

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	Sign-up Required	

Wednesday, June 9th

TIME	Competiton Hall B				
9:00-10:35a	Training Available (W)	Competition Hall B/D	Women's Levels 4N/GN/5N has first option for training	Sign-up Required	
11:00a	Competition Begins - Women	Competition Hall B	Women Levels 3N	Competition Hall D	Women Levels 1N/2N
6:30-8:05p	Training Available (W)	Competition Hall D	Women's Levels 4N/GN/5N has first option for training	Sign-up Required	
8:10-9:45p	Training Available (W)	Competition Hall D	Women's Levels 4N/GN/5N has first option for training	Sign-up Required	

Thursday, June 10th

1:00-9:30p	Competition - Women	Competition Hall B	Women Level GN	Competition Hall D	Women Levels 4/5
1:00-6:00	Training Available (M)	Competition Hall C	All Men's Levels Open Training	Sign-up Required	
5:45p-7:20p	Training Available (W)	Competition Hall D	Women's Levels 6N/PN/7N has first option for training times	Sign-up Required	
7:30p-8:55p	Training Available (W)	Competition Hall D	Women's Levels 6N/PN/7N has first option for training times	Sign-up Required	
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	
	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch	
8:45-9:00	Coffee Break	Sponsored by: Quarto Leotards			

9:00-9:45	BRYAN NEAL Level 8/g 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		
	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch		
9:45-10:00	Refreshment Break	Sponsored by: Carolina Gym Supply				
10:00-10:45	JIM SHARP Teaching Twisting on FX	CRAIG BALLARD Hitting Routines	CASSIE RICE Staff, Your Most Important Asset	CHILDREN FIRST Child Abuse Training - Part 2		
	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch		
ALL EDUCATION AND WELLNESS SUMMIT PARTICIPANTS - COMPETITION HALL B						
11:00-12:00	KeyNote Speaker	General Session				
		MCKENNA KELLY, Former LSU Gymnast				
		Room Volunteer - Bryan Neal				

Friday, June 11th

11:30a-8:00p	Competition - Women	Competition Hall B	Level 6N	Competition Hall D	Level 7N	
1:00p	Competition - Men	Competition Hall C	Level 1N / 2N / 3N / 4N / 5N			
6:00-7:35p	Training Available (W)	Competition Hall D	Women's Levels PN/8N/DN/9N/10N has first option for training times	Sign-up Required		
5:00-7:30p	Training Available (M)	Competition Hall C	Men Levels L6-10 Open Training	Sign-up Required		
8:00-9:30P	Summit Reception	St. John's 30/31	All Summit Participants	Meet the NGA Staff	Sponsored by:	Spieth America
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 Advanced Uneven Bars	CHERE HOFFMAN <small>How</small> to Create & Use A Wellness Team -Set up Your Facility for Greatness	STACEY HERMAN Tools & Strategies to Support Your Athlete to Use Their Mind to Support Their Body	REBECCA WISSMILLER Routine Skill Choices for Lower Levels 1-5	EMILY POWERS Navigating the NCAA Acro & Tumbling Pathway and Scholarships
	Room Volunteer Heidi Wensel	Room Volunteer Brian Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Donagene Jones	Room Volunteer
8:45-9:00	Coffee Break	Sponsored by: HIGO Apparel				

9:00-9:45	LOU DATILLO How to Plan Yearly Training Cycles	ROB AXELROD (Hall C) Vault Training - All Levels	KEN HARRIS Compensating Employees - Deciding What to Pay - Pay Raises - Profit Sharing	BRIAN AMATO JENN LLEWELYN CRAIG BALLARD College Recruiting Expectations (Parents Welcome)	DONAGENE JONES Routine Skill Choices for Upper Levels 6-10	NAOMI HOFFMAN FUN Stretching for Gymnasts Using Yoga-Athlete Participation
	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
9:45-10:00	Refreshment Break	Sponsored by: Bear Affair				
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 / REBECCA WISSMILLER Choreography Choices	CHILDREN FIRST Child Abuse Training PARENTS ONLY - NO ATHLETES
	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
11:00a-12:00p	NGA STAFF ROUND TABLE	NGA 2022	St. John's 30/31	Sponsored by: Spieth America		

Saturday, June 12th

12:30-9:30p	Competition - Women	Competition Hall B	Level PN / 8N / DN / 9N / 10N			
3:00p	Competition - Men	Competition Hall C	Level 6N / 7N / 8N / 9N / 10N			
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	KEVIN RIGGLE Building a Base to Increase Numbers in your Team Program	TRAVIS CHERRIER Graduating to the Yurchenko Vault	BRIAN AMATO General Routine Construction Considerations	STACEY HERMAN Helping Busy Coaches Do Simple Mental Strategies to Support Athletes	JOHN O'DELL Skill Recognition Optional Uneven Bars	KRISTIN KING, RD, LDN Fueling Young Athletes
	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
8:45-9:00	Coffee Break	Sponsored by: MSO/All Gymnastics				
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
	Room Volunteer - Heidi Wensel	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
9:45-10:00	Refreshment Break	Sponsored by: GotScored				
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	ROBERT NEAT Vault - Evaluating Height	STACEY HERMAN - Problems & Solutions With Gymnast & The Mental Side

	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
11:00a-12:00p	NGA STAFF ROUND TABLE	NGA 2022	St. John's 30/31	Sponsored by: tbd		

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			