



GYMSPIRATION 2024 COACHES CLINIC SCHEDULE

Friday October 18th
(Eastern Standard Time)

-  **Nicole Langevin** 9:00 AM- 9:45 AM
Training "UP" for XCEL
-  **Nicole Langevin** 10:00 AM- 10:45 AM
Direct Connection Tumbling: Back 1.5 and front saltos from step 1
-  **Jason Silverman** 11:00 AM- 11:45 AM
Success Systems For Profitability, Sanity and Freedom
-  **Gina Pongetti, Jamie Broz, Brandi Smith** 12:00 PM- 12:45 PM
Round Table Discussion: The Gymnast Body -The latest issues , topics and trends in gymnastics injuries
- BREAK BREAK BREAK BREAK BREAK** 1:00 PM - 1:45 PM
-  **Yuka Suguira** 2:00 PM - 2:45 PM
Accelerate Shoulder Flexibility with Brain Based Drills
-  **Taylor McClendon: ENCORE PRESENTATION** 3:00 PM- 3:45 PM
Glide Kip Connections, Shapes, Spotting and More!



GYMSPIRATION 2024 COACHES CLINIC SCHEDULE

Saturday October 19th
(Eastern Standard Time)



Brandon Norris

10:00 AM- 10:45 AM

Boys Edition: The 7 Essentials of
Become a Rockstar Coach



Mary Lee Tracy

11:00 AM- 11:45 AM

Beam Basics!



Sarah Peterson

12:00 PM - 12:45 PM

When The Drills Don't Work:
Gymnastics Skill Conditioning You
Can't Screw Up



Betsy McNally -Laouar

1:00 PM- 1:45 PM

Coach Self-Care: Year Round Exercise
and Nutrition Strategies for Coaches



Lisa Mitzel





2:00 PM - 2:45 PM

My Breath, My Voice, My Power:
Transform Children's Mental Health
Through Mindfulness, compassion and
autonomy



GYMSPIRATION 2024 COACHES CLINIC SCHEDULE

Sunday October 20th
(Eastern Standard Time)

-  **Donagene Jones** 10:00 AM- 10:45 AM
Tips and Tricks To Understand the Judging World and Enhance and Athletes' Score
-  **John Min** 11:00 AM - 11:45 AM
The Foundations of Vaulting: From Building Blocks to Power Rocks!
-  **Sigourney Weathers PT,DPT** 12:00 PM- 12:45 PM
Inclusion In Gymnastics: Welcoming All Students in Your Classroom
-  **Lindsey Stancil** 1:00 PM- 1:45 PM
Paks: From The Beginning!
Drills everyone can do!