

Engineering Excellence:
Systematic PreTeam Foundations that Prepare Athletes for Future Excellence
Saturday, July 11 • 6:00–8:30pm

Free to Region 2 Congress Registrants
Sign-up at Congress Registration Table beginning Friday, July 10 at 5:30 p.m.

This comprehensive boot camp is designed to help coaches build strong, confident, and technically sound young gymnasts from the ground up. Focused on pre-team and early developmental levels, this training emphasizes foundational shaping, efficient workout structure, and clear event-specific progressions. Coaches will learn how to maximize short training windows, implement purposeful warm-ups and conditioning, and create consistent progressions that set athletes up for long-term success in the sport.

Ideal for Rec School Age Coaches, Pre-Team Development Coaches, and Beginning Level Xcel Coaches, this course prioritizes strong fundamentals, technical precision, and practical strategies that can be applied immediately in the gym.

Topics Covered Include:

- **Philosophy:** Pre-Team philosophy and long-term athlete development; understanding the developmental stage of young gymnasts; setting appropriate goals for early levels; structuring the most effective Pre-Team workouts; purposeful warm-ups; conditioning concepts; and efficient event rotation structure.
- **Acro & Tumbling Skills:** Handstand shaping and press handstands; developing cartwheels and round-offs; back handspring progressions; dynamic basics for powerful early tumblers; building foundations for future strong floor workers
- **Uneven Bars:** Developing casts with proper shaping; back hip circles; glide swings; basic uneven bar concepts; drills and progressions for confident, technically correct young bar workers; emphasis on shaping, timing, and foundational strength.
- **Balance Beam:** Beam foundations; building confidence; proper landing positions; relevés and ankle strength; handstands on beam; pivots and jumps; strategies and progressions for confident early beam performers; focus on posture, rhythm, and long-term technical success.