

## 2011 Illinois State Gymnastics Congress

Friday	Willow	Iris B	Gym A	Gym B	Gymnastics	Dance	Lounge
2:30-6:30 pm	Safety Certification						
6:00-6:50 pm			Vendor Set-Up		Conditioning to Achieve the "Big Skill" Ending on Bars / Tammy Biggs		
7:00-7:50 pm					Acro & Mixed Connections on Beam / Tammy Biggs		
Saturday	Willow	Iris B	Gym A	Gym B	Gymnastics	Dance Room	Lounge
9:00-9:50am		Link between Pre-School to Recreational Gymnastics / Judy Redmond	Vendors	Developmental Skills & Curriculum on Beam / Tammy Biggs	P-bar post arm skills / Kyle Zak	Room Not Available	I passed my test - now what? Shorthand / Mary Lou Ackman & Carrie Marquardt
10:00-10:50am		Yes-You-Can / Lloyd Bachrach	Vendors	Cardio Endurance on Floor - "How to Successfully End with the Big Skill on Floor" / Tammy Biggs	Compulsory Vault – Level 4 / Edgar Pulido	Room Not Available	Practice Judging - Level 7/8 – Beam / Mary Lou Ackman
11:00-11:50am	Introduction to Excel (Prep Opt.) / Bill Williamson	Open for lunch set-up	Vendors	Body Shaping & Core Strength / Tammy Biggs	Drills for Optional Beam Tumbling / Shane Sanders	Room Not Available	Practice Judging - Level 7/8 – Floor / Sue Brosnan
12:00-12:50pm	<b>Lunch on Site (\$10 Pre-Registration)</b>						
	<b>Round-Table Open State Meeting</b>						
1:00-1:50pm		Open for lunch clean-up	Vendors	Beam Complexes / Tammy Biggs	Floor skills for bar work / Kyle Zak	Introduction to Excel (Prep Opt.) / Bill Williamson	Practice Judging - Level 8/9/10 Vault / Sue Brosnan
2:00-2:50pm		Yes-You-Can / Lloyd Bachrach	Vendors	Training Advanced Leaps for Beam & Floor / Tammy Biggs	Yurchenko & Other Advanced Vaults / Leonard Isaacs	Early Childhood / Jo Witulski	7/8 Bars Recognizing Angles, Start Values and Practice Judging / Linda McDonald
3:00-3:50pm		The Why & How of Starting a Special Needs Program / Patty Hermann	Vendors	Flexibility (Active & Passive) / Tammy Biggs	Compulsory Bars – Level 5 / Edgar Pulido	Gymnastics Taping / AthletiCo	JO Update and Level 3 Practice Judging / Linda McDonald
4:00-4:50pm	The Art of Inquiring. Know what your asking before submitting that piece of paper! / Linda McDonald	Competitive Team for Special Needs Competitors / Patty Hermann	Vendors	TOPS Skills & Curriculum on Floor / Tammy Biggs	Bars Changes – High to Low, Low to High / Leonard Isaacs	How to Come Back After an Injury / AthletiCo	Professionalism – Roles of CJ, PJ, MR / Sue Brosnan

Sunday	Willow	Iris B	Gym A	Gym B	Gymnastics	Dance	Lounge
8:00–8:50am							<b>NAWGJ Open Board Meeting</b>
9:00–9:50am		Creative ideas to Increase Enrollment / Chris Deck	Vendors	Training shoulders for pirouetting (for all events) and other tumbling skills / Leonard Isaacs	Level 4 and More... what else should I be teaching? / Sari Engle	Creative Choreography for Floor Exercise / Linda McDonald	Practice Judging – Level 5/6/7 Vault & Compulsory Beam / Hilary Carlson
10:00-10:50am	Risk Management / Don McPherson	Checklist Training for Staff / Chris Deck	Vendors	Pre-skills: an approach to developing advanced skills at any level! / Kyle Zak	In the Mix with Level 6...what else should I be teaching? / Sari Engle	Funding Ideas for Programming for Special Needs Athletes / Patty Hermann	Practice Judging - Compulsory Bars & Floor / Hilary Carlson
11:00-11:50am	Everything You Always Wanted To Know About Competition Organization / Cyndi Zimmerman	Open for lunch set-up	Vendors	Tumble Trak Drills for Recreational Students / Kim Bendixen	Stay Alive Past Level 5...what else should I be teaching? / Sari Engle	Lower Back Injuries / AthletiCo	Practice Judging - Level 9/10 Bars / Hilary Carlson
12:00-12:50pm	<b>Lunch on Site (\$10 Pre-Registration)</b>						
1:00-1:50pm		Open for lunch clean-up	Vendors	Artistry in Optional Beam / Shane Sanders	Transition Compulsory to Optional Vault / Marco Bravo	Compulsory Vault "From Judges & Coaches View" / Hilary Carlson	Applying Artistry, Footwork and Composition Deductions V-UB-BB-FX / Linda McDonald
2:00-2:50pm	Judges Testing	know about Trampoline Parks that could be coming to your area / Don McPherson	Vendors	Building Advanced Tumblers / Kyle Zak	Recreational Fun on Balance Beam / Kim Bendixen	Concussions / AthletiCo	Excel (Prep Opt) - All events – Overview & Practice Judging Carrie Marquardt
3:00-3:50pm	Judges Testing	How to Start a Cheer Program / Jeff Tackes	Vendors	Vaulting Basics: the path to building advanced vaults! / Kyle Zak	Transition Compulsory to Optional Bars / Marco Bravo	Early Childhood / Jo Witucki	Practice Judging – Excel (Prep Opt.) Beam / Mary Lou Ackman
4:00-4:50pm	Judges Testing	Introduction to Stunting / Jeff Tackes	Vendors	Hands On Spotting for Safety & Development of Skills / Marco Bravo	Teaching a Geinger on Bars / Kyle Zak	Benefit of Utilizing the USA Gymnastics Fitness Challenge / Judy Redmond & Cindy Morano	Practice Judging - Excel (Prep Opt.) Floor / Sue Brosnan