

<b>Saturday, June 22<sup>nd</sup></b>	<b>2019 Indiana State Congress</b>			
8:30 – 9:00	<b>REGISTRATION</b>			
9:00 – 9:55	General Meeting / JO Update (Bob Neat/Judy Kemp/Nancy Gibson)			
10:00 – 10:55	Level 6/7 Vault Clinic (Bob Neat/Judy Kemp/Beth Keller/Carrie Eppert)			
11:00 – 11:55	Optional Dance on FX Rebecca Wissmiller	UB: Snap Down Toe HS & Stalders Irving Nochez	BB: Connects & RO Dismounts Michelle Hart	Composition For Beam Judy Kemp
12:00 – 12:55	<b>Lunch</b>			
1:00 – 1:55	Compulsory Vault Blaize Monks	UB: Blind Changes Irving Nochez	Drills & Basics Michelle Kocan	Composition For Floor Ruth Hanna
2:00 – 2:55	How to Setup Work Week for Conditioning Autumn Grable	Xcel 101 – All You Need to Know Nancy Gibson	Utilizing Shaping to Create Big Skills Kyle Grable	Practice Judging Level 8/9 Bars Rebecca Wissmiller
3:00 – 3:55	Twisting 101 Autumn Grable	Teaching A Cartwheel/Walkover Michelle Kocan	Compulsory Bars Blaize Monks	Xcel Practice Judging (UB) Nancy Gibson

**Indiana State Banquet 6:00 – 10:00**

**5646 Mutual Lane**

**Indianapolis, IN 46239**

**Early Registration Fee \$25.00/Onsite \$40.00**

**Register by email: Michelle Ealy**

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