

2021 USA Gymnastics Washington State Congress July 23-25 - Three Days of Great Education
Lighting the 2021 Way for Owners, Coaches, Judges & Gymnasts

Sites: Lynnwood Convention Center. Cascade Elite Gymnastics [Hotel Information](#)

Clinicians Featuring: Windee Weiss 2021 Co-Compulsory Choreographer Lv. 5 Bm/Fx, Tammy Biggs USA Gymnastics National Staff, Ivan Alexov Boise State, Carly Dockendorf U of Utah, Michael Chaplin OSU, Jen Kessler Llewellyn U of WA, Laurie Reid Comp Rep, Dianne Palmer RO XCEL, Guennadi Komissarov, Yulia Hancheroff, Sarah Korngold, Frank Lee, James Thompson, Ian Campbell, Priscilla Hickey, Tori Smieja, Laurel Tindall, Katie Ward, Ashlyn Thibeaux, Trevor Rubino Salcianu Elite Las Vegas, Beth Gardner USA Gymnastics Nat'l Clinician

Note: The 4 Optional & 2 Compulsory Athlete Clinics are OPEN to all Congress Attendee's for Observation

<p align="center"><u>LYNNWOOD CONVENTION CENTER</u></p> <p align="center"><u>FRIDAY</u> Registration 8 AM Daily</p> <p>9:00 – 5:00 Lv. 2 & 5 Compulsories Learning</p> <p>9:00 – 9:50 Biggs: Acro Beam</p> <p>9:00 – 9:50 Ninja & T/T Revenue for Gyms</p> <p>10:00 – 10:50 Biggs: Dance Beam/FX</p> <p>10:00 – 10:50 How to Start a Parkour Program: Corbett</p> <p>11:00 – 11:50 Biggs: Developing High Level Athletes Physical thru Mental</p> <p>2:00 – 2:50 XCEL : Coming Together Coaches/Judges Smart Bars for Swell Scores. Palmer</p> <p>3:00 – 3:50 XCEL: Coaches Judges Coming Together & Practice Judging: Palmer/Urfer</p>	<p align="center"><u>CASCADE ELITE GYMNASTICS</u></p> <p align="center"><u>FRIDAY</u> Registration 8 AM Daily</p> <p>8:30 – 12:30 Lv. 6/7/P/D Athlete Clinic: Head Clinicians</p> <p>12:45 – 4:50 Lv. 8 - Elite Athlete Clinic: Head Clinicians</p> <p>2:00 – 4:30 Live & Interactive - Advanced Opt. Clinic Coaches and Judges Coming Together: Techniques, Shapes, Deductions all Events. Open Q/A/ Discussions. Yulia / Ayres</p> <hr/> <p>6:00 – 9:00 State Tribute @ Lynnwood CC Streaming Olympic Games Fun Social & Celebration Everyone Welcome</p>
<p align="center">6:00 WA State Tribute – Social – Olympic Opening Ceremonies - Lynnwood Convention Center</p>	
<p align="center"><u>SATURDAY</u></p> <p>8:00 – 5:00 Lv. 3 & Lv. 4 Compulsories Evening Practice of Compulsories 7 pm - Lv. 3-5</p> <p>8:00 – 5:00 Judges Live Compulsory – Drills Korngold Sessions Hickey. Judges Prep for Testing</p> <p>9:00 – 9:50 USAG & XCEL Updates Palmer</p> <p>10:00 – 10:50 XCEL: Solving Mysteries: Palmer Using the XCEL Code for Great Scores</p> <p>NEW 10:30 – 12:00 Coaching Little Boys: Gardner</p> <p>1:00 – 4:00 Recreation/Pre-School Workshop: Gardner Drills, Class Management, Fun Activities</p> <p>4:00 – 4:45 Judges Working Together : Green</p>	<p align="center"><u>SATURDAY</u></p> <p>8:30- 12:30 G – 7 Athlete Clinic - Head Clinicians</p> <p>NEW: 1:00 – 4:00 4 Technique Coaching/ Judging * Tammy Biggs & Head Clinicians</p> <p>1:00 – 1:30 Advanced Vaulting</p> <p>1:35 – 2:05 Advanced Tumbling</p> <p>2:10 – 2:55 Advanced Bars Releases & Dismounts</p> <p>3:00 – 3:50 Advanced Beam</p> <p>NEW 4:00 – 5:15 NCAA Forum - Roundtable</p> <p>5:45 – 8:35 NCAA Showcase.</p> <p>8:35 – 9:15 Social</p>
<p align="center">Level 9/10 NCAA SHOWCASE @ CEG 6:00 - Warm-up 5:30</p> <p align="center">Universities: Carly Dockendorf U of Utah, Jen Llewellyn U of WA, Michael Chaplin OSU, Ivan Alexov Boise Social 8:30</p>	
<p align="center"><u>SUNDAY</u></p> <p>8:00 - 3:30 Compulsory Athlete Clinics Lv. 4/5-3</p> <p>8:30 – 3:00 Judges Classroom Break Out Sessions</p> <p>8:30 – 9:15 NCAA Info Update , MR Duties, Professionalism. Hickey</p> <p>9:20 – 11:45 Practice Judge New Lv. 2-5 Routines Coaches/Judges: Tindall</p> <p>12:45 – 1:20 Coaches / Judges Lv. 6/7 Vault Coming Together Roundtable: Ayres</p> <p>1:30 – 3:00 Choreography/Applying 8-10 Up to Level Deductions Judges & Coaches : Hickey</p>	<p align="center"><u>SUNDAY</u></p> <p>CHANGE: 1:00 TOPS Update, Athlete Testing: Smieja</p> <p>NEW 9:00 –12:00 XCEL/Compulsory/Rec. Gardner *Coaching Workshop - Clubs may bring 8 Gymnasts Free Per Club. B/S/G Lv. 2-5 Drills, Spotting, Progressions. Hands On.</p> <p>NEW 9:00-1:00 Optional Clinic G - Lv. 10 *Head Clinicians Athletes/Coaches - Individualized Problem Solving Clinic for Athletes</p>

