

NGA National Gymnastics Festival Schedule



National Gymnastics Association

Sponsored by:

Tuesday, June 8th

TIME	Competition Hall D		
5:00-9:00p	Training Available	Competition Hall D	Women Levels 1N/2N/3N has first option for training Sign-up Required (Link)

Wednesday, June 9th

TIME	Competition Hall B		
9:00-10:35a	Training Available (W)	Competition Hall B/D	Women's Levels 4N/GN/5N has first option for training Sign-up Required (Link)
11:00a	Competition Begins - Women	Competition Hall B	Women Levels 3N Competition Hall D Women Levels 1N/2N
6:30-8:05p	Training Available (W)	Competition Hall D	Women's Levels 4N/GN/5N has first option for training Sign-up Required (Link)
8:10-9:45p	Training Available (W)	Competition Hall D	Women's Levels 4N/GN/5N has first option for training Sign-up Required (Link)

Thursday, June 10th

8:00-9:35a	Training Available (W)	Competition Hall D	Women's Levels 6N/PN/7N has first option for training times Sign-up Required (Link)	
9:40-11:15a	Training Available (W)	Competition Hall D	Women's Levels 6N/PN/7N has first option for training times Sign-up Required (Link)	
1:00-9:30p	Competition - Women	Competition Hall B	Women Level GN Competition Hall D Women Levels 4/5	
1:00-6:00	Training Available (M)	Competition Hall C	All Men's Levels Open Training	
TIME	WOMEN - IN GYM	WOMEN	BUSINESS	WELLNESS
	Competition Hall B	Gatlin A-2	Gatlin A-3	Gatlin A-4
8:00-8:45	BRYAN NEAL How to Spot Tumbling	CASSIE RICE Motivating Team Kids Through A Fun Purpose Driven Workout	KEN HARRIS How Much Should I Charge? (Fewer Customers Can Mean More Money)	CRAIG BALLARD Creative Communication With Athletes
8:45-9:00	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch
	Coffee Break	Sponsored by Quarto Leotards		
9:00-9:45	BRYAN NEAL Level 8/9 Uneven Bar Skills	EMILY POWERS Integrating Acro & Tumbling Into Your Program	CASSIE RICE Improve Your Culture, Improve Your Bottom Line	CHILDREN FIRST Child Abuse Training - Part 1

	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch	
9:45-10:00	Refreshment Break	Sponsored by: Carolina Gym Supply			
	JIM SHARP Teaching Twisting on FX	CRAIG BALLARD Hitting Routines	CASSIE RICE Staff, Your Most Important Asset	CHILDREN FIRST Child Abuse Training - Part 2	
10:00-10:45	Room Volunteer Heidi Wensel	Room Volunteer Rod Axelrod	Room Volunteer Jackie Estes	Room Volunteer Amy Patch	
ALL EDUCATION AND WELLNESS SUMMIT PARTICIPANTS					
General Session					
11:00-12:00	KeyNote Speaker	MCKENNA KELLY, Former LSU Gymnast			
		Room Volunteer - Bryan Neal			

Friday, June 11th					
11:30a-8:00p	Competition - Women	Competition Hall B	Level 6N	Competition Hall D	Level 7N
1:00p	Competition - Men	Competition Hall C	Level 1N / 2N / 3N / 4N / 5N		
6:00-7:35p	Training Available (W)	Competition Hall D	Women's Levels PN/8N/DN/9N/10N has first option for training times	Sign-up Required (Link)	
5:00-7:30p	Training Available (M)	Competition Hall C	Men Levels L6-10 Open Training		
8:00-9:30P	Summit Reception	tbd	All Summit Participants	Meet the NGA Staff	Sponsored by Spieth America
TIME	MEN	WOMEN	BUSINESS	WELLNESS	ATHLETES/PARENTS
	Gatlin A-1	Gatlin A-2	Gatlin A-3	Gatlin A-4	Competition Hall B
8:00-8:45	MIKE NADDOUR NGA "A" Value Super Skills Code	BRIAN AMATO Advanced Uneven Bars	CHERE HOFFMAN How to Create & Use A Wellness Team -Set up Your Facility for Greatness	STACEY HERMAN Tools & Strategies to Support Your Athlete to Use Their Mind to Support Their Body	REBECCA WISSMILLER Routine Skill Choices for Lower Levels 1-5
	Room Volunteer Heidi Wensel	Room Volunteer Brian Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Donagene Jones
8:45-9:00	Coffee Break	Sponsored by: HIGO Apparel			
	LOU DATILLO How to Plan Yearly Training Cycles	ROB AXELROD (Hall C) Vault Training - All Levels	KEN HARRIS Compensating Employees - Deciding What to Pay - Pay Raises - Profit Sharing	BRIAN AMATO JENN LLEWELYN CRAIG BALLARD College Recruiting Expectations (Parents Welcome)	DONAGENE JONES Routine Skill Choices for Upper Levels 6-10
9:00-9:45	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller
					NAOMI HOFFMAN FUN Stretching for Gymnasts Using Yoga-Athlete Participation

