

NGA National Gymnastics Festival Schedule

Sponsored by:

National Gymnastics Association



Tuesday, June 8th

TIME	Competiton Hall D				
5:00-9:00p	Training Available	Competition Hall D	Women Levels 1N/2N/3N has first option for training	Schedule on	

Wednesday, June 9th

TIME	Competiton Hall B				
11:30a-9:00p	Training Available	Competition Hall D	Women's Levels 4N/GN/5N has first option for training	Schedule on	
1:00p	Competition Begins	Competition Hall B	Women Levels 1N/2N/3N		
7:00-9:00p	Summit Reception	Competition Hall C	Welcome	Meet the NGA Staff	All Summit Participants

Thursday, June 10th

11:30a-9:00p	Training Available	Competition Hall D	Women's Levels 6N/PN/7N has first option for training times	Schedule on	
1:00-6:00	Training Available	Competition Hall C	All Men's Levels - Open Training	Schedule on	
TIME	WOMEN - IN GYM	WOMEN	BUSINESS	WELLNESS	
	Competition Hall B	Gatlin A-2	Gatlin A-3	Gatlin A-4	
8:00-8:45	BRYAN NEAL How to Spot Tumbling	CASSIE RICE Motivating Team Kids Through A Fun Purpose Driven Workout	KEN HARRIS How Much Should I Charge? (Fewer Customers Can Mean More Money)	CRAIG BALLARD Creative Communication With Athletes	
8:45-9:00	Coffee Break	Sponsored by:			
9:00-9:45	BRYAN NEAL Level 8/9 Uneven Bar Skills	EMILY POWERS Integrating Acro & Tumbling Into Your Program	CASSIE RICE Improve Your Culture, Improve Your Bottom Line	CHILDREN FIRST Child Abuse Training - Part 1	
9:45-10:00	Refreshment Break	Sponsored by:			
10:00-10:45	SHARP Teaching Twisting on FX	CRAIG BALLARD Hitting Routines	CASSIE RICE Staff, Your Most Important Asset	CHILDREN FIRST Child Abuse Training - Part 2	

ALL EDUCATION AND WELLNESS SUMMIT PARTICIPANTS

General Session

11:00-12:00

KeyNote Speaker

MCKENNA KELLY

Room Volunteer

1:00

Competition Begins

Women

Level 4N / GN / 5N (6N)

Womens Competition Gym

Hall B

Friday, June 11th

11:30a-9:00p

Training Available

Competition Hall D

Women's Levels
8N/DN/9N/10N has first option

Schedule on

9:00-1:00

Training Available

Competition Hall C

All Men's Levels - Open
Training

Schedule on

TIME

MEN

WOMEN

BUSINESS

WELLNESS

WOMEN'S JUDGES

ATHLETES/PARENTS

Gatlin A-1

Gatlin A-2

Gatlin A-3

Gatlin A-4

Gatlin E-5

Competition Hall B

8:00-8:45

MIKE NADDOUR
NGA "A" Value Super Skills
Code

BRIAN AMATO
seven Bars

CHERE HOFFMAN How
to Create & Use A Wellness
Team -Set up Your Facility for
Greatness

CEY HERMAN
Tools & Strategies to Support
Your Athlete to Use Their
Mind to Support Their Body

SMILLER
Routine Skill Choices for
Lower Levels 1-5

EMILY POWERS
Navigating the NCAA Acro &
Tumbling Pathway and
Scholarships

8:45-9:00

Coffee Break

Sponsored by:

9:00-9:45

LOU DATILLO
How to Plan Yearly Training
Cycles

BOB AXELROD (Hall C)
Vault Training - All Levels

KEN HARRIS
Compensating Employees -
Deciding What to Pay - Pay
Sharing

BRIAN AMATO
JENN LLEWELYN
CRAIG BALLARD
College Recruiting
Expectations
(Parents Welcome)

