

# GO Coaching Congress 2014

Over 60  
Workshops to  
choose from!

Friday, August 15th & Saturday, August 16th, 2014

Hosted By: The Milton Springers

FEATURING...



## Jeff Lulla

## Darlene Fedyna



**GYMNASTICS**GYMTOOLS.COM



## Linda Johnson

## Zoltan Jordanov





**Gymnastics Ontario Coaching Congress 2014**  
**Friday, August 15<sup>th</sup>, 2014**




Session/ Time		Workshop	Clinician	Discipline
<b>7:30-8:30</b>		Registration		
<b>Session 1 8:30-9:45</b>	A	Beginner Spotting Part 1 of 2	Bill Rhoads	ALL (lower level)
	B	Setting Up Successful Pre-School Programs	Darlene Fedyna	ALL (REC)
	C	The Shoulder Complex: Its Role In Power Production, Athlete Stability and Injury Prevention	Catherine Cabral-Marotta	ALL
	D	Curriculum & Lesson Planning	Jeff Lulla	ALL (REC)
	E	Level 5 Compulsory Beam Part 1 of 2	Linda Johnson	WAG
<b>9:45-10:00</b>		Break		
<b>Session 2 10:00-11:15</b>	A	Beginner Spotting Part 2 of 2	Bill Rhoads	ALL (lower level)
	B	Optimizing Athlete Performance Through The Spine & Core	Catherine Cabral-Marotta	ALL
	C	Ages & Stages - Understanding the Pre-School Child	Darlene Fedyna	ALL (REC)
	D	Recreational Philosophy & Teaching Concepts	Jeff Lulla	ALL (REC)
	E	Level 5 Compulsory Beam Part 2 of 2	Linda Johnson	WAG
	F	Front Front Vaults and Twisting	Zoltan Jordanov	MAG&WAG
<b>11:15-11:30</b>		Break		
<b>Session 3 11:30-12:45</b>	A	Games Galore! Expand Your "Back Pocket" Collection	Ali Stoffels	ALL (REC)
	B	Recreational Warm-Up Ideas	Darlene Fedyna	ALL (REC)
	C	Yearly Planning - Help Your Athlete Perform Their Best When It Counts	Denis Vachon	MAG, TUM, WAG
	D	Yurchenko Vaults	Zoltan Jordanov	MAG&WAG
	E	Level 5 Compulsory Floor Part 1 of 2	Linda Johnson	WAG
	F	The Benefits of Post-Training Massage	Mahmoud Zaerian	ALL
<b>12:45-1:00</b>		Keynote Speaker		
<b>1:00-2:15</b>		Lunch		
<b>Session 4 2:15-3:30</b>	A	Special Activities For Recreational and Summer Camp Programs	Darlene Fedyna	REC
	B	Solving the Mystery of Motivation	David Benzel	ALL
	C	Technical Changes to Tumbling - Planning and Adapting	Denis Vachon	TUM
	D	Front Tumbling	Zoltan Jordanov	MAG&WAG
	E	Level 5 Compulsory Floor Part 2 of 2	Linda Johnson	WAG
	F	Level 5-9 Judging Perspective	Cathy Buchner	WAG
<b>3:30-3:45</b>		Break		
<b>Session 5 3:45-5:00</b>	A	Let's Talk Nutrition	Jennifer Sygo	ALL
	B	Helping Athletes Conquer Fear	David Benzel	ALL
	C	Getting The Most Out Of Your Fast Track	Denis Vachon	ALL
	D	Intro to Pommel Horse Circles, Loops, 1/2 Turns and Spindles	Zhaohui Huang	MAG
	E	Level 5-9 Judging Perspective (REPEAT)	Cathy Buchner	WAG
<b>5:00</b>		Wrap Up		

**Gymnastics Ontario Coaching Congress 2014**  
**Saturday, August 16<sup>th</sup>, 2014**



Session/ Time		Workshop	Clinician	Discipline
<b>7:30-8:30</b>		Registration		
<b>Session 1</b> <b>8:30-9:45</b>	A	Beginner Spotting Part 1 of 2 (REPEAT)	Bill Rhoads	ALL (Lower Level)
	B	Setting Up Successful Pre-School Programs (REPEAT)	Darlene Fedyna	ALL (REC)
	C	How Individuals Go From Good To Great	David Benzel	ALL
	D	Basic Bars: Drills to Skills (1-4)	Mike Durante	ALL (WAG)
	E	Universal Beam	Nicole Langevin	WAG
	F	Air Sense! Part 1 of 2: The Business of Air Sense	Sean McManus	ALL
	G	Tumbling - Twisting and Double Saultos	Zoltan Jordanov	MAG&WAG
<b>9:45-10:00</b>		Break		
<b>Session 2</b> <b>10:00-11:15</b>	A	Beginner Spotting Part 2 of 2 (REPEAT)	Bill Rhoads	ALL (Lower Level)
	B	Recreational Warm-Up Ideas (REPEAT)	Darlene Fedyna	ALL (REC)
	C	Achieving Success Regardless Of Talent	David Benzel	ALL
	D	High-Low Releases	Mike Durante	WAG
	E	Instilling Artistry	Nicole Langevin	ACRO, REC, WAG
	F	Air Sense! Part 2 of 2: The Acrobatics of Air Sense	Sean McManus	ALL
	G	Level 1-4 Judging Perspective	Cheryl Donoghue	WAG
<b>11:15-11:30</b>		Break		
<b>Session 3</b> <b>11:30-12:45</b>	A	ODP - Updates and New Skills	Paula, Jessica, Dawn	WAG
	B	It's All About the Takeoff	Matt Eldridge	TRA/DMT
	C	Helping Athletes Conquer Fear (REPEAT)	David Benzel	ALL
	D	Giants and Flyaways!	Mike Durante	MAG&WAG
	E	Tumbling Basics - Creating a Strong Tumbling Foundation	Zoltan Jordanov	MAG&WAG
	F	High Bar	Nick Bejenaru	MAG
	G	Level 1-4 Judging Perspective (REPEAT)	Cheryl Donoghue	WAG
<b>12:45-1:00</b>		Keynote Speaker		
<b>1:00-2:15</b>		Lunch		
<b>Session 4</b> <b>2:15-3:30</b>	A	ODP - Assessor's Perspective	WTC	WAG
	B	How to Achieve a Perfect 10!	Matt Eldridge	TRA/DMT
	C	Code of Points Workshop	Jane Kirwan	ACRO
	D	50+ Things to do with Every Gymnast (Men's & Women's)	Mike Durante	MAG&WAG
	E	Basic Front Handspring Vaults - Making It Great	Zoltan Jordanov	MAG&WAG
	F	Parallel Bars	Nick Bejenaru	MAG
	G	Simplifying C, D, & E Dance Elements for Beam and Floor	Nicole Langevin	WAG
<b>3:30-3:45</b>		Break		
<b>Session 5</b> <b>3:45-5:00</b>	A	ODP - Assessor's Perspective (REPEAT)	WTC	WAG
	B	Half/Halves and Full/Halves	Matt Eldridge	TRA/DMT
	C	How To Start An ACRO Program	Chantel Kowdrysh	ACRO
	D	A-Z for Optional Bars (5-9)	Mike Durante	WAG
	E	Team Warm Up and Event Complexes	Nicole Langevin	ALL/WAG
	F	Ankle Taping	Stefanie Moser	ALL
	G	Plyometrics	Joel Skinner	ALL
<b>5:00</b>		Wrap Up		

