

Coaches Education

Saturday, January 16, 2010					
Start Time	End Time	Groups	Activity	Presenter	Venue
8:30 AM	9:00 AM	Coaches/Athletes	Strength & Conditioning	IK - Team A	New Tampa Community Center - Floor A
8:30 AM	9:00 AM	Coaches/Athletes	Flexibility	MA - Team B	New Tampa Community Center - Floor B
9:00 AM	9:30 AM	Coaches/Athletes	Strength & Conditioning	IK - Team B	New Tampa Community Center - Floor A
9:00 AM	9:30 AM	Coaches/Athletes	Flexibility	MA - Team A	New Tampa Community Center - Floor B
9:30 AM	10:00 AM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	IK	New Tampa Community Center - Floor A
10:00 AM	10:30 AM	Coaches/Athletes	How to Perform a Proper Handstand (2-arm)	IK - Team A	New Tampa Community Center - Floor A
10:00 AM	10:30 AM	Coaches/Athletes	How to Perform a Proper Handstand (1-arm)	MA - Team B	New Tampa Community Center - Floor B
10:30 AM	11:00 AM	Coaches/Athletes	How to Perform a Proper Handstand (2-arm)	IK - Team B	New Tampa Community Center - Floor A
10:30 AM	11:00 AM	Coaches/Athletes	How to Perform a Proper Handstand (1-arm)	MA - Team A	New Tampa Community Center - Floor B
11:00 AM	11:30 AM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	IK	New Tampa Community Center - Floor A
11:30 AM	12:00 PM	Coaches/Athletes	Training Specific to Bases	IK - Team A	New Tampa Community Center - Floor A
11:30 AM	12:00 PM	Coaches/Athletes	Training Specific to Tops	MA - Team B	New Tampa Community Center - Floor B
12:00 PM	12:30 PM	Coaches/Athletes	Training Specific to Bases	IK - Team B	New Tampa Community Center - Floor A
12:00 PM	12:30 PM	Coaches/Athletes	Training Specific to Tops	MA - Team A	New Tampa Community Center - Floor B
12:30 PM	1:30 PM	All	Lunch Break		
1:30 PM	2:30 PM	Coaches	Online Tariff Sheet Submission No Athletes	BM, KD	New Tampa Community Center
2:30 PM	3:00 PM	Coaches/Athletes	How to Develop an Arch	IK - Team A	New Tampa Community Center - Floor A
2:30 PM	3:00 PM	Coaches/Athletes	How to Develop a Flag	MA - Team B	New Tampa Community Center - Floor B
3:00 PM	3:30 PM	Coaches/Athletes	How to Develop an Arch	IK - Team B	New Tampa Community Center - Floor A
3:00 PM	3:30 PM	Coaches/Athletes	How to Develop a Flag	MA - Team A	New Tampa Community Center - Floor B
3:30 PM	4:00 PM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	IK	New Tampa Community Center - Floor A
4:00 PM	5:00 PM	Coaches	BioMechanics (no athletes)	MA	New Tampa Community Center - Floor A
5:00 PM	6:00 PM	Coaches	National Plan Presentation (no athletes)	TH	New Tampa Community Center
Sunday, January 17, 2010					
Start Time	End Time	Groups	Activity	Presenter	Room
8:30 AM	9:30 AM	Coaches	Preparing for Competition (peaking, psychology, choreography) No Athletes	MA	New Tampa Community Center - Floor B
9:30 AM	10:00 AM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	MA	New Tampa Community Center - Floor B
10:00 AM	10:30 AM	Coaches/Athletes	Stalder Press	IK - Team A	New Tampa Community Center - Floor A
10:00 AM	10:30 AM	Coaches/Athletes	Artistic Impression/Polish, Etc...	MA - Team B	New Tampa Community Center - Floor B
10:30 AM	11:00 AM	Coaches/Athletes	Stalder Press	IK - Team B	New Tampa Community Center - Floor A
10:30 AM	11:00 AM	Coaches/Athletes	Artistic Impression/Polish, Etc...	MA - Team A	New Tampa Community Center - Floor B
11:00 AM	11:30 AM	Coaches/Athletes	Training Full Twist	IK - Team A	New Tampa Community Center - Floor A
11:00 AM	11:30 AM	Coaches/Athletes	Creating a Comprehensive Warm-up	MA - Team B	New Tampa Community Center - Floor B
11:30 AM	12:00 PM	Coaches/Athletes	Training Full Twist	IK - Team B	New Tampa Community Center - Floor A
11:30 AM	12:00 PM	Coaches/Athletes	Creating a Comprehensive Warm-up	MA - Team A	New Tampa Community Center - Floor B
12:00 PM	2:00 PM	Coaches/Athletes	Lunch Break	-	-
2:00 PM	2:30 PM	Coaches/Athletes	Dynamic Basics & Technique (basket, tsuk)	IK - Team A	New Tampa Community Center - Floor A
2:00 PM	2:30 PM	Coaches/Athletes	Block Drills & Skills	MA - Team B	New Tampa Community Center - Floor B
2:30 PM	3:00 PM	Coaches/Athletes	Dynamic Basics & Technique (basket, tsuk)	IK - Team B	New Tampa Community Center - Floor A
2:30 PM	3:00 PM	Coaches/Athletes	Block Drills & Skills	MA - Team A	New Tampa Community Center - Floor B
3:00 PM	3:30 PM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	MA	New Tampa Community Center - Floor B
3:30 PM	4:00 PM	Coaches/Athletes	Open Training Time - Dynamic	IK - Team A	New Tampa Community Center - Floor A
3:30 PM	4:00 PM	Coaches/Athletes	Open Training Time - Balance	MA - Team B	New Tampa Community Center - Floor B
4:00 PM	4:30 PM	Coaches/Athletes	Open Training Time - Dynamic	IK - Team B	New Tampa Community Center - Floor A
4:00 PM	4:30 PM	Coaches/Athletes	Open Training Time - Balance	MA - Team A	New Tampa Community Center - Floor B
4:30 PM	5:00 PM	Coaches	Coaches: Questions and Answers Athlete Break (leave floor)	MA	New Tampa Community Center - Floor B

CLINICIANS:
 IK - Ivaylo Katsov
 MA - Marie Annonson
 TH - Tom Housley
 BM - Bob Meier