

IL State Congress -- Friday

TIMES	Competitive Gymnastics	Judges	Recreational Gymnastics	Business	
9:00 - 10:00	Registration/Check In				
10:00 - 10:50	JO Update <i>Linda McDonald</i>		Identifying Your Pre-Team Athletes <i>Jim Fredrickson</i>		
11:00 - 11:50	Getting Those Casts and Pirouettes to Finish in Handstand <i>Jason Enke</i>	Developing Strong Quality of Movement for Compuslory Floor <i>Heather Forbes</i>	Preparing for the Level 4/5 Test <i>Hilary Carlson</i>	Rec Basics 1 <i>Nick Becker</i>	
12:00 - 12:50	Developing Free-Hips, Stalders and Toe On Handstands <i>Jason Enke</i>	Improving Jump/Leap Connections on Beam <i>Shane Sanders</i>	Meet Ref Protocol <i>Linda McDonald</i>	Rec Basics 2 <i>Nick Becker</i>	Proper Office Staffing <i>Erin Becker</i>
12:50 - 1:50	Lunch				
2:00 - 2:50	Safe Sport Update <i>Norbert Bendixen and Don McPherson</i>				
3:00 - 3:50	Developing a Strong Run for Vault <i>Mke Hauser</i>	Developing a Powerful Round-Off/Flip-Flop <i>Shane Sanders</i>	Up to Level Deductions <i>Linda McDonald</i>	Gymnastics for the Special Needs Child <i>Lisa Convale</i>	Back Ground Checking Your Employees <i>Andy Morreale</i>
4:00 - 4:50	Handspring Vault - Transitioning From Mat Stack to Table <i>Mike Hauser</i>	Improving Routine Composition on Bars, Beam and Floor <i>Hilary Carlson, Sue Brosnan and Linda McDonald</i>	TBD	Business Round Table Discussion <i>Andy Morreale</i>	
5:00 - 5:50	Developing the Yurchenko Vault <i>Nick Becker</i>	Artistry on Beam <i>Shane Sanders</i>	Preparing for the Level 7/8 Test <i>Hilary Carlson</i>	Tumbling Basics <i>Mike Hauser</i>	College Recruiting <i>Jason MacDonald</i>

IL State Congress -- Saturday

TIMES	Competitive Gymnastics	Judges	Recreational Gymnastics
9:00 - 10:00	Registration/Check In		
10:00 - 10:50	Xcel Update <i>Nancy Gibson</i>		
11:00 - 11:50	Beam Basics <i>Jenny Angel</i>	Xcel Vault <i>Nancy Gibson</i>	Rec Basics 1 <i>Nick Becker</i>
12:00 - 12:50	Improving Dynamics on Beam Dismounts <i>Jenny Angel</i>	Xcel Bars <i>Nancy Gibson</i>	Rec Basics 2 <i>Nick Becker</i>
12:50 - 1:50	Lunch		
2:00 - 2:50	Side Stations on Bars -- Get Them Out of the Chalk Tray <i>Nick Becker</i>	Proper Levering Action on Beam and Floor <i>Shane Sanders</i>	Xcel Beam <i>Nancy Gibson</i>
3:00 - 3:50	Transitioning From Baby Giant to Giant Swing <i>Nick Becker</i>	Front Tumbling Basics on Floor <i>Kristin Perchatsch Wade</i>	Xcel Floor <i>Nancy Gibson</i>
4:00 - 4:50	Drills for Leaps and Jumps on Floor <i>Kristin Perchatsch Wade</i>	Up to Level Deductions <i>Linda McDonald</i>	Pre-School Fun: A Year's Worth of Activities <i>Jeff Grandt</i>
5:00 - 5:50		Judging AAU <i>Linda McDonald</i>	