# Clinician Bios and Session Descriptions

	<p><b>NICK BEJENARU:</b> Head Coach, London Beje., NCCP Level 4 Coach</p> <ul style="list-style-type: none"> <li>- Former Romanian Olympic gymnast: 1988 Soul &amp; 1992 Barcelona</li> <li>- World Championships gymnast; 1989 Stuttgart, Germany; 1991 Indianapolis, USA, 1995 Sabae, Japan (Romanian Team Bronze Medal).</li> <li>- Honoured with “World Class Gymnast”</li> <li>- Coach of Men’s Romanian Juniors Team 1997-2000</li> <li>- Ontario Men’s Gymnastics Judging Chairperson</li> <li>- Men’s Gymnastics Artistic International Judge</li> </ul>
<p>Saturday Session 3F 11:30am-12:45pm</p>	<p><b>High Bar</b></p>
<p>Saturday Session 4F 2:15pm-3:30pm</p>	<p><b>Parallel Bars</b></p>
	<p><b>DAVID BENZEL:</b> is the Founder and Executive Director of Growing Champions for Life. He is an author, athlete, corporate coach, and speaker. David brings an athlete's discipline, a coach's inspiration, and a business owner's experience to teach relationship skills for succeeding in sports and business. In addition, he is the author of four books and: An eight-time National Water Ski Champion; Former coach of the U.S. Water Ski Team; Recipient of the Award of Distinction from the Water Ski Hall of Fame. David also served as a commentator on ESPN for the X Games and the Professional Water Ski Tour. Growing Champions for Life provides parents and coaches with practical tools &amp; positive strategies for helping athletes reach their full potential while enjoying the youth sport experience. Clients include USA Gymnastics, USTA Player Development, US Figure Skating, USA Swimming, Florida Youth Soccer, Evert Tennis Academy, and the Florida Region of USA Volleyball. <a href="http://www.growingchampionsforlife.com">www.growingchampionsforlife.com</a>; <a href="mailto:david@growingchampionsforlife.com">david@growingchampionsforlife.com</a></p>
<p>Friday Session 4B 2:15pm-3:30pm</p>	<p><b>Solving the Mystery of Motivation:</b> It's time to tackle the myths and truths of human motivation in sports and reveal what really works. Current efforts to motivate may actually diminish athletic motivation. In this session we'll explore: - Why and how we've become so confused about motivation - What essential facts you must uncover about each athlete - How to unlock an athlete's energy in practice and competition</p>
<p>Friday Session 5B 3:45pm-5:00pm and Saturday Session 3C 11:30am-12:45pm</p>	<p><b>Helping Athletes Conquer Fear:</b> In this session we'll explore healthy strategies for helping young athletes overcome their fears. Fear is an emotion that serves to protect us from harm, and that's a good thing. However, fears can paralyze a young athlete and get in the way of progress when they are not handled effectively. Managing fear is a skill that must be taught and coaches often rely on tactics that work only in the short-term. If we believe in long-term athlete development we must take a long-term approach to conquering fears. This session will explore: - Three strategies for dealing with the fear of failure - Fears that come from within and how to cope with them - Fears that are induced by others and what you can do about it - The long-term fix for managing fear</p>
<p>Saturday Session 1C 8:30am-9:45am</p>	<p><b>How Individuals Go From Good To Great!:</b> What if there was a road map for making a quantum leap? Not only could you conquer the challenge before you today, but becoming something new and improved could be a constant, lifelong activity. What if you could teach the steps of that process to every athlete you coach? This session is designed to give you a road map for the good-to-great journeys you and your athletes wish to take. Every relationship, every activity and every encounter could contain a doorway to champ-like status for your students. This session will cover how to: - Crystallize a personal vision for the future - Establish specific targets for creating progress - Learn the skills of using the power of imagination - Increase personal belief in your dreams</p>
<p>Saturday Session 2C 10:00am-11:15am</p>	<p><b>Achieving Success Regardless of Talent:</b> Research shows that we're 31% more productive when we're happy! But how can a coach effectively address an athletes' happiness/optimism level and teach skills at the same time? This session teaches the two fundamental cornerstones that create happiness and well-being for everyone. We'll uncover six specific strategies for each cornerstone. These twelve activities will generate an attitude and an environment in which your athletes can THRIVE. This session teaches how to create the ideal learning environment for stimulating positive emotions. How to: - Teach self-directed character building - Integrate performance analysis with personal development - Purposefully create the desired environments for happiness and well-being - Shift our mindset from deficiency to abundance and optimism.</p>

