



2024 Ohio USA Gymnastics Congress

Friday, August 2nd

The Conference Center at OCLC (Classroom-Style Lectures)

6600 Kilgour Pl, Dublin, OH 43017

8:00-8:30	Doors Open/Registration	
8:30-9:45	Dev & Xcel Program Updates Sue Kane	
10:00 - 10:50	How to Motivate Today's Athlete- Abbie Ainslie	Xcel (Practice Judging) Bronze Through Gold Lori Powers-Basinger and Barb Wright
11:00-11:50	Fear and Mental Blocks- Abbie Ainslie	Xcel (Practice Judging) Platinum-Diamond Lori Powers-Basinger and Barb Wright
11:50-1:00	LUNCH BREAK (Lunch & Learn Session for New Judges- Kathleen McIntire)	
1:15-2:15	No You're Not Crazy, Things Are Harder- Mental Health Support For Coaches- Abbie Ainslie	What a Puzzle - Difficult Judging Scenarios- Sue Kane
2:30-3:30	Do This, Not That- Mistakes You're Making on Optional Beam/Floor- Rachael Gardner and Becky Cox	Judging 6-7 & 8 Optional Vault - Barb Giulivo and Christina Andres
3:45 - 4:45	Bar Releases Xcel through Level 10 -Technique and Deductions for Judges and Coaches- Sue Kane and Rachael Gardner	

Saturday, August 3rd

Integrity Athletics (In Gym Lectures, Live Demonstrations and Hands On)

8185 Business Way, Plain City, OH 43064

8:00-8:30	Doors Open/Registration	
8:30-9:30	Dance for Coaches and Judges- Sue Kane and Becky Cox	Compulsory Bars- Jeanette Gallogly
9:45-10:45	Injury Prevention- Dr. Jenny Borda	Compulsory Through Level 8 Floor- Jeanette Gallogly
11:00-12:00	Conditioning Periodization- Dr. Jenny Borda	Xcel Construction - Hints and Tips - Coaches & Judges Info Session - Michelle Crane and Lori Powers-Basinger
12:00-1:30	LUNCH BREAK	
1:30-2:30	Beyond the Basics on Bars (Level 5-9)- Rachael Gardner	Vault- Handsprings Through First Flips- Dave Anthony
2:45-3:45	Creating a Team Culture- Mary Lee Tracy	Hands on Spotting- Dave Anthony
4:00-5:00	Complex and Basics for Hitting Beam- Mary Lee Tracy	Hands on Spotting- Dave Anthony