

2023 Gymnastics Ontario Congress Schedule

Saturday, August 19, 2023

Session/Time		Class Title	Presenter	Disc
8:00am-8:30am		Registration		
Session 1 8:30am-9:45am	1	Balance Beam Acro Series	Lorie Henderson	WAG
	2	Level 1-3 Floor	Linda Johnson	WAG
	3	Foam Rolling	Matt Soares	ALL
	4	How to Bring More Fun and Joy to Coaching	Kyle Shewfelt	GFA/ALL
	5	How to Start a MAG Program	Dave Arnold	MAG
9:45am-10:00am		Break		
Session 2 10:00am-11:15am	6	Level 4-5 Floor	Linda Johnson	WAG
	7	Aspire Program	Lorie Henderson	WAG
	8	Optimizing Sustained Athletic Performance Through Restorative Practices	Blaire Houde	ALL
	9	How to Help Your Gymnasts Actually Think Positively	Stacie Fletcher	WAG/ALL
	10	How to Coach Boys	Dave Arnold	MAG
11:15am-11:30am		Break		
Session 3 11:30am-12:45pm	11	Level 1-3 Beam	Linda Johnson	WAG
	12	WAG Composition & Artistry: Judging Perspective	Thea Rotteau	WAG
	13	Fun-Filled Fitness!	Ali Stoffels	GFA
	14	Athletic Taping	Adrienne McConnell	ALL
	15	New MAG Demo-Rules	Brandes Struger-Kalkman	MAG
12:45pm-1:45pm		Lunch		
Session 4 1:45pm-3:00pm	16	Level 4-5 Beam	Linda Johnson	WAG
	17	Start Switch Leaps, Switch Sides, & Switch Halves EARLY	Nicole Langevin	WAG
	18	Lessons in Leadership: Harnessing the Power of Positive Feedback	Ali Stoffels	GFA/ALL
	19	It's Just Gymnastics: Putting the Human Before the Athlete	Kyle Shewfelt	ALL
	20	Pommel Horse Routine Development	Zhaohui	MAG
3:00pm-3:15pm		Break		
Session 5 3:15pm-4:30pm	21	Creating Strong Pre-Team Bar Workers	Nicole Langevin	WAG
	22	Intro to WAG Competitions	Kathy Kline	WAG
	23	Athlete Perspective: Coming Back From Injury	Kyle Shewfelt	ALL
	24	How to Help Your Athletes Overcome Fear and Frustration	Stacie Fletcher	WAG/ALL
	25	A "Spectrum" of Strategies	Teagan Fitch	GFA

## 2023 Gymnastics Ontario Congress Schedule

Sunday, August 20, 2023

Session/Time	#	Class Title	Presenter	Disc.
8:00am-8:30am		Registration		
Session 6 8:30am-9:45am	26	BB Rhythm, Dynamics, & Artistry...What the Heck They Are and How Do I Train Them?	Nicole Langevin	WAG
	27	Beginner Handsprings - Creating a Great Run and Approach	Adriana Forde	WAG/MAG/GFA
	28	TG Judging for Coaches	Heather Crocker	TG
	29	Incorporating Props into Your Rec Program	Irina Shivrina	GFA
	30	Mindset 101: a Simple Mindset Tool That Works in Every Situation	Stacie Fletcher	ALL
9:45am-10:00am		Break		
Session 7 10:00am-11:15am	31	Fixing Pirouette Angles, Handstand Holds, Shoulder Angles...and other Common Deductions	Nicole Langevin	WAG
	32	Ontario Development Program (ODP)	Dawn Izzard	WAG
	33	Athlete - Coach - Parent Communication	Adriana Forde	ALL
	34	Gymnaestrada Choreography	Irina Shivrina	GFA
	35	How to Deal With Challenging Gymnasts	Stacie Fletcher	ALL
11:15am-11:30am		Break		
Session 8 11:30am-12:45pm	36	How to Build an Adult Gymnastics Program in Your Gym	Kyle Shewfelt	GFA
	37	Creating Power in Back Tumbling	Nicole Langevin	WAG/MAG/TUM
	38	Work-Life Balance for Professional Coaches	Aaron Brokenshire	ALL
	39	Uneven Bars - Transitions	Adriana Forde	WAG
	40	How to Help Your Athletes Calm Their Competition Nerves	Stacie Fletcher	ALL
12:45pm-1:45pm		Lunch		
Session 9 1:45pm-3:00pm	41	Managing Athletes Through Development	Mahmoud Zaerian	ALL
	42	Front Tumbling Essentials: From Front Tucks to Front Layouts	Nicole Langevin	WAG/MAG/TUM
	43	Little Things Make a Big Difference...and Increase Revenue!	Kyle Shewfelt	GFA
	44	Anatomy and Prehabilitation Exercises for Gymnastics and Trampoline Sports	Jordyn Miller-Burko	TG/ALL
	45	Bars - Shaping and the Flyaway	Adriana Forde	WAG/MAG
3:00pm-3:15pm		Break		
Session 10 3:15pm-4:30pm	46	The Art and Science of Improving Flexibility	Mahmoud Zaerian	ALL
	47	Universal BB Not-So-Basics	Nicole Langevin	WAG
	48	Vault - Transitioning to Level 8	Adriana Forde	WAG/MAG
	49	Make It Happen: My Olympic Story	Kyle Shewfelt	ALL