

2003 ILLINOIS STATE CONGRESS

TIME	FRIDAY, JUNE 27, 2003	9:00 to 1:00 Forum B		SATIRDAY, JUNE 28, 2003	10:00 to 5:00 Forum C-1
Certifications		Safety Certification	PDP 1 VIDEO		KAT



7:00 to 10:00 p.m.—ILLINOIS STATE RECOGNITION BANQUET - Double Tree Downers Grove

2003 ILLINOIS STATE CONGRESS—SATURDAY, JUNE 28, 2003

TIME	GENERAL	WOMEN'S	WOMEN'S	GENERAL	MEN'S PROGRAM	WOMENS JUDGING
8:00 to 8:30	Check-In & Registration	In The ESPLANADE CONFERENCE CENTER		REMEMBER TO VISIT OUR VENDORS		
8:30 to 9:30	How to Earn Extra Money in The Summer Barry Dubuque PINE	Level 5-6 Bars, Looking at casts & clear hip angles/ body positions Connie Maloney FORUM B	Fast Track to Team (4-12 yr olds) Kathie Gebhardt WILLOW	Special Needs Programs Glen Marks FORUM C2-3	"Advance Pommel Horse" Paul Evatt SPRUCE	FORUM B
9:45 to 10:45	Satellite Gyms Barry Dubuque PINE	7/8 Beam Kathie Gebhardt & Mary Lou Ackman WILLOW	Bar Releases Mo Muhammad FORUM C2-3	Kinder Cheer Through Pee Wee Cheer Tim Rand FORUM B	The Development and Management of a Boys Junior Elite Training Program" Kelly Crumley SPRUCE	5/6 Beam/Floor Practice Judging Connie Maloney FORUM A
11:00 to 12:00	Starting a Cheerleading Program in the gym Paula Parat PINE	Beam—Level 4-6 Tim Rand FORUM B	Conditioning Mo Muhammad FORUM C2-3		Developing an 8 week training Plan for Championship meets Don Osborn SPRUCE	Floor Bonus to Give or Not Winnie Witten FORUM A
12:00 to 1:00	★ GO TO THE	ATRIUM FOR	LUNCH	BUFFET—STYLE	DELI SANWHICHES & SALADS	ONLY \$10.00 ★
1:00—2:00	Level 1-4 Vault/Bars Kurt Aichele Offsite Aerial	Tumbling –Comparison of amplitude & timing Compulsory Connie Maloney FORUM B	Leaps & Turns Michael Ness & Joe Perez FORUM C2-3	College Recruiting Mo Muhammad WILLOW	Still Ring Strength Development Mark Diab SPRUCE	9/10 Practice Session on Bars Winnie Witten FORUM A
2:15—3:15	Level 1-4 Beam/Floor Kurt Aichele Offsite Aerial	Tumbling –Comparison of amplitude & timing Optional Connie Maloney FORUM B	5/6 Floor Text Mary Krause & Teresa Millmore FORUM C2-3	Shape the Shape Tim Rand WILLOW	Making the transition from pre-school and recreation to team Mike Califf SPRUCE	7/8 Practice Session on Vault Winnie Witten FORUM A
3:30—4:30	Front Tumbling Optl Mo Muhammad Offsite Aerial	Rec. Beginners 1-2-3 Kathie Gebhardt WILLOW	Everything Basic on Floor Tim Rand FORUM B 5/6 Beam Text Krause/Millmore FORUMC2-3	Cheerleading & Tumbling Barry Dubuque PINE	TBA Kevin Chope SPRUCE	7/8 Practice Session on Floor Winnie Witten FORUM A

ILLINOIS STATE CONGRESS—SUNDAY, JUNE 29, 2003

MENS OFFSITE ALL DAY AT AERIAL GYMNASTICS—DOWNERS GROVE IL

	9:00 to 1:00	10:00 to 3:00				
Certifications	SAFETY COURSE Edgar Pulido FORUM B	MELPD Kelly Michalek FORUM C1				
TIME	GENERAL	WOMENS	WOMENS	General	JUDGING	JUDGING
8:30 to 9:30	Pre-School Kelly Michalek FORUM C2-3	Grips & Pirouetting on Bars Tim Rand WILLOW	Compulsory Vaults Mo Muhammad PINE	Rec in an hour Barry Dubuque SPRUCE		IL NAWGJ Coffee/Session FORUM A
9:45—10:45	No Ego for Parents & Coaches & How to Deal with Older Gymnasts Mo Muhammad FORUM C2-3	Level 4-6 Bars Tim Rand WILLOW	Beam/Floor dance connections—Are they connected? Connie Maloney PINE		Artistry in Compulsory Beam/ Floor Sandy Oldham SPRUCE	7/8 Practice Session on Bars Winnie Witten FORUM A
11:00—12:00				Lunch		
12:00—1:00	Kids Just Want to Have Fun— Filed Trips & Birthday Party Games Glen Marks FORUM C2-3	Basics and optional tumbling on Beam Tim Rand WILLOW	Yurchenko Vaults Mo Muhammad PINE		Study Session For Testing Judy Harwood/Arlene Norris SPRUCE	9/10 Practice Session on Floor Winnie Witten FORUM A
1:00—2:00	Team Traveling Mo Muhammad WILLOW	Dance Styles Mike Ness & Joe Perez FORUM C2-3	Bar angles— Casts and timing of turns Connie Maloney PINE		Testing Hilary Carlson SPRUCE	9/10 Practice Session on Vault Winnie Witten FORUM A
2:15—3:15	Rec Cheer Tumbling John Taylor WILLOW	Stretching & Warm-Ups Mike Ness & Joe Perez FORUM C2-3	Bar Releases Connie Maloney PINE		Testing Hilary Carlson SPRUCE	Beam/ Dance Combo and Bonus Connections Winnie Witten FORUM A
3:30—5:30	 STATE COMMITTEE MEETING FROM 3:30 TO 5:30 PM (Some portions closed)  FORUM B					