COMPULSORY TRACK WORKSHOP and RECOGNITION PROGRAM

Site: Lynnwood Convention Center. Head Clinician: Windee Weiss (Choreographer of National 2021 Lv. 5 Beam /FX Routines), assisted by Compulsory Rep, Laurie Reid. We will also be including a video presentation by Sarah Korngold for judges and coaches to watch drills, and the proper coaching technique for some of the major elements in the routines: Example tap swings and circling on bars. Priscilla Hickey will be projecting the compulsory deductions onto one of the large screens. Judges and coaches will have an understanding of the deductions, as they learn the routines.

Facility: 12,000 sq. ft. ballroom on the main floor. Set-up will include: 2 large screens, two areas one for righties and one for lefties. Round tables and chairs will be provided around the floor. Coaches and judges will have ample space for their compulsory notebook and to take notes. Cell phones may be used to record all presentations.

Bars and Vault will be shown on the big screen. Windee will be discussing these events as well.

Compulsory testing will be done on-line.

FRIDAY July 23

- 9:00 – 10:30 Level 2 Floor
- 10:40 – 11:30 Level 2 Beam
- 11:30 – 12:15 Lunch
- 12:15 – 3:15 Level 5 Floor
- 3:15 – 3:25 Break
- 3:25 – 5:00 Level 5 Beam – Dinner Break

6:00 Opening Congress Ceremony and Recognition Awards Program - Desert Social, No Host Bar

- Welcoming Ballroom of Lynnwood CC / Refreshments / Live stream of Olympic Ceremonies.
- Tribute to our former Olympians and National Team Members
- WA State Hall of Fame Induction
- Washington State Recognition: Honoring: Seattle Pacific Gymnastics
- NW Aerials Patti Gable Rising Stars Dawn Mosteller, Summit Debbie Johnson, Northwest Gymnastics Academy Mike/Nancy Armstrong, Falcon Gymnastics Laurel Tindall, LEGA Sheila and David Bath, Northshore Linda Young
- Introduction of Head Clinicians
- Introduction of our NCAA Showcase Gymnasts
- A fun evening of socializing and enjoying the start of the 2021 Olympic Games

SATURDAY July 24

- 8:00 – 10:30 Level 4 Floor
- 10:30 – 10:45 Break
- 10:45 – 12:30 Level 4 Beam
- 12:30 – 1:30 Lunch
- 1:30 – 3:30 Level 3 Floor
- 3:30 – 5:00 Level 3 Beam
- 7:00 – 8:30 Coaches/Judges Practice! Come in and review what you have learned! Q/A

SUNDAY July 25 Athlete Clinic. (Coaches register early to save your gymnasts spots)

- 8:00 – 9:45 Level 4/5 Athletes- Floor
- 10:00 – 11:30 Level 4/5 Athletes- Beam
- 11:30 – 12:00 Lunch
- 12:00 – 1:45 Level 3 Athletes- Floor
- 2:00 – 3:30 Level 3 Athletes- Beam
- Coaches are Free to attend with their gymnasts

