

THE YARD'S COLLEGIATE GYMNASTICS SYMPOSIUM







SCHEDULE OF EVENTS

SUNDAY 2ND APRIL 2023

TIME	LECTURE & ACTIVITY	LOCATION	ATTENDANCE	PRESENTERS	
10:00am - 10.15am	WELCOME & INTRODUCTION ALL PARTICIPANTS!	MAIN GYM	ALL ATHLETES & STAFF		ROSANNA TRIGG
10:15am - 11:15am	INTRO TO THE NCAA PATHWAY - EVERYTHING YOU NEED TO KNOW	THE LOUNGE	PARENTS, ATHLETES, COACHES		DARREN WEBSTER
11:15am - 12:15pm	ATHLETE ROUTINE DEVELOPMENT & STRATEGIES	THE LOUNGE	COACHES ONLY		DARREN WEBSTER
11:15am - 12:15pm	FROM HOBBYIST TO ELITE GYMNAST: HOW PARENTS CAN SUPPORT KEY TRANSITIONS & PSYCHOLOGICAL CHALLENGES	THE LOUNGE	PARENTS ONLY		DR JAY-LEE NAIR PhD
11:15am - 12:15pm	ARTISTIC PRESENTATION	STUDIO A	ATHLETES ONLY		STACEY UMEH
12:15pm - 12:45pm	LUNCH BREAK				
12:45pm - 1:45pm	THE TOP 5 MENTAL TOUGHNESS TECHNIQUES YOU NEED TO DEVELOP	THE LOUNGE	ATHLETES ONLY		DR JAY-LEE NAIR PhD
1:45pm - 2:45pm	ARTISTIC PRESENTATION	MAIN GYM	ATHLETES & COACHES		STACEY UMEH
2:45pm - 3:00pm	BREAK				
3-4PM	MANAGING INJURIES & REHABILITATION	THE LOUNGE	ATHLETES, COACHES & PARENTS		MELISSA D-K ATC

MONDAY 3RD APRIL

TIME	LECTURE OR APPARATUS	LOCATION	ATTENDANCE	PRESENTERS	
8:15am - 9:15am	GYMNASTS NUTRITION FOUNDATION	THE LOUNGE	PARENTS, ATHLETES & COACHES		CHRISTINA ANDERSON RDN CSSD
9:15am - 9:30am	WARM UP				
9:30am - 10:30am	VAULT	BEAM	MAIN GYM	ATHLETES & COACHES	   DARREN - VT MARY & STACEY BB

10.30-10.45AM		QUICK BREAK!					
10:45am - 11:45am	BEAM	ARTISTIC DANCE & CHOREO	MAIN GYM	ATHLETES & COACHES	 		MARY - BB STACEY ARTISTIC
11:45am - 12:30pm	ARTISTIC DANCE & CHOREO	TUMBLE TRACK / TRP/FLOOR	MAIN GYM	ATHLETES & COACHES	  		MARY VT & STACEY & DARREN TT/TRP
12:30pm - 1:00pm		LUNCH					
1:00pm - 1:45pm	PERFECTIONISM LECTURE		STUDIO A	ATHLETES & COACHES			MARY WRIGHT
1:45p - 2:00pm	WARM UP		MAIN GYM	ATHELETS			
2:00pm - 3:00pm	UNEVEN BARS	BEAM	MAIN GYM	ATHLETES & COACHES	  		DARREN & STACEY - UB MARY - BB
3:00pm - 4:00pm	BEAM	UNEVEN BARS	MAIN GYM	ATHLETES & COACHES	  		MARY & STACEY BB DARREN - UB
TUESDAY 4TH APRIL							
TIME	LECTURE OR APPARATUS		LOCATION	ATTENDANCE	PRESENTERS		
8:15am - 9:15am	PERFORMANCE NUTRITION		THE LOUNGE	ATHLETES,PARENTS & COACHES			CHRISTINA ANDERSON RDN CSSD
9:30am - 10:30am	PERFECTIONISM LECTURE		STUDIO A	PARENTS ONLY			MARY WRIGHT
9:15am - 9:30am	WARM UP		MAIN GYM	ALL ATHLETES	STACEY		
9:30am - 10:30am	BEAM ARTISTRY		MAIN GYM	1 GROUP ATHLETES & COACHES			STACEY & DARREN
10:30am - 10:45am		QUICK BREAK!					
10:45am - 11:45am	UNEVEN BARS	VAULT	MAIN GYM	ATHLETES & COACHES	  		DARREN UB - MARY & STACEY VT
11:45am - 12:30pm	TUMBLE TRACK/TRP/FLOOR	UNEVEN BARS	MAIN GYM	ATHLETES & COACHES	  		DARREN UB - MARY & STACEY VT
12:30pm - 1:00pm		LUNCH					
1:00pm 2:00pm	Examining your communication style, the problem with ressurance, and building resilient athletes.		THE LOUNGE	COACHES ONLY			DR JAY-LEE NAIR PhD
1:00pm - 1:15pm	WARM UP		MAIN GYM	ALL ATHLETES	STACEY		
1:15pm - 2:15pm	UNEVEN BARS	BEAM	MAIN GYM	ATHLETES & COACHES	  		MARY - BB & DARREN/STACEY UB
2:15pm - 3:15pm	BEAM	UNEVEN BARS	MAIN GYM	ATHLETES & COACHES	  		MARY - BB & DARREN/STACEY UB
3:15pm - 4:00pm	ARTISTIC DANCE & CHOREO		MAIN GYM	1 GROUP ATHLETES & COACHES	  		STACEY MARY & DARREN
4:00pm - 4:15pm	WRAP UP & FAREWELL!			ALL ATHLETES & COACHES	ROSANNA TRIGG		