

**WASHINGTON STATE CONGRESS  
JULY 26th-28th, 2019**

**FRIDAY**

	<b>Business / Certifications</b>	<b>Optionals East Facility</b>	<b>Xcel West Facility</b>
12:30PM	<b>REGISTRATION</b>		
1:00PM		Warm up All State Workout Clinic \$40.00 per athlete	<b>VAULT/BARS</b> State Demonstrators
2:00PM		Pete Arenas - Georgia Elite Christian Minnicks	<b>VAULT/BARS</b> (switch groups)
3:00PM			<b>BEAM</b> (entire group)
4:00PM			<b>FLOOR</b> (entire group)
5:00PM			4:50pm Recap and Questions
		Dinner for Optionals	

## SATURDAY

	<b>Business Certifications</b>	<b>Optionals East Facility</b>	<b>Judging West Conference Room</b>	<b>Judging West Party Room</b>	<b>Compulsories West Floor 2 (purple)</b>
8:00AM		State Demonstrators Warm up Cardio/Active Stretch Terin Humphreys Pete Arenas Steve & Gabby Arkell			
9:00AM	Preschool/ Rec Teachers workshop 9:00am-4:00pm West Floor 1 (green) Brant Lutska and Linda Thorberg	L6/7 Floor L8 Vault L9/10 Bars	9:00am - 11:00am New Judging Training Kathy Crawford 2nd Floor	9:00am-10:00am JO Update and more! Dean Ratcliff	9:00am-10:00am Beginning Coaches Questions You Have Always Had But Were Afraid To Ask Laurie Reid
10:00AM	Tips for successful classes Safe sport Group Games Vault break down Core strength	Rehab/Therapy Dr. Anita LeBlanc Vida Integrated Health Parents welcome as well!		10:00am-12:00pm Coaches/ judges  Evaluating "How routines are judged"	
11:00AM					
12:00PM	Lunch		General NAWGJ Meeting Lunch included		
1:30PM	Preschool/ Rec Teachers workshop Continued	Warm Up		Xcel Update Diane Palmer	Tumbling Technique
2:30PM	Balls Beam stations  Pick a trick on Bars Obstacle Courses Talking to parents	L6/7 Vault L8 Bars L9/10 Beam		JO Bars Denise Green Priscilla Hickey	The Perfect Vault and Running Drills
3:30PM		L6/7 Beam L8 Dance L9/10 Vault		JO Floor Denise Green Priscilla Hickey	How to Train Leaps and Turns
4:30PM		Collegiate coaches discussion: scholarships/new rules			

## SUNDAY

	<b>Compulsory West Facility</b>	<b>Optionals East Facility</b>	<b>Judging West Conference Room</b>	<b>Judging West Party Room</b>	<b>TOPS West Facility</b>
9:00AM	9:00am-12:30PM Level 2/3 Athlete Clinic	State Demonstrators Warm up / Curcuit Type	9:00am - 12:00pm New Judging Training Kathy Crawford	10:30am-11:55pm JO Optional Beam Laurel Tindall	
9:45AM	\$50.00	Pete Arenas Steve & Gabby Arkell	West Conference Room 2nd Floor		

<b>9:50AM</b>	Kelle Riley Sarah Flores Kimberly Owens	L6/7 Bars L8 Beam L9/10 Floor		
<b>10:30AM</b>				9:00am-10:25am Levedl 6/7 Vault Laurie Reid
<b>10:50AM</b>		L6/7 Beam L8 Floor L9/10 Bars		
<b>11:50AM</b>				
<b>12:00PM</b>		Core exercises		
<b>12:30PM</b>	USAGWA General Meeting			
<b>1:00PM</b>	1:00PM-4:30PM Level 4/5 Athlete Clinic \$50.00	<b>LUNCH</b> 1:30PM-4:30PM ALL STATE WORKOUT Level 8-10		TOPS TESTING Tori Smieja
<b>2:00PM</b>	Kelle Riley Laurie Reid - Beam Deductions Sarah Flores Kimberly Owens			
<b>4:30PM</b>				

Handspring

1/2 on

\*\* drills to get chest up

\*\* building power

Fr. giants

Flyaway

Bail to LB  
Pak / Strad HS

Double  
Twist dsmt

Tkat/ Geinger

Dbl Lay  
Dbl Front

Handspring	Dsmt salto
Back tuck	R.O-dsmt
Gainer lay	Twist dsmt
dance-salto combo	Gainer dsmt
2 salto combos	Twist dsmt
Fr. handspring	Drills for tuck and lay
Twist- salto	
Double backs	Power conditioning