	<p><b>CATHY BUCHNER:</b> Currently a member of the Judging Sub-Committee, OCP Working Group and a National Judge. Cathy also brings knowledge and experience as a former International Brevet Judge, past judging experiences in the USA program and a former WTC member.</p>
<p>Friday Session 4F 2:15pm-3:30pm and Friday Session 5E 3:45pm-5:00pm</p>	<p><b>Level 5-9 Judging Perspective:</b> As Ontario continues to implement the USA Junior Olympic rules this session will help coaches explore the new technical rules for Level 5 Compulsory and updates for the season for Levels 6-9. Get the inside track on how routines are will be evaluated from a judge's perspective.</p>
	<p><b>CATHERINE CABRAL-MAROTTA:</b> is a Certified Athletic Therapist and Certified Strength &amp; Conditioning Specialist. Catherine has also completed her level 2 women's artistic and trampoline certifications with the NCCP. Catherine graduated with Honours from the University of Guelph where she earned a Bachelor of Science degree in Human Kinetics, and then went on to complete a Diploma in Athletic Therapy from Sheridan College Institute of Technology and Advanced Learning. To compliment her advanced manual therapy techniques Catherine became certified as a Registered Massage Therapist in August 2011. In November 2011 Catherine successfully defended her thesis allowing her to graduate from the Canadian College of Osteopathy in Toronto. She also recently completed a BSc in Osteopathy with the British College of Osteopathy, graduating in October 2013. Her professional experience includes over 10 years of clinical practice, as well as working as Chief therapist on the World Cup circuit with the Canadian National trampoline and power tumbling team. In early 2014 Catherine was named High Performance Coordinator for USA Gymnastics Trampoline and Tumbling program. She has acted as Medical Coordinator for the HSBC Multisport Canada triathlon series from 2004-2009, and has worked with a variety of high performance athletes from Olympians to the every day active individual. Catherine specializes biomechanical analysis for the prevention of sports injuries, strength &amp; conditioning prescription, and osteopathic manual medicine.</p>
<p>Friday Session 1C 8:30am-9:45am</p>	<p><b>The Shoulder Complex: Its Role In Power Production, Athlete Stability and Injury Prevention:</b> This session will outline: a brief overview of shoulder anatomy will precede a detailed discussion on how to optimize power production through the gleno-humeral joint. Additionally we will cover how optimal mechanics of the shoulder contribute to maximizing athlete stability and minimizing chronic injury to the neck, shoulder, elbow, wrist, and back. The role of the shoulder in both artistic gymnastics and trampoline will be addressed. This course will include both theory and a practical component. Attendees are encouraged to dress in active wear in order to participate.</p>
<p>Friday Session 2C 10:00am-11:15am</p>	<p><b>Optimizing Athlete Performance Through The Spine &amp; Core:</b> This session will present a brief overview of the anatomy of the spine and core musculature as it pertains to gymnastics. The session will help coaches to better understand how to use strength conditioning programs and flexibility drills to optimize spinal movement and core strength, thereby building stronger athletes and minimizing time off due to injury. This course will include both theory and a practical component. Attendees are encouraged to dress in active wear in order to participate.</p>
	<p><b>CHERYL DONOGHUE:</b> Current Judging Chair- past 4 years, Judging Sub-Committee member over 15 years, WTC Member- 10 years, JO Working Group Member; Past member OCP Working Group and Bakers Dozen (New Qualifying System Working Group)</p>
<p>Saturday Session 2G 10:00am-11:15am and Saturday Session 3G 11:30am-12:45pm</p>	<p><b>Level 1-4 Judging Perspective:</b> As Ontario continues to implement the USA Junior Olympic rules this session will help coaches explore changes for the upcoming season for Levels 1-4. Get the inside track on how routines are will be evaluated from a judge's perspective.</p>






	<p><b>MIKE DURANTE:</b> Mike Durante has over 22 years of experience coaching women's artistic gymnastics levels 4-Elite stemming back to 1990's in Arizona where he graduated from Arizona State University. Mike was a member of the men's gymnastics team from 1991-1996, part of the 1995 and 1996 National Collegiate Club Championship team, and Co-Captain his final year. Mike has been highly sought after for his technical knowledge and has coached at Desert Lights, and Arizona Sunrays in Arizona as well as Chows Gymnastics in West Des Moines, Iowa, where he was the optional Team Director and Head Optional Coach. Most recently he calls Aerial Athletics in San Antonio Texas home. Mike has a great passion for and knowledge of gymnastics and developing confident, healthy and responsible gymnasts. Recently, he has spoken at both National and Regional Congresses in the United States.</p>
<p>Saturday Session 1D 8:30am-9:45am</p>	<p><b>Basic Bars: Drills to Skills (Level 1-4):</b> This session will go over the JO compulsory bar routines while exploring drills to teach the skills and combinations within these routines.</p>
<p>Saturday Session 2D 10:00am-11:15am</p>	<p><b>High-Low Releases:</b> In this session we will explore the various releases from the high bar to the low bar. We will focus on different drills and spotting techniques used to teach these skills.</p>
<p>Saturday Session 3D 11:30am-12:45pm</p>	<p><b>Bars: Giants and Flyaways!</b> The giant and flyaway are 2 fundamental skills for great bars. This session will show you how to get athletes working on these skills early on in their development as well as drills to teach these skills and spotting techniques to increase your athlete's confidence.</p>
<p>Saturday Session 4D 2:15pm-3:30pm</p>	<p><b>50+ Things to do with Every Gymnast (Men's &amp; Women's):</b> In this presentation, I will discuss a long list of things that you as a coach should be using each and every day. The list will consist of a variety of things from drills, technique, philosophy and conditioning to flexibility.</p>
<p>Saturday Session 5D 3:45pm-5:00pm</p>	<p><b>A-Z for Optional Bars (5-9):</b> This session will focus on a variety of skills needed for a great optional bar routine - pirouettes, turning giants and close bar skills. We will explore a variety of drills and techniques used to teach this skills.</p>
	<p><b>MATT ELDRIDGE:</b> Matt competed in Individual Trampoline, Synchronized Trampoline, and Double-Mini Trampoline from 1998 - 2006, having trained under Angelo Despotas and Dave Ross at Skyriders Trampoline Place. He competed at several international competitions, earning multiple international medals including the 2003 World Age Groups Games (Silver on DMT, Silver in Synchro), 2004 World Cup in Russia (Bronze on DMT), and the 2006 Indo-Pacific Championships in South Africa (Gold on DMT, Bronze in Individual Trampoline). Following his trampoline career, Matt toured with Cirque du Soleil, performing a tramp-wall act in the show Dralion. Matt is a level 3 certified trampoline coach, and a nationally certified judge. He has coached at several trampoline and tumbling clubs including Skyriders, Airborne Mississauga, Scarborough Gym Elites, Quinte Bay Gymnastics, and CISAG in Lyon, France. Along with trampoline, Matt has trained extensively in ballet and contemporary dance. Away from the trampoline world, Matt is a registered social worker, specializing in mental health. Matt uses his dance and social work knowledge to further the growth and development of the athletes he coaches.</p>
<p>Saturday Session 3B 11:30am-12:45pm</p>	<p><b>It's All About the Takeoff:</b> Matt will focus on small changes that will make a huge difference. Learn how to perfect your takeoff which will minimize height loss and travel. Matt will also teach simple methods on how to turn bent arm twisting into straight arm twisting.</p>
<p>Saturday Session 4B 2:15pm-3:30pm</p>	<p><b>How to Achieve a Perfect 10!:</b> Form, form and more form! What better way to learn what trampoline (and DMT) judges are looking for than from a National level judge? Matt will walk you through the skills used from Provincial 1 to Senior National and will let you know exactly what judges are deducting for. Matt will also share some specific drills that will help your athletes improve their height and form.</p>
<p>Saturday Session 5B 3:45pm-5:00pm</p>	<p><b>Half/Halves and Full/Halves:</b> Two of the most difficult twisting doubles to teach properly. Learn techniques to help keep your athlete from twisting off the bed. Start your Provincial athletes off on the right foot by improving their basics to ensure a smooth and easy transition to doubles. Matt will also go through different twisting doubles such as rudy outs, half rudys, full fulls and one and a half halves.</p>
	<p><b>ZHAOHUI HUANG:</b> completed the post graduate program in Gymnastics from Shanghai University. He taught Sports Science at the University for 14 years and has had several papers published in high-grade journals in China. He is an NCCP Level 4 Certified Coach. Zhaohui has been coaching at Futures since 1998 and Head Coach since 2003. He has produced a great number of both Provincial and National Champions. Zhaohui has been awarded Men's Artistic Gymnastics Coach of the Year in 2012 and 2013 by Gymnastics Canada.</p>
<p>Friday Session 5D 3:45pm-5:00pm</p>	<p><b>Intro to Pommel Horse Circles, Loops, 1/2 turns and Spindles:</b> Team Futures is well known for their exceptional Pommel Horse routines featuring great lines and full extension. Head Coach Zhaohui will introduce you to the basic preparation required to achieve a strong foundation from which to build on for the future.</p>

