

## 2019 MN STATE CONGRESS

Time	Vladimir Smirnov Bars & Vault Area	Tony Gehman Dance Room 1 & 2	Linda Thorberg Ninja Floor	SafeSport Dance Room 3
9:00-10:00	CONDITIONING AND FLOOR BAR DRILLS	TUMBLING FOUNDATION SKILLS	JO UPDATE	
10:15-11:15	VAULT 9/10	ADVANCED TUMBLING	XCEL UPDATE	
11:30-12:30		VAULT 6/7 WITH LINDA T		DEMYSTIFYING SAFESPORT
12:30-1:15	LUNCH	LUNCH	LUNCH	LUNCH
1:15-2:00	STATE MEETING	STATE MEETING	R102	STATE MEETING
	<b>Vladimir Smirnov</b>	<b>JUDGES</b>	<b>Linda Thorberg</b>	<b>SafeSport</b>
	<b>Bars &amp; Vault Area</b>	<b>Dance Room 1 &amp; 2</b>	<b>Ninja Floor</b>	<b>Dance Room 3</b>
2:00-3:00	CIRCLING ON BARS	NAWGJ SYMPOSIAM W/ JAMIE, JASMINE & SHARON	R102	UNDERSTANDING BOUNDARIES W/ ATHLETES & PARENTS
3:15-4:15	TURNING ON BARS	RAD FLOOR (RYTHEM, ARTISTRY, DYNAMMICS) W/ AMY & KARI	R102	SAFESPORT Q&A
4:30-5:30	DRILLS FOR FUNDAMENTALS ON BARS	CASTING ANGLES W/ ROBIN	R102	