

2025 Gymnastics Ontario Congress Schedule				
Saturday, August 23, 2025				
Session/Time		Class Title	Presenter	Disc.
8:00am-8:30am	#	Registration		
Session 1 8:30am-9:45am	1	Rec Vault: The Forgotten Event	Dawn Izzard	GFA
	2	Xcel vs. Development Program – Understanding the Differences	Angela Alberry	WAG
	3	Fundamental Concepts and Technical Approach to Pommel Horse	Miguel Costante	MAG
	4	Precision & Flow: Pirouettes and Clear Circles on Bars	Claude Pelletier	WAG/MAG
	5	From Club to Campus: A Coach's Guide to Collegiate Recruiting	Dwight Hudson & Megan Magro	ALL
9:45am-10:00am		Break		
Session 2 10:00am-11:15am	6	Progressive Front Tumbling: From Handsprings to Twisting	Nistor Sandro	WAG/MAG
	7	Behind the Skill: 90,000 Hours of Coaching Wisdom	Miguel Costante	MAG/ALL
	8	How To Start An Acro Program	Suzie Owen	ALL
	9	Mastering Beam Acro: Coaching Techniques for Building Confident Acro Elements and Series	Lisa Cowan	WAG
	10	Shifting from Peer to Leader	Dawn Izzard	GFA/ALL
11:15am-11:30am		Break		
Session 3 11:30am-12:45pm	11	Conditioning in Rec and How to Make it Fun!	Olivia Knoop	GFA
	12	A Judging Perspective on Xcel	Angela Alberry	WAG
	13	The Road to Paris Summer Games	Ed van Hoof	MAG
	14	Vault Development - The Building Blocks for a Great Future	Adriana Forde	WAG/MAG
	15	Inside the Journey: Success with the National Team and Building a Championship Club Culture	Claude Pelletier	WAG/ALL
12:45pm-1:45pm		Lunch		
Session 4 1:45pm-3:00pm	16	Introduction to the Ontario Development Program (ODP)	Dawn Izzard & Paula Johnson	WAG
	17	Insights on How to Harness Ontario's MAG High Performance Potential and its Future	Ed van Hoof	MAG
	18	WAG Bonus and Composition	Thea Rotteau	WAG
	19	Beam Complexes to Build Beautiful Artistic Lines and Confidence	Lisa Cowan	WAG
	20	How Coaches and Managers Can Thrive, Not Just Survive	Alicia Hutson	GFA
3:00pm-3:15pm		Break		
Session 5 3:15pm-4:30pm	21	Ontario Development Program (ODP) Training Your Athletes & Assessor Perspective	Dawn Izzard & Paula Johnson	WAG
	22	Technical Progressions and Methodology for High Bar Development	Miguel Costante	MAG
	23	Backwards Tumbling Power: Mastering the Round-Off Back Handspring	Claude Pelletier	ALL
	24	The Power of Planning & Communication: Developing Confident, Resilient, Competition-Ready Athletes	Adriana Forde	WAG/ALL
	25	Spicing Up Your Recreational Program Through Team Building Acro	Sarah Morin	GFA/ALL

2025 Gymnastics Ontario Congress Schedule				
Sunday, August 24, 2025				
Session/Time		Class Title	Presenter	Disc.
8:00am-8:30am	#	Registration		
Session 6 8:30am-9:45am	26	Performance Care For Gymnasts	Shield Athletics	ALL
	27	Beyond the Bounce: Therapeutic Trampolining for Diverse Needs	Jennifer Evans	GFA/TG
	28	Beyond the Layout: Yurchenko Progressions & 1/2 Entry Mastery	Claude Pelletier	WAG/MAG
	29	Uneven Bars Development – Building Strength, Swing, and Confidence	Adriana Forde	WAG
	30	Culture of Clarity: Proactive Coaching for Conflict Prevention	Allison Forsyth	ALL
9:45am-10:00am		Break		
Session 7 10:00am-11:15am	31	Mastering Bar Transitions and Releases: Pak, Shaposhnikova, and Jaeger	Claude Pelletier	WAG
	32	Communication Beyond Words: Tools for Every Athlete	Teagan Fitch	GFA
	33	Mastering the Art of Development for Gymnastics	Shield Athletics	ALL
	34	Tilt Twisting	Matt Kerrigan	TG
	35	Talk It Out: Navigating Difficult Conversations in Sport	Allison Forsyth	ALL
11:15am-11:30am		Break		
Session 8 11:30am-12:45pm	36	How to Generate More Rotation in Your Flips!	Matt Kerrigan	TG
	37	The Ins and Outs of Group Gymnastics	Irina Shivrina	GFA
	38	Uneven Bars: Mastering Double Back and Double Layout Dismounts	Claude Pelletier	WAG/MAG
	39	N/A		
	40	Offline Standards in Online Spaces: Social Media Boundaries for Coaches	Allison Forsyth	ALL
12:45pm-1:45pm		Lunch		
Session 9 1:45pm-3:00pm	41	Teaching Higher Level Skills Without a Foam Pit	Dmitri Lely	ALL
	42	Movement Made Magical with Props	Irina Shivrina	GFA
	43	How to Start a Trampoline and Tumbling Program	Don Holmes	ALL
	44	Gaining Strength and Power from Footwork Exercises	Milan Klipina	ALL
	45	Culture is the Core: Shaping Positive Experiences that Keep Kids in Sport	Allison Forsyth	ALL
3:00pm-3:15pm		Break		
Session 10 3:15pm-4:30pm	46	Foundation of Great Leaps - Building Active Flexibility and Strength	Adriana Forde	WAG
	47	Advanced Tumbling: From Layouts to Double Backs	Claude Pelletier	WAG/MAG
	48	Introduction to WAG Competitions	Kathy Kline	WAG
	49	How to Generate More Explosive Power in Your Run	Milan Klipina	ALL
	50	Bridging the Gap: Coach Training Beyond NCCP	Lauren Cohen	GFA