



2017 Future Stars National Championship & Coaches Workshop

WORKSHOP LECTURE SCHEDULE

Thursday 11/9: Coaches Presentations

	Speaker	Time	Location: Aquatics Building
Jam, Adler – Getting Started	Kevin Preston	4:00 p.m.	Dirks Room - Swimming
Breaking Down Turning Travels on Pommel Horse	Mike Naddour	5:00 p.m.	Dirks Room - Swimming
The Yurchenko Progression-Starting Early!	Adam Lomax	6:00 p.m.	Dirks Room - Swimming

Note: Future Stars Championships Technical Meeting for Coaches at 7:00 PM in bleacher area of gym.

Friday 11/10: Coaches Presentations

During warm-up for the 2nd competition session

	Speaker	Time	Location: Aquatics Building
Breaking through to Whips and Multiple Flipping	Marc Yancey	1:00 p.m.	Dirks Room - Swimming

Saturday 11/11: Parent Presentations

	Speaker	Time	Location: West Wing Conf. Cntr.
Why Boys Love Gymnastics – The Complex Challenge	Marc Yancey	9:00 a.m. & 2:00 p.m.	West Wing Conf Cntr
Nutritional & Athlete Development	Rob Skinner	10:00 a.m. & 3:00 p.m.	West Wing Conf Cntr
Gymnastics' Life Lessons Learned Over 50 Years	Dusty Ritter	11:00 a.m. & 4:00 p.m.	West Wing Conf Cntr
Lunch Break		12:00 p.m. – 2:00 p.m.	
Workshop Concludes for Parents		5:00 p.m.	

Saturday 11/11: Coaches Presentations

	Speaker	Time	Location: Aquatics Building
Development & Application of the Hecht Tap	Andriy Stepanchenko	9:00 a.m. & 2:00 p.m.	Dirks Room - Swimming
Why a Proper Floor Warm-up is so Important	Brett McClure	10:00 a.m. & 3:00 p.m.	Dirks Room - Swimming
Essential Peach/Giant Progressions Continued	Kevin Mazeika	11:00 a.m. & 4:00 p.m.	Dirks Room - Swimming
Lunch Break		12:00 p.m. – 2:00 p.m.	
Dinner Break		5:00 p.m. – 6:30 p.m.	
Unlocking the Mystery of Turning Skills	Vince Miller	6:30 p.m.	Dirks Room - Swimming
Preparing for Skill Specific Strength at Early Ages	Juha Tanskanen	7:15 p.m.	Dirks Room - Swimming
Tramp & Tumble Track – Safe Training for Optional Skill	Joy Umenhofer-Stovall	8:00 p.m.	Dirks Room - Swimming

Sunday 11/12: Coaches Presentations

	Speaker	Time	Location: West Wing Conf. Cntr.
Support Swing-The New Importance of P-Bars EG I	Mike Serra	8:00 a.m.	Dirks Room - Swimming
Pre-Flight & Post-Flight - How to Approach Vault	Kevin Mazeika	8:45 a.m.	Dirks Room - Swimming
Applying Basic Swing and Bails to Rings Skills	Gene Watson	9:30 a.m.	Dirks Room - Swimming
Single Leg Swing and Making PH Fun-Path to Progress	Tim Klempnauer	10:15 a.m.	Dirks Room - Swimming
2017 Coaches Workshop Concludes		11:00 a.m.	