



REGION 6

2019 Region 6 Congress Preliminary List of Lecture Topics

*List as of April 30 2019- All Information subject to change
More Coming Soon!*

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

Women Xcel and Compulsory Topics

- 2021-2029 Compulsory Update
- Starting a Successful TOPs Program: Ways to Strengthen Your Gymnastics Basics Culture
- JO Update
- Xcel Update
- Balance Beam Drills for Compulsory Dance Skills
- Xcel Leaping Lizards-Leaps, Jumps and Turns for the Xcel Division
- Bars- Bridging the Gap
- How to Use Small Spaces for Recreational Classes- Pre-Team and Lower Levels
- Floor- Basic Tumbling
- Level 1-2 Drills for Great Skills on Vault
- Conditioning for Competitive Gymnastics
- Level 1-2 Drills for Great Skills on Beam
- Drills, Drills, Drills for Body Shaping
- Organization is the Key... Step by Step for Successful Gymnastics Team Programs

Scheduled Presenters: *Tom Koll, Zach Crumpton, Marlyce Morace, Daniel Miranda*

Women Optional Lecture Topics

- Coaching in the New Age of Gymnastics
- The Future of the Level 6/7 Vault

- JO Update
- In Bar Skill Development
- Kip-Pirouettes and Blind Changes
- Core Conditioning to Improve Shapes
- Developing a Yearly Optional Plan
- Using Trampoline
- Watch me Whip
- Turning a Level 8 Tuck or Pike into a Level 9 Layout on Vault
- Tumbling- Better Takeoffs and Flipping Mechanics
- Increasing your Bar Score- Importance of Basics
- Let's Talk About Twisting
- Bar Releases

Scheduled Presenters: *Alison Arnold, Tom Koll, Mike Hunger, Zach Crumpton, Kevin Mazeika, Mary Wright*

Live Lecture Topics

- Beam Improving Artistry and Execution
- Ninja Curriculum
- Hands on Spotting Recreation
- Floor Improving Artistry and Execution
- Succeed in Compulsories while Preparing for Optionals
- Floor Level 3-5 Review
- Basic Yurchenko Vaulting
- Beam Level 3-5 Review
- Hands on Spotting Kips and Drills
- Hands on Spotting Intermediate Bars, Beam and Floor
- Handstand and Press Handstand Skills and Drills
- Hands on Spotting Bar Circles and Baby Giants
- Co-operative Games
- Hands on Spotting Bars Casting and Flyaways
- Circuits

Scheduled Presenters: *Tom Koll, Nicole Langevin, Jacqui Olsen*

Recreation Lecture Topics

- 14 Characteristics of Irreplaceable Gymnastics Instructors
- Maximizing your Recreational Program
- Ideas for Recreational Instructors who Teach Bars
- Cheez-ology: The Many Many Ways to Use a Wedge Mat
- Teach the Teacher: Tips to be a Great Instructor
- I'm 3 Look at Me
- 31 Creative Ideas to Reward Student's Achievements

- Ideas for Recreational Instructors who Teach Beam
- Recreational Tumbling: Rolling, Wheeling and Spinning

Sports Science Lecture Topics

- Common Gymnastics Injuries: Diagnosis, Treatment and Prevention
- Sports Nutrition: The Missing Link to Optimizing Athletic Performance
- Coaching Through Mental Blocks
- Mental Training through Injury
- Lower Back Injuries: Diagnosis, Treatment and Prevention
- Coaching Gymnastics, Coaching Life.
- Prevention and Treatment for Spotting Injuries for Coaches
- Sports Nutrition: Fueling your Best Performance
- Shoulder, Elbow and Wrist Injuries: Diagnosis, Treatment and Prevention
- Hip, Knee, Ankle and Foot Injuries: Diagnosis, Treatment and Prevention
- Medical Coverage for Gymnastics Competition and Practice
- Proper Nutrition for Practice and Competition
- How to Return to Gymnastics After Injury

Schedule Presenters: *Elspeth Hart, Alison Arnold, Jackie Bianco, Brian Pickard, Brittany Gingras*

Business Lecture Topics

- Staff Meetings that GSD: Solutions for Optimizing Non-Revenue Labor Hours
- Think BIG: Growth Mindset Tools to Level Up Yourself and Your Athletes
- G2N Starting a Ninja Program in Your Gym
- Generation Alpha: Marketing to Millennials as Parents
- Safe Sport Policy
- Topic Leaders for Business Discussion
- Finding Hidden Money in Your Gym
- How to Get Return on Your Staff Training
- Understanding and Maintaining Boundaries with Athlete and Professional
- Leadership Communication: How to Make an Impact Being Strong, Warmer and Present
- Legal Liability from A-Z
- 11 Ideas to Wake Up Your Staff Training
- No More Rinky Dinky Thinky... Elevating Your Gym Operations
- Effective Communication with Staff, Athletes and Families
- Pivot... How to Grow in New Directions

Scheduled Presenters: *Loree Galimore, Lynn Ledford, Steve Greeley*

Men Lecture Topics

- Strength and Conditioning Review
- Kettlebell 1,2,3 & Animal Flow
- Metabolic Training
- Substance Abuse Disorder: Signs, Symptoms & Action
- Neutral Spine and RDL Deadlift Effects
- Training Plan Development for the Next Quad
- Pommel Horse: Why You Fall Off!
- Floor: Round-Off; Basic Technical Execution and Variations for Specific Skills
- Vault: The Process of Creating Higher Level Vaults
- High Bar: Is Your Athlete's Progress Limited?
- PB: Producing a Stable Support Swing
- Where Men's Gymnastics Has Been, Where We Are and Where We Are Going
- Triple Extension and Power Running
- Taping Basics
- Stretching Principles and Techniques

Schedule Presenters: *Kevin Mazeika, Anthony Passamonte, Kenny Johnson, Lorenzo, Matthew Ibrahim, Macaluso, Daniel Young, Anita Young*