



# 2023 CONGRESS GUIDE



**USA** Gymnastics  
REGION 5 CONGRESS



*The Westin Chicago Lombard • Lombard, Illinois*

# SCHEDULE

## Thursday, July 20

|                 |  |   |
|-----------------|--|---|
| 3:00-10:00 p.m. | Region 5 Committee Meeting                   | Oak                                     |
| 6:00-9:00 p.m.  | Congress Registration Open                   | Grand Ballroom Foyer                    |
| 6:00-8:00 p.m.  | Developing Professionalism in Novice Coaches | Cypress A/B<br>(must be pre-registered) |

## Friday, July 21

|                     |  |   |
|---------------------|--|---|
| 7:45 a.m.-4:30 p.m. | Congress Registration Open                   | Grand Ballroom Foyer                    |
| 8:15 a.m.-5:00 p.m. | Trade Show Hall Open                         | Grand Ballroom A-F                      |
| 12:30-1:30 p.m.     | NCAA Rules Update                            | Lilac B/D                               |
| 12:30-2:00 p.m.     | Developing Professionalism in Novice Coaches | Cypress A/B<br>(must be pre-registered) |

## Saturday, July 22

|                     |  |   |
|---------------------|--|---|
| 7:45 a.m.-4:30 p.m. | Congress Registration Open                   | Grand Ballroom Foyer                    |
| 8:15 a.m.-5:00 p.m. | Trade Show Hall Open                         | Grand Ballroom A-F                      |
| 12:30-2:30 p.m.     | Region 5 Athlete/Coaches Awards Luncheon     | Grand Ballroom G, H, I                  |
| 12:30-2:00 p.m.     | Developing Professionalism in Novice Coaches | Cypress A/B<br>(must be pre-registered) |

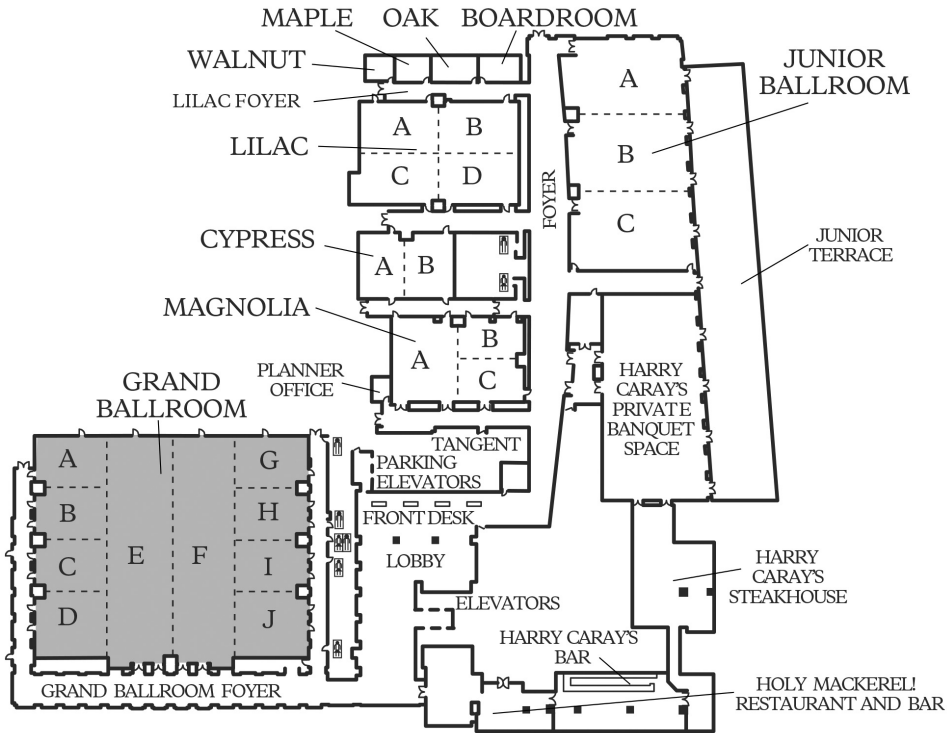
## Sunday, July 23

|                      |                            |                           |
|----------------------|----------------------------|---------------------------|
| 7:45-10:00 a.m.      | Congress Registration Open | Grand Ballroom Foyer      |
| 8:15 a.m.-12:00 p.m. | Trade Show Hall Open       | Grand Ballroom A-F        |
| 12:45-4:15 p.m.      | Judges Exams               | Lilac B/D and Cypress A/B |

