie King Gymjas.com Cris Fuller NC NAWGJ booking		
6:30 pm		<b>Meal at Hilton Garden Inn</b> 65 seats available. No extra cost. Contact Jennie Adams to reserve your seat by July 31, 2017 Jenniekadams@gmail.com		<b>Business Forum after Dinner in Lobby of Hotel</b>	
		Darlene Rose 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> Beau Davis, Kenny Morphis & Jeff DeVito Salem Gymnastics	<b>When to Count Extra Swings in Xcel</b> Elaine Wulf GymCarolina Region 8 Xcel Chair	<b>Grab Bag of Camp Activities</b> Charlene DeVito Salem Gymnastics
9:50 – 10:35 am	<b>How Do You Get Your Vaults to “POP”?</b> Chris Weiler First in Flight Gym Lv 3 & 4 Club of the Year	<b>NCAA Updates</b> Penny Jernigan - Coach Western Michigan Univ. Diane Thompson -Judge	<b>Hands on Spotting FLOOR SKILLS</b> Jeff, Jason, Beau, Kenny Salem Gymnastics
10:40 – 11:25 am	<b>Working the Xcel Rules/Changes from the Nat’l Level</b> Elaine Wulf Region 8 Xcel Chair	<b>6/7/8 Shorthand</b> John O’Dell National Judge	<b>More Recreation Ideas than You Can Shake a Stick At</b> Jeff DeVito Salem Gymnastics
11:30 – 12:15 pm		<b>Levels 6/7/8 Beam</b> Terri Costa National Judge NC NAWGJ Chair	<b>A Big Bucket of Pre-Team &amp; Class Ideas</b> Sarah Myers Kidsport Gymnastics 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> Jennie Adams National Judge NC USA Gymnastics State Chair	
1:15 – 2:00 pm	<b>Motivation for Coaches and Gymnasts</b> Ludmilla Shobe Southeastern Lv 2 & Lv 10 Club of the Year Region 8 Club of the Year	<b>Bar Angles “Everything is Relative”</b> Mary Hoagland National Judge	<b>Hands on spotting BEAM</b> Margaret Morgan Lee Morgan’s’ Gymnastics Cindy Cotton AcroSport Gymnastic
2:05 – 2:50 pm	<b>Successful High School Gymnastics with your JO program</b> Margaret Morgan Morgan’s Gymnastics	<b>Ins and Outs of College Recruitment</b> Mark Stevenson Retired NCSU Coach	<b>Side Stations for Recovering Athletes</b> Brittany Klingler Trainer New Bern Gym
2:55 – 3:35 pm	<b>Coaching Bars</b> Sarah Myers Kidsport Gymnastics	<b>Coaches/Judges Evaluation</b> Cris Fuller National Julie King Level 10	<b>Using KT Tape w/ Results</b> Brittany Klingler Trainer New Bern Gym
3:40 – 4:15	<b>Meetmaker Mechanics</b> Jason Braun Salem Gymnastics MeetMaker.com	<b>Level 8 Composition</b> Diane Thompson Brevet Karen Pleasants National	<b>Hands on Spotting BARS</b> Beau Davis Salem Gymnastics