	<p><b>DARLENE FEDYNA:</b> Darlene "the Bean" Fedyna is a former competitive gymnast. She has a passion for teaching children and sports. Her background is in Early Childhood Education and Movement Education and she is a level 3 NCCP Coach who has been coaching gymnastics for over 37 years. Prior to this she worked in various children's programs from daycares, pre-schools, pools, summer camps and Parks and Recreational programs. She has also been program director in many of these facilities and programs. Darlene is currently the General Manager/Owner of the Gymtastics Gym Clubs in Calgary and has been for the past 23 years. They have over 60 staff and close to 2000 children in programs in the two clubs in Calgary. The website is <a href="http://gymtastics.ca">gymtastics.ca</a> Darlene is also the creator of the Gymtastics Gymtools educational website. They have a true passion for consulting and working with gym clubs and children's programs that provide useful, simple gym tools and information to help enhance and grow their programs. She has been instructing and speaking at many teaching and coaching conferences in Alberta and the United States using the information that they have written and are offering on the website <a href="http://gymtasticsgymtools.com">gymtasticsgymtools.com</a> Darlene is the founder and president of a new charity "Gymtastics Play it Forward Projects". This charity was specially designed to help provide sports and games programs to underprivileged children around the world. She has already had several experiences working with this organization from South Africa, Tanzania and Alberta setting up many different sports and games physical education programs. Darlene has a passion to share her talents and gifts by giving back to the communities and countries with the mission to help provide sports and games programs to these amazing children. "We believe that every child should have an opportunity to grow through sports and play." For more information on this charity and past projects please visit <a href="http://playitforward.ca">playitforward.ca</a></p>
<p>Friday Session 1B 8:30am-9:45am and Saturday Session 1B 8:30am-9:45am</p>	<p><b>Setting Up Successful Pre-School Programs:</b> In this session you will see videos of sample classes with a complete class format schedule breakdown that is designed to keep all students and coaches engaged and is simple to follow.</p>
<p>Friday Session 2B 10:00am-11:15am</p>	<p><b>Ages &amp; Stages - Understanding The Pre-School Child:</b> A pre-school guide to understanding the developmental stages of the pre-school child and the implications of designing a program according to the physical, mental, social and emotions needs of the child at every stage and age.</p>
<p>Friday Session 3B 11:30am-12:45pm and Saturday Session 2B 10:00am-11:15am</p>	<p><b>Recreational Warm-Up Ideas:</b> Specifically designed for the recreational athlete. These creative ideas are basic and simple to follow yet provide the instructors with a different approach to using small equipment such as balls, hoops, skipping ropes, rebounders, boxes/mats to add to any gym program. These are wonderful, exciting, useful, energetic and fun 20 min. warm-ups and activities that can improve and enhance the gym experience.</p>
<p>Friday Session 4A 2:15pm-3:30pm</p>	<p><b>Special Activities For Recreational and Summer Camp Programs:</b> We have 1000's of ideas and activities written in our "Yah for Play" Sports and Games Activity Guide. We would like to share a few of our favourites with you. From large and small group fun games and activities to special activities with skipping ropes, basic yoga positions, ball games, bean bag activities, balloons, physio ball exercises, fitness and partner activities to team challenges and sports basics such as throwing, catching, kicking activities.</p>
	<p><b>LINDA JOHNSON:</b> Region 7 Junior Olympic Committee Chair; One of the authors of the 2013-2020 National Compulsory routines; Coach, choreographer and judge in Region 7 since 1984; Taught dance in gymnastics clubs for over 25 years; Presented dance topics at numerous national and regional congresses and training camps; Co-author (with Shirley Tranquill) of the U.S.E.C.A. video "Choreography"; Contributed to the USA Gymnastics dance video "Explained, Explored and Expanded"; Studied dance in the Maryland/Washington DC area for over 15 years; National rating in judging; B.S. in Physical Therapy, M.S. in Motor Learning/Motor Control, Certification in Movement Analysis from the Laban Bartenieff Institute of Movement Studies</p>
<p>Friday Session 1E 8:30am-9:45am</p>	<p><b>Level 5 Compulsory Beam Part 1 of 2:</b> These sessions will be devoted to teaching the 2013-2020 USA Gymnastics Junior Olympic Level 5 compulsory routines on Balance Beam by the co-author of the routines. Participants will learn the text of the routines plus points of emphasis and clarifications from year 1 of the routine implementation in the US. (Note: This session is continued in Part 2)</p>
<p>Friday Session 2E 10:00am-11:15am</p>	<p><b>Level 5 Compulsory Beam – Part 2 of 2:</b> This session is a continuation of Part 1 - teaching the 2013-2020 USA Gymnastics Junior Olympic Level 5 compulsory routines on Balance Beam by the co-author of the routines. Participants will learn the text of the routines plus points of emphasis and clarifications from year 1 of the routine implementation in the US.</p>
<p>Friday Session 3E 11:30am-12:45pm</p>	<p><b>Level 5 Compulsory Floor – Part 1 of 2:</b> These sessions will be devoted to teaching the 2013-2020 USA Gymnastics Junior Olympic Level 5 compulsory routines on Floor Exercise by the co-author of the routines. Participants will learn the text of the routines plus points of emphasis and clarifications from year 1 of the routine implementation in the US. (Note: This session is continued in Part 2)</p>