9:45-10:00	Refreshment Break JEFF ROBINSON NGA Team Concept Competition Format and Guidelines	Sponsored by: Bear Affair CHERE HOFFMAN NAOMI HOFFMAN How to Be a Good Balance Beamer—Steps to Successful Beam Work	JENN LLEWELYN Creating a Relationship with Colleges & Universities	KEN HARRIS Importance of Culture in Your Workplace. How to Develop a Positive One	DONAGENE JONES / REBECCA WISSMILLER Choreography Choices	CHILDREN FIRST Child Abuse Training PARENTS ONLY - NO ATHLETES
10:00-10:45	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
11:00a-12:00p	NGA STAFF ROUND TABLE	NGA 2022	LOCATION TBD	Sponsored by Spieth America		

Saturday, June 12th						
12:30-9:30p	Competition - Women	Competition Hall B	Level PN / 8N / DN / 9N / 10N			
3:00p	Competition - Men	Competition Hall C	Level 6N / 7N / 8N / 9N / 10N			
TIME	MEN	WOMEN	BUSINESS	WELLNESS	WOMEN'S JUDGES	ATHLETES/PARENTS
	Gatlin A-1	Gatlin A-2	Gatlin A-3	Gatlin A-4	Gatlin E-5	Competition Hall D
8:00-8:45	KEVIN RIGGLE Building a Base to Increase Numbers in Your Team Program	TRAVIS CHERRIER Graduating to the Yurchenko Vault	BRIAN AMATO LLEWELYN What We Need to Do to Prepare Our Athletes for Higher Education	STACEY HERMAN Helping Busy Coaches Do Simple Mental Strategies to Support Athletes	JOHN O'DELL Skill Recognition Optional Uneven Bars	KRISTIN KING, RD, LDN Fueling Young Athletes
8:45-9:00	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
	Coffee Break	Sponsored by MSO/All Gymnastics				
9:00-9:45	MIKE NADDOUR Rules Update for the 2022 Season	TRAVIS CHERRIER Progressing from the Small UB Circle to the Large UB Circle	CHERE HOFFMAN A to Z Steps in Creating a GREAT Developmental Team—"DEVO Team"	BRYAN NEAL STACEY HERMAN Wellness—TBA (Parents Welcome)	JOHN O'DELL Optional Dance Skills	NAOMI HOFFMAN "Spare Time" Exercises for Gymnasts Using Bands, Balls, Bungees and More!-Athlete Participation
	Room Volunteer - Heidi Wensel	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
9:45-10:00	Refreshment Break	Sponsored by Inside Gymnastics				
10:00-10:45	SCOTT BARCLAY How to Start a College GymAct Program in Your State	JENN LLEWELYN Advanced Balance Beam Skills	TRAVIS CHERRIER Managing Many Levels in One Training Group? No Problem!	ANNA SANTIAGO Positive Discipline for Gymnastics Coaches	ROBERT NEAT Vault - Evaluating Height	STACEY HERMAN - Problems & Solutions With Gymnast & The Mental Side
	Room Volunteer Mike Naddour	Room Volunteer Bryan Neal	Room Volunteer Jackie Estes	Room Volunteer Kim Ward	Room Volunteer Rebecca Wissmiller	Room Volunteer
11:00a-12:00p	NGA STAFF ROUND TABLE	NGA 2022	LOCATION TBD	Sponsored by Carolina Gym Supply		

Sunday, June 13th						
TIME	MEN	WOMEN	JUDGES	WELLNESS		