



## REGION 2



**2019 Region 2 Congress Preliminary List of Lecture Topics**  
*List as of March 7, 2019- All Information subject to change*  
*More Coming Soon!*

Keep up-to-date with the latest information at [usagymrc.com](http://usagymrc.com)

### Women Coaching Topics

- JO Update
- Bars – Structuring Effective Workouts
- Beam Shaping
- Beam Acro
- Developing A Culture for a Successful Team Program
- Using Trampoline More and Developing Better Air sense in Your Athletes
- Panel Discussion
- NCAA Update
- Foundation Trampoline Skills for Artistic Gymnastics
- Too Many Students, Too Few Bars! Creative Ideas for Teaching School Age Bars
- Conditioning is FUN! Games and Activities for Strength Development
- Fun and Progressive Games and Drills for School Age Vault
- School Age Tumbling
- School Age Trampoline
- Beam Dance Building for the Future
- The Ins and Outs of the Compulsory Beam Routine
- Xcel Routine Creation/Choreography for BM, FX and Bars
- NCATA

**Scheduled Presenters:** *Mike Hunger, Molly Gill*

### Business & Sport Science Lecture Topics

- Independent Contractor or Employee: Fact or Fiction

- The Link Between Nutrition, Sleep, Recovery and Performance
- Travel Time & Hours Worked: Properly Paying Wages to Non-Exempt Employees
- Diets, Supplements and Nutrition Trends: What is Appropriate for Gymnasts
- Employee Handbooks: What You Need What You Don't
- Building a Sports Nutrition Protocol for Your Competitive Teams
- Building Confidence Through Mindset Exercises
- Helping Gymnasts Take Responsibility for Their Own Training
- Addressing the Mental Aspects of Injury Recovery

**Scheduled Presenters:** *Paul Swanson, Ryan Nelson*

**Live Lecture Topics**

- Ninja Curriculum
- Hands on Spotting – Compulsory/Xcel
- Basic Yurchenko Vaulting – How to Teach a Basic Yurchenko from the Beginning
- Hands on Spotting – Kips
- Bar Shaping for Swing
- Drills that Can Lead to TOP's Skills
- Hands on Spotting – Optionals
- Skill Breakdown that Leads to Advanced Tumbling
- The Ins and Outs of Compulsory Floor Routine

**Schedule Presenters:** *Chris Bushard, Mike Hunger, Ian Campbell, Molly Gill*