Friday Session 4E 2:15pm-3:30pm	<b>Level 5 Compulsory Floor – Part 2 of 2:</b> This session is a continuation of Part 1 - teaching the 2013-2020 USA Gymnastics Junior Olympic Level 5 compulsory routines on Floor Exercise by the co-author of the routines. Participants will learn the text of the routines plus points of emphasis and clarifications from year 1 of the routine implementation in the US.
	<b>ZOLTAN JORDANOV:</b> 1985 - 1998 coaching in Hungary. As personal coach I had gymnasts in 3 Olympic Games (1988 Seoul, 1992 Barcelona, 1996 Atlanta) 1998 - 2007 Senior National Coach British gymnastics (Olympic Qualification with the GB Team (2000 Sydney, 2004 Athens, coaching amongst other GB gymnasts, Beth Tweddle too) 2007 - current Head Coach Swiss Gymnastics (Olympic Games 2008 Peking - Ariella Kaeslin, 2012 London - Giulia Steingruber) SCHWEIZERISCHER TURNVERBAND STV Abteilung Spitzensport / FG Nationalkader Kutu F Zoltan Jordanov, Cheftrainer
Friday Session 2F 10:00am-11:15am	<b>Front Front Vaults and Twisting:</b> Learn how to take that strong handspring vault and make it a good front front and then how to twist it. Includes Zoltan's perspective/coaching concept of how you would progress up to a 1 ½.
Friday Session 3D 11:30am-12:45pm	<b>Yurchenko Vaults:</b> Starting with drills for how to get a strong layout and beyond (up to layout 1/1 to 2/1). Includes coaching tips and strategies on how to deal with the mental development/fears through learning a Yurchenko Vault.
Friday Session 4D 2:15pm-3:30pm	<b>Front Tumbling:</b> This session is for intermediate to advanced level skill progressions and technique for front tumbling, twisting and combination tumbling.
Saturday Session 1G 8:30am-9:45am	<b>Tumbling - Twisting and Double Saultos:</b> This session is for intermediate to advanced level skill progressions and technique (ie. arms position, angles of take-off) for backwards tumbling including twisting (1/1 to 3/1) and double back to full-ins etc.
Saturday Session 3E 11:30am-12:45pm	<b>Tumbling Basics - Creating a Strong Tumbling Foundation:</b> Progressions and technique for good round off, front hand-spring/ flyspring, back handsprings, back and front saltos. We will finish with how to get a quality layout (round off back hand-spring layout) and front handspring front layout.
Saturday Session 4E 2:15pm-3:30pm	<b>Basic Front Handspring Vaults - Making It Great:</b> This session will cover everything you need to develop a strong and consistent handspring vault that can be developed into more advanced vaults. It will include training drills (including run and board take off), programming and progressions for developing a powerful technical handspring vault.
	<b>JANE KIRWAN:</b> Jane joined the Oakville Gym Club's Acrobatic Gymnastics and Tumbling Program staff in the fall of 2011. Jane began her gymnastics career in her home country of Ireland where she competed for the Irish National Team as both a top and a base in a Women's trio. Jane took her FIG Coaching Academies in Portugal and is one of only handful of coaches in the world who has attained an FIG Level 3 Coaching certification. Jane started coaching at the OGC by divides her coaching hours between the Acrobatic Gymnastics Program coaching all levels and the Tumbling program Interclub level. Jane new focuses all of her coaching in the Acrobatic Gymnastics program. Coaching Certification: FIG Level 3 Acrobatic Gymnastics Coach. Presently taking her Canadian Equivalency coaching courses. Experience: Irish National Team Acrobatic Gymnastics Women's Trio
Saturday Session 4C 2:15pm-3:30pm	<b>ACRO Code of Points Workshop:</b> This workshop will focus on understanding the tables of difficulty in relation to the code of points in acrobatic gymnastics and how to use this knowledge to complete a tariff sheet. Emphasis will be placed on how to select skills to create routines in the age group categories, calculating difficulty and how to adhere to the requirements of balance, dynamic and combined routines for pairs and women's groups. If possible those attending should bring a copy of the tables of difficulty and the code of points.
	<b>CHANTEL KOWDRYSH:</b> At age 9 Chantel fell in love with the sport of Gymnastics. Her passion and love for the sport pushed her through many years as a National Stream gymnast. Her interest in Acrobatic Gymnastics began when her oldest of 8 children became a Competitive Acro gymnast and in order to stay involved Chantel started doing choreography, judging and coaching Acrobatic Gymnastics alongside some of the best Acrobatic Coaches in Canada. Throughout her twenty plus years of coaching she has produced several provincial Champions, and has coached National stream and High Performance gymnastics. She has been recognized for her interesting and unique choreography in both Artistic and Acrobatic gymnastics and has won several choreography awards. A graduate of Seneca College's Advanced Coaching Technique Program, Chantel is fully NCCP Certified level 3 in women's Artistic Gymnastics, and level 2 in Trampoline. She has over 25 years experience in the sport as a Coach, choreographer, judge and administrator and is currently the Provincial coaching chair on Gymnastics Ontario's Acro technical committee. In the 2013 / 14 season she began an Acro program at Manjak's gymnastics club which has tripled in size and produced several Provincial champions at this year's Championship.
Saturday Session 5C 3:45pm-5:00pm	<b>How To Start An ACRO Program:</b> This workshop will provide participants with knowledge about acrobatic gymnastics and a step-by-step process of introducing an acrobatic program to their club. Participants will learn about coaching requirements, space and equipment needed, and various other details that will help them in their ventures.



