



PLANNED LECTURES

TITLE	DESCRIPTION
Judging Presentation on FIG Code Changes & Highlights	This presentation will illuminate trends for optional routine construction based upon changes to the FIG rules for the next two quads. The presentation will help coaches plan development of their athlete's repertoire to best take advantage of the FIG trends.
Modern Pommel Horse Routine Construction	The presentation will include how to take advantage of the FIG rule structure and what type of development to plan for the future. Education on drills to start at a young age to develop a comprehensive repertoire for the future will be discussed.
The Value of Developing a Proper Russian on Pommel Horse	In optional routine construction a Russian could likely be the foundation for half the start value on Pommel Horse at the Elite level. The presentation will discuss how and why.
The New FIG Code on Horizontal Bar	Release elements compose half your routine but that is not all you need to know! New skills on this event that can lead to great value will be illuminated from a developmental perspective and how to get started down this path. To be discussed: Inside Endo and Stalder, German Giants, Adlers and more.
What Should Be in Your Training Plan for Developing Strength on Rings EG II & III	It takes years to develop but starting early is important if you want to be competitive as an elite athlete. How can you incorporate the necessary building blocks safely with young athletes?
Creating Rotation and Blocking Angles for Progressing to Higher Value Vaults	Presentation focusing on board approach, position, and effective transition to the table to set multiple flipping and twisting in motion...why attention to detail in basic vaults leads to success later as the athlete matures physically.
The Proliferation of Element Group II Skills on Parallel Bars	The presentation will examine why starting at an early age with development of front uprise and back uprise techniques that incorporate a wider variety of EG II skills assists comprehensive development in all areas. We will look at the current trend of front uprise to Diamidov, Makuts drills and Honma drills can open up progress in different areas.
Using Tumble Track Drills to Refine Forward and Backward Progressions	A variety of technical progressions to advance learning on floor and at the same time reduce stress and injury for athletes. Examining the importance of visual spotting to refine takeoff and landing position and the importance of precision and repetition.

Detailed schedule to come.