JONES
Routine Skill Choices for
Upper Levels 6-10

NAOMI HOFFMAN FUN
Stretching for Gymnasts Using
Yoga-Athlete Participation

9:45-10:00

Refreshment Break

Sponsored by:

10:00-10:45

JEFF ROBINSON
NGA Team Concept
Competition Format and
Guidelines

CHERE HOFFMAN
NAOMI HOFFMAN
How to Be a Good Balance
Beamer—Steps to Successful
Beam Work

JENN LLEWELYN
Creating a Relationship with
Colleges & Universities

KEN HARRIS
Importance of Culture in Your
WorkPlace. How to Develop a
Positive One

DONAGENE JONES /
SMILLER
Choreography Choices

CHILDREN FIRST
Child Abuse Training
PARENTS ONLY - NO
ATHLETES

11:30-9:00

Competition Begins

Women

Level 6N / PN / 7N (8N)

Womens Competition Gym

Hall B

11:30-9:00

Competition Begins

Men

Level 1N / 2N / 3N / 4N / 5N

Men's Competition Gym

Hall C

Saturday, June 12th

TIME	MEN	WOMEN	BUSINESS	WELLNESS	WOMEN'S JUDGES	ATHLETES/PARENTS
	Gatlin A-1	Gatlin A-2	Gatlin A-3	Gatlin A-4	Gatlin E-5	Competition Hall D
8:00-8:45	KEVIN RIGGLE Building a Base to Increase Numbers in your Team Program	TRAVIS CHERRIER Graduating to the Yurchenko Vault	BRIAN AMATO JENN LLEWELYN What We Need to Do to Prepare Our Athletes for Education	STACEY HERMAN Helping Busy Coaches Do Simple Mental Strategies to Support Athletes	JOHN O'DELL Skill Recognition Optional Uneven Bars	ANGIE RD, LDN Fueling Young Athletes
8:45-9:00	Coffee Break		Sponsored by:			
9:00-9:45	MIKE NADDOUR NGA Rules Update for the 2022 Season	TRAVIS CHERRIER Progressing from the Small UB Circle to the Large UB Circle	CHERE HOFFMAN A to Z Steps in Creating a GREAT Developmental Team—"DEVO Team"	BRYAN NEAL STACEY HERMAN Wellness—TBA (Parents Welcome)	JOHN O'DELL Optional Dance Skills	NAOMI HOFFMAN "Spare Time" Exercises for Gymnasts Using Bands, Balls, Bungees and More!-Athlete Participation
9:45-10:00	Refreshment Break		Sponsored by:			
10:00-10:45	SCOTT BARCLAY How to Start a College GymAct Program in Your State	JENN LLEWELYN Advanced Balance Beam Skills	TRAVIS CHERRIER Managing Many Levels in One Training Group? No Problem!	ANNA SANTIAGO Positive Discipline for Gymnastics Coaches	BERT NEAT Vault - Evaluating Height	STACEY HERMAN - Problems & Solutions With Gymnast & The Mental Side
11:30-9:00	Competition Begins	Women	Level 8N / DN / 9N / 10N	Womens Competition Gym		Hall B
11:30-9:00	Competition Begins	Men	Level 6N / 7N / 8N / 9N / 10N	Men's Competition Gym		Hall C

Sunday, June 13th

TIME	MEN	WOMEN	JUDGES	WELLNESS		
	Gatlin A-1	Gatlin A-2	Gatlin A-3	Gatlin A-4		
9:00-10:30	Men's State Rep Meeting	Women's State Rep Meeting	Judge's Planning Meeting	Wellness Advisory Panel Meeting		
11:00-1:15	Men's L9-10 Collegiate Training Session	Women's L9-10 Collegiate Training Session		<<<<< OPEN WORKOUT FOR LEVEL 9/10 ATHLETES		
1:30-3:45	Men's L9-10 Collegiate Training Session	Women's L9-10 Collegiate Training Session		<<<<< OPEN WORKOUT FOR LEVEL 9/10 ATHLETES		