

2025 CONGRESS SCHEDULE



Wednesday, October 15 th , 2025				
Time	CGC MAG	CGC WAG	CGC TT	Pegasus North GFA
9:30-11:00 AM	Nick Blanton Effective Progressions to Support Early Motor Development for Advanced Skills	Darren Webster Double Back Prep and Spotting	Marty Myers The Difference Between a Full Half and a Half Full and Why They are Both Important	Ali Stoffels Loud & Clear
11:00-12:30 PM	Nick Blanton Creating Short and Long-Term Athlete Plans for MAG	Claudia Fragapane Choreography & Ballet	Marty Myers How to Generate Rotation	Ali Stoffels What's in Your Toolbox
12:30-1:30 PM	Lunch			
1:30-3:30 PM	Nick Blanton Strategic Skill Development on Parallel Bars: Conditioning, Progressions, and Pirouette Reduction	Kelly Simm Conditioning Sets & Beam Complexes + Open Q&A	Marty Myers Drills for Success: Improving Your Overall Score	Ali Stoffels Beginner Vault & Fun Filled Fitness

***VERSION 2: AS OF AUGUST 27, 2025**

2025 CONGRESS SCHEDULE

Thursday, October 16th, 2025

Time	Paskapoo 1	Paskapoo 2	Paskapoo 3	Paskapoo 4	CGC
8:45-10:00 AM	Brent Brandham & Gallagher Insurance Insurance	Jeanette Hardy Building Stronger Connections: Communication Strategies for Coaches, Parents, and Athletes	CSI Debunking Menstrual Cycle Myths in the Sport World	Ali Stoffels The Engaged Supervisor Blue Print	
10:15-11:30 AM	Activity Messenger What's New and How to Optimise the Program	Claudia Fragapane & Kelly Simm Coaching Females in Elite Sport: Challenges / Considerations	Carolyn Taylor Back to Biomechanic Basics	Ali Stoffels The Power of Praise	
11:45-1:00 PM	Board 101 What is Your Role?	Jeanette Hardy Motivation that Matters: Developmentally Appropriate Strategies for Child and Adolescent Athletes	Yuka Sugiura The Vestibular System	Martin Myers Leaving Points on the Table: Routine Composition and Technical Corrections	
1:00-2:15 PM	Lunch				
2:15-3:30 PM		Carolyn Taylor Using Video Effectively	Yuka Sugiura Unlocking Shoulder Flexibility	Lauren Brett Communication Styles	
3:45-5:00 PM	Ali Stoffels Navigating Tough Conversations with Staff	Claudia Fragapane & Kelly Simm Pressure Training Ideas and Tools to Compete	Jessica Walper TT Code	Lauren Brett Parcical Application and Demonstrations	

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Friday, October 17th, 2025

Time	Paskapoo 1	Paskapoo 2	Paskapoo 3	Paskapoo 4	CGC
8:45-10:00 AM	Special Olympics Coaching Athletes with Diverse Needs: Maximising Potential	Martin Myers Maximizing Athlete Performance - What you as a Coach Can Do for Your Athlete	Yuka Sugiura Faster, Higher, Stronger	Ali Stoffels Parents, EEK!	
10:15-11:30 AM	Jeremy Mosier Setting Your Business Apart from the Competition	Claudia Fragapane & Kelly Simms Parent-Coach Dynamic	Martin Myers From International Athlete to National Team Coach - My Story and Insights	Ali Stoffels Fun, Firm, Fair	
11:45-1:00 PM	Club Admin 101 Club Support	Jeanette Hardy Building Stronger Connections: Communication Strategies for Coaches, Parents, and Athletes	Yuka Sugiura Say it Better	Ali Stoffels Know Thyself	
1:00-2:15 PM	Lunch				
2:15-3:30 PM	Uplifter What's New and How to Optimise the Program	Claudia Fragapane & Kelly Simms Fear from the Athlete's Perspective	Jeanette Hardy Motivation that Matters: Developmentally Appropriate Strategies for Child and Adolescent Athletes	Carolyn Taylor	
3:45-5:00 PM		Claudia Fragapane & Kelly Simm Athlete-Centred Coaching	Martin Myers Skyriders: Factors that Made us Successful	Safe Sport	

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