# HOTEL LAYOUT

THE WESTIN CHICAGO LOMBARD

Lobby Level



# THANK YOU

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# TO OUR PARTNERS

# EVENT EXHIBITORS



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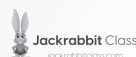
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# FRIDAY, JULY 21

| SESSION  | PRESENTER                         | ROOM               |
|--|-----------------------------------|--------------------|
| <b>8:45 – 9:45 A.M.</b>  |                                   |                    |
| Beam: Drills for Tumbling  | Tammy Biggs                       | Grand Ballroom A-F |
| Healthy, Positive Gym Culture: Building a Community                      | Courtney Allyson Mills            | Grand Ballroom J   |
| Development Program Update   | Kittia Carpenter / Sue Kane       | Lilac A/C          |
| Xcel 101: Navigating Xcel and Utilizing the Resources Available          | Nancy Gibson / Claudia Kretschmer | Lilac B/D          |
| Developmental Stages and Learning Styles                                 | Jeff Lulla                        | Magnolia A         |
| Creative Movement Ideas for Preschool and Recreational Classes           | Jayme Rigglesman                  | Magnolia B/C       |
| The Slow Vacuum: How Training Your Staff to CLEAN Builds Better Business | Tony Clarno                       | Cypress A/B        |

|  |  |                    |
|--|--|--------------------|
| <b>10:00 – 11:00 A.M.</b>  |  |                    |
| Beam: Drills for Dance Skills  | Tammy Biggs                                  | Grand Ballroom A-F |
| Demanding or Demeaning: Understanding the Grey Areas of Coaching Today's Athlete | Shelba Waldron                               | Grand Ballroom J   |
| Xcel Program Update  | Nancy Gibson / Sue Kane / Claudia Kretschmer | Lilac A/C          |
| Shaping for Success: Back Tumbling   | Tony Gehman                                  | Lilac B/D          |
| Teaching Musicality and Expression: For ALL Disciplines with Music!              | Jayme Rigglesman                             | Magnolia A         |
| Formatting FUN into your Preschool Classes                                       | Jen O'Hara Evans                             | Magnolia B/C       |
| Customer Service and Professionalism   | Jeff Lulla                                   | Cypress A/B        |

|  |                           |                    |
|--|---------------------------|--------------------|
| <b>11:30 A.M. – 12:30 P.M.</b>   |                           |                    |
| Hands on Spotting: Round off, Flip Flop, Backs   | Tami Schaafsma and Staff  | Grand Ballroom A-F |
| Taking Care of YOU!  | Windee Weiss              | Grand Ballroom J   |
| Progression of Specific Gymnastics Strength Exercises  | Tony Gehman               | Lilac A/C          |
| Learning More Advanced Shorthand by Building on the Basic Symbols                            | Sue Kane / Connie Maloney | Lilac B/D          |
| Developing Flexibility: Safe and Effective Techniques from a Rhythmic Gymnastics Perspective | Jayme Rigglesman          | Magnolia A         |
| Average or Excellent - Which one are YOU?  | Jen O'Hara Evans          | Magnolia B/C       |
| Leadership and Culture Management  | Jeff Lulla                | Cypress A/B        |

# FRIDAY, JULY 21

| SESSION   | PRESENTER                       | ROOM               |
|---|---------------------------------|--------------------|
| <b>2:15 – 3:15 P.M.</b>   |                                 |                    |
| Hands on Spotting: Levels 5-7 and Xcel Gold-Diamond                                     | Tami Schaafsma and Staff        | Grand Ballroom A-F |
| Mindset 101: A Simple Mindset Tool That Works In Every Situation                        | Stacie Fletcher                 | Grand Ballroom J   |
| Beam: From Hopes to Elite   | Tammy Biggs                     | Lilac A/C          |
| Compulsory Floor: Applying the "Throughout the Exercise" Deductions                     | Kittia Carpenter / Windee Weiss | Lilac B/D          |
| Educational Gymnastics: Understanding How, Why and What to Teach                        | Jeff Lulla                      | Magnolia A         |
| Lesson Plans: WHY to do and WHY to LOVE!  | Rhonda Zaluckyj                 | Magnolia B/C       |
| Hire, Train, Develop, REPEAT: Important Steps for Developing a Powerful Employment Team | Jen O'Hara Evans                | Cypress A/B        |
| <b>3:30 – 4:30 P.M.</b>   |                                 |                    |
| Hands on Spotting: Kips and Beam Skills   | Tami Schaafsma and Staff        | Grand Ballroom A-F |
| How to Help Your Athletes Overcome Fear and Frustration                                 | Stacie Fletcher                 | Grand Ballroom J   |
| Shaping for Success: Front Tumbling from Front Limbers to Front Twisting                | Tony Gehman                     | Lilac A/C          |
| Optional Beam Skills: Evaluation/Comparison 2023  | Tammy Biggs / Sue Kane          | Lilac B/D          |
| Tiny Tumblers: Gymnastics for the Under 3 Year Olds                                     | Annette Robert-Koerth           | Magnolia A         |
| Waiting Stations! What To Do While You Wait!  | Rhonda Zaluckyj                 | Magnolia B/C       |
| Creating Sound Policies for Your Club That WORK!  | Shelba Waldron                  | Cypress A/B        |

