

Friday, August 19th				
Time	Station #1	Station #2	Station #3	Station #4
5:00-5:50	Conditioning disguised as Fun for Younger Kids! (R) <i>Jason Braun from Salem</i>	Back to Basics - Bars! (R,C) <i>Milan Stanovich from SonShine</i>	What kind of Impression does your gymnast leave with the Judges? (C,J) <i>Mary Hoagland - NC Judge</i>	Oriented for B - Business C - Coach J - Judge R - Recreational
6:00-6:50	Creative Warm-ups & Games (R,C) <i>Darlene Rose from Roses' & Margaret Morgan from Morgan's</i>	Back to Basics - Vault! (R,C, J) <i>Sarah Myers from Kidsport</i>	What do you do with an Injured Gymnast? (C, B) <i>Milan Stanovich from SonShine</i>	Level 7 Practice Judging <i>Mary Hoagland and Stephanie Phillips (J)</i>
7:00-7:50	Spotting For Vault & Bars all Levels! (R,C)			Level 8/9 Practice Judging Bars <i>Mary Hoagland and Stephanie Phillips (J)</i>
Saturday, August 20th				
9:00-9:50	Class Floor! (R) <i>Jeff Devito from Salem</i>	Back to Basics - Beam! (R,C,B, J) <i>Sarah Myers from Kidsport</i>	R U Ready for 2013? (C,J) <i>Jennie Adams - State Chairman</i>	Practice Judging <i>Terri Costa (J)</i>
10:00-10:50	Class Bars! (R) <i>Jason Braun from Salem</i>	Back to Basics - Floor! (C,J) <i>Milan Stanovich from SonShine</i>	Giving your gymnast a Signature Look! (C) <i>Chen Yiwen from Everest</i>	Region 8 Prep/Excel Changes (C, J) <i>Jennie Adams - State Chairman</i>
11:00-11:50	Spotting For Floor & Beam all Levels!			Judging Ethics <i>Sheila Ragle (J)</i>
	Lunch Provided & NC USAG State Meeting			

Saturday, August 20th				
Time	Station #1	Station #2	Station #3	Station #4
1:30-2:20	Teaching Them a Purpose and Making it Fun! (R) <i>Jeff Devito from Salem</i>	Entering competition as a Strong Force! (C) <i>Livvy Dyer from Olympia</i>	Leaps, Jumps & Turns! How to Teach what the Judges Want! (C,J) <i>Chen Yiwen from Everest</i>	Practice Judge Prep/Xcel from Prep Regional Tapes Jennie Adams (C,J)
2:30-3:20	Giving your gymnast a Signature Look! (C) <i>Livvy Dyer from Olympia</i>	Coaches Round Table - Do You Maximize your TT? (C,B) <i>Jason Braun from Salem</i>	PT & Taping Tips for your gymnasts! (C,B) <i>Cheryl Thomas</i>	Practice Judge Prep/Xcel from Prep Regional Tapes Jennie Adams (C,J)
3:30-4:20	Ask and you will receive! (R) <i>Jeff Devito from Salem</i>	Preparing for Optional Vaults! (C,J) <i>Milan Stanovich from SonShine</i>	Gymnasts with Special Needs & the Special Olympics! (R,C,B,J) <i>Maryann Smith - NC Judge</i>	Judging Shorthand Sheila Ragle (J)
Snack Break				
5:00-5:50	Preparing for Team in Training Team! (C,B) <i>Sergei Tereshenko from Precision</i>	Preparing for Optional Bars! (C,J) <i>Ludmila Shobe from Southeastern</i>	Coaching Certification (C,B) <i>Jennie Adams - NC State Chairman</i>	Judges should go to Ludmilla's Presentation
6:00-6:50	Choreography Ideas for Optional Floor & Beam (C,J) <i>Chen Yiwen from Everest</i>	Got Front Tumbling! (C,J) <i>Jason Braun from Salem</i>	Business Round Table Need Money? (B) <i>Margaret Morgan & Darlene Rose</i>	Compulsory Review Mary Hoagland and Terri Costa (C,J)
7:00-7:50	Shape up! (C) <i>Sergei Tereshenko from Precision</i>	Preparing for Optional Beam! (C,J) <i>Ludmila Shobe from Southeastern</i>	Open	Judges should go to Ludmilla's Presentation

Sunday, August 21st

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