



USA GYMNASTICS®

REGION

2

2018 Region 2 Congress TENTATIVE Schedule *(subject to change)*- JUNE 30-July 1

OMEGA Gymnastics – 9700 SW Harvest Ct. Ste.180 - Beaverton, OR 97005

SATURDAY, JUNE 30

TIME	RECREATIONAL	BUSINESS/SPORT SCIENCE	COACHING 1	COACHING 2	TECHNICAL	COACHING 3
8:30-9:30	<b>Carrie Spender</b> 1,2 Eyes On You	<b>Jim Jarrett</b> Coaching the Athlete Employee	JO Update	JO Update Ivan Alexov & Linda Mulvihill	JO Update	JO Update
9:40-10:40	<b>Laurie Reid</b> Getting Down with Preschool Kids	<b>Jim Jarrett</b> Art of Ownership	<b>Mark Busby</b> Safe Sport	<b>Ivan Alexov</b> Development of Front Tumbling	<b>Linda Mulvihill</b> Level 10 BM Composition & Practice Judging	<b>Amy Hess</b> Basic Ballet
10:40-11:10	COFFEE BREAK					
11:10-12:10	<b>Carrie Spender</b> Jam Pack your Obstacle Course	<b>Mark Busby</b> The Reporting Process	<b>Steve Arkell</b> Giants, Front, Back and Flyaways	<b>Denise Green &amp; Tanya Chaplin</b> NCAA Update	<b>Elfenbein</b> Level 8 BM&FL Practice Judging	<b>Alison Vaughn</b> So You Think You Can Dance! Top Tip Artistry on Beam and Floor
12:10-1:40	LUNCH BREAK					
1:40-2:40	<b>Laurie Reid</b> Pre-Team Basics and Development	<b>Bindee Eberle</b> Nutrition and Conditioning	<b>Dianne Palmer</b> Xcel Update	<b>Cheryl Jarrett</b> Drills and Skills for Compulsory Beam	<b>Maloney/Elfenbein</b> Level 10 UB/FX Composition & Practice Judging	<b>Carrie Spender</b> Creating Gymnastics Homework
2:50-3:50	<b>Laurie Reid</b> What Makes a Great Class?	<b>Bindee Eberle</b> Body Recompositioning	<b>Dianne Palmer &amp; Jane Caruso</b> New Silver Vault and Bar SR Changes	<b>Cheryl Jarrett</b> Motivate the Motivator	<b>Mulvihill/Maloney</b> Level 9 UB/FX Composition & Practice Judging	<b>Karissa Johnson</b> How to Start A Special Needs Program
4:00-5:00	<b>Quin Shannon</b> Coaching the Other 99% of Gymnastics...Non-Team Gymnasts	<b>Bindee Eberle</b> The Healthy Gymnast	<b>Steve Arkell</b> JO Bar Combinations and Logical Development	<b>Ivan Alexov</b> Development of Back Tumbling	<b>Mulvihill/Maloney</b> The New Level 6/7 Vault Requirements & Evaluation	<b>Alison Vaughn</b> Games and Assignments that Challenge and Motivate



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TIME	RECREATIONAL	BUSINESS/SPORTS SCIENCE	COACHING 1	COACHING 2	TECHNICAL
8:30-9:30	<b>Quin Shannon</b> Let's Fix that..How to Correct Common Issues in Tumbling	<b>Keita Shimada</b> Flexibility, Stability and Mobility	<b>Steve Arkell</b> Balance of Proper Tumbling	<b>Jim Jarrett</b> Employee Dream	<b>Laurie Reid</b> Judging Compulsory Beam
9:40-10:40	<b>Karissa Johnson</b> Intake and Class Placement Process for Special Needs	<b>Keita Shimada</b> Achilles Injury: Management and Strategies	<b>Steve Arkell</b> High to Low and Low to High Bar Releases	<b>Ivan Alexov</b> Conditioning	<b>Laurie Reid</b> Evaluating Level 3-5 FX Acro Elements
10:50-11:50	<b>Quin Shannon</b> 42 Floor Bar Drills for Rec Kids	<b>Keita Shimada</b> Managing the Common Gymnastics Injuries	<b>Steve Arkell</b> Developing Vault Similarities in Vault Families	<b>Cheryl Jarrett</b> Drills and Skills for Compulsory Floor	<b>Laurie Reid</b> Judging Compulsory FX
11:50-1:20	LUNCH BREAK				
1:20-2:20	<b>Karissa Johnson</b> Teaching Techniques for Special Needs Athletes	<b>Bindee Eberle</b> Injury Nutrition	<b>Ivan Alexov</b> Shaping for Bars	<b>Cheryl Jarrett</b> Beam Dance/Drills	<b>Mulvihill/Maloney</b> Level 6&7 UB/BB/FX Practice Judging
2:30-3:30	<b>Quin Shannon</b> Make Strength and Conditioning Fun	<b>Bindee Eberle</b> Sports Nutrition	<b>Ivan Alexov</b> Floor Shaping & Alignment for All Events	<b>Justin Wolford</b> Recruiting New Rules	<b>Elfenbein</b> Level 9 BM Composition & Practice Judging

**Add-On Courses**

**W200- Friday June 29- 3:00-9:00pm**

**Women's Judging Exam National & Brevet Only- Saturday Review June 30-6:00-9:00pm**

**Women's Judging Exam National & Brevet Only- Sunday Testing- July 1- 8:30-12:30pm**