

USA Gymnastics State Congress 2021

August 14 and 15

Integrity Athletics: 8185 Business Way Plain City, OH 43064

USAG Member Price- \$50

Non-member price- \$75

Late Registration (after August 1 and on-site)

USAG Member Price- \$65

Non-member- \$90

Registration

Click here to register via google form: [Google Form- 2021 Ohio Congress Registration](#)

Click here to submit payment:

MEMBER: [MEMBER PAYMENT](#)

NON-MEMBER: [NON-MEMBER PAYMENT](#)

Questions?

suekanegymoh@gmail.com or kristy@integritygym.com

Presentation Topics

- New Compulsory Routines- review, practice judging, choreography
- Hands on spotting
- Judging clinics (up to 12 CPE credits)
- Coaching techniques
- Business, preschool, and recreational information
- AND MORE!

Host Hotel Information

Embassy Suites by Hilton Columbus Dublin

5100 Upper Metro Pl, Dublin, OH 43017

[\(614\) 790-9000](tel:6147909000)

Room Rate: \$119 King Suite, \$124 Double Suite

All,

Please see updated hotel information below. Patrick- can you please post online and Facebook? Thanks!

Your Hilton Link address

is: <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=CMHESES&groupCode=CESUG5&arrivaldate=2021-08-13&departuredate=2021-08-15&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Group Name: OHIO USA GYMNASTICS CONGRESS

Group Code: UG5

Check-in: 13-AUG-2021

Check-out: 15-AUG-2021

Hotel Name: [Embassy Suites by Hilton Columbus Dublin](#)

Hotel Address: 5100 Upper Metro Place
Dublin, Ohio
43017

Phone Number: 6147909000 Toll-Free Central Reservations Number:
18002209219



Kristy Fries / Executive Director of Operations
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TENTATIVE SCHEDULE
Ohio USA Gymnastics State Congress

Saturday, August 14

Saturday, August 14			
8:00-8:30	Registration		
8:30-9:30	Developmental Update and Xcel Update Sue Kane and Claudia Kretschmer		
9:45-10:45	Level 3 and Xcel Silver Vault Drills Claudia Kretschmer	Compulsory Floor	TBD
11:00-12:00	Beam Complex Claudia Kretschmer	Sue Kane/Kristy Fries/Kathleen Edwards	Beginner Bars Enrique Trabanino
12:00-1:15	Lunch On Your Own		
1:15-2:15	Beam Skill Development Beginning to End Claudia Kretschmer	Compulsory Beam Sue Kane/Kristy Fries/Kathleen Edwards	"How I Herd My Cats" (Preschool) Ashley Hammond
2:30-3:30	Time Management Claudia Kretschmer		Intermediate Bars Giants, flyways, and more Enrique Trabanino
3:45-4:45	Uneven Bars Shaping, Conditioning & Planning Enrique Trabanino	Compulsory Beam Practice Judging Sue Kane/Kathleen Edwards	Ninja Marika White
5:00-6:00	Compulsory Choreography Review Sue Kane/Kristy Fries	Ohio NAWGJ Open Meeting Introductions of New 2021-2023 NAWGJ Board Kathleen Edwards & Tina Snyder	
Judges CPE Sessions Can Be Signed By Tina, Kathleen or Sue			

TENTATIVE SCHEDULE
Ohio USA Gymnastics State Congress

Sunday, August 15			
8:00-8:15	Registration		
8:30-9:30	Don't Peak too Soon Annual Lesson Planning Jeanette Gallogly	Compulsory Floor Practice Judging Sue Kane	TBD
9:45-10:45	Developing Flipping Vaults Jeanette Gallogly	Compulsory Vault & Bars – Overview Sue Kane	New(er)Judge Session "Get All of Your Questions Answered" Kathleen McIntire
11:00-12:00	6/7 Vault from the Coaches and Judges Perspective Kristy Fries/Lori Powers-Basinger/Tina Snyder		Covid Keepsakes-Things I'm keeping from the past year (Preschool/Rec/Business) Ashley Hammond
12:00-1:15	Lunch On Your Own		
1:15-2:15	Setting up a practice start to end Jeanette Gallogly	Compulsory Vault/Bars Practice Judging Barb Giulivo/Sue Kane	Hands On Spotting (Preschool and Rec) Ashley Hammond
2:30-3:30	Hands on spotting Level 5-8 Bars and Vault Blaine Wilson	Level 8-10 Composition & Practice Judging Xcel Practice Judging	Acro and Rhythmic Gymnastics Introduction and Techniques Hyejin Kim and Tony Seeger
3:45-4:45	Compulsory Choreography Review Sue Kane/Kristy Fries		Trampoline & Tumbling Program Introduction and Techniques for all! Andy Franke
4:45-5:30	TBD		TBD
Judges CPE Sessions Can Be Signed By Tina, Kathleen or Sue			