



2018 Region 5 Congress TENTATIVE Schedule *(subject to change)*- SEPTEMBER 14-16
Galt House - 140 N Fourth Street - Louisville, KY 40202

FRIDAY, SEPTEMBER 14						
	Nunn	Breathitt	Willis	Combs Chandler	Ball Room C	Carroll Ford
TIME	RECREATIONAL	SPORTS SCI	BUSINESS	COACHING	COACHING-Live	TECHNICAL
8:30-9:30	Patti Komara Creating Spectacular Preschool and School-Age Programs	Dr. Ed Nyman Total Body Injury Prevention	Cindy Scharns Building a Business-Discussion Forum	JO Update Char Christensen & Kattia Carpenter	JO Update	JO Update
9:40-10:40	Rhonda Zaluckyj Lesson Plans- Why to do Them, Why to Love Them!	Nicole Jontony Fueling Gymnasts for Power and Performance	Mark Busby Safe Sport Policy Update	Enrique Trabanino Body Shaping	Kattia Carpenter Drills for Beam Skills- "The Faster Way is the Patient Way"	Marian Dykes Level 10 Bars/Floor Review and Practice Judging
10:40-11:10	COFFEE BREAK					
11:10-12:10	Rhonda Zaluckyj SHAKE IT! Great Music for Preschool Classes	Dr. Ed Nyman Smarting Landings-Safer Landings	Mark Busby Understanding the Reporting Process	Dave Marus & Lori Koch Developing the JO Athlete	Tom Koll Level 3-5 Floor Active Review Come Participate!	Connie Maloney Level 9 Beam Composition and Practice Judging
12:10-1:40	LUNCH BREAK					
1:40-2:40	Patti Komara Be the Teacher Every Parent Wants	Nicole Jontony Eating on the Fly	Cindy Scharns Building a Gymnastics Meet	Kim Riley How to Start a TOPs Program	Kattia Carpenter Turns, Leaps and Artistry- "How to Make Routines Stand Out"	Char Christensen Level 6/7 Review and Practice Judging Bars, Beam and Floor
2:50-3:50	Michelle Kocan Games to Keep Kids Moving	Alexis Bradley The Ins and Outs of Communicating with Your Athlete	Patti Komara Lessons Learned from 50 Years in Business	Kristina Sklioutovskaya From Mommy and Me to the Elite Gymnast: Warm-Up the Rhythmic Way	Nancy Gibson and Claudia Kretschmer Xcel Update	Char Christensen Level 8 Beam and Floor Composition and Practice Judging
4:00-5:00	Rhonda Zaluckyj Props and Using Everyday Items to Spice Up Your Class	Nicole Jontony Fueling for Longevity	Steve Cook Business Q & A	Enrique Trabiano Bars Conditioning for Success	Cheryl Jarrett Level 3-5 Beam Active Review	Tom Koll Inquiries.. "What can I ask the Judge" "What do I Tell the Coach?"

Region 5 Business Forum Lunch 12:15-1:30 (Club Owners Must Register)



USA GYMNASTICS.

