

2023 CONGRESS GUIDE



*Doubletree By Hilton Cedar Rapids Convention Complex
Cedar Rapids, IA*

SCHEDULE

Thursday, June 15

6:00-9:00p.m.	Congress Registration	Convention Center Lobby
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Friday, June 16

7:00 a.m.-4:30 p.m.	Congress Registration Open	Convention Center Lobby
7:30 a.m.-7:15 p.m.	Trade Show Hall Open	Exhibit Hall A
5:30-7:30 p.m.	Region 3 & 4 Reception	Exhibit Hall A
5:30-6:00 p.m.	Region 4 Awards	Exhibit Hall A

Saturday, June 17

7:00 a.m.-12:30 p.m.	Congress Registration Open	Convention Center Lobby
7:30 a.m.-3:00 p.m.	Trade Show Hall Open	Exhibit Hall A
2:30-6:00 p.m.	Judges Exam	Hall B and Taft B

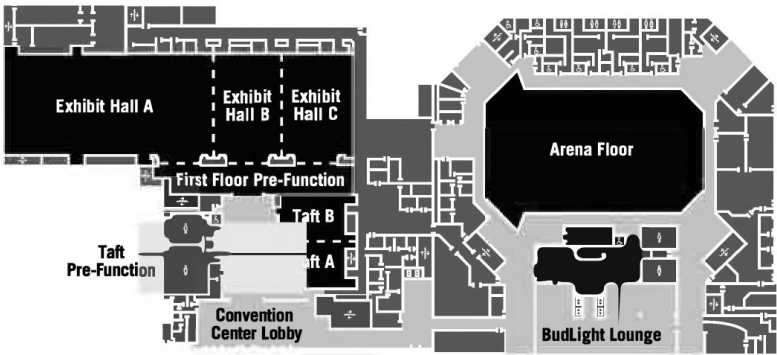
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HOTEL LAYOUT

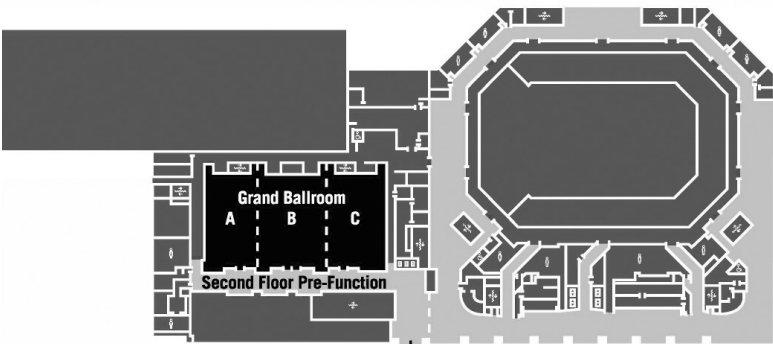
DOUBLETREE BY HILTON CEDAR RAPIDS CONVENTION COMPLEX

First Floor



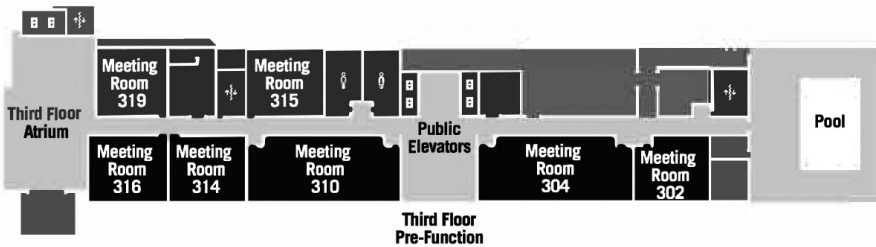
BudLight Lounge

Second Floor



Lantern Area

Third Floor



THANK YOU



TO OUR PARTNERS

EVENT EXHIBITORS



AAI

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Tumbi Trak
Train Smart

TUMBL TRAK

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FRIDAY, JUNE 16

SESSION	PRESENTER	ROOM
8:00 – 9:00 A.M.		
		Exhibit Hall A
Xcel: Routine Construction on Beam and Floor	Loui Janecky	Exhibit Hall B
Development Program Update	Rich Villarreal / Marilyn Blilie / Paige Roth / Windee Weiss	Exhibit Hall C
101 Ways to Use a Wedge Mat - From Toddlers to Team	Jayden Roth	Taft A
Passing on Your Business When the Time Comes	Mike Hunger	Taft B
Special People in our Gyms: Opening the Doors for Special Needs	Beth Gardner	Room 310

9:15-10:15 A.M.		
Games and Warm-ups	Jayden Roth	Exhibit Hall A
Xcel Update	Loui Janecky / Marilyn Blilie / Megan Bankole / Windee Weiss	Exhibit Hall B
Uneven Bars: Bridging the Gap - A Coach/Judge Perspective	Rich Villarreal / Nichole Otterson	Exhibit Hall C
So, You're Teaching Boys: A Survival Guide	Beth Gardner	Taft A
Marketing Strategies to Build Your Brand & Reputation Heading into the Olympic Boom	Morgan Kuchynka	Taft B
Taping 101 and Injury Prevention	Trevor Franck	Room 310

10:30 – 11:30 A.M.		
Understanding Why I Don't Always Get the Correction I Ask For	Tom Koll	Exhibit Hall A
Level 9: It's All About the "Ds"	Linda Thorberg / Nichole Otterson	Exhibit Hall B
Make your Floor Routine POP! And have the judges enjoy it too!	Kim Fuchs Madsen	Exhibit Hall C
Bars for Beginners	Beth Gardner	Taft A
Systems for Sanity	Megan Bankole	Taft B
Coaching High Level Athletes in the Modern Era	Mike Hunger	Room 310