# SATURDAY, JULY 22

| SESSION   | PRESENTER                       | ROOM               |
|---|---------------------------------|--------------------|
| <b>8:45 – 9:45 A.M.</b>                                   |                                 |                    |
| Games for Warm-Ups and Conditioning                       | Jayden Roth                     | Grand Ballroom A-F |
| Coaching Social Emotional Learning (SEL)                  | Courtney Allyson Mills          | Grand Ballroom J   |
| Building Better Basics on All Events                      | Paige Roth                      | Lilac A/C          |
| Compulsory Beam Skills: Separating the Best from the Rest | Kittia Carpenter / Windee Weiss | Lilac B/D          |
| Start it Right! (at any age): Footwork and Body Alignment | Tammy Biggs                     | Magnolia A         |
| How to Turn Your Good Curriculum into Exciting Classes    | Tony Clarno                     | Magnolia B/C       |
| Club Resources: Introducing the New Hiring Toolkit        | Shelba Waldron                  | Cypress A/B        |

|   |                          |                    |
|---|--------------------------|--------------------|
| <b>10:00 – 11:00 A.M.</b>   |                          |                    |
| Hands on Spotting: Flyways and Clear Hip Circles                          | Tami Schaafsma and Staff | Grand Ballroom A-F |
| How to Help Your Athletes Actually Think Positively                       | Stacie Fletcher          | Grand Ballroom J   |
| Xcel: Floor Routine Construction  | Claudia Kretschmer       | Lilac A/C          |
| Is It The Angle You Thought? Evaluating Bar Pirouettes, Circles & Flights | Steve Arkell / Sue Kane  | Lilac B/D          |
| Make Beam Their Favorite Event!   | Paige Roth               | Magnolia A         |
| Birthday Parties and Camps  | Tony Clarno              | Magnolia B/C       |
| Coaches and Parents Working as ONE  | Shelba Waldron           | Cypress A/B        |

|   |                       |                    |
|---|-----------------------|--------------------|
| <b>11:30 A.M. – 12:30 P.M.</b>  |                       |                    |
| Hands on Spotting: Recreational Levels                                    | Jayden Roth and Staff | Grand Ballroom A-F |
| How to Help Your Gymnasts Calm Their Competitive Nerves                   | Stacie Fletcher       | Grand Ballroom J   |
| Uneven Bars: Handstands, Circles, Flyaways and Giant Development          | Steve Arkell          | Lilac A/C          |
| Xcel Mysteries & Uh-Ohs   | Nancy Gibson          | Lilac B/D          |
| Making Goal-Setting Work: Strategies to Increase Motivation & Performance | Windee Weiss          | Magnolia A         |
| Xcel Time Management: Utilizing Your Limited Time in the Gym              | Claudia Kretschmer    | Magnolia B/C       |
| After School / Educational Preschool: How to Maximize Your Space          | Annette Robert-Koerth | Cypress A/B        |



# SATURDAY, JULY 22

| SESSION   | PRESENTER                        | ROOM               |
|---|----------------------------------|--------------------|
| <b>2:15 – 3:15 P.M.</b>   |                                  |                    |
| Hands on Spotting: Levels 1-4 and Xcel Bronze-Gold  | Tami Schaafsma and Staff         | Grand Ballroom A-F |
| Hinge Theory: Spine, Shoulders and Hips, and How They All Work Together for Arching and Stability | Gina Pongetti                    | Grand Ballroom J   |
| Vault: Common Traits in Great Vaulters – And How to Develop Them                                  | Steve Arkell                     | Lilac A/C          |
| Optional Floor: Applying the “Throughout the Exercise” Deductions                                 | Nicole Langevin / Connie Maloney | Lilac B/D          |
| True Inclusion: Understanding Common Disabilities to Safely Accommodate All Athletes              | Shira Lewis                      | Magnolia A         |
| 101 Ways to Use a Wedge Mat – From Pre-School to Pre-Team   | Jayden Roth                      | Magnolia B/C       |
| Staff Management: What’s in your Backpack?  | Annette Robert-Koerth            | Cypress A/B        |

|  |                                    |                    |
|--|------------------------------------|--------------------|
| <b>3:30 – 4:30 P.M.</b>  |                                    |                    |
| Beam: Developing Front Aerials and Front Aerial Connections                    | Nicole Langevin                    | Grand Ballroom A-F |
| Foundations and Fundamentals of Gymnastics: A Physical Therapist’s Perspective | Shira Lewis                        | Grand Ballroom J   |
| Uneven Bars Development: Levels 5-10   | Steve Arkell                       | Lilac A/C          |
| Optional Vault: Levels 8-10  | Connie Maloney / Enrique Trabanino | Lilac B/D          |
| Vault: Ideas for Teaching Recreational Vault                                   | Paige Roth                         | Magnolia A         |
| How to Teach a Press Handstand   | Ashley Rosilier / Abby Rosilier    | Magnolia B/C       |
| Deciding How Much to Charge: A Critical Question All Gym Owners Face           | Ken Harris                         | Cypress A/B        |

