

**North Carolina USA Gymnastics Optional Congress**  
**The William and Ida Friday Center – UNC Chapel Hill**  
**August 3, 2013**

8:15-8:40	Check In and Continental Breakfast Registration closes on Meetmaker.com on 7-30-13. Late fee of \$25 until 8/2/13		
	Track 1 Bellflower	Track 2 Redbud	Track 3 Wintergreen
Session 1 8:45-9:35	Evaluations of the New Compulsory Routines Level 4 (for coaches and judges) Karen Pleasants & Amanda Maness	2013-2021 Xcel Rules Vault and Bars Elaine Wulf Sarah Myers	Twists and Release Elements on Bars Jason Braun Miles Avery & Milan Stanovich videos
Session 2 9:45-10:35	Evaluations of the New Compulsory Routines Level 5 (for coaches and judges) Karen Pleasants & Amanda Maness	2013-2021 Xcel Rules Beam and Floor Elaine Wulf & Sarah Myers	New Level 7 Routines Judgments and Suggestions Portia Propst & Terri Costa
Session 3 10:45-11:35	Training & Progressions for Level 1-4 Compulsory Beam elements Amanda Maness	What do you need to know about traditional JO Optional rules to be able to succeed at Xcel? Sarah Myers & Terri Costa	Judging Level 9 and Level 10 Vault and Floor Marian Dykes & Diane Thompson
Lunch 11:40-12:40	Full Buffet Lunch is served in Dining Facility		
Session 4 12:45-1:35	Training & Progressions for Level 1-4 Compulsory Floor elements Amanda Maness	A Day at the Ranch National Team Training Tips Kristie Phillips- Bannister	Judging Level 9 and Level 10 Bars and Beam Marian Dykes & Diane Thompson
Session 5 1:45-2:35		Aim for Quality Beam & Floor Performance (Choreography, Philosophy, Conditioning, Mental Preparedness, & Work ethic) Ludmilla Shobe and Galena	New Level 8 Routines Judgments and Suggestions Marian Dykes & Portia Propst
Session 6 2:45-3:35	Handspring Vaults – They have a great shape, now how to get them to Pop? Thomas White	New Level 6 Routines Judgments and Suggestions Marian Dykes & Kristie Phillips-Bannister	Meet Directors: Why you need to develop a good relationship with your Chamber of Commerce or local Sports Group! Hill Carrow, Mindy Yaeger, Jason Braun, Darlene Rose
Session 7 3:45 – 4:00 Redbud	You Need to Know! Skits depicting possible coaching deductions during a competition Margaret Morgan-Lee, Stephanie Phillips, John O'Dell & Cindy Cotton		
Session 8 4:00-5:00 Redbud	JO Update for 2013-2021 Marian Dykes Explanation of NC Rules and Operations 2013-2014 Jennie Adams The State of the State of North Carolina Gymnastics Where we've been & Where we're going? Statistics and Plans (Hrs in the gym, fees, how NC finished in Regionals & Nationals, American Cup information etc.) Jennie Adams & Sarah Myers		