



**2022 COACHES WORKSHOP & CLINIC
U.S. OLYMPIC PARALYMPIC TRAINING CENTER
NOVEMBER 17-20**

LECTURE SCHEDULE

Date	Time	Presenter	TITLE
Thursday, 11/17	5:00 pm-6:00 pm	Spencer Johnson	<i>Back Tumbling</i>
	6:00 pm-7:00 pm	Syque Caesar	<i>Floor Rolling Basics - A Foundation for High Level Skill Development on Every Apparatus</i>
Friday, 11/18	1:30 pm-2:30 pm	Sam McArthur	<i>Keep Them Healthy: Prehab for Optional Gymnasts</i>
	2:30 pm-3:30 pm	Lou Datillio	<i>Level Development Philosophy</i>
Saturday, 11/19	9:00 am-10:00 am & 2:00 pm-3:00 pm	Tim Klempnauer	<i>Russian D & E Development</i>
	10:00 am-11:00 pm & 3:00 pm-4:00 pm	Pavel Sargsyan	<i>Effective Tap Swings</i>
	11:00 am-12:00 pm & 4:00 pm-5:00 pm	Matt Henry	<i>Vault: Using the Board to Go from Elite to World Class</i>
Sunday, 11/20	8:00 am-9:00 am	Tom Buese	<i>Ring Strength Development from Beginner to Elite</i>
	9:00 am-10:00 am	Pavel Sargsyan	<i>Upper Arm Development</i>
	10:00 am-11:00 am	Kostya Kolesnikov	<i>Developing Giant & Moy as Basics for More Difficult Skills</i>