	<p><b>NICOLE LANGEVIN:</b> I have made it a lifetime mission to up the level of artistry in gymnastics. In my pursuit, I have explored an enormous amount of artistic and creative avenues by becoming a Serious Play! Cast member, specializing in the Stanislavski method of acting as it relates to movement, studying Kabuki, training in Classical Ballet Barre, and even becoming a Break Dance member of Floor Lords II of Boston. (USA Gymnastics is right: "Begin Here. Go ANYWHERE!") As a gymnast, I achieved some great heights at the National level and along the way, I even invented the "switch-wolf" on beam! (Check back issues of Technique Magazine circa 1994) After establishing Precision Choreography, I helped Alicia Sacramone create her acclaimed floor choreography during her post '08 Olympic Comeback, was commissioned by USAG to work one-on-one with Kyla Ross in Artistry Training Sessions that took her choreography to a new level, and even worked with CBS consulting on "gymnastics authenticity" on their hit show, "The Mentalist!" You can find me presenting lectures at various Local and Regional Congresses as well as USA Gymnastics National Congress. These conventions along with my visitations to gyms across the country, including Canada and Mexico, allow me to embrace my love of the joining of minds that occurs at these events. I am honored to be a part of the educational process that helps propel our amazing sport.</p>
<p>Saturday Session 1E 8:30am-9:45am</p>	<p><b>Universal Beam:</b> Using some unorthodox and extremely effective techniques, this presentation is designed to reinforce fundamentals for high-level gymnasts and create a strong foundation for beginners. EVERYTHING YOU NEED TO BUILD STRONG BEAM WORKERS IS RIGHT HERE.</p>
<p>Saturday Session 2E 10:00am-11:15am</p>	<p><b>Instilling Artistry: Raise Scores and Turn Heads!:</b> Learn what transformed Kyla Ross and Alicia Sacramone, and how the "Routine of the Year" was formed! Understand how to provide gymnasts with the ability to incorporate their artistry into their routines, solidifying their artistic identity.</p>
<p>Saturday Session 4G 2:15pm-3:30pm</p>	<p><b>Simplifying C, D, &amp; E Dance Elements for Beam and Floor:</b> Imagine your Optionals having CHOICES when it comes to dance skill section! Imagine your level 4's drilling tour jete 1/2's and hitting 180 leaps! This presentation will provide the building blocks for high level beam and floor dance elements, simplifying the "impossible."</p>
<p>Saturday Session 5E 3:45pm-5:00pm</p>	<p><b>Team Warm Up and Event Complexes:</b> Vault, Bars, Beam, Floor, Conditioning, Flexibility, Dance, Speed, Injury Prevention, Power, Grace....When it comes to the components of creating well rounded gymnasts, does the list ever end? Learn how to create complexes that encompass your team's specific needs. Ensure that your "weak spots" are covered and become more on par with your team's strengths. Maximize time and cover it all! It CAN be done.</p>
	<p><b>JEFF LULLA:</b> is a USA Gymnastics (USAG) University Instructor, member of the USAG Business Advisor Ambassadors, a National Safety Instructor for USAG, co-author of the USAG Kinder Accreditation for Teachers (KAT) Course, an industry consultant, and for years has been a member of the USAG National Safety Review Board, seminar presenter for the Amateur Athletic Foundation, the US Association of Independent Gymnastics Clubs, Australia Gymnastics Federation, Canada B.C. Gymnastics and USA Gymnastics. He also served on the USAG National Preschool Advisory Panel and has lectured at the USAG Business Owners Conference presenting on recreational gymnastics, youth fitness, technology and marketing. In 2006 USA Gymnastics presented Jeff Lulla the Business Leader of the Year Award. Jeff Lulla earned a B.A. degree in Physical Education from CSUN in 1976, and has over 30 years of teaching and coaching experience.</p> <p>In 1985 Jeff opened the first Fun &amp; Fit Gymnastics Center in Burbank, California and in 1987 opened the second Fun &amp; Fit Gymnastics facility in Santa Clarita, California, acquired Imagymnation Gymnastics in Simi Valley in 2008 and sold it in 2012. Fun &amp; Fit Gymnastics Centers also contract with private schools and their local city Park and Recreation Departments teaching recreational gymnastics both on and off site.</p> <p>In 1991 Jeff began to license a self-esteem building curriculum developed at Fun &amp; Fit to other gymnastics schools and fitness clubs. Since then, hundreds of gymnastics and youth fitness programs internationally have been licensed to use what is called the "Fun &amp; Fit Gymnastics Program".</p> <p>In 2012 Jeff partnered with Smart Moves, an online curriculum and lesson planning platform based in New Zealand. Since then he has installed his gymnastics curriculum, along with 1,000 additional and customizable skills, drills, games and activities into the platform and, along with his team, build 250 progressive lesson plans. Gym clubs subscribing to the Smart Moves planner can add their own content, edit Jeff's content and access everything on any web browser.</p>
<p>Friday Session 1D 8:30am-9:45am</p>	<p><b>Curriculum &amp; Lesson Planning:</b> In this presentation we will discuss;</p> <ol style="list-style-type: none"> <li>1. Teaching with progressions and how to de-construct skills into basic and achievable parts to create success and safety.</li> <li>2. Lesson plan formats – from greeting to dismissal, what makes for a successful class recipe</li> <li>3. Using technology to communicate, print out or view lesson plans on tablets or smart phones</li> </ol>
<p>Friday Session 2D 10:00am-11:15am</p>	<p><b>Recreational Philosophy &amp; Teaching Concepts:</b> While much attention is focused on the "sport" of gymnastics, it is the "activity" of gymnastics that sustains our industry. Without those children who enroll in recreational gymnastics classes just to have fun and improve their skills, our industry would be reduced to non-profit programs struggling for donations to keep their doors open. With that in mind, knowing how to make it fun and successful becomes an important job skill for gymnastics instructors. A learning environment that defines success as "personal best" doesn't guarantee that everyone "will" win. But</p>

