

# Minnesota State Congress

Hosted by Rising Stars  
520 Hayward Ave N.  
Oakdale, MN 55128

**Saturday, August 21, 2010**

**9:00AM to 4:30PM -includes light breakfast & lunch**

**SCHEDULE** (subject to change)

**8:45AM** Doors Open/Registration

**9:00AM** JO Update (Barb Tebben)

**10:30AM** General Meeting & Awards

**11:45AM** First Session

Beam Basics & Beyond/The Secret to a Fearless Handstand for Levels 4-6  
How to Make your Athletes more Recruitable for College Scholarships  
TOPS-The Whys and Hows  
TBD

**12:45PM** LUNCH

**1:30PM** Second Session

Better Leaping, Jumping and Dance-Compulsory Beam and Floor  
Major Bar Releases

Practice Judging Session for Judges & Coaches!!  
TBD

**2:30PM** Third Session

Multiple Twisting and Flipping  
Level 7/8 Composition & Artistry  
Compulsory bars with Focus on Shaping  
Injury Prevention & Rehabilitation - Dr. Suzanne Hecht

**3:30PM** Roundtable--Coaches and Judges open discussions!!

**Door Prizes!!!**

**Clinicians**

Barb Tebben

Bart Roskoski

Dr. Suzanne Hecht

Jennifer Sampson

Jess Graba

Elena Miligoulu

Jeanna

Robin Ruegg

Stephanie Gibbs

Amy Blee-Dilley

**BRING MORE--SAVE MORE!**

First 2 Attendees	\$60 ea
3rd & 4th Attendees	\$45 ea
5th-6th Attendees	\$40 ea
7th Attendee+	<b>FREE!</b>

\*\*On site registration will be \$75

**Please return registration & fees by August 10th, 2010**

Club Name \_\_\_\_\_

Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_  
Name \_\_\_\_\_

\_\_\_\_\_ X \$60= \_\_\_\_\_  
\_\_\_\_\_ X \$45= \_\_\_\_\_  
\_\_\_\_\_ X \$40= \_\_\_\_\_  
\_\_\_\_\_ X \$00= \_\_\_\_\_

Total paid: \_\_\_\_\_

Checks payable to MN USAG

Mail registration & fee by Aug. 10, 2010 to:  
Steph Gibbs-MN Womens USAG Chairman  
8639 Quarry Ridge Lane unit F  
Woodbury, MN 55125