**DISCLAIMER:**

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# SUNDAY, JULY 23

| SESSION  | PRESENTER                     | ROOM               |
|--|-------------------------------|--------------------|
| <b>8:45 – 9:45 A.M.</b>  |                               |                    |
| Developing a Rockin' PRE-TEAM  | Nicole Langevin               | Grand Ballroom A-F |
| Increase Efficiency in the Gym: Teaching Concepts Instead of Just Skills   | Shira Lewis                   | Grand Ballroom J   |
| Beginning Yurchenko Vaults   | Paige Roth                    | Lilac A/C          |
| Level 9: It's All About The D's  | Sue Kane / Connie Maloney     | Lilac B/D          |
| Ideas for Recreational Beam and Bars                                       | Annette Robert-Koerth         | Magnolia A         |
| Recruitment of Gymnasts from All Disciplines to NCAA Acrobatics & Tumbling | Sarah Koenig / Kati Horstmann | Magnolia B/C       |
| Taking Advantage of Social Media: Why? How? And What If...?                | Ken Harris                    | Cypress A/B        |

|  |                                 |                    |
|--|---------------------------------|--------------------|
| <b>10:00 – 11:00 A.M.</b>  |                                 |                    |
| Vault: Yurchenkos – Flipping and More  | Enrique Trabanino               | Grand Ballroom A-F |
| Creating Your Sports Medicine Program!   | Gina Pongetti                   | Grand Ballroom J   |
| Beam: Rhythm, Dynamics & Artistry – What the Heck Are They, And How Do I Train Them? | Nicole Langevin                 | Lilac A/C          |
| Xcel Practice Judging: Bars  | Nancy Gibson                    | Lilac B/D          |
| Stations for Teaching Back Handsprings for ALL Levels!                               | Annette Robert-Koerth           | Magnolia A         |
| How to Start an Acro Program!  | Ashley Rosilier / Abby Rosilier | Magnolia B/C       |
| Recession-Proofing Your Gym  | Ken Harris                      | Cypress A/B        |

|   |                               |                    |
|---|-------------------------------|--------------------|
| <b>11:15 A.M. – 12:15 P.M.</b>  |                               |                    |
| Safe Back Flexibility in Competitive Gymnasts                                       | Shira Lewis                   | Grand Ballroom A-F |
| Hands on Taping   | Gina Pongetti                 | Grand Ballroom J   |
| Planning Your Season: How to Prepare  | Enrique Trabanino             | Lilac A/C          |
| Execution Errors: Evaluating the What If's  | Sue Kane / Connie Maloney     | Lilac B/D          |
| Being a Positive Coach and a Positive Environment for Gymnasts, Parents and Coaches | Breasha Pruitt                | Magnolia A         |
| Learn the Basic Foundational Skills of NCAA Acrobatics & Tumbling                   | Sarah Koenig / Kati Horstmann | Magnolia B/C       |
| The 3 "Cs" of Having a Terrific Staff: Character, Culture and Conveyor Belt         | Ken Harris                    | Cypress A/B        |

# PRESENTERS



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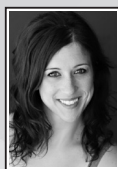
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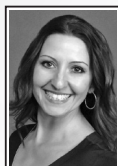
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# JUDGING ACCREDITATION

**Clinic hours for multi-track educational events such as State, Regional or National USAG Congress/Clinics, or NAWGJ Clinics/Symposiums**

Please complete by indicating # total hours, day/time, topic, clinician, & obtain a signature for each session from the clinician or designated personnel. Only sessions relating to competitive gymnastics, either coaching or judging, may be used for CPE clinic hours. Sessions on Business topics, pre-school, sport science and the like are not eligible. Keep this as your receipt in the event that you are audited for your CPE credits.

Name \_\_\_\_\_ USAG # \_\_\_\_\_

Check One: ☐ State ☐ Regional ☐ National

Name of Clinic \_\_\_\_\_ Date \_\_\_\_\_

Location (City, State) \_\_\_\_\_

Total Number of Clinic Hours \_\_\_\_\_

| Day & Time | Topic | Clinician | Signature |
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**THANKS  
FOR  
ATTENDING**



**USA GYMNASTICS**  
**2023**