



REGION 1

2019 Region 1 Congress Preliminary List of Lecture Topics *List as of June 7, 2019- All information subject to change.*

Keep up-to-date with the latest information at usagymrc.com

Coaching Lecture Topics

- JO Update
- Xcel or Not Xcel
- Compulsory Bar Drills
- Rewards We Overlook: Philosophical Reasons Use for All Levels
- Xcel Update
- Presentation is Everything
- Round-Off Back Handspring to Tuck & Layouts
- Xcel Time Management
- Bars & Beam: Level 3 Skills and Progressions
- Xcel Bars and Tumbling Skills and Drills
- Choreography Made Simple
- 2021 Compulsory Update
- Tumbling: Bounding Two Salto Passes
- Building Optional Dance Skills
- Managing Daily and Weekly Micro Cycles of Periodization
- Club Coaching: How to Help Athletes & Parents Navigate the Recruiting Process
- Leaps and Turns
- Developing In Bar Circles
- Yurchenko Vaults through Flipping
- Most Important Training Skills for the JO Gymnast
- Choreographing Rhythm Changes on Beam
- Bar Dismounts
- Inserting Expression in Your Choreography
- The Big 3- Jaeger, Geinger, Tkatchev
- Front and Back Twisting

- Enhance Your Assignments- Get More Effect Per Turn
- Compulsory Vault
- I Can Fix That. Common Tumbling Mistakes
- Opportunities for Gymnasts to Compete in Acrobatic & Tumbling
- Compulsory Skills in Collegiate Acrobatics & Tumbling
- NCAA Recruiting Top Tips
- The New 2019 NCAA Rules and How it Affects the Gymnast and Club Coach

Scheduled Presenters: *Shane McIntyre, Bill Kane, Jill Preston, Jason Vonk, Tom Koll, Cheryl Jarrett, Derick Moellenbeck, Jill Hicks, Betty Okino, Neil Resnick Quin Shannon, Janell Cook, Felecia Mulkey and John Lavallee*

Live Lecture Topics

- Hands on Spotting Recreation
- Adding Yoga Classes to Your Existing Programming Infants to Adults
- Warm-Ups for Classes Using Props
- Kips Drills with Hands on Spotting
- Floor Compulsory Review 3-5
- Hands on Spotting Compulsory/Xcel
- Beam Acro Skills/Drills
- Hands on Spotting Back Handsprings
- Hands on Spotting Optional Skills
- G2N Live
- Casting & Flyaways
- Flexibility and Conditioning

Scheduled Presenters: *Quin Shannon, Annette Thomas, Steve Greeley, David Seiler, Tom Koll, Betty Okino and Jonathan Horton*

Recreational Lecture Topics

- To Spot or Not to Spot... That is the Question
- Preschool Vault and Floor
- Incorporating Preschool Learning into Class
- Growth Mindset Coaching into Classes
- Tips Every Young Teacher Needs to Know
- Crawlers, Walkers, Runners: How to Get Parents Involved
- Start Class on a High and Keep Momentum and Positivity Up
- I'm 3 Look At Me!
- Teaching Tricks that Stick
- Leader in Training
- Games, Games, Games
- Preschool Gymnastics: Attachment Psychology
- Creative Coaching

- Special Needs: Active Participant in the Gym
- 31 Creative Ideas to Reward Student's Achievements
- Special Events!
- Aerial Arts Makes a Great New Program
- Preschool Beam
- Ideas for Recreational Bars
- Special Needs: The Role of the Instructor Working in the Environment
- Embodied Gymnastics: Teaching Body, Brain and Soul
- Special Needs: Organizational Behavior
- Understanding the School Age Child: Why, How and What to Teach

Scheduled Presenters: *Jeff Lulla, Annette Thomas, Danielle Baker, Linda Thorberg, Jamie Ledford, Laura Fuller, Annette Thomas, Gene Hurwin, Steve Greeley, Tom Koll and Robin Stevens*

Sport Science Lecture Topics

- The Link Between Nutrition, Sleep, Recovery & Performance
- Coaching in the New Age
- Building a Sports Nutrition for Competitive Teams
- Mental Training Through Injuries
- Sports Nutrition for Xcel/Compulsory: Healthy Foundation
- This Is Your Brain on Gymnastics
- Visualize, Visualize: Most Powerful Mental Tool in the Universe for Accuracy & Consistency
- Managing the Common Gym Injuries
- Frequent Fears and Bigger Fears: Identify, Manage, Conquer and Grow
- Lower Back Injuries in the Gym
- The Power of Balance: Essential Common Skills to Boost Confidence and Success
- Management of the Achilles Tendon Injuries in the Gym
- The Top 5% Drills and Exercises that Will Open Up All Your Athletes to the Top 5%
- Inclusion for Expansion- Utilize all the Foundations of Gym to Create a Fully Inclusive Gym Community
- Perfect 10 Posture for Healthy Living

Scheduled Presenters: *Bindee Eberle, Alison Arnold, Lisa Mitzel, Keita Shmida and Paula Lord*

Business Lecture Topics

- Travel Time and Hours Worked: Fact or Fiction
- Instructor Training Courses- Assigning, Certifying and Tracking
- Independent Contractor or Employee

- Demystifying Safe Sport
- Employee Handbooks: What You Need and What You Don't
- Business Q&A
- Gymnastics Meets Ninja
- Understanding and Maintaining Boundaries with Athletes and Parents: A Safe Sport Perspective
- Leadership Communication: How to make an Impact Being Strong, Warmer and Present
- Finding the Hidden Money in Your Gym
- 11 Ideas to Wake Up Your Staff Training
- Pivot...How to Grow in New Directions
- No More Rinky Dinky Thinky...Elevating Your Gym Operations
- How to Get Return on Your Staff Training

Scheduled Presenters: *Ryan Nelson, Jeff Lulla, Shelba Waldron, Steve Cook, Cindy Scharns, Steve Greeley and Lynn Ledford*