

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

## Saturday, August 20th

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

**Sunday, August 21st**

<b>Time</b>	<b>Station #1</b>			
<b>9:00-9:50</b>	<b>How to apply up to deductions</b> Mary Hoagland and Sheila Ragle (J)			
<b>10:00-11:30</b>	<b>Practice Judging</b>			