	<p><b>SEAN MCMANUS:</b></p> <ul style="list-style-type: none"> <li>- Master Learning Facilitator for Gymnastics Canada and the Canadian Freestyle Ski Association</li> <li>- Canadian team and Ontario team coach for many years and Olympic coach - Athens 2004</li> <li>- Owner and Head Coach at Spring Action Trampoline Centre</li> </ul>
<p>Saturday Session 1F 8:30am-9:45am</p>	<p><b>Air Sense: The Business of Air Sense—Part 1 of 2</b></p>
<p>Saturday Session 2F 10:00am-11:15am</p>	<p><b>Air Sense: The Acrobatics of Air Sense—Part 2 of 2</b></p>
	<p><b>STEFANIE MOSER:</b> has been the Head Therapist for the Toronto Lynx Professional Soccer Team and an Assistant Therapist with the Hamilton Tiger-Cats of the CFL. These opportunities provided very valuable experience in acute care management and injury rehabilitation and led to her position as the Head Athletic Therapist for the Seneca College varsity athletes and the Varsity Therapy Clinic Director for 6 years.</p> <p>Stefanie is in her ninth season as part of the medical team for the Canadian National Women’s Hockey Program. She has been the therapist for the U22 team and the 2010 World Champion U18 team. Stefanie has also been the therapist for the Senior National Women’s team and has joined them at the 2008 World Women’s Hockey Championships in Harbin, China and the 2011 WWHC in Zurich, Switzerland.</p> <p>Stefanie continues to broaden her education through professional courses in an effort to provide her clientele with exceptional therapeutic services. She obtained her certification in Contemporary Medical Acupuncture from McMaster University in December 2009.</p> <ul style="list-style-type: none"> <li>* Registered Massage Therapist, Certified Athletic Therapist, Certified Kinesio Tape Provider</li> <li>* Contemporary Medical Acupuncture Certification from McMaster University</li> <li>* Currently part of the medical team for the Canadian National Women’s Hockey Team and Trampoline Canada.</li> </ul>
<p>Saturday Session 5F 3:45pm-5:00pm</p>	<p><b>Ankle Taping:</b> Learn how to properly tape an ankle. Sometimes athletes require full support and sometimes only minimal support is needed. Stef will show you different ways to tape your athlete's ankle for training and competition.</p>
	<p><b>ODP WORKING GROUP—DAWN IZZARD:</b> With over 30 years of coaching in pre-competitive and invitational programs, I know the importance of having a strong program that will develop good physical basics. I have always supported the ODP program and see the benefits and results from it. I am a Competitive Coordinator and the Recreation Manager at the Burlington Gymnastics Club. I have also been a member of the Gymnastics Ontario Women's Technical Committee for 8 years, and a member of the ODP committee. As well as being an ODP assessor, I conduct the ODP clinics. In the past I was an Invitational WAG Judge.</p>
	<p><b>ODP WORKING GROUP—PAULA JOHNSON:</b> Paula Johnson is the owner and head coach of the Academy of Sport &amp; Fitness and ASF Gymnastics Club. She has been a member of the WPC for over 10 years and is currently the Elite Coaching Chair. Paula opened her clubs in 1995 and has produced many provincial and national champions over the years. She has also produced many national team members who have been named to our Olympic, World Championships, Pan Am and Commonwealth Games Teams. Paula started the original version although slightly different of our current ODP and invited a few clubs to partake. Her version included physical abilities and skill testing. After a few years of running her Junior Jungle Competition, the WPC approached Paula to initially help bring this program to the membership. As a member of WPC, Paula has stayed involved in this program and is now an integral part of bringing the new skills development back into the program.</p>
	<p><b>ODP WORKING GROUP—JESSICA LEBLANC:</b> Jessica LeBlanc was a gymnast who trained out of Gymnastics Mississauga from the age of 3 to 18. She competed at the National Open level before retiring due to a shoulder injury. This led to the beginning of Jessica's coaching career and her true passion of helping young athletes realize their full potential. She has coached all levels and all ages of athletes, with much success at the Provincial and National levels. Currently, Jessica is working at Dynamo Gymnastics. She is a level 3 certified women's artistic and level 2 certified trampoline coach, and also holds an honours degree in Kinesiology. Jessica is currently a member of the Women’s Technical Committee and has been helping update and develop the ODP Program to include skills for the upcoming season.</p>
<p>Saturday Session 3A 11:30am-12:45pm</p>	<p><b>ODP - Updates and New Skills:</b> ODP has expanded and added skills! Come learn the new program as well as what is new for the physical abilities portion of the program.</p>
<p>Saturday Session 4A 2:15pm-3:30pm &amp; Saturday Session 5A 3:45pm-5:00pm</p>	<p><b>ODP - Assessor's Perspective:</b> With the new skills in the ODP Program this session will help coaches explore the new technical rules and what assessors will be looking for. Get the inside track on how routines will be evaluated from an assessor's perspective.</p>