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SATURDAY, SEPTEMBER 15						
TIME	Nunn RECREATIONAL	Breathitt SPORTS SCI	Willis BUSINESS	Combs Chandler COACHING	Ball Room C COACHING-Live	Carroll Ford TECHNICAL
8:30-9:30	Michelle Kocan Everyone's Favorite Bars...Right?	Alexis Bradley Meet Mindset: How to be Mentally Prepared for Competition Season	Tom Koll Staff Bonus Systems	Kristina Sklioutovskaya Rhythmic 101: Adding Variety and Value to Your Club	Cheryl Jarrett Staying Motivated in a Positive Way	Marian Dykes Level 9 Bars/Floor Review and Practice Judging
9:40-10:40	Linda Thorberg Make Waiting Time Efficient	Kasia Kilijanek How to Prevent Overuse Injuries in Gymnasts	Casey Wright Building Your Business Ambition Muscles	Tom Koll Level 3 Drills and Skills (All Events)	Leann Sweeny Great warm-ups and conditioning make greatly prepared competitors !!!	Connie Maloney Level 10 Beam Composition and Practice Judging
10:40-11:10	COFFEE BREAK					
11:10-12:10	Linda Thorberg Rolling, Wheeling, Springing Recreational Tumbling	Alexis Bradley Tips and Tricks to Prevent Choking Under Pressure	Beth Gardner Starting a Special Needs Program	Dave Marus, Lori Koch, & E. Trabnino Developing the JO Athlete	Cheryl Jarrett Optional Acro Beam Building for the Future	Tom Koll The Switch Leg Leap and its Application to "C" Level Leaps
12:10-1:40	LUNCH BREAK					
1:40-2:40	Linda Thorberg Core Strength Activities for Preschool and Beginners	Kasia Kilijanek Gymnasts and Injuries: When do we Need to Pay Attention	Casey Wright 7 Steps to Cloning Yourself	Cheryl Jarrett Dance your Way to Greater Skills	Steve Arkell High to low and low to high bar connections	Tom Koll Evaluating Level 3-5 Floor Acro Elements
2:50-3:50	Claudia Kretschmer No More Dip Kicks, Make Recreation Beam Fun	Alexis Bradley How to Handle Fear in Training	Beth Gardner Dealing with Difficult Parents, Coaches and Staff	Steve Arkell Advanced Bar Dismounts	LeAnn Sweeny Drills for floor and beam leaps and jumps.	Donna Trevethan & Christine MacDonald NCAA Update
4:00-5:00	Michelle Kocan Class Progressions to Keep them Moving in the Right Direction	Kasia Kilijanek Improving Shoulder Flexibility in Gymnasts	Beth Gardner Protocols for Safety in the Gym with Q and A	Steve Arkell JO Bar combinations and routine development	LeAnn Sweeny Choreography Made Simple	Connie Maloney/Tom Koll New Level 6/7 Vault

NATIONAL GYMNASTICS DAY



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SUNDAY, SEPTEMBER 16

	Nunn	Willis	Breathitt	Combs Chandler	Carroll Ford
TIME	RECREATIONAL	SPORTS SCIENCE	COACHING	COACHING	TECHNICAL
8:30-9:30	Geoffrey Neely Drills for Developmental Floor	Bill Sands Training and Performance Monitoring	Ivan Ivanov Front Tumbling Starting with the Basics	Claudia Kretschmer Beam Acro Complex	Judy Dobransky Optional Vault
9:40-10:40	Geoffrey Neely Recreation Vault Drills to Prepare them for Team	Bill Sands Training for Short-Term Stamina	Ivan Ivanov Back Tumbling Starting with the Basics	Claudia Kretschmer Beam Dance Complex	Nancy Gibson Xcel Vault/Bars
10:50-11:50	Casey Wright WHY are we Doing This Ninja Thing Again?	Bill Sands Fatigue and Recovery-Moving Beyond the Party Line	Ivan Ivanov Front and Back Tumbling Connections	Geoffrey Neely 33 Developmental Bar Drills in an Hour	Claudia Kretschmer/Nancy Gibson Xcel Beam/Floor

ADD-ON COURSES

U101 Safety and Risk Management: Thursday September 13-5:00-10:00pm - Willis
Region 5 Business Forum Lunch (Club Owners Must Register): Friday September 14- 12:15-1:30pm
Region 5 Banquet (Ticket Purchase or Invite Only): Friday September 14- 5:30-7:30pm- Ballroom B
Nat'l/Brevet Course- Practice Judging/Mock Exam: Saturday September 15- 6:00-9:00pm - Ballroom B
Nat'l/Brevet Practical Exam: Sunday September 16- 8:30-12:00pm - Ballroom C
Nat'l/Brevet Written Exam: Sunday September 16- 8:30-12:00pm - Ballroom B
4/5,7/8,9/10 Judges Exams: Sunday September 16

Time	Written exam1:	Practical Exam
1:00 – 2:30	Level 4/5 & 10	Level 9
2:45 – 4:15	Levels 7/8 and 9	Level 10
4:15 – 5:45	None	Level 8