

2022 Illinois State Congress

October 16, 2022

Tentative Schedule

9:00 AM	Norbert Bendixen / Nancy Gibson - Xcel Update & DEV Updates				
	<i>Events</i>	<i>Events</i>			
10:00 AM	Xcel Nacey Gibson - Nationall Xcel Chair	Drills & Conditioning for Beam Carly Wade - Aspire	Staff Development Mike Kociolek - UGA Tinley	Musical Warm Ups and Games Randy Parrish	Co Bars Jason Enke - Premier West
<i>Location</i>		<i>Front Beams</i>	<i>Viewing</i>	<i>40x40</i>	<i>Bars</i>
11:00 AM	Xcel Nacey Gibson - Nationall Xcel Chair	Training Dynamic Leaps/Jumps Shane Sanders - Ultimate	Marketing & Branding Mike Kociolek - UGA Tinley	Developing a Great Handstand through Cartwheel Randy Parrish	
<i>Location</i>			<i>Viewing</i>		
12:00 PM	Lunch				
1:00 PM	Xcel Nacey Gibson - Nationall Xcel Chair	In Bar Turns	Pre-School	Developing Rd Back Handspring w/ Beginers (Plus Basic Back Tuck Drills) Randy Parrish	Co Beam Billy Gurin - Flip Stars
<i>Location</i>		<i>Bars</i>			<i>Front Beams</i>
2:00 PM	Xcel Nacey Gibson - Nationall Xcel Chair	In-Bar Skills Scaposhnikova / Pack Marco Bravo - Phenom	Owners/Directors Round Table	Class Management Randy Parrish	Co Floor Shane Sanders - Ultimate
<i>Location</i>		<i>Bars</i>			<i>40x40</i>
3:00 PM	Xcel Nacey Gibson - Nationall Xcel Chair	Compulsory Vault Brandon Fields - Aspire		PreSchool / Rec Bar Drills and More.. Randy Parrish	
<i>Location</i>		<i>Vault</i>			
4:00 PM		Tumbling Brandon Fields - Aspire	DEV / Xcel Update Continued...		Meet Ref /Meet Director
<i>Location</i>		<i>40x40</i>			