

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	Martin 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	Martin 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	Martin Myers Drills for Success: Improving Your Overall Score	Ali Stoffels Beginner Vault & Fun Filled Fitness

***AS OF SEPTEMBER 19, 2025**

2025 CONGRESS SCHEDULE

Thursday, October 16th, 2025

Time	Paskapoo 1	Paskapoo 2	Paskapoo 3	Paskapoo 4	CGC
8:45-10:00 AM	Uplifter What's new and how to Optimise the Program	Jeanette Hardy Building Stronger Connections: Communication Strategies for Coaches, Parents, and Athletes	CSI Debunking Menstrual Cycle Myths in the Sport World	Ali Stoffels Know Thyself	
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 Applying Basic BIOmechanics	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	Ali Stoffels The Engaged Supervisor Blue Print	Carolyn Taylor How to Use Video as an Effective Training Tool	Yuka Sugiura Unlocking Shoulder Flexibility		
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		

***AS OF SEPTEMBER 19, 2025**

2025 CONGRESS SCHEDULE

Friday, October 17 th 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 Say it Better	Ali Stoffels Parents, EEK!	
10:15-11:30 AM	Brent Bradham & Gallagher Insurance The Insurance Landscape Today, Where We Will be going in the Future, and Q&A on All Products	Claudia Fragapane & Kelly Simm 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	Jeremy Mosier Setting Your Business Apart from the Competition	Jeanette Hardy Building Stronger Connections: Communication Strategies for Coaches, Parents, and Athletes	Yuka Sugiura Faster, Higher, Stronger	Carolyn Taylor How to Use Video as an Effective Training Tool	
1:00-2:15 PM	Lunch				
2:15-3:30 PM	Club Admin 101 Club Support	Claudia Fragapane & Kelly Simm Fear from the Athlete's Perspective	Jeanette Hardy Motivation that Matters: Developmentally Appropriate Strategies for Child and Adolescent Athletes	Lauren Brett Unleash Your Inner Communicator: Understanding and Elevating Your Communication Style	
3:45-5:00 PM	Carolyn Taylor Technical Efficiency: Every Movement has a Purpose	Claudia Fragapane & Kelly Simm Athlete-Centred Coaching	Martin Myers Skyriders: Factors that Made us Successful	Lauren Brett Building Bridges: Communicating with Parents When it Matters Most	

***AS OF SEPTEMBER 19, 2025**

2025 CONGRESS SCHEDULE

Saturday, October 18th, 2025

Location				
Time	Paskapoo 1	Paskapoo 2	Paskapoo 3	Paskapoo 4
9:00-12:00 PM	WAG	MAG	TT	Sport Dev
1:00-2:00 PM	AGM			
5:00-10:00 PM	Gala			



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