11:45 A.M.-12:45 P.M.		
Shaping and Conditioning	Tom Stevens	Exhibit Hall A
Compulsory Floor: Applying the "Throughout the Exercise" Deductions	Marilyn Blilie / Windee Weiss	Exhibit Hall B
Vault: Developing Yurchenkos	Eddie Umphrey	Exhibit Hall C
Building Better Basics	Paige Roth	Taft A
Fostering Positive Relationships to Increase Athlete & Staff Retention	Morgan Kuchynka	Taft B
College Recruiting: Club Coach Point of View	Whitney Beck	Room 310

FRIDAY, JUNE 16

SESSION	PRESENTER	ROOM
1:45 – 2:45 P.M.		
Swith Leaps to "C" Leaps	Tom Koll	Exhibit Hall A
Level 6/7 Vault: Do you think the vault will Flip? How Well?	Jan Eyman / Rich Villarreal	Exhibit Hall B
Uneven Bars: Release Skills	Tom Stevens	Exhibit Hall C
Engaging Parents in Parent-Child Classes	Linda Thorberg	Taft A
Tips and Tricks for Hosting Invites, State and Regional Competitions	Morgan Kuchynka	Taft B
Nutrition for Your Athletes	Paige Harris	Room 310

3:00 – 4:00 P.M.		
Beam: Back Tumbling Without Fear	Hannah Thomas	Exhibit Hall A
Xcel Mysteries & Uh-Ohs	Megan Bankole / Dianne Palmer	Exhibit Hall B
Floor: Developing Power in Back Tumbling	Eddie Umphrey	Exhibit Hall C
Ideas for Recreational Instructors who Teach Vault	Paige Roth	Taft A
Club Resources: Introducing the New Hiring Toolkit	Shelba Waldron	Taft B
Taking Care of YOU!	Windee Weiss	Room 310

4:15 – 5:15 P.M.		
10 Things Top Programs Do	Mike Hunger	Exhibit Hall A
Optional Beam Skills: Evaluation/Comparison 2023	Linda Thorberg / Kim Fuchs Madsen	Exhibit Hall B
Uneven Bars: Developing Taps (Swings, Giants and Dismounts)	Eddie Umphrey	Exhibit Hall C
Making Goal-Setting Work: Strategies to Increase Motivation and Performance	Windee Weiss	Taft A
Demanding or Demeaning: Understanding the Grey Areas of Coaching Today's Athlete	Shelba Waldron	Taft B
Mindset 101	Stacie Fletcher	Room 310

SATURDAY, JUNE 17

SESSION	PRESENTER	ROOM
8:00 – 9:00 A.M.		
Beam: Bridging the Gap – a Coach/Judge Perspective	Windee Weiss / Paige Roth	Exhibit Hall A
Execution Errors: Evaluating the "What If" Mistakes	Marilyn Blilie / Nichole Otterson	Exhibit Hall B
What's New and Trending in Xcel	Loui Janecky / Megan Bankole	Exhibit Hall C
Preschool Gymnastics is MOVEMENT!	Hannah Thomas	Taft A
Creating Sound Policies for Your Club that WORK	Shelba Waldron	Taft B
How to Calm Competition Nerves	Stacie Fletcher	Room 310

9:15–10:15 A.M.		
If They Could, They Would	Hannah Thomas	Exhibit Hall A
Xcel Practice Judging: Beam	Megan Bankole / Dianne Palmer	Exhibit Hall B
Yurchenko Vaulting: Generating Rotation Off the Hands	Mike Hunger	Exhibit Hall C
School Aged Kids: Dealing With All Different Behaviors	Tom Koll	Taft A
Coaches and Parents Working as ONE	Shelba Waldron	Taft B
How to Deal with a Difficult Gymnast	Stacie Fletcher	Room 310

10:30 – 11:30 A.M.		
Balance Beam: Leaps, Turns and How to Construct a Winning Beam Routine	Kim Fuchs Madsen	Exhibit Hall A
Optional Vault: Levels 8-10	Mike Hunger / Linda Thorberg	Exhibit Hall B
Uneven Bars: Developing Basics for Optional Success	Tom Stevens	Exhibit Hall C
Lesson Planning for Successful Classes and Practices	Paige Roth	Taft A
Summer Camps = Summer Profit	Megan Bankole	Taft B
How to Teach a Press Handstand	Ashley Rosilier / Abby Rosilier	Room 310

SATURDAY, JUNE 17

SESSION	PRESENTER	ROOM
12:00 – 1:00 P.M.		
Beginning Optional Beam – Skills and Drills for Current and Future SUCCESS!	Kim Fuchs Madsen	Exhibit Hall A
Compulsory Beam: Separating the Best from the Rest	Nichole Otterson / Windee Weiss	Exhibit Hall B
Developing Air Awareness	Mike Hunger	Exhibit Hall C
101 Ways to Add Variety on Beam	Hannah Thomas	Taft A
Holding Staff Accountable	Tom Koll	Taft B
Recruitment of Gymnasts of All Disciplines in NCAA Acrobatics & Tumbling	Kaelyn Cowan / Sarah Koenig	Room 310

1:15 – 2:15 P.M.		
Xcel: Navigating the Resources Available to You	Dianne Palmer	Exhibit Hall A
Uneven Bars: Casts – What Angle?	Robin Ruegg	Exhibit Hall B
Xcel: Time Management – Utilizing Your Limited Time in the Gym	Loui Janecky	Exhibit Hall C
Tips to Make Recreational Classes Successful	Linda Thorberg	Taft A
It's All in the Financials	Megan Bankole	Taft B
Acro is the Answer to Athlete Attrition	Ashley Rosilier / Abby Rosilier	Room 310

PRESENTERS



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**THANKS
FOR
ATTENDING**



USA GYMNASTICS
2023