



2026 VA USA GYM STATE CLINIC FOR CLUBS, COACHES & JUDGES

SHERATON VA BEACH OCEANFRONT, 3501 Atlantic Ave, Virginia Beach, VA 23451

SESSION SCHEDULE - SATURDAY, SEPTEMBER 19, 2026

TIME	SESSION	SATURDAY CLINIC SESSIONS - 2nd Floor Ocean Grand Ballroom
7:30 am-8:30 am	OPEN	Check In & Continental Breakfast - <i>Second Floor Ocean Grand Foyer</i>
8:30am-9:25am	Session 1	Combination USA Gym Update Development & Xcel- Windee Weiss & Megan Bankole
10:00am-10:55am	Session 2	Moving Up the Ladder - Level 6-10 Requirement Changes: What's added, removed, or reshuffled - Windee Weiss & Megan Bankole
11:00am-11:55am	Session 3	Show Me the Math - Building the Start Value at Each Level 8-10: Skill selection to get the start value you want Windee Weiss & Megan Bankole
12:00 - 12:45	Meet Directors	Meet Directors Q & A Round Table- Do you host invitationals or are you interested? We have answers for you!
12:00 - 12:45	Judges & Coaches Lunch & Learn	Topic TBA - 2nd Floor Ocean Grand Ballroom
12:00pm-1:00pm	LUNCH	Lunch Break = All participants are on their own for Lunch - NO ordering available!
1:00 pm-1:55 pm	Session 4	Level 9 - TBD Windee Weiss & Megan Bankole
2:00pm-2:55pm	Session 5	Where'd that tenth go? Deep dive into the NEW Artistry Deductions L6-10 - Windee Weiss & Megan Bankole
3:00pm-3:55pm	Session 6	Judge It, Coach It: L6-10 Video scored live by the room (judges score, coaches predict, and the group discusses discrepancies). Windee Weiss & Megan Bankole
3:55 pm-4:00pm	BREAK	Break - <i>Please clear the room so the Judges Membership may have their Annual Meeting</i>
4:00 pm-5:00pm	JUDGES	Virginia/West Virginia NAWGJ Annual Membership Meeting - Judges not staying for the VA Annual Membership Meeting - Please clear the room for the VA Members Annual Meeting - Laurell Mauro & Summer Oostra
5:00pm-5:30pm	BREAK	Break - <i>Please clear the room for VA USA Gym Annual Membership Meeting</i>
5:30pm-7:00 pm	ALL	Virginia USA Gymnastics Annual Membership & Club Meeting - *Clubs, please have a member to represent your club - Erin Berry- VA SACC
7:00 pm-9:00 pm	ALL	Virginia Social Gathering—All Clubs, Coaches & Judges Welcome!

SESSION SCHEDULE - SUNDAY, SEPTEMBER 20, 2026

TIME	SESSION	DEVELOPMENT PROGRAM SESSIONS- 2nd Floor- Ocean Grand Ballroom	XCEL PROGRAM SESSIONS - 2nd Floor Cape Henry II
8:00-8:45am	Judges & Coaches Breakfast & Learn	Topic TBA 2nd Floor Cape Hatteras	
8:00am-8:50am	OPEN	Check-In & Continental Breakfast - <i>Second Floor Ocean Grand Foyer</i>	
9:00 am-9:55am	Session1	The Mystery of Judging Level 6 & 7 Vault - Windee Weiss	What's New in Xcel & What's your Path - Megan Bankole
10:00am-10:55am	Session 2	Level 6 & 7 Score It Together - Judges & Coaches - Windee Weiss	Xcel Practice Judging Bars Platinum-Sapphire - Megan Bankole
11:00am-12:15pm	LUNCH	Lunch Break = All participants are on their own for Lunch - NO ordering available!	
12:30pm-1:25 pm	Session 3	By the Book Levels 2-5 - Requirements and Choreography Windee Weiss	Today's Xcel Uneven Bar Stations for Tomorrow's Success Megan Bankole
1:30pm-2:30 pm	Session 4	Levels 2-5 Counting It Right - Understanding What the Judge's Take and Why - Windee Weiss	Xcel Panel Discussion: Running Efficient Xcel Practices - Megan Bankole
2:30pm-3:30 pm	Session 5	Sneak Peek at What's Coming for Dev Compulsories 2029-2037 - Windee Weiss	Xcel Meet Day Managed—Q & A —Megan Bankole
3:30pm	CLOSE	Depart—Thank you for attending. Have a safe & successful season!	