	<p><b>BILL RHOADS:</b></p> <ul style="list-style-type: none"> <li>- Coach of men's and women's gymnastics and trampoline athletes and coaches of all ages for over 30 years.</li> <li>- Coach and co-owner of North Bay Gymtrix</li> <li>- Master Course conductor for NCCP levels 1-3 for men's and women's gymnastics</li> <li>- Course Conductor for trampoline levels 1-2</li> </ul>
<p>Friday Session 1A 8:30am-9:45am and Saturday Session 1A 8:30am-9:45am</p>	<p><b>Beginner Spotting Part 1 of 2:</b> This session will focus on spotting techniques for basic floor skills from the recreational level up to Level 3 (WAG) and Interclub (MAG). It will be a hands on spotting experience for coaches who want to improve their spotting abilities. We will take a look at and discuss various spotting techniques and their pros and cons as well as when you should spot versus alternatives to spotting (i.e. progressions, drills, etc.). There will be a question and answer period at the end of the session.</p>
<p>Friday Session 2A 10:00am-11:15am and Saturday Session 2A 10:00am-11:15am</p>	<p><b>Beginner Spotting Part 2 of 2:</b> This session will focus on spotting techniques for WAG and MAG events (not floor) from the recreational level up to Level 3 (WAG) and Interclub (MAG). It will be a hands on spotting experience for coaches who want to improve their spotting abilities. We will take a look at and discuss various spotting techniques and their pros and cons as well as when you should spot versus alternatives to spotting (i.e. progressions, drills, etc.). There will be a question and answer period at the end of the session.</p>
	<p><b>JOEL SKINNER:</b> B.A., B. Ed., ChPC Head Track and Field Coach: Sarnia Athletics Southwest Track and Field Club Head Track and Field Coach: Sarnia Collegiate Institute and Technical School Charter Member of the Coaches of Canada Level 4/5 Coaching Certification: National Coaching Institute IAAF Level 5 Coaching Certification: Horizontal and Vertical Jumps Website: <a href="http://www.aswtrack.com">www.aswtrack.com</a></p>
<p>Saturday Session 5G 3:45pm-5:00pm</p>	<p><b>Plyometrics:</b> Learn plyometric ("jump training") exercises and drills that can be used in your conditioning programs to help develop and increase your athlete's speed and power.</p>
	<p><b>ALI STOFFELS:</b> holds degrees from Lakehead University in Education and Outdoor Recreation (Specialization in Leadership). A certified trainer of HIGH FIVE Principles of Healthy Child Development and HIGH FIVE Sport, Ali is also a passionate facilitator of True Colours Personal and Team Success workshops. Ali always loved the fun and creativity of coaching recreational programs and followed this path to enjoy roles as Day Camp Director at Milton Springers and as Recreation Director at Giant Gymnastics in Thunder Bay. Ali is passionate about creative programming and has spent many seasons at summer camps across North America gathering resources and back-pocket activities to translate into the gymnastics world.</p>
<p>Friday Session 3A 11:30am-12:45pm</p>	<p><b>Games Galore! Expand Your "Back Pocket" Collection:</b> Games, games, games! Want to get out of that rut of playing the same games over and over? We'll explore new games and fresh takes on old favourites as you expand your "back pocket" collection of fun activities! We'll get serious about the power of play and how we can use it rec programs (from regular classes to summer camps) to build fitness, friendships and self-esteem! This will be an especially great resource for any front-line or supervisory coaches or directors of recreational level classes, gymnastics camps, PA days or other similar programs!</p>
	<p><b>JENNIFER SYGO:</b> is a Registered Dietitian and Sports Nutritionist with Cleveland Clinic Canada, and the nutrition columnist for the National Post. A past or present member of the Integrated Support Team for the Canadian Trampoline, Rhythmic Gymnastics, and Artistic Women's teams, Jennifer has worked with many of Canada's top gymnasts and clubs across all disciplines. A popular speaker and presenter, Jennifer's first book, Unmasking Superfoods, was published by HarperCollins Canada and became a best-seller in the spring of 2014.</p>
<p>Friday Session 5A 3:45pm-5:00pm</p>	<p><b>Let's Talk Nutrition:</b> How do we approach the sensitive, yet crucial area of nutrition in our gyms? Learn top tips from a nutrition expert who has worked with many of Canada's top athletes about strategies to develop and maintain nutrition programs within your club, as well as how to educate parents and athletes.</p>
	<p><b>DENIS VACHON:</b> Denis Vachon is a fully certified Level 4 Coach and the National Tumbling Team Coach for GCG. He is currently the Head Coach of the Tumbling program at the Burlington BG's producing several National team athletes. Denis is also a 4-time World Championship medalists on DMT.</p>
<p>Friday Session 3C 11:30am-12:45pm</p>	<p><b>Yearly Planning - Help your athlete perform their best when it counts:</b> Ensure your athletes peak at the most important competition of the year! Denis will give you the right tools to plan your competitive year. Learn how to adjust your training and workouts to fit your season. Denis will help you keep your athletes motivated all year long.</p>

<p>Friday Session 4C 2:15pm-3:30pm</p>	<p><b>Technical Changes to Tumbling - Planning and Adapting:</b> Denis will go through all of GCG's and Gymnastics Ontario's technical changes to the sport of Tumbling to help you get ready for the 2015 competitive year. Denis will also touch on how to specifically plan a well-rounded Tumbling class to maximize your athletes' gains.</p>
<p>Friday Session 5C 3:45pm-5:00pm</p>	<p><b>Getting the most out of your Fast track:</b> Denis will share a multitude of different drills and skills to do on a Fast track so you can maximize your athletes' potential. Vary your athletes' training and prevent staleness by using your Fast track in a whole new way. Denis will also teach you some advanced double saultos your athletes can learn and perfect on the fast track.</p>
	<p><b>DR. MAHMOUD ZAERIAN:</b> has been working with athletes for 15 years spending some time working with your women's Olympic Hockey team, Major junior A teams, Varsity Football teams, and currently with national and provincial gymnasts. Dr. Zaerian graduated as a chiropractor and a degree in Kinesiology running a private practice in Toronto as well as being an instructor in the McMaster University Contemporary Medical Acupuncture Program. Dr. Zaerian has written on and presented on approaches to improve athletic performance through preventative and rehabilitative methods utilizing elector-acupuncture, soft tissue approaches and corrective exercises.</p>
<p>Friday Session 3F 11:30am-12:45pm</p>	<p><b>The Benefits of Post-Training Massage:</b> The use of sports or therapeutic massage post training has been utilized and researched often over the past decade to see its relevance in improving athletic performance. In this session we will explore the research, the benefits and methods of providing tissue massage that can benefit your athletes.</p>

